

EXNING NEWS

Exning “In Bloom”

*A new community event is planned for
Exning this summer!*

Organised by the parish council, the objective is to involve local people, businesses, organisations & groups in enhancing the village environment & appearance.



Floral displays of any kind are invited.

This is an informal, localised, parish council-led initiative this year; with a view to possible entry into ‘Anglia In Bloom’ or RHS ‘In Your Neighbourhood’ competitions in 2019.

There will be independent judging of all entries in July.

All shops & businesses & local organisations are encouraged to take part, with displays at their premises.

Individuals are warmly invited to participate with displays at the front of their house or garden.

Any type of floral or green display is welcomed in any shape, size, container, flowerbed ~ but it should be visible from the road or footway

If you would like to get your green fingers out & have a go there is an application form on the back page of this newsletter – please contact the council for questions/advice – clerk@exning-pc.gov.uk / 01638 577461 – there will be an entry fee of £5 for private entries & £10 for group/business entries to assist with publicity costs.

If you may be interested in being part of an organising group for possible future Anglia In Bloom participation, please do get in touch

PEARL ANNIVERSARY OF THE RE-DEDICATION OF THE WORKHOUSE CHAPEL ON EXNING ROAD

On the weekend of *2nd & 3rd June* there will be a display of the history of Newmarket Workhouse, which became Newmarket Hospital & is now private homes.

Continuing the floral theme for this summer, it will be part of a flower festival in the chapel – St Philip & St Etheldreda, which is the little church opposite the Leisure Centre on Exning Road & was the workhouse chapel.

The displays are being put together by Peter Norman & the Newmarket Historical Society & will include the history of the “tin chapel” in St Phillips Road. This is a call to those who have lived in Newmarket & the surrounding area for a fair length of time to ask for loans of photos & memorabilia of the workhouse & its chapel, the maternity hospital, (including when the chapel was turned into a squash court) & the tin chapel. **Please contact either PETER NORMAN on 663179 or REVD DR COLIN McCARTY on 669400 if you are able to contribute.**



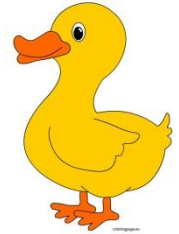
VISIT THE FLOWER FESTIVAL

The Flower Festival, entitled "Pearl Anniversary", will take place on *Saturday 2nd & Sunday 3rd June at St Philip with St Etheldreda Church (formerly the old Hospital Chapel) on Exning Road*. It will be open to the public on *Saturday 10am - 4pm & Sunday 10.30am - 3pm*. Entry is free & refreshments will be served throughout both days. Along with the Flower Festival there will be an exhibition of the history of the Hospital / Work House Chapel. The Festival Weekend, celebrating 30 years since the re-dedication of the Chapel, will culminate with a *Special Service of Thanksgiving at 3pm on Sunday 3rd June*.



EXNING DUCK RACES

Saturday 23rd June from 12 noon



SAVE THE DATE !

The annual Exning Duck Races are here again ... for a few hours of family fun, this is the place to be ... For those new to this event, the location is St Martin's Churchyard where there will be a BBQ & refreshments, ice creams, children's games & activities, stalls & the famous 'China Smash'.

New this year; donkey rides !

Duck races are on the stream on Church Lane. Come & have a go !

The first race to take place at 12.30pm is for 'Juniors (up to 12)' so please come early to make your entry. This is followed by the 'All Comers Race', & the 'Local Businesses Sponsored Race', who generously support this event with their entries each year. There will then be another 'Juniors' & 'All Comers' race to follow on.

All the fun is to help to complete a commitment made three years ago to raise £5,000 to support, through Christian Aid, a match funded project for women's health in Guatemala & Honduras. This will result in £20,000 going to the project. It is good to know that the money raised will be so well spent. ***Any enquiries please phone Jan Lovegrove – Secretary to Exning Christian Aid Committee 01638 577292***

A PLEA FOR DONATIONS OF OLD CHINA & POTTERY PLEASE !

For our china smash stand – small & large items also welcomed, as well as the usual cups & plates, etc.



A PLEA FOR DONATIONS OF SOFT TOYS PLEASE !

For our Soft Toy Tombola - big & small – in good condition – any type welcomed.



WE WILL COLLECT

Contact: office@exningparishchurch.net

01638 577461

EXNING PARISH COUNCIL NEWS

LITTER

The parish council litter-picks the main village areas twice weekly. Consequently there is little litter in Exning. However, there are some areas of the village that cannot be covered on a regular basis due to time constraints. Forest Heath District Council has provided Exning Parish Council with 6 sets of litter-picking equipment that can be loaned out to the community. Should you wish to organise a litter picking event of a specific area, please contact the Clerk.

DOGS

If you observe a dog fouling incident & can provide the name/address information of the dog owner, you can report the incident to Forest Heath District Council on 01284 763233. Forms to complete are available on the parish council website.

EXNING "IN BLOOM"

Exning Parish Council is running a floral competition for the village – *see front page for details*. The parish council will be planting around the village & cemeteries & churchyard as part of this event. **APPLICATION FORMS TO TAKE PART CAN BE FOUND ON THE PARISH COUNCIL WEBSITE & ON THE BACK PAGE OF THIS NEWSLETTER.**

AUDIT 2017/2018

The End of Year financial audit is now underway for the parish council. The process involves the preparation of accounts & governance information before an Internal Audit takes place. An annual return is then sent to a government appointed External Auditor for inspection & certification. Notices regarding the process will be displayed on the parish noticeboard & website in accordance with regulations.

COUNCIL MEETINGS

Our council meetings are usually held on the 4th Wednesday of each month, with the exception of August & December, at 7pm at the Exning Community Church Hall. Members of the public are welcome at the meetings & there is a Public Forum section before the meeting begins. All meeting dates, Agendas, Minutes & other information can be found on the Parish Council Noticeboard & website - www.exning-pc.gov.uk - **The website is relatively new, with some areas still under development. Please bear with us**

TO CONTACT THE PARISH COUNCIL YOU CAN:-

Telephone: 01638 577461

Email: clerk@exning-pc.gov.uk

Write: 4 Church Close, Exning, CB8 7EJ

Website: www.exning-pc.gov.uk

**THE PARISH COUNCIL NOTICEBOARD
IS ON OXFORD STREET IN
FRONT OF THE SCHOOL**

YOUR ANNUAL PARISH MEETING

Wednesday 23rd May 2018

7pm-7.30pm at the Exning Community Church Hall

Every council is required by statute to call an Annual Meeting of the Parish between 1st March & 1st June.

The purpose of the annual meeting of the parish is for the members of the electorate to meet annually & is an opportunity to discuss parish affairs & for village organisations to inform them & answer questions.



The Chairman of the Parish Council will chair the meeting & raise the agenda, which will include his report for 2017/2018.

Your District & County Councillors will be there to discuss issues with you also.

There will be an opportunity for local organisations & groups to report & share with the other parishioners present & the Parish Council actively encourages this.

Any parishioner can speak at this meeting about any subject they are concerned about or interested in or present suggestions for the parish, for a maximum of three minutes each.

There will be refreshments available at 7pm

Come & take part in YOUR meeting

Exning's Neighbourhood Plan Consultation

"Hello Exning. I must tell you how pleased I am to see the Exning News back; even more so after the Newmarket News disappeared!

The consultation on the Neighbourhood Plan Designated Area & supporting application statement has now been completed for a possible Exning Neighbourhood Plan. * The decision to proceed has not yet been made.

There is much to consider & whilst at this moment in time I believe that we should proceed, there are considerations of time, effort, complexity, expense & (most importantly) public support & engagement. We need to make it a success.

If you are interested in the future of the village, come along to the Annual Parish Meeting on Wednesday 23rd May; 7pm at the Exning Community Church Hall.

Also, email the Clerk asap on clerk@exning-pc.gov.uk with your views for council to see.

Exning is a great place to live & I'd like us to keep it that way – as best we can.

Thank you all & enjoy the spring!"

District & Parish Cllr Simon Cole

(simon.cole@forest-heath.gov.uk / simon.cole@exning-pc.gov.uk)

(* A Neighbourhood Plan is a way for communities to shape the future of the places where they live & work through the Localism Act. It can include planning, highways, parking, play areas, businesses, cycle paths, recreation, etc)

ADVERTISE YOUR BUSINESS IN THE EXNING NEWS

Six editions per year for only £15

Support the printing & distribution of the village newsletter

PUT AN EVENT IN THE 'WHAT'S ON' SECTION

Publicise your event for FREE

Contact: clerk@exning-pc.gov.uk / 01638 577461



We are looking for articles of interest of any kind for future issues

Do you have a hobby or special interest or something else you'd like to share with the rest of the village ?

Letters to the Editor on any subject

Photos of interest

We'd love to hear from you

Submissions will be included at the Editor's discretion

Contact: clerk@exning-pc.gov.uk / 01638 577461

Can you help to deliver this newsletter to Chancery Park ?

Do you live on the new housing development off Burwell Road ?

If you would be willing to deliver the Exning News to these houses

on alternate months throughout the year, please get in touch



NEW RECYLING FACILITY FOR BISCUIT WRAPPERS & POLYTHENE FILMS IN EXNING

SITUATED AT THE RECYCLING AREA AT CHURCH LANE/CHAPEL STREET

We are all quite good at recycling our dry goods in our blue bins now. However, there is a huge gap in the council kerbside collection in the shape of biscuit wrappers & polythene films – items that fill up our grey/black bins significantly every week.

As part of its Eco-Church Project, St Martin's Church is now promoting the community recycling of these items & there is a RED wheelie bin positioned in the recycling area at Church Lane / Chapel Street (opposite the Wheatsheaf Pub).

BISCUIT WRAPPERS: - all sweet & savoury biscuits wrappers can be recycled by TerraCycle.

POLYTHENE FILMS: - polythene is stretchy & can be recycled by PolyPrint UK Ltd. Please do not confuse this with cellophane, which is crinkly & clear & cannot yet be recycled here.

Here is some guidance from PolyPrint regarding polythene recycling.

Polythene Waste Recycling for Businesses & Public

At **PolyPrint** we are very proud of our environmental record & in particular our unique stance on the recycling of all suitable polythene products such as mailing films, polythene bags, printed food packaging & more. As far as we know, we are the only polythene producer that accepts waste polythene for recycling from the general public – or other organisations – no matter what the quantity, big or small. We are proud to be one of the few polythene recycling companies in the UK.

We Can Recycle:

- Bags used to cover electrical appliances or furniture
- Bread bags (shaken out)
- Bin bags (clean)
- Bubble wrap
- Can & drink pack outers & joining rings
- Carrier bags
- Cling film (clean)
- Food & freezer bags (clean)
- Compost sacks (clean)
- Courier bags (without paper labels)
- Dry-cleaning garment covers
- Mailing wrappers (without paper labels)
- Polythene recycling categories 2 & 4 (as marked on the film)
- Thin bags used in supermarkets for fruit & veg, etc. (shaken out)
- Toilet roll & nappy pack outer
- Polythene bags that supermarkets pre-pack carrots/potatoes, etc. in (stretchy film only – clean)

We Cannot Recycle:

- Plastic bottles
- Cereal packet inners
- Crisp packets
- Compostable bags (of any type)
- Greeting card wrappers (cellophane)

FAQs

What sort of polythene do you accept? We recycle both printed & unprinted polythene wrappers & bags etc from whatever source, provided all paper labels, sellotape, sticky residue, food remnants & foreign objects have been removed. The recycling codes that apply to our process are numbers 2 & 4.

What can't you take? We cannot accept polythene marked as 'compostable'. Our facilities purely cover the handling of polythene rather than cellophane, PVC, nylon, PET etc.

How do I tell the difference? Compostable polythene should be marked accordingly & other materials can normally be differentiated from polythene as they are usually glass clear in appearance & sound "crinkly" when touched. Polythene will also stretch fairly easily whereas the other products do not.

What happens to the polythene? It takes approximately 200,000 polythene mailing wrappers to make one tonne of recyclable waste, all of which have to be hand-sorted by our staff. After being recycled, the polythene can be used in various ways, often being turned into refuse bags, fertiliser sacks, chairs, benches, tables, pallets etc. Due to the low commercial value of waste polythene we do not make any money from this operation & are therefore unable to assist with carriage costs. We continue with the project as a service to the community & to help protect the environment.

- Magazine wrappers from book stalls (polypropylene)

MBC Singing for Fun Sessions



“Bringing People Together Through Music”

[“MBC Singing for Fun”](#)

So You Think You Can’t Sing?

- *Have you always wanted to sing but thought you were not good enough?*
- *Would you enjoy singing with others but in a less formal group?*

Then “MBC Singing for Fun” is for you

These sessions are normally held on 3rd Wednesday Evenings each month at 8pm.

It’s an informal evening with friendly participants & hosts. It’s a “sing-a-long” of about 20 songs with words provided on a screen, & accompanied on acoustic guitars.

We currently meet in the Community Room at Tesco Newmarket off Willie

Snaith Road.

There are no up-front or termly fees. It's free – & that includes refreshments. No need to book – just turn up on the night.

An evening can have a mix of music with pop, rock, folk, show tunes etc. There's usually a theme for the evening, recent ones included songs by "ABBA", "Beatles", "Rolling Stones", "Simon & Garfunkel", "Songs from the Shows" & "Hits of the 1980s"

Future evenings will include "Hits of the 1960s" (April 18), "Songs by Elvis" (May 16), & "Songs from the Movies" (June 20). Come & help choose for July.

For more info (including the song list for the next session) see

http://www.musicbuildscommunities.org/evening_fun_singing.html or call

John on **01638-604246**





BEFRIENDING
N E T W O R K

www.thevoluntarynetwork.org

01638 608048

Amanda Larcombe (Co-ordinator)

The Voluntary Network offers a **FREE** Befriending Service in the following areas: Newmarket, Brandon, Lakenheath, Mildenhall, Haverhill, & Bury St Edmunds. We are based in Newmarket & currently have over 140 volunteers supporting older people.

Our Befriending Scheme matches **older lonely** people with DBS checked & trained volunteers, who visit the person in their own home for about **an hour a week**. Visits are **totally flexible** & times & days are arranged between the older person & the volunteer to suit. The visits are purely for a cup of tea & a chat, easing isolation & unhappiness. Volunteers are not expected to take the client out of the home (although in relevant cases we encourage client to access local clubs) nor undertake any household chores, it is purely to provide **companionship, friendship & support**. Anyone can refer a client to the service. A lot of our referrals are obtained from G.P's, Social Services, Age UK, Care companies, etc.

Once a referral is made, the client is visited by myself & given further details of our service & to see if any further assistance is required. This enables me to find out more about the clients past & gain an idea of their personality, all contributors to finding the relevant volunteer to visit.

In order for a client to access our service they have to satisfy the following criteria below:

- 1. Over 65 years Old**
- 2. Not suffering with Mid-Late Dementia**
- 3. Not suffering with any severe Mental Health Illness**

Please do not hesitate to get in touch or visit our website for further information.

Kind regards,

AMANDA LARCOMBE

Befriending Co-ordinator



'she makes my day, she makes me laugh & we have a good talk'

Could you befriend someone who feels lonely?

If you are a good listener, understanding, sensitive & can spare as little as 1 hour per week to make a new friend & ease feelings of isolation by having a cup of tea & a chat, then we would love to hear from you.

DIAL - A - RIDE

Have you ever wondered about the Newmarket Dial-a-Ride buses you may have seen buzzing about the area?

This is a service run from All Saints Road & for whom I have been driving since retiring from the Police force. It allows those who are unable to use the normal bus routes to access friends, shopping, exercise classes, etc. We offer a door to door journey with plenty of room for bags, shoppers & wheelchairs. Each bus has a lift for those unable to use the steps.

There is an annual membership of £10, but then the fares are low; a return trip to Newmarket or surrounding villages is £3.50. We also run occasional outings.

The lovely girls in the office are on the phones from 8am 'till 3.45pm & buses run 8.30am with last pick up at 4pm. We don't go to Bury or Cambridge but they can also help you with a community car service for hospital appointments.

If you are interested we look forward to seeing you 'on the buses' please call Newmarket 01638 664304 for a membership pack. **JOHN GOWING**

VILLAGE CINEMA

Exning Community Church Hall

Doors Open 7pm Film @ 7.30pm



TICKETS SOLD ON THE DOOR

Adult £4 / Child (under 15) £3 / Family £12 (2+2)

Refreshments Available

Friday 13th April: *PADDINGTON 2 (PG)*

*Starring. HUGH GRANT HUGH BONNEVILLE JULIE WALTERS
BEN WHISHAW SALLY HAWKINS BRENDAN GLEESON*

Paddington is happily settled with the Brown family in Windsor Gardens, where he has become a popular member of the community, spreading joy & marmalade wherever he goes. While searching for the perfect present for his beloved Aunt Lucy's hundredth birthday, Paddington spots a unique pop-up book in Mr. Gruber's antique shop, & embarks upon a series of odd jobs to buy it. But when the book is stolen, it's up to Paddington & the Browns to unmask the thief.

Friday 8th June: *THE POST (PG)*

Starring. TOM HANKS MERYL STREEP

A drama based on the events surrounding the release of the Pentagon Papers which detailed the history of the United States' political & military involvement in Vietnam. The publisher & the editor of the Washington Post become involved in an unprecedented power struggle between journalists & the government, exposing a cover-up that has spanned four different American presidencies.



PLONK
&
PAINT
EVENINGS
with
local
artist



Plonk&Paint nights booked for the following months

Have a look at your diaries & see if you're free to come & join in!

New dates are as follows: April 20th, May 18th, June 22nd & July 27th

Exning Community Church Hall 7-10pm - £25 (materials included)

“Enjoy a fun & relaxed evening of painting, chatting & drinking. No experience necessary – I’ll guide you through creating your own original work of art. Just bring yourselves, your mates, a bottle of plonk or two & great sense of humour!”

You never know, you may discover hidden talents...

Book now by calling, emailing or messaging me

07742 153746 / philippahc@icloud.com



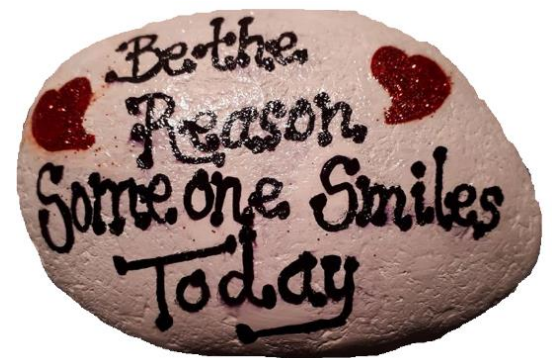
Exning Rocks !



Wonderful painted rocks have been appearing around the village of Exning – Facebook users will probably be up to speed about why, but for those of you who don't know read on....

The ethos behind the painted rocks is to share random acts of kindness with strangers & friends by spreading smiles & happiness. A Facebook page called *Exning Rocks!* has been set up with this in mind to enable the community of Exning, young & old alike, to take part, encouraging creativity alongside being out & about enjoying the fresh air.

The children at ***Exning Wrap-Around Care Holiday Club*** promoted this concept in the village by painting superhero rocks during the February half-term & hiding them in the park & wooded area. Stepping Stones Pre-School, Exning Beavers & the school have joined individuals & families in sharing a small piece of art throughout the village. Some of the rocks include inspirational messages, others colourful images, all which are proving to make people happy.



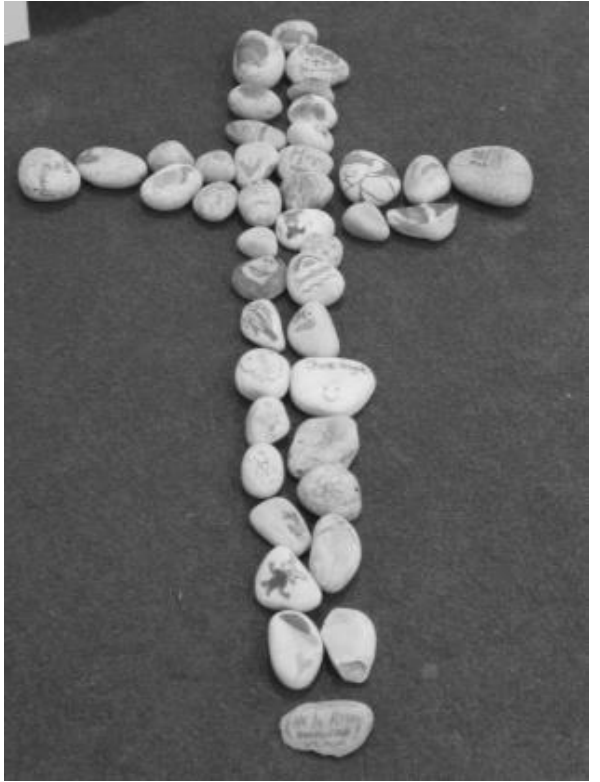
The stones are hidden for others to find, photograph, take home, love & re-hide for someone else to discover. The photos of the stones are often shared on the Facebook page so that the artists can see that their stones are being found & enjoyed. The stones can be kept by the finders but ideally a replacement should be painted & hidden to allow the fun to continue.



To join in get a pebble or two (these can be purchased from near-by DIY stores), paint with a design or message (acrylic paints or left over emulsion), when the paint is dry, varnish with a clear varnish then finally when totally dry hide around the village for someone to spot when they are out walking.

Children from the local school & clubs have enjoyed being part of this activity which is promoting outdoor family fun as well as creativity & happiness! Adults appear to be just as enthusiastic! Rock painting was one of the Easter treat activities at the school, with over 60 being hidden despite the rain. Many children exclaimed that it was the best activity ever!

At the ***Easter Day children's service at St Martin's Church***, the children decorated rocks on arrival & laid them in the chancel in the form of the cross. They then listened & watched the telling of the Easter Story before taking part in an egg hunt & Easter Garden planting in the churchyard.



These rocks will be hidden around Exning during April. If you find one,

bring it along to our next **Soundbites Event on Sunday 22nd April at 9am in the Exning Community Church Hall & receive a prize!** We serve breakfast (bacon rolls, croissant, fruit, yoghurt, hot drinks & juice) at 9am & our family-friendly activities start at 9.30am until 10.15am. This month's theme is **rocks!** Everyone of any age is very welcome

Quoted from the 'Exning Rocks!' FB page:

'About the group': A group to encourage creativity & get ourselves out & about in the fresh air! We invite anyone in the community to decorate a rock, add 'Exning Rocks!' on it somewhere & hide it outside somewhere. If you find a rock, please feel free to take a picture, take it home & love it or re-hide it for someone else to find & share the love. As always, please make sure you stay safe in your rocking & consider the environment when you are choosing your decorating materials. Let's get out there & make Exning beautiful!

'The meaning of the painted rock movement': It's not about racing out to find the best rocks before anyone else can get there, or how many rocks you can collect at one time. It's not a game or a contest. It's about random acts of kindness. Sharing a little piece of art with a total stranger. Or exchanging with a friend. It's about people getting together to paint & laugh. It's about making someone's day brighter, or sending a little message of encouragement to someone who needs it. It's positive energy that we send out in the smallest of things, without expecting anything in return. As a group, we can make this happen.

Come & See !

Newmarket Community Choir Perform

SONGS FOR SPRING

Saturday 21st April, 7:30pm
St Martin's Church, Exning



A collection of popular classical pieces,
songs from the shows &
contemporary pop music.

Tickets - £5 (on the door)

Refreshments available after the concert.

NEWMARKET
COMMUNITY
CHOIR

Our choir has grown over the past year: we now are **50 +** with new members starting regularly. We have four sections – Soprano, 2nd Soprano, Alto & Men. Following a successful 'Manuary in January' last year our men's section is now thriving.

We welcome new members – it's fun, social & rewarding. We practice Tuesday evenings at 7pm until 8.30pm at the Palace House Mews (opposite the new Horse Racing Museum entrance on Palace Street). **Just turn up – no auditions !** Come & watch our concert

We perform concerts throughout the year & raise money for our charity – this year The Brain Tumour Charity. As well as this concert in Exning we will be singing at the Ely Cathedral Flower Festival on 24th June & we are going on Choir Tour to Belgium in May.

New campaign encourages smokers to 'Take it Outside'

Published 14 Mar 2018

The 'Take It Outside' campaign aims to encourage smokers to take their tobacco products outside. Suffolk County Council Public Health, Trading Standards & Fire & Rescue Service have joined forces to promote a new campaign to raise awareness of the health & safety risks of smoking in the home. The campaign is sponsored by the Tobacco Control Alliance: a multi-agency partnership comprising Public Health, local councils, Norfolk & Suffolk Foundation Trust (NSFT), Public Health England, Suffolk Fire & Rescue, Suffolk Trading Standards & others. The objectives are shared by all partners to encourage better health & to reduce the devastating impact of house fires. Take it Outside sets out the key steps that people can take to avoid the multiple health harms associated with smoking in the home. The campaign is split into three film scenarios with three accompanying interviews. These films outline the increased risk of smoking illicit tobacco, & promote the role of OneLife Suffolk in supporting people to quit.

Councillor Tony Goldson, Cabinet member for Health, said: "In the UK around 2 million children are estimated to be regularly exposed to second hand smoke in the home, making it the main place that children encounter smoking. There are over 60 cancer causing substances in cigarettes; most of these toxins are invisible & odourless. Help is available & it's never too late to benefit from quitting smoking. The moment you quit, the health benefits start to kick in."

OneLife Suffolk provides support & advice to people to quit smoking.

Call 01473 718193 email info@onelifesuffolk.co.uk visit www.onelifesuffolk.co.uk

Guidance is also available at www.nhs.uk including downloadable apps to help people to quit smoking.

Councillor Matthew Hicks, Cabinet Member for environment, public protection & broadband said: "The careless disposal of cigarettes is the single biggest killer in house fires. It's important that people ensure they stub out cigarettes properly & dispose of them carefully - never leave lit cigarettes, cigars or pipes unattended. In the event of a fire breaking out, a regularly maintained smoke alarm can buy you valuable time to get out, stay out & dial 999. You can get a ten-year smoke alarm for roughly the same price as two packets of cigarettes. Illegal tobacco products can also be extremely dangerous as these products may not self-extinguish & can therefore pose a serious fire risk. It's important to report anyone selling illegal tobacco, to Suffolk Trading Standards on 03454 040506."

**More information about the 'Take it Outside' campaign can be found at
www.healthysuffolk.org.uk**

Council News | Suffolk County Council

<https://www.suffolk.gov.uk/council-and-democracy/council-news>

Residents are invited to take part in Suffolk's biggest walking festival to date

Published 22 Mar 2018

With up to 125 walks on offer, this year's Suffolk Walking festival is shaping up to be the biggest yet. Whether you are young or old, a novice or an expert, there is something for everyone! You could kick start your day on a Dawn Chorus walk or end it on a Twilight Safari. You can have a go at Nordic Walking & realise the power in your legs or spend a day discovering GeoCaching & seek out the treasures dotted around the landscape.

The festival launches with two walks at St Peter's Brewery in Bungay, on Saturday 12 May, each walk including a brewery tour. Once again, the festival will include a challenge walk & this year's walk covers over 60 miles in just four days. The walk explores The Sandlings, a landscape of sandy soils, heathlands & forests stretching between Southwold & Ipswich. This year also sees the launch of the Festival Fringe, a series of events that get you close to nature in the very heart of Suffolk's countryside. Fringe highlights include "Twilight Safari", where you'll experience night life waking up in an ancient woodland; "Suffolk Sketchbook" where you can learn to sketch in the iconic setting of Snape Maltings; & "Iconic Images", a series of photography workshops with one of Suffolk's leading professional photographers.

Councillor Jane Storey, cabinet member for Highways, Transport & Rural Issues, said: "It is great to see such a wide variety of walks & activities in this year's walking festival & I would encourage as many people as possible to take part. I am hoping to go along to several of the walks with my dog – but there is something for everyone to enjoy. The walking festival is a great way to get active, connect with people & most importantly have fun! I hope that this year's events encourage people to get out, get walking & enjoy the wonderful surroundings we have here in Suffolk."

BBC Radio Suffolk's Lesley Dolphin, patron of the walking festival said: "It is so exciting that the walking festival continues to grow & grow- this year it's even got a fringe festival & I'm really proud to be a patron. I've loved getting out for a walk ever since I was little when my mum & dad took me to see the red squirrels in Thetford Forest. Suffolk is such an amazing place with a huge range of landscapes to explore & what makes this festival so special is that, as well as doing a spot of walking, I learn something about where I live. "There are over a hundred walks right across the county so there is bound to be something for you, whether it is seeing our wildlife, learning about the silk industry or exploring our villages & towns."

Tickets for the events & walks are now on sale. Buy tickets at

www.suffolkwalkingfestival.co.uk

THE EXNING ENIGMA

1. Anagram: From the following letters identify this Exning location (three words).
ACDDENNOOORTT
2. Identify the titles of the following Dickens' novels from their initials.
NN; BR; BH; GE; OT; MC
3. Which of the following numbers is mathematically the odd one out?
13 17 23 37 42 53
4. A man has a specific number of cigarettes & resolves to quit smoking when they are all gone. He decides to smoke one cigarette each morning, then to destroy half of those remaining, & to smoke one at night. After four days he doesn't have any left. How many cigarettes did he have to start with?
5. Identify the numbers that the letters represent. The letter/number representations are the same for each calculation. The first is an addition; the second a subtraction.

$$\begin{array}{r}
 \text{A B C} \\
 + \text{D E F} \\
 \hline
 \text{985} \\
 \hline
 \end{array}$$

$$\begin{array}{r}
 \text{A B C} \\
 - \text{D E F} \\
 \hline
 \text{483} \\
 \hline
 \end{array}$$

(ANSWERS ON BACK PAGE)

DISTRICT, COUNTY & MP Contact Details

Contact **Forest Heath District Council**

(aka **West Suffolk**) for:-

Fly Tipping, Rubbish Collections & Recycling, Planning & Building Regulations, Licencing, Environmental Health, Parking & Travel, Council Tax, Benefits, Housing, Street Cleansing

01638 719000 www.westsuffolk.gov.uk

Your District Councillor is Simon Cole simon.cole@westsuffolk.gov.uk

Contact **Suffolk County Council** for:-

Highways (potholes, drains, flooding, overhanging vegetation), Schools, Social Services, Trading Standards, Public Rights of Way, Libraries

0345 606 6067

www.suffolk.gov.uk

Your County Councillor is Rachel Hood Rachel.hood@suffolk.gov.uk

Your Member of Parliament is

Matt Hancock

01638 576692

matt@matt-hancock.com

EASTER NEWS UPDATE

'Little Amy' donkey charmed children on Palm Sunday – she was so popular she will be making a return visit for the Duck Races on 23rd June ...



Bishops Martin & Mike visited Exning on their Lent Pilgrimage – after the services on Palm Sunday they shared lunch with the congregation before walking through Exning & Landwade ...



Children took part in the Annual Easter Day Egg Hunt – the rain held off just long enough & the children planted an Easter Garden in the churchyard ...



Easter Flowers at St Martin's Church – the church was decorated beautifully for Easter by members of the congregation ...



Children enjoyed the Easter Holiday Club – despite the often inclement weather, the children got out in the fresh air to play ... before Good Friday, they held their Easter service in the church ...



St. Mary's Church, Newmarket

Drop In Café Church

at The Stable, High Street, Newmarket

Every Fourth Tuesday ~

24th April 2018 22nd May 2018 26th June 2018

We start at 10.15am with drinks & cake
& finish 11.15am

A chance to meet & chat with others

You are most welcome

Shine a Light

Dementia Support Group

for people with Dementia

& their Carers

3rd Monday of each
month 2pm to 4pm

Café style meeting

All Saints Church

Newmarket

for more details contact

01638 669361

Newmarket

Afternoon Tea Dances

King Edward VII Memorial Hall

13 April, 11 May, 8 June, 13 July,

10 August, 7 September,

12 October, 9 November,

14 December

2-4pm

Raffle, tea, cakes

£4.50 entry

er Group

30am

rch Hall

asby

mail.com

training

ave a life?

ator Training

ey Club Estate Heath Medics

– 11am & 2pm

memorial Hall

newmarket.gov.uk to book a place

Share Kiosk

el Street junction

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ing Parish Council

EXNING “In Bloom” APPLICATION FORM

SEND TO EXNING PARISH COUNCIL, 4 CHURCH CLOSE, EXNING, CB8 7EJ

OR EMAIL TO clerk@exning-pc.gov.uk

Name of Business, Organisation, Applicant

Address of Entry Location

Contact Telephone / Email of Applicant

Brief Details & Description of Entry

Entry Fee Enclosed - **£10 business/group £5 individual**

Amount £

Cash / Cheque

Cheques payable to Exning Parish Council

Answers to The Exning Enigma

1: Cotton End Road
2: Nicholas Nickleby, Barnaby Rudge, Bleak House, Great Expectations, Oliver Twist, Martin Chuzzlewit
3: 42 is the only one with a divisor
4: 45
5: A=7 B=3 C=4 D=2 E=5 F=1