

The Exning News

Autumn 2021

Parish Council website:
<http://www.exning-pc.gov.uk>



Useful telephone numbers:

Emergency	999
Suffolk Police (non urgent)	101
NHS online	111
Crime Stoppers UK	0800 555 111
Gas Emergency	0800 111 999
Electricity Emergency (including power cuts)	105
Anglian Water Emergency	0800 771 881
Burwell Surgery	01638 741234
Rookery Medical Centre	01638 664338
Orchard House Surgery	01638 666887
Oakfield Surgery	01638 662018
Exning Community Church Hall	07516 438133
Londis Store, Exning	01638 577225
St Martin's Church – Priest in Charge – Revd John Hardy	01638 660729
St Martin's Church O Church Warden – John Pascal	01638 578372
Exning Primary School	01638 600123
Stepping Stones Pre-School	01638 600079
Dental Emergency	111
Exning Parish Council – Clerk	01638 577461
West Suffolk District Councillor – Simon Cole	07974 443762
Suffolk County Councillor – Rachel Hood	07706 308220
Member of Parliament – Matthew Hancock	020 7219 7186
Exning Court Care Home	01638 578020
Exning Cemetery Custodian	01638 577461

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- To advertise in the Exning News please contact Kathryn Schosland: Councillor at: Kathryn.Schosland@exning-pc.gov.uk
- The deadline for submitting editorial copy and adverts for December is the 30th October 2021.

Upcoming Events:

September:

Cinema, Friday 10th

September — NOMADLAND
St Martin's Church Hall.

October:

British Legion, Saturday

16th October—100th

Anniversary St Martin's
Church.

PARISH COUNCIL NEWS

Contact Details for your Parish Council

The Clerk to the Council clerk@exning-pc.gov.uk
01638 577461 (office hours only please)
www.exning-pc.gov.uk

Your Parish Councillors:

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Contact for the newsletter editor@exning-pc.gov.uk

Parish Council Meetings for 2021

Wednesday 22nd September

Wednesday 27th October

Wednesday 24th November

NO DECEMBER MEETING

Meetings are held at the Exning Community Church Hall at 7pm

There is an Open Forum at the beginning of each meeting when members of the public may speak for a maximum of three minutes on a subject

VILLAGE FETE PLANNED FOR 2022!

The Parish Council is making plans to hold a Summer Fete next year as part of the Queen's Platinum Jubilee over the extended bank holiday in June.

Initial planning will happen over the next couple of months.

Details will be confirmed soon – keep an eye on our website, the village noticeboards & the Exning Community Facebook page."

REQUEST FOR NEWSLETTER DELIVERERS PLEASE !

We plan to produce this newsletter quarterly.

If you can help us regularly with delivering to the following areas, please get in touch on clerk@exning-pc.gov.uk

Chancery Park	St Wendred's Way	The Highlands & Shepherd Close
Church Street	Burwell Road	New River Green
Landwade	Windmill Hill	

Parish Council news continued...

AN UPDATE:

- Recreation Ground: The Parish Council will be installing a shelter on the recreation ground in September, providing a sheltered group area for all ages.
- Traffic issues on Chapel Street: There are ongoing problems with parking & obstructions in this area. Signage to discourage HGV & wide vehicle usage of Chapel Street, Ducks Lane & Lacey's Lane was installed last year. With the help of our County Councillor, Rachel Hood, we are in consultation with Suffolk County Highways to address the occurrences of parallel parking at the chapel pinch-point. In the meantime we would request that when parking, people are mindful of not parking opposite another parked car even where there are no yellow lines so that other road users & emergency vehicles can pass. Also parking on the pavement is illegal & dangerous & is dealt with by the police as an obstruction of the highway. We would politely request that businesses in this area make full use of any off-road designated parking spaces that are available to them in order to ease parking congestion for residents.
- Speeding in the village: The Parish Council has three mini-speed indicator devices (Mini-SIDs) positioned at entrances to the village. We often get requests to put more of these devices in other roads. Unfortunately, we have to apply for permission from Suffolk Highways to place these devices and the criteria is very specific, so it is not possible to include every street. We are looking again at enabling a Community SpeedWatch to operate in Exning: this will require a team of volunteers, so if you think you could consistently dedicate some time to this, do get in touch. Check out the scheme details on www.communityspeedwatch.org



EXNING ADVENT WINDOWS will be running again this December!

Start planning your window displays now & let us know that you are going to enter. Your display needs to be viewable from the street please – be as creative as you like.

Judging will be around 23rd December.

Help us to light up our village this Christmas.

Contact: clerk@exning-pc.gov.uk

Parish Council Chairman

Terry Wood

It gives me great pleasure to welcome you all to the resurrected Exning News. It has been sometime since we have had a village magazine, this was due mainly to time constraints and finding people who had the time to prepare the magazine. We will be publishing four copies a year in September, December, March and June.

It has been a difficult time for the village during this awful pandemic but in some ways it has made the village more of a community. With volunteers helping with food deliveries and ensuring that those who live alone, at the very least, receive a phone call once a week. I would like to thank all those who helped with this.

The Exning News is a village magazine and anyone who lives in or near the village can submit articles to the magazine. Details of how to do this can be found at the front of the magazine.

Exning parish council is committed to making Exning a better place for us all to live but we can't do this alone, we need help from all residents. If you have any ideas on what you would like to see in the village, please let us know. We can't promise anything but we can try.

I hope you enjoy this first issue of the Exning News.

Suffolk County Councillor

Rachel Hood

I have been honoured to represent Exning as your County Councillor for the last four years.

I look upon this role as a great privilege and, during this time, I have come to know not only many residents of the village but also the village itself.

It never ceases to amaze me how the diverse and beautiful the architecture of Exning is, which gives it not only character but great charm. We have all had to live through this awful pandemic and I know that every single person has been affected in one way or the other. However, one thing of which we can all be proud is that it has brought all communities together, and some of the acts of kindness I have observed makes me so proud to be part, not only of this special community, but also part of our nation.

I work closely with your very proactive Parish Council and when there are issues which need addressing in Exning we tackle them together and hopefully succeed.

I am delighted to contribute to the Exning News and wish it every success.

Cathy Whitaker: Clerk

Cathy's contact details are:

- **Telephone:** 01638 577461
- **Email:** clerk@exning-pc.gov.uk
- **Website:** www.exning-pc.gov.uk
- **Clerk,** 4 Church Close, Exning, Newmarket, Suffolk CB8 7EJ

Note: A list of useful numbers are printed on the inside cover at the front of this booklet.

Church notices

Saturday 11th September.

Suffolk Historic Churches Trust Ride and Stride.

Cycle or walk, our annual sponsored Ride and Stride (or have a day out in the car!). However you choose to participate, find and explore churches you may not have noticed in the past, while helping to raise worthwhile funds for your local church and also churches throughout Great Britain. For sponsorship forms or further information, please call Christine Pearce 01638 664314.

Saturday 25th September.

The Abbot Consort of Voices Evening concert in St Martin's Church at 7.30 p.m. Free entry with Retiring collection. Proceeds 50/50 Cambridge Pancreatic Cancer Centre and Parish funds. Contact: Jenny King 01638 578344 or Christine Pearce 01638 664314.

Church notices

Saturday 16th October.

Royal British Legion Centenary *Last Night of the Proms* Concert featuring Newmarket Town Band. St Martin's Church, starting at 7.30 p.m.

Exning Songs of Praise: Remembrance, Thanksgiving, Celebration of a New Beginning. Sunday 12th September. St Martin's Church, starting at 3 p.m. **ALL WELCOME.**



Do you need a venue for a party, event or class? If so, Exning Community Church Hall is open and available for hire.

For more information or to book, please contact Ellie on 07516 438133 at exningchurchhall@gmail.com or www.exningcommunituchurchhall.org



Exning Primary School Headteacher James Clark

Over the past
eighteen months,

we've all had to make adjustments to what we once called 'normal' life. Here at Exning Primary School, we have tried to give the children and families of our community the closest thing to a normal education that we could possibly offer.

This has meant a lot of change and sacrifice for our school community, across the two academic years, with families missing sports days; leavers' assemblies; school plays; summer fetes and the Christmas bazaar, to name but a few.

Our children have been in different sized bubbles in school; two lockdowns where they had to stay at home and try and continue their learning online, with all the disadvantages that brings; changes to their school day, with different drop off and pick up times, separating them from friends and siblings throughout the day; no school trips (until very recently); no opportunities to have parents in school to share and celebrate in their hard work; no inter-school competition; no whole-school achievement assemblies.

Despite these hardships, and under the

guidance of our fantastic Exning school team, our children have persevered and have all been able to make amazing progress in everything they have done. We are very proud of each and every one of them. We are also proud of their parents and carers for their exceptional resilience, and thank them for their understanding and support throughout.

Our whole school community really lives up to our school motto:

Persevere, Shine and Be Happy!

Sharing parenting

SHARING PARENTING

"WHAT IS BEING TAUGHT HERE IS MORE REALISTIC THAN OTHER COURSES I'VE ATTENDED" Parent

www.sharingparenting.com

COMMUNITY Fund

EUROPEAN UNION

Sharing Parenting
making a difference to families

Do you have children aged between 2-19? Are you looking for simple and effective tips and strategies to help your child build a healthy self-esteem and keep a calm home? Have you heard of Sharing Parenting's FREE online and face-to-face information and support?

>>>Continued

Sharing parenting continued ...

Join us for *Time Out Tuesdays* starting from 21st September 2021 when we will be hosting 1 hour sessions (via Zoom) every Tuesday from 10.00-11.00am. These will include our very popular *True Colours* taster (find out more about personality types), Sibling Rivalry (simple tips to help your kids get along), find out your main parenting style and lots more.

- Take a look on our website <https://www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/> for the full list and dates or email info@sharingparenting.com for more information.
- Check out our website www.sharingparenting.com or email info@sharingparenting.com to find out lots more about our online and face to face support, including how to sign up for FREE to attend our online *Raising Children* course starting in January 2022.

Now the children are back at school contact hannah@sharingparenting.com for FREE 1 to 1 support and motivation getting back to work, education or training with our *Build a Rainbow* programme.

◆ Contact

clare@sharingparenting.com if you are a parent or carer of a child with Special Educational Needs and would like to meet with others for information and support.

Conservation

Exning New River Group

Residents of Exning are fortunate to have one of the only 210 chalk streams worldwide flowing through the heart of their village, where Mallard Ducks, Water Voles, Kingfishers, Grey Herons, Little Egrets, Sticklebacks and many more species can be seen. Chalk streams have unique characteristics of mineral rich water which supports a diverse natural flora and fauna. Substantial winter rainfall is required to replenish the chalk aquifers and maintain flow during the summer.

The **Exning New River** rises from the Seven Springs, St Wendred's Well and Favins Head areas (on The Jockey Club's land on the Newmarket side of the A14). It then flows by St Martins Close, Ducks Lane, Brookside, New River Green, Swan Lane, Mill Lane, Exning Estates, Landwade Hall and onto Wicken Fen, via Monks Lode, joining the River Cam at Upware.

Exning New River Group continued ...

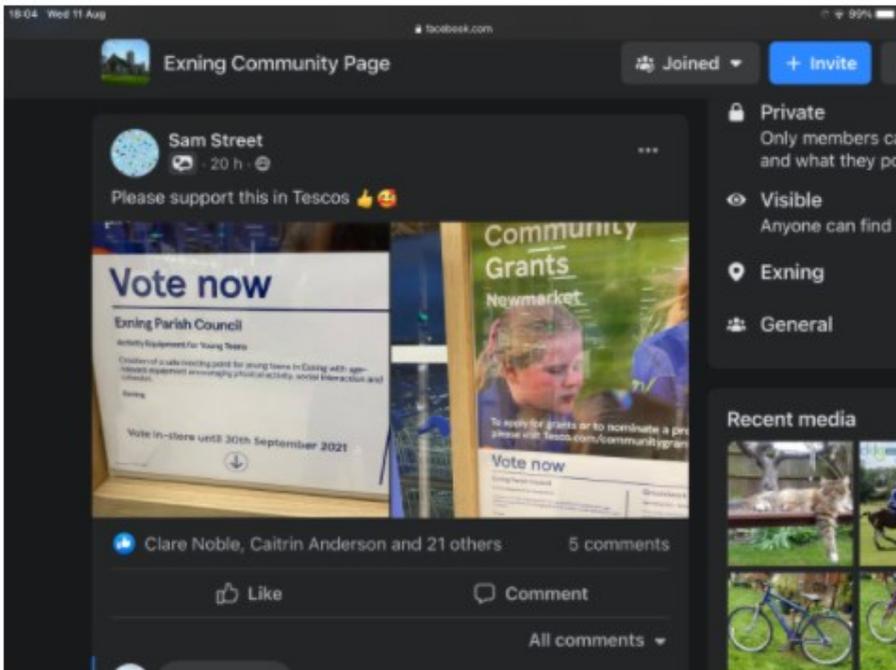
Since the 1990's, the Environment Agency's Lodes-Granta Groundwater Scheme supports the river's flow by pumping water from a borehole in Snailwell to the **New River** during dry periods, under licence. The pump was turned off in early January 2021 following heavy winter rains but will probably be required again in the next few months.

In 2018, six local residents set-up the **Exning New River Group** to help coordinate the maintenance of the river with the riparian owners and council authorities. A report on the state of the river was commissioned in January 2020 and anyone interested in receiving a copy and preliminary plans formulated to improve the flow in the Duck Pond area by email should contact:

Jenny.ricketts@btconnect.com.

Support us at Tesco's

Support the Tesco's drive by adding your green discs to the Exning collection based in the local store.



Royal British Legion Exning Branch

The first meeting for 17 months was held on the 28th July and was attended by the majority of members who were briefed about the involvement by the Branch during the pandemic.

Several significant events occurred but the government restrictions limited both public and membership participation. Wreaths were laid on the War Memorial to mark both the 75th anniversary of VE day on May 8th and VJ day on 15th August. An oak tree, sponsored jointly by the Branch and the Parish Council, was planted in the Lacey's Lane cemetery to mark the 75th Anniversary of the end World War 2.

The Civic Ceremony for Remembrance Sunday took place at the Village War Memorial on Remembrance Sunday. This was a simple ceremony during which only two official wreaths were laid, one by the Royal British Legion and one by the Parish Council. Prayers were said by the Reverend Canon Mark Howarth and the two minute silence was observed. Two riders appeared with their horses decorated with poppies which added colour to the proceedings. About 30 members of the public attended and social distancing was observed where possible. Afterwards there was an opportunity

for private tokens of remembrance to be laid.

The village Poppy Appeal last year raised over £5,000 which was considered to be a good result given the government restrictions. The organisers of the Appeal are thankful for all who contribute to this annual event on behalf of the Royal British Legion.

2021 sees another landmark occasion and that is the 100th Anniversary of the formation of the Royal British Legion. A *Last Night of the Proms* Concert given by Newmarket Town Band has been arranged by the British Legion by way of a celebration. This will be in St Martin's Church on Saturday 16th October. Please refer to the Village noticeboards for further information nearer the event.

Exning Village Cinema

The organisers of the Village Cinema have announced the relaunch of this monthly event with the first screening on Friday 10th September. The doors open at 7pm and the programme starts at 7 30 pm. The cinema has been established for some 10 years now and is dependent upon public support.

September's film is **NOMADLAND**, the 2021 Oscars winner production for the best Picture, best Director and best Actress awards.

The Exning Neighbours Support group

This group convened to assist villagers with vital day to day tasks during the COVID period, closed at the end of July.

Kathryn Allen conceived the idea in early 2020 as cases were starting to rise and other countries began to take increasingly extreme measures to protect citizens. Seeing the writing on the wall, she organised a gathering at the church hall to engage the community. Kathryn Schosland, Lindsay Morgan and Cathy Whitaker joined Kathryn A to start the process of setting up, latterly joined by Bodek Grzech.

Progress was swift and within just a few days the group had amassed a database of over 100 volunteers and a strategy for getting things done to assure efficiency, continuity and safety.

Thanks to James Clayton-Smith and Jenny Southgate's, snazzy programming in the database; this allowed us to match tasks to a volunteer in the same street, or a volunteer undertaking the same errand. This limited extra journeys and lead to informal links between nearby people, amplifying the support shared in these difficult times – a wave hello, a phone call, a check in on the way past.

The support of the Parish Council was instrumental to setting up payment

schemes to get groceries to residents without modern banking arrangements.

We took our first call on March 25th. Since then, villagers, you have:

- Obtained groceries at least 150 times
- Collected medication at least 60 times
- Made around 70 phone calls to support someone who is lonely or anxious

Well done Exning.

Exning charity

Small discretionary grants may be available to those who have encountered extreme hardship. Applicants must reside within the Parish of Exning and should apply in writing to:

- **Chairman of Trustees,**
Achray, Windmill Hill, CB8 7LD

Distributions are made in May and December or in emergency at other times .

For more information please contact:

- **Clerk to the Trustees.**
Maytrees, 21a Church Street, Exning,
Newmarket, CB8 7EH

Telephone Box Library News

As many of you are aware, the Telephone Box Library is now back up and running. This time around, we are offering all books for free, without need of a swap book. Naturally, if you want to bring a book to swap, then lovely, and thank you for your donation :)

However, we want absolutely everyone to have access to the really lovely books that we get to offer, regardless of whether they have swap books or not.

Also, we are pleased to announce that in the porch of St Martins Church, we have been able to add a Reading Nook. This is open 10am to 5pm each day (as part of the church's summer open door policy). Once again, we are offering free books to all our visitors.

Jan at the Reading Nook is also offering Storytime Sessions twice a week. She would love it if you could join her Storytime Sessions are:

- Tuesdays at 10.30am and
Thursdays at 3pm.

These sessions are during the Summer holidays, but Jan would like to start thinking about also offering sessions once schools have gone back.

We hope that you will enjoy using the Telephone Box and Reading Nook :)

Happy choosing and reading everyone!

Sam and Jan

Village interview

Fringes – Hair Salon Owner Lou Milner

Who are you and what is your business?

I am a hairstylist and have a hair salon on Oxford Street.

How long have you had a business in Exning and where did you come from?

I have run Fringes for 13 years and previously worked in Cambridge.

What makes your business unique/why should people use your business?

I am the sole proprietor and stylist, which makes it a more intimate experience, and I am very loyal and discreet. I also bring my dog to work most days, which adds an interesting element!

What do you like the most about Exning?

Definitely the community aspect, everyone is friendly and welcoming.

What would you like to see change in Exning?

The speed at which some cars speed through the village!

If you had unlimited funds to spend on the village what would you buy/do?

I would set up a gym.

Newmarket Day Centre

Newmarket Day Centre CIO

Fred Archer Way, Newmarket

01638 664262

Newmarket day centre was opened forty years ago this year by Her Majesty the Queen. For the past forty years it has catered for the needs of the over fifties by providing meals and a place to go and to meet other people.

The nature of the people using the day centre over the years has changed. Whereas it used to be the case that there were many people in our community that could not afford to feed themselves, even though sadly this is still the case, it is not so predominant as it used to be.

The main reason that many of our clients come to the centre is to meet other people, because in this modern age of the internet and social media many not so old people feel lonely and disconnected with the community around them.

We run many social events in the centre including computer classes.

The day centre used to get much of its funding from social services but this has now changed and we are now totally reliant on voluntary contributions.

During the pandemic we were able to provide a *meals-on-wheels* service to over eighty people per day and this still continues.

We have recently opened a coffee shop serving meals and refreshments to the general public and we have named it the *Orangery* why not visit us? The difference with the *Orangery* is that it is open to all ages, and we look forward to seeing you all.

You can contact the day centre on 01638 664262, or just turn up and you will receive a warm welcome.

Newmarket Day Centre CIO

Fred Archer Way, Newmarket

01638 664262

Over 50 or have a friend who is ?

Why not drop in and say Hello?

Enjoy a drink and sweet treat in our Orangery, or join us for a homemade hot lunch.

Come along and find out about all our services, which includes our amazing Hot Plate deliveries.

Open 08.45—15.45 Monday to Friday.

We think you'll be surprised!

These pages are intentionally blank for advertisements.

If you would like to advertise in the Exning News please
contact:

Kathryn Schosland: Councillor at:
[*Kathryn.Schosland@exning-pc.gov.uk*](mailto:Kathryn.Schosland@exning-pc.gov.uk)

