



Feb 2025

Sustainability Inclusivity Legacy

Newsletter of the Parish Council

Exning news

www.exning-pc.gov.uk

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The Exning News is delivered in February, May, August and November.
Opinions expressed do not necessarily reflect those of the Parish Council.

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All articles and letters sent to the Parish Council editors must be accompanied by a name and address in order to be published and may be edited for brevity.

To advertise or feature in the Exning News please contact
editor@exning-pc.gov.uk

The deadline for submitting editorial copy and adverts for March 2025 is
25th April 2025

Useful telephone numbers

Emergency	999
Suffolk Police (non-urgent)	101
NHS Direct (medical or dental)	111
Crime Stoppers UK	0800 555 111
Gas Emergency	0800 111 999
Electrical 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 Warden	01638 577581
Exning Primary School	01638 600123
Exning Parish Council, Clerk	01638 577461
West Suffolk District Councillor Jon London	01638 599376
Suffolk County Councillor Rachel Hood	07706 308220
Member of Parliament Nick Timothy	02072 194272
Exning Court Care Home	01638 578020

Meet the editors

Kathryn Schosland



Kathryn has been an active member of the Exning community since moving here in 2010. She supports local church groups, educational organisations, and was a founding member of the Exning Neighbours Group during COVID.

Dani Kilsby-Steele

Dani moved to the village in 2019 with her husband Oli. She enjoys walking with Archie the Border Terrier, horse riding and hockey. Now with a young family, she brings expertise around local business, land management, and our youngest residents.



Lindsay Morgan



Lindsay came to the village in 2012. She became involved fully in village life during COVID, when she helped form the Exning Neighbours Group and now takes an active role in the Parish Council and Exning Primary School.

Contact details for your Parish Council

Clerk to the Council

clerk@exning-pc.gov.uk

01638 577461 (office hours only)

Your Parish Councillors

Lindsay Morgan (Chair)

lindsay.morgan@exning-pc.gov.uk

Kathryn Schosland (Dep. Chair)

kathryn.schosland@exning-pc.gov.uk

Bodek Grzech

bodek.grzech@exning-pc.gov.uk

Alex Hall

alex.hall@exning-pc.gov.uk

Dani Kilsby-Steele

dani.kilsbysteele@exning-pc.gov.uk

Jon London

jon.london@exning-pc.gov.uk

The Parish Council has vacancies

See page 26 for details

District Council News

Councillor Jon London

As we settle into 2025 I hope that everyone's new year is going well. For anyone with an eye on local politics, it's an uncertain whirlwind of possible changes. Our current system of District and County Councils has been around for 50 years, and it's starting to creak. I certainly wouldn't defend it as an example of efficiency!



So what happens now? A single Unitary Authority will be taking over from the District and County Councils. Exning Parish Council will remain, but possibly take on more responsibilities. There will also (probably) be a Norfolk & Suffolk combined mayor.

This will mean that you will only have one Councillor responsible for everything, which should make it simpler!

It's possible that our new Unitary Council will be just for the western side of Suffolk, but it's likely to be a whole-Suffolk mega-Council. If so, I think we will see a sharp decline in our services, just as we did when Forest Heath was subsumed into West Suffolk and well-intentioned cost saving exercises meant that local knowledge was lost. Bits of grass around the village stopped getting mowed, and we lost the local touch from the Council. Imagine what it will be like if our services are provided remotely from Ipswich, by people who couldn't point to Exning on a map.

I wonder if Suffolk is still right for Exning. Maybe we'd get more from joining Cambridgeshire?

Whatever happens, I will remain your District Councillor as long as there is a District Council, and continue to try to resolve your issues.

On that note I hope you have seen the improvement to the green area in Queensway and the hedges along Burwell road near the turn. Please do let me know if you spot an issue. I can't promise to resolve it but will do what I can do to help.

E: cllrjonlondon@gmail.com

Facebook: @CllrJonLondon

Web: www.wslibdems.org.uk/our-team/jon-london

Conservation and Green Spaces

Bringing Fresh Life to our river



Swan Lane Bridge

Ten enthusiastic village volunteers met by Swan Lane Bridge in early Nov and with the years of overgrown vegetation now cut back the extent of the bank erosion was visible. Their first task was to drive in two rows of Chestnut stakes against each bank and place faggots between them to help stabilise. The next week the volunteers



moved large quantities of silt onto the banks, behind the faggots, and filled buckets with 4 tonne of 40 mm gravel and 2.4 tonne of 20 mm gravel to create a 'berm' in the river. This work has redirected the main flow through the culvert, by the far side bank, creating a secondary area of slower water for the invertebrates on the near side.

All the existing chalk stream aquatic plants - Irises, Great Willow Herb, Pendulous Sedge and Forget-Me-Not which had formed an island were retained. Some Pendulous Sedge from the grass area was replanted into the recovered silt and other pieces taken to add to the Duck Pond vegetation.

Our wildlife quickly adapted to the changes and within a few days two Little Egrets, Mallard Ducks, Moorhens, a Heron, two Muntjac, a fox, a Kingfisher and other small birds were seen. The Little Egrets and the Heron were 'shuffling their feet' to disturb the fish and then eating them, just as captured on BBC's Winterwatch!

This work is supported by a grant from Octopus Renewables Infrastructure Trust (ORIT)

Water Levels

Although it may seem as if it has been wet, we have had significantly less rain so far in the 2024/2025 winter than in 2023/24. This has resulted in the level in the Duck Pond of 30 cm compared to 42 cm in January 2024.

The Wheatsheaf Quiz

The Wheatsheaf very kindly hosted a quiz night in aid of river in December which was well attended and enjoyed by all. They are planning a further quiz night on Saturday 22nd February at 7 pm. Do come along, to book your place: contact@wheatsheafexning.co.uk or 01638 577237.

If you would like to support our on-going improvement work and management of the river, go to our website www.exningnewriver.co.uk



A theater poster for the play 'Drinking Habits' by Tom Smith. The background is a colorful, stained-glass style window with red, orange, yellow, and blue patterns. In the center is a large, stylized illustration of a wine glass filled with red wine, which has a face with closed eyes. Above the glass, the title 'Drinking Habits' is written in a large, white, gothic-style font, with 'BY TOM SMITH' in a smaller, white, sans-serif font below it. At the top left, the word 'noda' is written in a cursive font. At the top center, 'nkt Newmarket Kings Theatre' is written, with 'Presents a Nomads Production' below it. At the top right is a small crown logo. A white rectangular box with a green border is overlaid on the bottom half of the poster, containing the following text: 'Dates moved to July, see website for details', 'PERFORMANCES 7.30PM', 'TICKETS £12 CONCESSIONS £10 (CONCESSIONS OPENING NIGHT ONLY)', 'THE KINGS THEATRE, 16 FITZROY STREET, NEWMARKET, CB8 0JW', and 'BOX OFFICE: 01638 663337 WWW.NEWMARKETKINGSTHEATRE.COM'. Below this box, a small line of text reads 'PRODUCED BY SPECIAL ARRANGEMENT WITH PLAYSCRIPTS, INC. WWW.PLAYSCRIPTS.COM'. At the very bottom, there is a green bar with social media icons and handles: '@NMADSLTD', '/NEWMARKETKINGSTHEATRE', and '/NKTTHEATRE', along with a QR code and the text 'PIKA-CREATIVE.COM'.

- From the River Bank

By eeL

The Exning New River chalk stream winds its way through a frozen landscape at this time of year, underground, overground, hidden on private land, appearing here and there to show herself as a living, moving body of water and a lifeforce. She sometimes smokes in the cold of winter, her own warmer waters seemingly letting off steam in the still and brittle-cold air as she meanders along behind St Martin's Church, as she has done for centuries before any of us were here. At night she is black and shining and an owl watches over her, the water being apparently the only moving thing on a deep winter's evening. All seems dead and cold at this time of year and the outlook gloomy – Spring is nowhere near yet and we're in the abyss between the joys, lights and excitement of Christmas and the green hope of luscious, warmer times. But look a little closer...

There is still the odd stickleback, waving his tail as he wriggles against the current. And because there is, Eric is becoming more often sighted. Come on, you **MUST** have seen Eric?! The majestic, huddled, bright white little egret stands out in the gloom like a ghostly sentinel and potters downstream on his own. A young fox lurks, shy but cheeky, eyeing up the moorhen nervously bobbing about on the surface. Blackbirds bathe in the shallows (like the rest of us, it's a bit cold for a wash but it has to be done!), the robin sits overhead singing his Spring song and telling us he knows something we don't – the new season is coming! His enthusiasm and colour can't be held back by a sharp frost, he has this year's nest on his mind and speckled eggs and those never-ending worm feeds. If you're a creature you can't just go to the shops or do online dating – everything has to be planned and considered like a constant military operation, and the Troops are out down at the river!

The grey heron stands on the edge like an old man who's seen it all before, not too keen to dip his toes. Cars pass not far from him, but he's not fussed - as long as no one bothers him he'll carry on with his fishing trip. He's not alone though – the kingfisher is on his perch. Blink and you'll miss him fly off it and back, leaving nothing but an electric blue streak in the air, he's that fast! There's a whole world out there, a thriving, busy world that's not the one you know. It was there before you were born, witnessing the church bells and the bustling travellers and seeing many changes but, despite the challenges, persevering with more bravery and stamina than most of us can muster.

You see that bit of dead leaf floating downstream? It glides and turns with each bump and eddy, no control over its journey as it's carried down the water, running past you now, off out of sight, a disappearing speck going who-knows-where. But aren't we all just that leaf? You may be stuck in a spin in an eddy or swept by a current or washed up on the bank, you may feel powerless on your journey or an insignificant bit of old flotsam with no say in where it's all going. But all of life is here in this clear, beautiful stream, and all is of importance and value, everything supports everything else. All creatures living together, prey and predators, with all their struggles and cold and hunger and they try to survive as best they can and make the most of anything good that comes their way. We're all trying to get to better, sunnier and easier days and this time of year is tough. Take a look at the New River and spend a moment in quiet solidarity with the natural world as we hunker down for a few more months. We may be scared or struggling or tentatively watching the world from our own 'perch'. But listen to the wise robin as he tells you about the wonderful future he sees from up in his tree, exuberantly shouting the news over the churchyard with an enthusiastic heart like the Angel Gabriel himself. He has more adversity to fear than most of us, but he still stands at the top of that leafless, empty tree singing his beautiful song of positivity. And he's sharing it with YOU.

@eel



Eel is the pen name of an anonymous Exning author.



LANES GARDEN MAINTENANCE

0 7 5 4 0 3 3 3 3 6 0

lanes.garden.maintenance@gmail.com



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What's growing? On the Exning allotments with Phil

Dani's Indoor Gardening Ideas

Due to the wet weather, it is rather quiet on Phil's allotment just now.

So if you would like to stay inside and use those green fingers, please find some ideas below:



1. **Re-use baked bean tins (or similar) to make pretty indoor pots.** You will need to wash and dry the tins, sand down any sharp edges, add drainage holes and a couple of pebbles, fill with soil, and then add your plant of choice. If you're feeling extra creative, you can paint/decorate the pots. For more ideas search 'baked bean tins as plant pots' using your favourite search engine.
2. **Create a mini herb garden on your windowsill.** Herbs can grow well on your windowsills in pots (including homemade ones). You can grow herbs from seed or buy plants from a supermarket or garden centre.
3. **Grow microgreens.** A lovely addition to any meal, sunflower and pea shoots can be grown quickly and easily (with some practice) at home. A quick search online will reveal lots of how to guides.
4. **Grow cuttings from your houseplants.** Lots of houseplants can be easily propagated to create new baby plants at no cost at all. You can even swap cuttings with friends and neighbours to boost your collections!
5. **Save a plant.** Supermarkets and garden centres often have damaged or weak stock heavily discounted. Many of these plants can be nursed back to full health with some tender loving care. Ask the garden centre staff for some advice to start you off.
6. **Plan for the outdoor growing season.** Look online or at some good old -fashioned books to start planning your outdoor growing season. My top tip is to grow things you most enjoy looking at and/or eating!

Hopefully Phil will be back in the next edition, but if you have any other ideas, please do post them on the village Facebook site.

If you have any questions for Phil, to be asked in the next edition, please email editor@exning-pc.gov.uk

Meet The Locals

Local business Q&A

Each edition, we run a Q&A with a local business owner. If you would like to take part, please email editor@exning-pc.gov.uk.

In this edition, we caught up with Phil Lane from Lanes Garden Maintenance

Q1: When did you start Lanes Garden Maintenance?

In 2024

Q2: How and why did you start the business?

I was already helping friends and family with their gardens, and they started suggesting I do it as a business. I put an advert on the app 'Nextdoor Neighbours', and people started to book my services. It has taken off from there, and I am now booked up three days a week.

Q3: What services do you offer?

Lawn care, mowing, strimming, weeding, fertilisers and pesticides, tidying and clearance, patio cleaning, hedge cutting, pruning, planting and much more.

Q4: What is the best part of the job?

Meeting new people and seeing lots of different gardens

Q5: What's the most challenging part?

Doing things differently to how I would normally do, to best meet the needs of each client. However, I am really enjoying learning new techniques!

Q6: And what's next?

To keep building my customer base, but to stay as a one-man band. I finished my 'day job' at the end of January, but the aim is not to go full time gardening; I'm aiming for an improved work-life balance, so I can spend time enjoying my own garden and allotment.

Exning Events

Music Builds Communities

If you enjoy singing, even if you don't think you can sing, come along to MBC "Singing for Fun", usually on the 3rd Wednesday of each month at 8 pm in Exning Community Church Hall. It's a sing-along where the words are shown on a screen and the music is provided on acoustic guitars. No need to book. We request a donation of £2.50 for the evening (cash or card). During 2025, each month, we'll be singing songs which were No#1 hits in that month from 1952 onwards. The singers will choose the songs, so expect a mix of pop, rock, folk, country traditional and showtunes. For latest information visit

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

Our "Electric Guitar" sessions take place in ECCH on the 1st Wednesday of each month. Open to anybody who plays, whether it be lead, rhythm or bass. We now have a drummer, but could add a keyboard player. See

http://www.musicbuildscommunities.org/play_electric.html

For more information about MBC and any of its activities see the website www.musicbuildscommunities.org, email info@musicbuildscommunities.org or call John on 07968-912046

Exning.net

Exning dot Net (www.exning.net) is a website about Exning Village. It is a way for you to find out what is going on in the village over the coming month(s) and is available to promote your event for free! It also has links to various organisations' own websites and Facebook pages (or we can provide a web page where there isn't one). There's a section about the history of Exning, and pages of photos of past events held in the village (e.g. duck races, commemorations of world wars, jubilee events, fetes, etc).

The information is only as good as that provided to us, so if you have a regular activity, or are organising a one-off event, please let us know. We can also help publicise your event on several local Facebook pages and Nextdoor. If the event is in Exning Community Church Hall we can let people know about it by email. So, look at the website www.exning.net and, if you want to know more, email us at info@exning.net or call John Saville on 07968-912046



EXNING VILLAGE CINEMA

presents

PADDINGTON IN PERU

STARRING

ANTONIO BANDERAS HUGH BONNEVILLE EMILY MORTIMER BEN WISHAW
OLIVIA COLEMAN JULIE WALTERS and IMELDA STAUNTON

FRIDAY 14TH MARCH 2025

CONCLAVE

STARRING

RALPH FIENNES STANLEY TUCCI JOHN LITHGOW and ISABELLA ROSSELLINI

FRIDAY 11TH APRIL 2025

EXNING COMMUNITY CHURCH HALL

Doors open 7pm Performance starts 7.30pm

Refreshments available

Adults £5 Children (under 15) £4

Family ticket (2adults/2children) £14

www.exningvillagecinema.website

COFFEE FOR ALL

St MARTIN'S CHURCH, EXNING



SATURDAY
8th March
10am-12 noon |
Everyone welcome
No charge, donations gratefully
accepted.

Concert by The Kirbye Voices

Thursday March 6th at 7.00pm

This acclaimed choir are returning to St Martin's Church with another performance of superb singing a capella, with songs on the theme of Spring.

Entry free with donations after the performance which will be divided between Kirbye Voices and the Parish Church.

All Welcome.

Charitable Organisations

EXNING's POPPY APPEAL

The Poppy Appeal Group in Exning, last November, broke all records with a total of £17,463.89 being raised for the Royal British Legion. Thanks are due primarily to the outstanding generosity of the public who demonstrated their support for the work carried out on behalf of Ex Service Men and Women and their dependents by the Legion.

Thanks, are also due to those who volunteered in assisting with the collection and the businesses, particularly Tesco, who were happy to have a collecting point on their premises during the two weeks of the Appeal. We could not have done it without you.

M L Lovegrove

Major Ret'd
Chairman
Exning Branch
The Royal British Legion



Have you thought about volunteering?



The National Horseracing Museum is looking for volunteers!

Can you spare a few hours a week to help bring the story of horseracing to life?

We are looking for volunteer room guides for historic Palace House, once part of

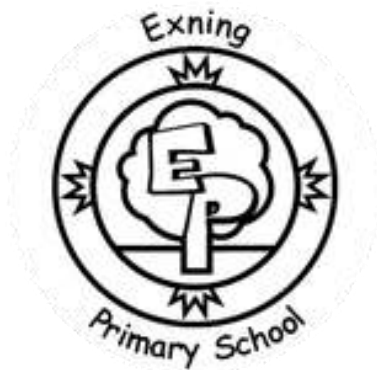
the palace complex built by Charles II, volunteers to assist with an exciting all year-round events programme, equine volunteers to help in the Yard sharing a passion for horses with visitors and meet and greet volunteers providing a warm welcome to museum.

Interested? Take a look at the website www.nhrm.co.uk/volunteering for more information or ask in the museum shop.

Children and Young People

Exning School Junior Road Safety Officers

We are this year's Junior Road Safety Officers for Exning Primary School. We are in Year 5 and our names are Emily, Mackenzie, Lucy and Lulu. Our job is to help our school community learn about road safety and eco-friendly travel.



Road Safety Week was the 17th to 23rd November 2024 and we learnt about the importance of road safety and about the road safety heroes who make roads safer and who support us after a road accident. Examples of road safety heroes are: fire and rescue, ambulance service, police, doctors, nurses and highway engineers. Sadly, more than 6 children are killed or seriously injured in road accidents every day. Our road safety heroes work to prevent these accidents and help and care for us should a road accident happen.

In November Years 5 and 6 had a visit from Holly Jacobs who works for Suffolk Road Safety. She talked to us about how to sit in a car properly. You must always wear your seatbelt correctly and it is very dangerous for a passenger to put their feet on the dashboard. In an accident you could be seriously injured if you have your feet on the dashboard when the airbag deploys.

We know that people in Exning are very concerned about e - scooters. It is illegal to ride e-scooters on the road or in public spaces such as parks, street pavements and shopping centres. You can only use an e-scooter on private land, for example a garden. In some places you can hire an e-scooter and use it on the road but you must have the correct driver's licence and Insurance.

Please remember outside our school "20 is Plenty" and remember to park responsibly and safely... we can all be road safety heroes!

Clothes Swap (SWISH)

The Friends of Exning School (FOES) recently ran a SWISH event which is primarily a clothing and accessories swap. The Cambridge Carbon Footprint (CCF) project provided a Clothing Swap Kit, to allow donated items to be displayed effectively and the amount of clothing that was recycled weighed.

The CCF website states

“The clothing and textiles industry produces around 10% of global carbon emissions and is the world’s second largest industrial polluter. Clothes swaps are a practical way for local communities to take part in the circular economy/sharing economy at a grassroots level. They provide an easy viable alternative to buying new clothes (perfect for those on a low income), whilst also providing a way for people to recycle clothes easily, reducing the risk of clothing contaminating recycling waste streams.”

[\(https://cambridgecarbonfootprint.org/clothes-swap/\)](https://cambridgecarbonfootprint.org/clothes-swap/)

This environmentally friendly group promotes sustainability and financial resilience through a variety of means, one of which is SWISH clothing swaps, where people are able to donate their good quality clothing and choose new things.

FOES ran the first event in the school hall and, although small, it was deemed a success. Following feedback from people that used the event a grant was requested, and successfully obtained, from our local District Councillor, Jon London. The grant will be used to purchase rails, tables and other resources to run future events in the village, without the need of getting resources from Cambridge.

Some other local groups, including the Parish Council, Church, Stepping Stones Pre-School and Exning Scouting Group have expressed interest in supporting this initiative in the future. A second clothing event will be held at the village fete in the summer with the support of Exning Parish Council and you’ll find us in Sustainability Corner alongside the pre-loved School Uniform and the Exning School Uniform Sewing Bee. It is hoped this will become a more regular event in the village.

If you are part of a local group or individual interested in supporting this initiative, please email rachel.donald@easterneducationgroup.ac.uk.

Rachel Donald

1st Exning Scouts

It was a busy start to the new year, with lots of new young people coming of age to join the Beavers group, our youngest explorers.

Kuk Sool Won Martial Arts of Soham

returned and the Scouts this time had a chance to break some boards with their powerful palm strikes. Cubs have been

practising their culinary skills with trifle-making and a winter campfire with toasted marshmallows and Smores (but not part of the same banquet!).



Exciting events this year include the Great Tommy Sleep out on 29th March to raise money for homeless veterans, followed by our half term camping trip to Wales. Next is our bootsale on 2nd June at the Severals and not forgetting our international Summer adventure to Kanderstag, Switzerland for which we are fundraising.

If you are interested in taking part in scouting, please get in touch with Barry Hussey. barry.hussey@exningscouts.org.uk

FOOTSTEPS Toddler Group

For 0 - 4 year olds and their parent/carer.

Run by volunteers from St Martin's Church, it meets on the first and third Monday's of the month, at Exning Community Church Hall. 10am - midday.

In February and March we will have craft and activities to do with animals, boats and rainbows.

Dates then: April 7th; May 19th; June 16th; July 7th and 21st.

£2/adult. Teas, coffees and light refreshments no charge.

Short bible story and nursery rhymes



Contact:

exningfootsteps@gmail.com/Sarah

07709 539036

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Faith and Worship

A letter from the minister

St Martin's Church

During the grey days of January when I am writing this, it is easy to think of Christmas as a distant memory. But it is not that long ago, and in church we continue to celebrate Christmas all through January till 2nd February, when we celebrate Candlemas, the festival of the Presentation of Christ in the Temple. While many encourage us to observe 'dry January', there is something of the air of celebration in church! – or at least I hope there is. This was my second Christmas in Exning, and a couple of occasions stand out. The first is the switching-on of the lights on the Christmas tree, with Christmas music, refreshments, and a sense of fun. Those on the parish council who organise this deserve our thanks. The second is what for so many of us is the beginning of Christmas 'proper' – the carol service for all ages on Christmas Eve, and the Christingle, with its message of light in darkness, forgiveness through Jesus, and hope for the future. There is a sense of hope at the beginning of 2025. The ceasefire in the Middle East and the possibility of an end to the war in Ukraine

encourage us to continue to pray the words we say in the Church's daily round of prayer: 'Give peace in our time, O Lord.' The tantalising possibility to which those words point is not just peace in the world, but peace with ourselves and peace with God. Christians believe this is God's gift to us in Jesus Christ. If there is the possibility that 2025 will bring peace in the world, perhaps it can also be a year in which many of us understand in a fresh way the peace which passes all understanding. If so, that is certainly a reason to celebrate.

Liam Beadle

Services are on noticeboards and on St Martin's website <https://www.exningparishchurch.net>



The Exning Telephone box library

Please pop down to Exning's telephone box library at the bottom of Lacey's Lane. Plenty of free books to choose from so feel free to take a look.

Donations of books also gratefully received, please leave in the plastic box on the floor of the phone box. Children's books are especially needed.

Enjoy the library and keep it tidy.

Nina, The Exning Librarian



Exning Handyman: Reliable Home and Garden Services

Need help with home maintenance or garden care? Exning Handyman offers professional, affordable services to keep your home and outdoor spaces looking their best.

Services include:

Garden Care: Grass cutting, hedge trimming, weeding, and general maintenance.

Household Maintenance: Painting, window cleaning, and low-level gutter clearing.

DIY Assistance: Flat-pack furniture assembly and small security upgrades.

Specialized Services: Jet washing for patios and driveways, and small tree trimming.

No job is too small! Whether it's a one-off task or regular upkeep, Exning Handyman is here to help.

Call 07877333768 today for a free, no-obligation quote.



Sport and Recreation



EXNING TENNIS CLUB - It's on your doorstep!

Ever wanted to give tennis a try (but haven't til now)? Played before but are out of practice? Looking for a friendlier, more social club?

If you are looking for something active or something the whole family can do together - then Exning Tennis Club may be the answer!

Located on Cotton End Rd ETC offers an affordable and accessible way to play tennis.

We have club nights on a Tuesday and a Thursday and have all sorts of people, of all ages and abilities attending.

We also have a dedicated children; and parents, club evening on a Tuesday from 4-6pm. Tea, coffee and squash are provided and these will recommence **on March 4th**.



Please also keep an eye on social media for our upcoming events, like our Open Day and BBQ **on 10th May**. Everyone is welcome to come down for a hit, a burger, or just to have a chat to some of our existing members.

Please follow us on Facebook, or email janetfishchairexningtennisclub@gmail.com for more information.

Looking for a way to inspire creativity, confidence, and passion in you or your child? M & L School of



Performing Arts is the perfect place for children to discover and develop their talents in dance, music, and performance.

We're proud to offer a nurturing and inclusive environment where students of all ages can thrive. Here's what makes us stand out:

High-Quality Training: Our ballet program is affiliated with the prestigious Royal Academy of Dance (RAD), ensuring students receive exceptional training.

Versatile Music Lessons: From piano and keyboard to drums to violin and singing, our experienced instructors cater to all styles and skill levels.

Confidence and Creativity: Our classes are designed to develop not only technical skills but also confidence, teamwork, and artistic expression.

For All Ages: Whether your little one is 18 months old or you're an adult looking to reignite your love for performing arts.

Convenience for Families: Weekly term-time classes and seasonal workshops, like our popular Summer Camps, fit seamlessly into your schedule.

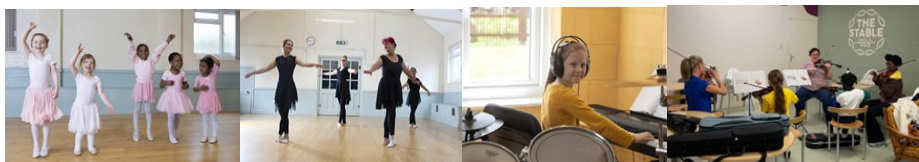
Hear from Our Families:

"Lwena is a great teacher and always encourages and inspires me. Martin takes the same approach with music lessons - highly recommended for all ages and levels of experience" - Kathy C.

"An outstanding school with a variety of music, dance and instrumental lessons. The teachers are very talented and adopt a person centred approach, enabling students to achieve their full potential. My daughter loves her piano lessons, and is continually making progress" - Berin A.

Join us and see why families love M & L School of Performing Arts. Book a trial class and let your child experience the joy of performing arts firsthand. Whether they dream of dancing, singing, or playing an instrument, we're here to help them shine!

Visit mandlschoolofperformingarts.com or email info@mandlschoolofperformingarts.com to book your trial





Update from the Parish Council



Winter 2025

Signs of Spring

Despite the frosts, the snowdrop carpet on the corner of Windmill Hill and Saxon Close was in bloom at time of writing and there were signs of daffs emerging on the grass verges. The first cheery signals of longer days and warmer temperatures ahead are a particularly welcome sign to many people who find the winter months a challenge. Successional bulb planting is a good, low maintenance way of bringing colour and cheer to spaces and can give a dynamic display lasting for months. Following successes in Newmarket, we are exploring whether this could be translated to Exning.

The Village Furniture

You may have noticed slats from the village benches disappearing and reappearing systematically! Steve, our village keeper, has been undertaking restorative works over the winter to keep these in top condition.

Storm Damage

Some areas of the village didn't fair well in the recent high winds and so there is restoration and replacement work underway, chiefly the village noticeboards on the old fire hut and at St Martin's church, as well as the fencing on the east side of the Churchyard.

Recreation Ground Play Area

Initial designs have been submitted and we held an open meeting at the School to 12th February to share them with the community and get Parish views.

Work will shortly start on a small part of the area—the zip wire. Next time it breaks it may well be beyond economical repair and so the council applied for a grant to cover the cost of a replacement. Due to the terms of the grant, the work has to happen very quickly and so over the next few weeks you will see the old zip wire removed and a new metal one installed.

Over the years some families have commented on how difficult it can be to supervise different aged children at once. Consequently, the new zip wire will run parallel to the playground so that families are not separated. This was also the most economical option, saving the considerable expense of

taking up and relaying the special surfacing. Only half the job is needed!

Dog Mess

This continues to be a problem and so the Parish Council have agreed to fund the purchase, installation and weekly emptying of two new bins in Chancery Park. These are dual purpose, for both litter and dog mess. Bagged dog mess can actually go in any public litter bin (in case that misunderstanding is what stops some people). These new bins will hopefully be in by the Spring, subject to permissions.

Speeding

There are a number of concerns about speeding, which we are addressing in turn and in conjunction with Suffolk Country Council's Highways section. Each issue needs reliable data gathered with industry-approved equipment and then some level of ground survey to identify the best intervention, if needed. It's a difficult problem and, much like the dog mess, relies heavily on personal decisions and accountability. But we are working with Highways to get the data that would allow us to move forward.

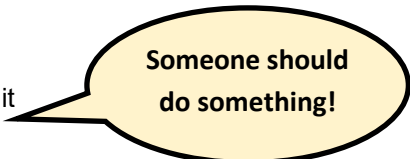
Christmas Tree Switch on

On the 1st of December the village gathered on St Martin's Churchyard to enjoy a moment of togetherness as the lights were turned on. Hot chocolates and mince pies kept everyone warm until the countdown began. Carols were led by Rev Liam Beadle and District Councillor Jon London and the tree itself was erected by Manchetts of Burwell as part of their ongoing services to the local communities.

Many thanks to everyone for making it a beautiful evening and a lovely start to the festivities.

Vacancies for Parish Councillors

Have you written this on Facebook, or said it to a neighbour? Are you "Someone"?



**Someone should
do something!**

You could be. The Parish Council has 3 vacancies.

If you believe someone should do something, then volunteer to be somebody. No particular skills are needed, just an interest in ensuring that Exning works as well as possible, for the most people, with the resources available. We look after green spaces, planning, work with district and country councils on highways and bigger infrastructure, run events and much more. Register your interest by emailing clerk@exning-pc.gov.uk

Burwell Surgery Patient Participation Group (PPG)

The Free Health Check is for people who are aged 40 to 74 and targets those of us who do not already have a pre-existing condition (these patients are already being monitored on a regular basis).

Why have a Health Check?

By having a Health Check we can lower our risk of getting conditions affecting the heart and blood vessels, like heart disease, stroke and kidney disease. Many of the warning signs for these conditions, such as high blood pressure and high cholesterol, do not have symptoms.

The Health Check helps us to find out if we are at risk of getting these conditions so we can take action to improve our health. This could include making lifestyle changes or taking medicines.

The risk factors assessed during the health check are often shared by other conditions, including type 2 diabetes, preventable cancers and respiratory illness. A Health Check helps us to reduce the chance of getting these conditions too. Dementia and heart disease also share common risk factors.

What is checked and how long does it take?

It takes about 20 to 30 minutes and usually includes: measuring your height, weight and waist, blood pressure, cholesterol test and possibly a blood sugar level, which is usually a finger-prick blood test. You may be asked to have a blood test at or before the Health Check. You'll be asked questions about your health, age and ethnicity, since these could all have a bearing on risk.

When do I get my results?

You'll usually be told your NHS Health Check results during the appointment. You'll be given your cardiovascular risk score of developing a heart or circulation problem, such as heart disease, stroke, type 2 diabetes or kidney disease, over the next 10 years. Those receiving the Health Check are then invited back for another Health Check every 5 years.

How do I get my free Health Check?

If not already been invited, contact the Surgery via AskMyGP or by phone and book. The Surgery does a number of Health Checks directly, but may refer you to Healthy You which undertakes free Health Checks across the county. You can also self-refer to Healthy You at <https://healthyyou.org.uk/services/health-checks/>.

The next meeting of the PPG will be Tuesday 15th April at Burwell Day Centre – all welcome. If you would like to attend the PPG for the first time, or if you can't attend in person but can join via Microsoft Teams, then please contact

cpicb.burwellsurgery.admin@nhs.net

Parish Council Meetings

The Parish Council meets at 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, but members of the public are welcome to stay for the rest of the meeting to observe.

Dates of planned meetings 25-26

Wednesday 26 February

NO MEETING IN MARCH

Wednesday 23rd April

Wednesday 28th May (and AGM)

Wednesday 25rd June

Wednesday 23rd July

NO MEETING IN AUGUST

Wednesday 24th September

Wednesday 22nd October

Wednesday 26th November

NO MEETING IN DECEMBER

January

February

March

Our Website: www.exning-pc.gov.uk

Here you can find information regarding your Parish Councillors and also your District & County Councillors. The minutes of parish council meetings are posted on there, along with the information about the responsibilities of the Parish Council and the issues that we can get involved in.

We are collecting views about the future content and format of the Exning News. To complete the survey, follow the link below or scan the QR code.

<https://forms.office.com/e/zQsdBpA2rh>

Exning News

