

May-June 2025

Exning Fete 26th July 2025

More details inside!

Newsletter of the Parish Council

Exning news

www.exning-pc.gov.uk

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The Exning News is written 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 Aug 2025 is 25th July 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 <u>clerk@exning-pc.gov.uk</u>

01638 577461 (office hours only)

Your Parish Councillors

Lindsay Morgan (Chair) <u>lindsay.morgan@exning-pc.gov.uk</u>

Kathryn Schosland (Dep. Chair) kathryn.schosland@exning-pc.gov.uk

Bodek Grzech <u>bodek.grzech@exning-pc.gov.uk</u>

Alex Hall <u>alex.hall@exning-pc.gov.uk</u>

Dani Kilsby-Steele <u>dani.kilsbysteele@exning-pc.gov.uk</u>

Jon London jon.london@exning-pc.gov.uk

The Parish Council will be co-opting new members in June 2025

District Council News

Councillor Jon London

I love to see Exning in full bloom. It's a truly wonderful sight, ordinary streets suddenly bursting with life.

I have been working very hard with West Suffolk Council's grounds maintenance teams to try to make sure our village looks the best it can this summer. Verges have been tidied back, grass cuttings are far more regular, and leaf litter is now being removed. It hasn't been cheap — almost a third of a million pounds boost to the West Suffolk



groundskeeper team compared to two years ago. It's not perfect yet, but I hope you can see the improvement.

I'd also like to shine a spotlight on the excellent work of the Exning New River Association, which I am happy to have been able to support with a locality grant. Their work has connected our community to our river again, helped local wildlife and boosted the health of the New River.

I'm exceptionally happy that one of my larger projects, which I have been working on since before I was a District Councillor, has ended. I can now announce that the Parish Council will take on ownership and operation of the green spaces in Chancery Park phase 1. This will come with a large lump sum of money from the developers and will make sure that it's not some remote, distant land management company you would need to contact about this space, but your democratically elected local council.

My attention now turns to the Chancery Park Phase 2 green spaces, as I also continue to push for the Burwell/Exning cycle path to be completed.

As always, if you have an issue I am only an email away. I may not be able to resolve the issue but I can usually help you find someone who can.

E: <u>cllrjonlondon@gmail.com</u> Facebook: @CllrJonLondon
Web: <u>www.wslibdems.org.uk/our-team/jon-london</u>



Update from the Parish Council



Spring 2025

Warmer (and dryer) days

The dryer weather has mercifully slowed down the grass growth! Steve, our village keeper, is responsible for the mowing of the cemeteries and the recreation ground and has been keeping them trim. Other residents chose not to mow in May, and increasingly there are areas deliberately turned over to wild flowers and tall grasses. Whole swathes of oxeye daisies are visible to your right as you head out of the village and towards the A142.



Weed and Grass Management

Suffolk Highways recommenced their own mowing and maintenance schedule in May. Grass verges alongside A and B roads will receive two cuts each summer, using a tractor and flail, and these are considered safety cuts to ensure visibility. Amenity cuts for appearance are the responsibility of district and borough councils.

Weed management, if those weeds are thought to pose a safety risk due to limiting visibility or damaging paths and stonework, is also undertaken by Suffolk Highways. While glyphosate is confirmed to be in use, Suffolk County Council are actively seeking an effective alternative.

Village Sign on the Northern Boundary

The village sign near the Tennis Club is in sorry disrepair. Remarkably, the original moulds that were last used decades ago to create the village signage at the other entrances have been located, mainly thanks to some excellent record keeping by the Parish Council Clerk! We will be exploring the costs of replacement and installation on the northern boundary.

Parking

Much of Exning Village's built environment pre-dates the last century, designed for the passage of horses and carts and a much smaller, mainly pedestrian population. Parking tension continues, particularly in the areas around Chapel Street, Lacey's Lane and Ducks Lane. Easements within the limitations of village footprint are not straightforward but while we explore what's possible, please use consideration. Park on your driveway if you have one, and be mindful of the necessary passage of emergency vehicles.

Adoption of Chancery Park Phase 1 Green Space

The Parish Council formally agreed on adoption of this area, with a process of handover to follow to ensure that equipment and furniture enters our inventory in an acceptable condition or with an appropriate sum to ensure it's standards soon thereafter.

The decision to recruit a full-time village keeper last year was partly in preparation for this handover and increased responsibility and so we feel well prepared for this extra acreage. We'll let you know when the handover is formalised and what the schedule of remedial works, if needed, consists of.

Vacancies for Parish Councillors

We've had a great response to our advertised vacancies and will co-opt new members at the June meeting. Thanks for stepping forward and ensuring that there will always be Someone, when Something ought to be done. We are looking forward to welcoming a new set of skills and interests to the council.

Exning fete

Bigger every year, Exning Village Fete has been in the planning since the start of 2025 and this year welcomes new visitors, including the fantastic Fenland Falconry, and firm favourites such as the bouncy castles, the face painting and the circus skills. An expanded range of food and drink, including village businesses, will be there too, as well as local projects, organisations, groups and grant holders to show off the best of our community's talents and interests.



COFFEE FOR ALL



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

Folk of all ages are warmly welcomed to join us in St Martins for bottomless drinks and cake at no cost.

However, donations are welcome!





Join our sack race to see if you can 'smash' this race first and win!







Bowling for a Pig







JOIN US!







Egg and Spoon Race













26th July 2025

EXNING VILLAGE CINEMA

presents

BRIDGET JONES: Mad About The Boy

STARRING

RENEE ZELLWEGER CHIWETEL EJIOFOR HUGH GRANT COLIN FIRTH LEO WOODALL EMMA THOMPSON NEIL PEARSON JIM BROADBENT

FRIDAY 13TH JUNE 2025

(TO BE CONFIRMED DUE TO THE LATE RELEASE OF THE DVD)

EXNING COMMUNITY CHURCH HALL Doors open 7pm Performance starts 7.30pm Refreshments available

Adults £5 Children (under 15) £4

Family ticket (2 adults/2 children) £14

www.exningvillagecinema.website



Burwell Surgery Patient Participation Group (PPG)

Health and Wellbeing Coaching

At January's PPG meeting our guest speaker was one of three Health and Wellbeing Coaches who work across a number of surgeries. Health and wellbeing coaches are non-clinical team members who help patients make lasting lifestyle changes.

Who is it for?

Health and wellbeing coaching is FREE for any eligible patient over 18 years old who is registered at the Surgery.

Why do people need a Health and Wellbeing Coach?

Change is tough. People know they should eat well, exercise, sleep better and manage stress, but obstacles, whether practical or mental, get in the way. Coaching helps identify these barriers and find ways to overcome them.

What kind of things might a Health and Wellbeing Coach help with?

The sorts of things people often talk about include:

- lifestyle changes they would like to make e.g. losing weight, getting more active, improving sleep
- managing physical and mental health conditions which affect wellbeing, e.g. diabetes, high blood pressure, chronic pain, ME, anxiety and depression
- balancing competing demands of life
- managing stress and developing positive coping strategies.

When and where does it happen?

Coaching is done on the telephone, via a video platform or in-person at the surgery (Wednesdays). It normally involves 6 sessions of up to 45 minutes, but it's flexible - some people need more sessions and other people might need fewer sessions.

What happens during a coaching session?

Coaches ask questions, listen and help create a plan to reach a patient's goals. Each session ends with small action steps chosen by the patient. Instead of instructions, coaches offer support, highlight strengths, and guide patients to helpful resources.

How do I get referred?

If your GP, one of the nurses or the pharmacy team think you would benefit from this service they may recommend a referral. In addition to speaking to the Surgery about this service directly, you can also do a self-referral to the FREE Healthy Lifestyles Service run by Healthy You across Cambridgeshire at https://healthyyou.org.uk (click on Healthy Lifestyles to find out more and then Self-Referral).

The next two meetings of the PPG will be at 6.30pm on Tuesday 15th July and Tuesday 14th October 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

Conservation and Green Spaces

Bringing Fresh Life to our river Catch up with our chalk stream May 2025



During Spring the yellow flowering Marsh Marigolds have given a wonderful display along with the Pendulous Sedge and Cuckooflowers (Lady's Smock). Do have a look as you walk past the river to see what has emerged and maybe catch sight of the kingfisher!

Duck Pond - work on the Duck Pond has continued with the delivery of 32 tonne of reject flint and 16 tonne of a mixture of 20 mm and 40 mm gravel. Enthusiastic volunteers have been busy making berms (raised barriers) which will increase the sinuosity of the river. These measures will help speed the flow and clean the water, scouring the silt together with oxygenating the water and improving biodiversity which will create habitats for invertebrates to thrive in.



Volunteers having a welcome coffee and cake break whilst moving gravel into the river to make the berms.

Swan Lane Bridge - wildflower seeds are sown on the grass and bank area. We look forward to a display there later in summer but understand it will take several years of careful management to successfully establish.

Wildlife Camera - over the winter months our wildlife camera has caught the following in our river: moorhens, mallard ducks, kingfishers, little egrets,

herons, yellow wagtails and otters. Large numbers of sticklebacks are consistently visible, and traces of water voles have been seen.

Plant Sale - thank you to everyone who provided plants, help and donations for the very successful plant sale held at end of April. The sale made £550.00 which will be used to purchase additional aquatic plants. As if being 'booked' for the occasion and to say 'thank you' for all the improvements, two broods of mallard ducklings provided delightful 'exhibitions' of darting about insect catching and a heron was seen peeking out of the reeds, on the river towards the by-pass, during the day!



Customers and volunteers at the plant sale held at the Duck Pond

The Exning New River Association thank The Exning Parish Council, West Suffolk District Councillor Jon London's locality budget, Cambridgeshire Community Foundation's Anglian Water Flourishing Environments Fund and the Octopus Renewables Infrastructure Trust for their generous financial contributions.

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

Edible Exning



At this time of year there are two exciting prospects. The first is the cherry tree on Swan Lane. About halfway between Swan Close and the New River Bridge, this mature tree will shortly be dripping with sweet cherries and the low slung branches make it ideal for primary aged grazers looking for a natural sugar boost on the way home from school. Check it from the second week of June.

Next, elderflower, right now. The heady pollen of these white flowers, strongest in the evenings, creates a beautiful spring syrup that freezes well and can be mixed with sparkling water to make a fresh summer drink, or added to a fizzy wine or other adult ingredients to make something fancier. The syrup can be diluted 50:50 with water, poured into lolly moulds and frozen for a tasty ice pop. Or added to an ice cream maker for a cheeky sorbet.

Pick your elderflower heads at the end of a dry day to maximise the amount of pollen gathered. A rain washes the pollen off, so time it well. The recreation ground is trimmed with elderflower and there is a particularly good hedge at the junction of the paths leading off towards Stepping Stones. You need:

- A clean bucket with a lid or other cover.
- 25 heads of elderflower
- 1.5 kg of sugar (yes really!)
- 1.5 L of water
- Two Campden tablets. These kill natural yeasts present. You can make it without these but yeast, sugar and warmth = alcohol - you have been warned!
- Two thinly sliced lemons



Warm the water and sugar together until they dissolve. Allow to cool. Place the rest of the ingredients in the bucket and pour over the syrup. Stir, cover and leave for 2-3 days.

Pour the mixture through a muslin/cheesecloth and then into sterilised bottles or put in freezer bags and store in the freezer until needed.

CHEERS!





lanes.garden.maintenance@gmail.com





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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 £2.50 donation for the evening (cash/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 more information and upcoming events see: 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 and a keyboard player. See

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

For more information about MBC and its activities, see the website www.musicbuildscommunities.org, email to 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 (see https://www.exning.net/publicity.html). If the event is in Exning Community Church Hall, we can let people know about it by email. So, look at the website and, if you want to know more, email us at info@exning.net or call John Saville on 07968-912046

Charitable Organisations



Connecting Communities is a transport service designed to make it easier for those in the Newmarket area to travel.

Barton Mills, Exning, Freckenham, Gazeley, Kentford, Moulton, Newmarket, Red Lodge, Tuddenham

Do you find it difficult to get to college, to the shops, medical appointments, work or to visit your friends and family in the county?

We are here to support those journeys that are not otherwise possible.

We support those who

- do not have access to a regular bus service or
- have difficulty using public transport.

No membership fees, just pay your fare on the day.

www.thevoluntarynetwork.org

transport@thevoluntarynetwork.org

01638 664304



Children and Young People

Springing into action in the polytunnel

Spring at school is in full force with trees full of blossom, flowers in bloom and tadpoles in the pond, whilst bees are buzzing in the apiary and hens laying an egg each daily. As the weather has improved, groups of children (with the support of a fantastic, local volunteer, Mrs Turner) have been planting seeds and seedlings.



Lettuce, radishes and mustard have been grown from seeds, harvested and tasted - with mixed reviews from the children! Compost from the school compost bins has been sieved by the children and used to plant strawberry, bean and tomato plants . There are raspberries, carrots and peppers too, as well as a range of currant and berry bushes, to nurture and care for. It has been wonderful to witness the commitment from the children with watering, weeding, planting, digging and tidying in the garden area - as well as their joy in seeing the plants grow. The children have also planted some flower seeds, which they hope will grow and attract the bees and butterflies.

Here's hoping for a productive harvest over the coming months!



SUSTAINIBILITY CLOTHING SWAP INITIATIVE



We are excited to share this community project that we are hoping to make a regular event. Using grant funds obtained from Dist. Cllr Jon London we now have the resources to run a clothing/ accessories swap. This project has been successful in Burwell and other local communities. We hope that this will be a community event to benefit Exning people, run by Exning people. We are looking for quality donations, help, come for a browse - or all three!

What is the project?

The aim of the clothing swap is to reduce the number of items going to landfill, reducing our carbon footprint and it makes sense financially! This is a free,

environmentally friendly event to support our local community (although people can make a donation if they would like to).

When is it running?

The clothing swap will be in the sustainability corner of the Village Fete, on 26 July 2025

Could you help?

Sure! We need:

- **Prior to the event,** sharing the details of the event with friends, neighbours and others in the local community, having a sort out for donations of good quality clothing and accessories, for all ages
- The morning of the fete, a few people will be required to accept any donations being dropped off please these items will also need sorting,

- During the afternoon of the fete, a couple of people will be needed to reorganise the clothing and accept any late donations of clothing - and having a browse to grab some new clothes!

At the end of the fete any items left will need to be bagged. They will either be donated to a local charity shop or kept for the next event if storage space allows.

Who else has expressed an interest?

The following groups but we would love to hear from other groups and individuals within the village

1st Exning Scouts Exning School Student Council

Exning Primary School Parent Forums Friends of Exning School

Stepping Stones Pre-School St Martin's Church, Exning

Exning Parish Council

To offer support, please email rachel.donald@easterneducationgroup.ac.uk

1st Exning Scouts

Exning's Young people continue to prepare for their international summer adventure to Kinderstag, Switzerland. Fundraising is crucial to the group, for these big events but also to secure equipment and opportunities throughout the year.



You can support the groups with their car boot sale to be held on the Severals on 13th July. Prospective pitch holders should email gsl@exningscouts.org.uk to discuss reservations.

The Beavers (our youngest adventurers) will be working hard at Exning fete on 26th July, raising money with their popular coconut shy and potentially some axe throwing with sweets to be won for a bullseye (soft axes, so don't worry PC Chapman!)

Please contact <u>barry.hussey@exningscouts.org.uk</u> for any enquiries about the Scouts groups in Exning.

Meet Your Local, Premium-Service Estate & Letting Agents In Exning



"Hi, I'm Mark, the owner of EweMove Sales & Lettings in Newmarket & Soham. I live in the wonderful village of Exning, so I am truly your local agent.

With EweMove, you'll enjoy the benefits of a local agent you can trust and contact directly at any time.

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EweMove respects any existing sole agency agreement already in place with another agent. *Stats from Ewerekal Property Management System (Jan - Dec 2022)





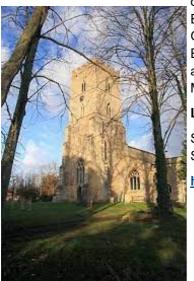
Faith and Worship

A letter from the minister St Martin's Church

I am writing this in the week following Easter Day. The shops have stopped selling Easter eggs, but in Church, Easter Day is the beginning of a long season of celebration. The reason is that the message of the empty tomb, that God has raised Jesus from the dead, is a message that is for the whole of life. If it is true, it transforms everything, because it means death does not have the final say – for him, or for us, if we put our trust in



Jesus Christ. It is therefore a strangely appropriate week for Francis, Bishop of Rome – for Roman Catholics, the Pope – to die. At St Martin's, we give thanks for his life and witness, and pray for the next Bishop of Rome, who will have been appointed by the time you read this. If you have seen the film Conclave, you will understand some of what this is all about. It is a reminder that the human condition is as fallible, and perhaps sometimes more fallible, inside the Church as outside it. Jesus said he didn't come for 'good' people. He came for people who know that deep down, they're not good, and want to do something about it – not merely turning over a new leaf, but having a



completely fresh start. That fresh start is what Easter is all about – the new life, which is God's gift to us. So if you've stopped eating Easter eggs, now is a good time to start again. A very happy Easter from us all at St Martin's.

Liam Beadle

Services are on noticeboards and on St Martin's website

https://www.exningparishchurch.net

On The Beat

Hello all, hope you are well.

As we enter the summer period hopefully you have an increase in police presence in the village as we respond to reports of criminal damage and anti-social behaviour (ASB). If you are the victim of a crime or ASB and if it is non urgent then the easiest way to report this us is online via

https://www.suffolk.police.uk/

This website will also show you the local officer on your community policing team (CPT). We have two new recent additions PC TRIPP and PC FEENEY who have both hit the ground running.

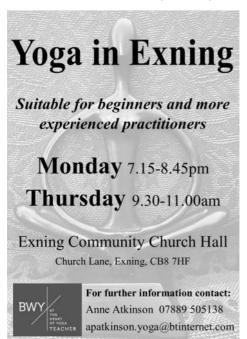
We have been well represented by the speed safety enforcement team and for the first three months of the year the returns are as follows,

B1103, Burwell Road: 2 visits, 16 offences

C751, Windmill Hill: 3 visits, 37 offences

C752, Cotton End Lane (30 limit): 2 visits, 16 offences

C752, Cotton End Lane (40 limit): 3 visits, 12 offences



Stay safe everyone and hopefully see you soon

PC Nicholas Chapman

https://www.police.uk/pu/yourarea/suffolk-constabulary/



Sport and Recreation



On Saturday 10th May we held our annual Open Day, supported generously by our District Councillor Jon London. We were very lucky with the weather which showed our lovely club in its best possible light. The burgers were sizzling and the Pimms was chilling as we welcomed lots of lovely visitors interested in knowing more about the Tennis Club.





It is not too late to come and check us out. A friendly face is always waiting to welcome you at either our

Family Club Nights: 4-6pm, every Tuesday Adult Club Nights: 6-9pm, every Tuesday





Find us on Facebook or email <u>janetfishchairexningtennisclub@gmail.com</u>

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 25rd June (and AGM Wednesday 22nd October

Wednesday 23rd July Wednesday 26th November

NO MEETING IN AUGUST NO MEETING IN DECEMBER

Wednesday 24th September

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 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

