



Nov 2025

Sustainability Inclusion 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 Feb 2026 is
19th Jan 2026**

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.

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

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District Council News

Councillor Jon London

The nights are drawing in, summer is over and quite a bit has happened at West Suffolk Council.

The new Local Plan is now in full effect, detailing what can and cannot be granted planning permission in West Suffolk. As the vice-chair of the Development Control Committee I have seen its effects, both good and bad. If we did not have a Plan, we would not be able to control speculative development, but one new thing it allows is town-centre developments with no parking. So far I have seen four of these come through, luckily none in Exning, but it is a worrying trend that is going to stress parking in Newmarket and other towns to breaking point.



For a third year running I have been elected Chair of the Grants Advisory Committee and I am happy to see that a record number of organisations from Exning have applied. We have received over £1.2m of charitable requests from across West Suffolk, but we have only £220k to give so much thought and debate will be needed to make sure that those organisations that truly need funding get it.

Finally I would like to say that I am still pushing for the woodland path on the edge of the new development to be made a public footpath. All landowners now agree but there is still an unusually complex process to make it work.

As always if you need anything please let me know.

Cllr Jon London

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

Autumn Update - October 2024

Brookside/Church Lane

At the end of August and beginning of September volunteers spent two mornings improving the river flow speed in Brookside/Church Lane by placing 5 bags of 40 mm and 20 mm gravel along the bottom of the road bank. They also drove Chestnut stakes into the river bed and laid faggots between them to shore up the crumbling bank by the BT Exchange.



Dr Steve Boreham

At the beginning of October, there was an excellent turn out at the Exning Community Church Hall when Dr Steve Boreham (geologist, ecologist and an 'expert' on chalk springs and streams) gave a fascinating talk on the geological history of the Seven Springs. After which Jeremy Ricketts explained that Steve had trained him in using the water analysis equipment sponsored by the Octopus Renewals Infrastructure Trust (ORIT). To date he explained that due to the lack of rain over the past year it has only been possible to collect spring water from the Roman Baths, which are part of the lower Seven Springs. The good news is that the results so far classify the spring water as High/Good under the Water Framework Directive, which are the two highest levels of cleanliness



After a number of in depth questions on chalk streams the evening was rounded off by the audience 'tucking into' home-made cakes and biscuits.

Donations of £336 were received during the evening which will help with further work on the river.

If you would like to support our on-going improvement work and management of the river, select 'donate' on our website

www.exningnewriver.com

Yoga in Exning

Suitable for beginners and more experienced practitioners

Monday 7.15-8.45pm

Thursday 9.30-11.00am

Exning Community Church Hall
Church Lane, Exning, CB8 7HF

BWY
AT THE
HEART
OF YOGA
TEACHER

For further information contact:
apatkinson.yoga@btinternet.com
or visit: apamusicyoga.co.uk



Update from the Parish Council



Autumn 2025

Changing scenery

The change in the temperatures brings a change in the focus of our groundskeeping, with Steve switching from relentless mowing and watering to essential winter maintenance. The wild areas get their strim in Autumn, encouraging regeneration after maintaining wildlife habitats for as long as possible.

In council we continue to discuss expanding our scenery. While agreement has been reached that the Parish Council will adopt the green space of Chancery Park phase 1, the terms of the handover have yet to be settled and we work to pursue resolution on this.

Speeding

We heard from a number of villagers in this quarter about speeding concerns. on Church Street, Cotton End Road and Windmill Hill. Enforcement teams were out at the beginning of November and we have requested these three roads be regularly monitored in rotation so expect to see them in action.

In October, Councillor Grzech attended a Highways meeting about traffic measures, attended by multiple Parish Councils with similar concerns. Cost is a concern, driven up by legal processes such as Traffic Regulation Orders (TROs) on which there must be consultation and due process. The Parish Council is in favour of 20 mph zones.

In contrast to Cambridgeshire and even Mid Suffolk, West Suffolk lacks access to specific funds that would help with the cost of Speed Indicator Devices (SIDs) which are an evidence-based intervention.

Common to all three roads is the presence of a 40 mph stretch that, with more recent development, is now inside residential areas. We are exploring the possibility of adjusting down the speed limits to remove the short 40 mph stretches on Windmill Hill and Church Street through to Exning Road.

In the meantime, softer influences are possible and if you live in one of the highlighted areas, your copy of the Exning News contains “20’s plenty” wheelie bin stickers. On bin day, place your bin on the pavement with the stickers facing oncoming traffic as a reminder to limit speed.

Community Grants

The Parish Council has a small amount of ringfenced money that can be awarded in what is known as a Section 137 grant. The purpose is to support local community organisations with projects that benefit the residents of Exning. Previous recipients include Exning Primary School, Stepping Stones Preschool, Exning New River Association, Exning Tennis Club and 1st Exning Scouts. If you think that your organisation could be eligible for an award, contact the Clerk for more information.

Bulb Planting with Exning 1st Scouts

Speaking of scouts, on November 21st we will be undertaking a joint project to add colour to village spaces. Our scouts regularly participate in activities that contribute positively to the village. Thanks to a generous donation from Mr Fothergills and further support from scouting families, we will be planting a carpet of crocuses and other bulbs at the Eastern entrance to the Recreation Ground.

We hope that this establishes a colourful display that is enjoyed for years to come and if you have any bulbs of your own you can spare, please pop down between 1.30 and 3.30 on the 21st and add to the pile!

Christmas Tree Light Switch on 30th November



Towards the middle of the month our beautiful spruce will arrive and Manchetts will place it for us in the churchyard of St Martins.

Please join us on the evening of the 30th November from 5pm, and enjoy a hot chocolate, a mulled wine, a mince pie and some carols.

Remembrance reflections

The Parish Council arranges the logistics for the village reflection at the war memorial. Vice Chair Kathryn Schosland laid a wreath, as did District Councillor Jon London and representatives from community groups in Exning. Reflections were lead by the Rev Peter Gill.

On the beat

Since July 2025, the Community Policing Team (CPT) has been active in Exning, focusing on patrols, youth engagement, and crime prevention. Officers have worked with schools on safety education and responded to local concerns, particularly around anti-social behaviour.

Exning remains a low-crime area compared to nearby towns. Suffolk continues to rank among the safest counties in England, with rural communities like ours seeing fewer incidents overall. Most local reports involve minor public order or nuisance behaviour.

As winter approaches, CPT encourages residents to:

- Lock doors and windows early
- Use timer switches for lights
- Clear frost from vehicles before driving
- Check on vulnerable neighbours
- Stay alert to seasonal scams

Residents can now sign up for Suffolk Connected, a free messaging service from Suffolk Police. It provides updates on local incidents, crime prevention advice, and community events. To register, visit

www.suffolkconnected.org.uk

CPT remains committed to keeping Exning safe and welcomes feedback from residents.

Look forward to seeing you all soon.

PC Nick Chapman



Charitable Organisations

EXNING UNITED CHARITIES

The organisation will make a distribution to single people who have reached the age of 70 years or over and have had continuous residence in the Parish of Exning with St Agnes (Severals Ward) for 7 years or more on **Saturday 6 December 2025** from 9.30am until 12 noon at Exning Community Church Hall.

All new applicants for 2025 must produce

- **proof of identity (passport, driving licence or birth certificate)**
- **proof of address (utility bill /bank statement less than 3 months old and**
- **proof of length of residence in the parish before they can be accepted**

Unless adequate proof is provided, applications will be refused.

Anyone collecting on behalf of another person must provide written authority from the existing beneficiary.

BURWELL SURGERY PATIENT PARTICIPATION GROUP (PPG) – HAVE YOUR SAY!

The PPG is a group of patients and GP practice staff who meet in person, and with the option to join online, for 90 minutes, four times a year.

Our next meeting is at 6.30-8pm, Tuesday 27th January at Burwell Day Centre with an option to join online.

At January's meeting we hope to have a speaker from the Surgery team responsible for Perinatal Services. We also hope to hear more about upcoming national changes to prostate cancer screening.

At each meeting we have a 7.30pm slot focused on views of younger people and families. At January's meeting this will include the Perinatal Services talk. Feel free to join for the 7.30pm slot in person or via Microsoft Teams.

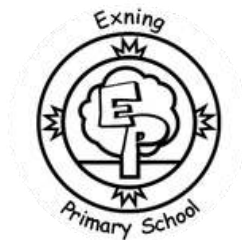
Joining the PPG does not mean you have to come to every meeting or attend for every agenda item. You can dip in and out, or send feedback in advance of the meeting, but by being part of the group you will receive the agenda and minutes.

If you would like to be part of the group, please contact the Surgery on 01638 741234 or by email at cpicb.burwellsurgery.admin@nhs.net.

Children and Young People

Calling All Past Pupils, Families & Friends

Help Us Celebrate 150 Years of Exning Primary School



In 2026, Exning Primary School will proudly celebrate its 150th birthday - a remarkable milestone in our village's history. As we prepare for this special occasion, we're asking for the help of our wonderful local community to help us gather memories, artefacts, and stories that reflect the rich heritage of our school.

We would love to collect:

- **Photographs and videos** of pupils, staff, and school life from across the decades.
- **Memorabilia and artefacts** - old uniforms, school reports, trophies, or anything that tells the story of our past.
- **Personal memories** - whether you were a pupil, parent, teacher, or visitor, we'd be honoured to hear your stories.
- **Volunteers to speak on camera** - we're creating a celebratory video and would love to include interviews with those who have fond memories or interesting experiences to share.

Whether your connection to Exning Primary School was recent or long ago, your contribution will help us create a truly special celebration that honours our past and inspires our future.

We'll be sharing more details soon about the events leading up to our official birthday, but for now, we'd be incredibly grateful for anything you can share.

How to Get Involved: Please email us at

150years@edu.exning.suffolk.sch.uk

Thank you for being part of our story. Let's make this celebration one to remember!

Hello!

Our names are Jackson and Emily, we are the **new Head Boy and Head Girl** at Exning Primary School for 2025/2026. We are really excited to have been chosen for the role and we can't wait to do some of the very important jobs we have ahead of us. It is our job to represent the school and all of the children, we also get to show visitors into the classrooms and around the school. Another one of our jobs is introducing our school performances and welcoming parents and carers to our school church services at Christmas and Easter. We are very honoured to go to the War Memorial in November and lay the poppy wreath on Remembrance Sunday, we are also selling poppies to our classmates and the rest of the school.

Emily said " I am very excited to be this year's Head Girl at Exning Primary School. I think this role will be really exciting because we get to meet new people and I'm hoping I will build teamwork skills with Jackson. My hobbies and likes are football, dancing and spending time with family."

Jackson said " I am really happy to be this year's Head Boy at Exning Primary School because you get to meet loads of new people. I think it will be really fun to do this role as you get to go to different places and represent your school in many ways. My hobbies are football, swimming and cross country and I really like to spend time with my friends and pets."

Bumper Harvest and Budding Gardeners at the School Polytunnel and Allotment

It's been a season of growth, colour, and community spirit at the school's polytunnel and allotment, with a harvest that's brought smiles and delicious treats to all. A huge thank you to Mrs Glenna Turner who has voluntarily supported this effort.



Tomatoes were the undeniable stars—ripening in abundance and loved by everyone who tasted them. Their juicy sweetness made them a firm favourite with all tasters.

Autumn also saw a vibrant crop of pumpkins, including the quirky Pan Pumpkins and the eye-catching Turks Cap variety. These were harvested and sampled with great enthusiasm, receiving glowing feedback for their flavour and fun appearance.

The grapevine certainly made its presence known, sprawling wildly through the polytunnel. While the grapes looked promising, their sour taste meant they aren't quite the hit we'd hoped for—but they added a touch of drama to the growing space!

Rhubarb was another success, transformed into a delightful crumble that was thoroughly enjoyed by those who tasted it!

As the season winds down, the hardworking polytunnel crew are busy clearing the beds and preparing for next year. New seeds will soon be planted, with hopes high for another fruitful growing season.

Meanwhile, our Reception children have truly risen to the challenge of replanting their outdoor area. With great enthusiasm, they mixed compost and topsoil to create a rich growing compound, and carefully planted donated plants and lavender to form a beautiful, fragrant backdrop to their play and learning.

Their efforts have been supported by a kind local villager, who is going to nurture cuttings of other fragrant plants to help attract pollinators next year. The children worked hard digging and shovelling, showing real teamwork and care for their environment

We're now on the lookout for more herbs—especially mint, rosemary, and thyme—to expand our sensory garden and support our pollinator-friendly planting.

A huge thank you to everyone involved for making the school's growing spaces such a vibrant and inspiring part of our community!

Clothing Swap Continues to Promote Sustainable Style at the School



The school hosted its second clothing swap during the October half term, continuing its mission to promote sustainable fashion and support families in the community. While attendance wasn't quite as high as the summer event, the generosity of donors was overwhelming—thank you to everyone who contributed!

Tables were filled with a wide variety of clothing items, offering something for all ages and styles. The swap not only helps reduce waste and support the environment, but also provides a budget-friendly way to refresh wardrobes and discover new fashion favourites.

Looking ahead, we hope to keep this wonderful initiative going, with the next swap planned for Easter next year. To make it a success, we're calling on local volunteers to help with setting up, displaying items, and popping in occasionally to keep things tidy and inviting.

We'd also love to hear from the village—do you want this to continue? Is there interest and support? Your feedback is vital to help shape future events.

Please email rachel.donald@easterneducationgroup.ac.uk to share your thoughts. Whether it's for environmental reasons, financial savings, or the joy of discovering new fashion, the clothing swap is a small but meaningful way to make a difference.

1st Exning Scouts

Our young people enjoyed a spooky Halloween camp over at Duxford scout hut last month, where they were treated as VIPs at the Imperial War Museum and got to see some really special aircraft from very close up! Beavers had fun with sparklers to celebrate bonfire night and scouts attended Scarefest, 2025, and were treated to a fantastic firework display!



The beavers group, age 6-8, has spaces for new adventurers at the moment. If you would like your child to join up, contact Barry at barry.hussey@exningscouts.org.uk



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 each month at 8pm in Exning Community Church Hall. It's a sing-a-long where the words are shown on a screen and the music is provided on acoustic guitars. No need to book. It's just £2.50 for the evening. During 2025, each month, we've been singing songs which were No#1 hits in that month from 1952 onwards. The singers choose the songs, so expect a mix of pop, rock, folk, country, traditional, and show tunes. We'll meet on November 19 and December 17, when we'll have our Christmas Special with hits and some parody songs. For more information and upcoming events, see:

http://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 would welcome 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 to info@musicbuildscommunities.org or call John on **07968 912046**

Exning Dot Net

Exning dot Net (www.exning.net) is a website about Exning Village.

- It's 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 race, commemorations, jubilee events, fetes).

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

EXNING VILLAGE CINEMA

I am pleased to report that, whilst no decision has yet been made, we have had a number of interested parties who have shown interest in taking over the management of the cinema in the New Year.

This is encouraging news and I am confident that the cinema will continue into 2026

Michael Lovegrove.



COFFEE FOR ALL

St MARTIN'S CHURCH, EXNING



SATURDAY
10th January
10am-12 noon

Everyone welcome

No charge, donations gratefully
accepted.

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.

Winter dates: November 3rd & 17th; December 1st & 15th; January 5th & 19th. £2/adult. Teas, coffees and light refreshments no charge. Short bible story and nursery rhymes. Make Angels & decorate biscuits in December.

Contact: exningfootsteps@gmail.com / **Sarah 07709 539036**



Godly Play in Exning

Godly Play for 3–6-year-olds and their families will run on the following dates from 9:15- 10:45am at Exning Community Church Hall: 26 October 2025, 16 November 2025, 21 December 2025. We very much hope to see you there!

Godly Play originates in the USA from the work of Dr Jerome Berryman, an Episcopalian priest. Jerome and his wife, Thea, studied in Bergamo, Italy at the centre for Montessori training and there he first met Catechesis of the Good Shepherd <https://www.cgsuk.org/> which was put together by Sofia Cavalletti (1917-2011) who was an associate of Dr Maria Montessori (1870-1952) and a firm believer in taking children's spirituality seriously (Berryman 2013, 78-85). Godly Play U.K <https://www.godlyplay.uk/> was developed by Dr Rebecca Nye (Berryman 2013, 166).

Godly Play offers at least seven aspects to aid children and others to find their own way to express themselves spiritually. The story is one aspect which contains a setting up of the metaphor with the participants engaging together with the story teller before settling into the actual storytelling where all eyes and hearts are concentrated on the presentation being shared. The surrounding aspects are: preparation; welcome; wondering (after the story - where eye contact and group participation is important); response time; the feast; goodbye.

References

Berryman, Jerome. 2013. The Spiritual Guidance of Children: Montessori, Godly Play, and the Future. New York, Harrisburg, Denver: Morehouse Publishing.
Catechesis of the Good Shepherd. n.d. Catechesis of the Good Shepherd UK Godly Play U.K. 2025.
Godly Play UK – A Christian movement centered on childhood spirituality

Faith and Worship

From St Martin's Church

I am writing this on the last evening of British Summer Time. Whether we should continue on British Summer Time and have lighter evenings all year round is a probably matter of opinion. But what the darker evenings do mean is that we are heading into a time of year when we inevitably begin to think about the themes of later autumn – Remembrance Sunday among them, but also the Church's festival of All Saints, and the journey towards Advent with its themes of waiting.



Many will also be observing Hallowe'en. Historically, it is the Vigil of All Saints' Day – that is, a day of preparation to celebrate the great heroes of the Christian faith. At All Saints'-tide we inevitably remember not only luminaries, but also the less well known people who have been dear to us and have died. So it is hardly surprising that this time of year became associated with death. The observance of Remembrance Sunday less than a fortnight later underlines the theme. We are grateful for those who died in the service of our country, but also sad that their sacrifice was necessary. And we pray for the peace of the world, in all its complexity.



In church, remembrance is not only sad. It is also hopeful. At the heart of the good news is the death and resurrection of Jesus – the belief that he, on our behalf, has gone through death to new and eternal life, and that this life can be ours. If the darker nights and the focus on death seem heavy, this promise is light in both senses of the word. Jesus said, 'My yoke is easy, and my burden is light.'

I'd still prefer to have lighter evenings. But perhaps the darkness helps us to appreciate the light all the more.

Liam Beadle

Sport and Recreation

As the sunny weather, and the long days, sadly come to an end, we see a change in some activities here at the

tennis club. There is a focus on getting the club ready for the cold and wet, as some of our equipment likes to be kept warm and dry. We recently applied for some grant funding to replace some of our older equipment so, hopefully, we might be looking a lot fresher come the Spring.

Club nights continue throughout the year, the only thing that stops us is the rain! So feel free to come down on a Tuesday night and warm up with a run around the tennis court. Members also have full access to the courts throughout the week to enjoy the glorious autumn and sunny winter days.

Family Club nights sadly came to an end just before half term and we'd like to take the opportunity to thank all the lovely families who came down to enjoy tennis together. But don't worry, we will be back again in the spring, to welcome you all back.

Please feel free to come and visit the tennis club. A friendly face is always waiting to welcome you from 6-9pm, every Tuesday.

Find us on Facebook or email janetfishchairexningtennisclub@gmail.com



BISHOP PATIO AND FENCING SERVICES

MARTYN BISHOP

Email | martynbishop90@gmail.com
Telephone | 07813372922

 Bishop Patio and Fencing



Exning United are delighted to announce that five youth teams have been successfully entered into the Cambridgeshire Leagues for the current season. This marks another exciting step forward for the club, with new teams formed at Under-7, Under-8, and Under-17 levels, offering more young local players the chance to develop their skills and enjoy football in a supportive, community-based environment.

We are also working hard to establish new teams at Under-9 and Under-10, but to make this possible we need additional funding, volunteers, helpers, and coaches.

Anyone interested in getting involved is warmly encouraged to contact the club—your support can make a real difference in giving local children the opportunity to play.

In addition, Exning United are investing in pitch maintenance to ensure our playing surfaces remain at a high standard throughout the challenging winter months.

This season has also seen the launch of our official website, ExningUnitedFC.co.uk, where news and updates are added weekly.

We're also collecting stories, photos, and memories from our club's history—if you have something to share, please get in touch at exningunitedyouthfc@gmail.com

Together, we can celebrate our past and continue building a strong future for Exning United.



fen mobility centre



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Riser Recliners • Walking Aids • Living Aids
Stairlifts • Ramps • Personal Care

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- ✓ Outstanding Aftercare, Warranties, Repair, Service & Hire

01353 653 753

fenmobility.com

Unit 5c Lancaster Way Business Park, Ely, CB6 3NW

Play the organ year is designed to inspire a year-long national effort by the whole organ playing community to increase the number of people learning to play the organ. The organ is a magnificent instrument and fun to play.

If anyone of any age would like to find out more about the organ, or interested in playing the organ, then please contact any of the following people:

Christine Shand on 07740171688 or email on
c.conwayjarrett@hotmail.co.uk

Dr Simon Bailey on 07719373538 or email on yeliabz@yahoo.co.uk

Josephine Roberts on 07469730195 or email on
jer.roberts01@gmail.com

PLAY THE ORGAN YEAR 2025

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.





JOHN BAKEZ CAKEZ



John's excellent carrot cake recipe went down a storm, much like the weather, at Exning fete. Here it is for you to try at home

Cake ingredients

300 ml sunflower oil
5 medium eggs
350 g light brown sugar
400-500 g grated carrots (grated weight)
150 g raisins
Zest of 2 oranges
400 g self raising flour
2 tsps bicarbonate of soda
3 tsps mixed spice
2 tsps ground ginger
2 tsps ground cinnamon

Frosting ingredients

125 g unsalted butter (room temp)
125 g icing sugar
250 g Mascarpone or full fat cream cheese
1 tsp vanilla extract
1 tsp mixed spice
1/2 tsp ground ginger
1/2 tsp ground cinnamon

Preheat the oven to 180°C/160°C fan and line a 9x13" tin with parchment paper

Add the oil, eggs, sugar and carrots to a bowl and mix

Add the raisins, orange zest and mix

Add the flour, bicarb and spices and mix

Pour into the tin and bake for 45 minutes or until a skewer comes out clean and leave to cool in the tin

Beat the butter on its own until smooth

Add the icing sugar and spices and beat until smooth

Add the cream cheese and mix again

Decorate the cake with the frosting, and sprinkles and chopped nuts if you fancy

Upload your carrot cake photos to the Exning Parish Council facebook page!



LANES GARDEN MAINTENANCE

0 7 5 4 0 3 3 3 3 6 0

lanes.garden.maintenance@gmail.com



LAWN CARE

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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. We caught up with the team behind Apo's & Amara's in the village - your friendly local salon at 14-16 Oxford Street.

Tell us about the salon

We're excited to introduce ourselves to the village and let you know that we're here to bring a bit of style, care, and confidence to your day, right on your doorstep. Under our roofs you will find a collective of small businesses

Apo & Callum - The Barbers keeping the men of the village looking their best and offering the best barber service around.

Connor - Heal Toe Foot Health Professionals, keeping your feet healthy and in tip top condition for those lovely walks around the village.

Becky & Mel - Hairdressers in Amaras, bringing a wealth of experience, honesty and creativity to each appointment, covering all aspects of hairdressing.

What brought the business to Exning and what makes you unique?

Apo is the reason we are all here! He had the vision of creating a space to provide services for local people by local people. This unique selling point has allowed us all to boost our small business with the support from him and all of the local residents using our services. We have together created a team of small businesses that support each other and work alongside one another.

What would you like the villagers to know more about the Salon?

We welcome everyone in the village through our doors and say we are here for you and want to continue to support the lovely village of Exning by being at the heart of it.

What is your favourite part of running the businesses?

Our favourite part of being in business is being able to be individual but part of a team alongside the friendships we have created with each other and with all our clients.

What is the hardest part of running the business?

The hardest part of running the businesses is keeping on top of all the stock orders and deciding whose turn it is to mop the floors and clean the bathrooms.

Connor **07799 906013** Heal Toe Foot Health Professionals

Mel **07402 492829** Hair By Mel @ Amaras

Becky **07805 775836** Becky Lovell Hair @ Amaras

Apo **07587 504721** Apos Turkish Barbers

Find us on Socials and book online from our



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I'll personally manage the sale or rental of your property, handle all the viewings and seamlessly guide you through the whole process to ensure you have a happy stress-free experience.

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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)

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 2025-26

Wednesday 26th November

NO MEETING IN DECEMBER

Wednesday 28nd January

Wednesday 25th February

Wednesday 25th March

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

Here you can find information regarding your Parish Councillors and also your District and County Councillors. The minutes of parish council meetings are posted on there, as well as statutory audit and financial information, and some key documents relating to cemeteries, planning and more about our responsibilities.

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>

