



# Moulton Matters

*Packed with Village News*

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## **Luncheon Club**



Moulton Matters - a quarterly publication edited by Lisa Rempington & Jill Goodwin

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If you have an advertisement or an article you would like to submit for this newsletter we publish them quarterly. Please ensure that articles reach us by the 14th November for distribution in the first week of December.

Advertising rates are listed on Page 34.

<http://moulton.onesuffolk.net>

**Lisa Ramping 552631 and Jill Goodwin 551851**

# Parish Council News

Wow ... what a long hot summer. The village has wilted in the heat but thanks to all the volunteers the flowers have continued to bloom giving wonderful patches of colour to the parched surroundings.

On behalf of all parishioners we say a big thank you to the fire service for their prompt attendance to the two field fires in the village. All our emergency services are stretched due to funding cuts and we all need to think carefully about our demands on them.

Some time ago the council purchased the telephone box in the village from BT as it was not used. If you are not already aware it is now a book exchange. Ed Chambers kindly fitted it out with shelves and Sarah is kindly monitoring everything within it. All books in good condition are welcome – adult and children's. It is working really well – do have a look if you haven't already.

Apart from our normal duties the council will continue this autumn to push for the establishment of the footpath between Moulton and Kentford. Thanks to all of you who signed the petition. We know it will be long term project but we have made a good start.

Our next meeting is on September 24<sup>th</sup> at 6.30pm at the school. If you have any concerns or ideas do please come along and share them with us.

Bill Rampling



## *Luncheon Club*



The aim of the Luncheon Club is to provide the opportunity for people to get together, make friends or to renew friendships whilst enjoying a delicious lunch. Anyone of any age living in the village or with strong ties to the village is welcome to come along and enjoy a lunch with us. We meet at 1.00pm on the last Tuesday of each month except for August and December. Robin Millar, Suffolk County Councillor assists us by funding the hall hire for the year. We only charge £2 per person with any soup/cake left over being offered for sale to take home.

We have a fantastic team of helpers and we could not manage without everyone who helps to get the chairs out, put out all the tables, sweep the floor and generally make our job so much easier.

Everyone is welcome of any age - we can also try to arrange transport if necessary. If you need any more information please do contact me.

Lisa Rampling 01638 552631 07528175021 [elissa.rampling@gmail.com](mailto:elissa.rampling@gmail.com)

# CHURCH NEWS from St Peter's Moulton.

## Suffolk Historic Churches Trust are holding their

- \* annual event to encourage people to gain sponsorship and then cycle or stride
- \* to as many Suffolk Churches between 9am to 5pm on Saturday 8<sup>th</sup> September 2018.

Could you and your family members, or friends take part, make it a challenge, ride or stride through this glorious countryside and support historic places of worship? Our PCC have agreed to keep church open and staffed all day, and to provide refreshments for the participants. Last year in the Mildenhall Deanery area which includes our churches, £3013.50 was raised from sponsorship. If you would like a **sponsorship form** please get in touch. If you could provide some cakes on the day or savoury items, do let us know. Thank you.

**Moulton Community Choir** gave us a splendid Summer Gala Evening of music in July. Their repertoire is extensive, their musicianship astonishing. It is a privilege to be entertained by them, and to share the proceeds of the concert. The fact that they provide such a delightful buffet supper underpins their generosity to St Peter's Church. We are very grateful to them.

## Making Prayer real for us and for others. Sustaining our Sacred Centre.

In May this year three of us attended a day exploring spiritual awareness. Bishop John Pritchard led the day, and you will see in this edition of 'Moulton Matters' the advertisement about our feedback session. This is not a service, more a sharing of our experience, then conversation over refreshments. Please come and join us.

For use in our regular worship at St Peter's, the following prayers were written during June and July. They convey a caring awareness of what life experiences can mean to others, they can reflect local and national concerns.

'Be present **Holy Father** for individuals whose lives have shattered. We pray this week especially for the victims of the tragic Grenfell Fire that raged through a vertical village community of adults and children one year ago. The survivors have deep scars and wounded hearts. Their memories torment them, day and night.

We pray that your **profound presence** in their midst, working through churches, belief groups, mental health teams and social services will create ways to **listen**, ways to **talk** and pathways to gently bring broken people to a better place.

Let your infinite love surround and protect the future physical and emotional development of adults and particularly the children. Many are exhausted, afraid, separated and bereaved. Some feel ignored and of no value.

**Holy Master**, bring **hope** even in the darkest night. Bring new **strength** for the morning.

Lord in your mercy ..... hear our prayer'.

'Lord and Heavenly Father, Maker of all things, we bring thanks for the wonder of your **sacred creation, and the beauty of your natural world**. It's energy and complexity, confirms your majesty. In this season we are blest with rainbow colours in our flowers, birdsong to lift our spirits, warm sunshine, gentle winds and the promise of abundant growth and life this summer time.

Lead us Heavenly Father to care for your world, to accept all its elements, to seek better ways to treasure all its **gifts**, and to use our water reserves responsibly.

Creator Lord, in your mercy ..... hear our prayer’.

‘We give thanks for all who are committed to serve this region of East Anglia. Volunteers and the people who work and care for the land, the forests, heath and coastlines, sites of Outstanding Natural Beauty, those managed by the RSPB, the Wildfowl and Wetland Trusts. Help us Heavenly Father to remember them in our prayers, and find ways to support and maintain their life-affirming work.

Gracious God in your mercy ..... hear our prayer’.

~~~~~

As this season changes we are planning the **Benefice Harvest Communion Service**, this year it will be at Dalham St Mary’s Church on Sunday September 30<sup>th</sup> at 10.30am. Do come and join us.

The **Pet Service** will be at Kentford St Mary’s Church on Sunday October 7<sup>th</sup> at 3pm.

To all our children, students and young people beginning new terms at school, college or university, those joining apprenticeships or business training schemes, we send our very best wishes this autumn.

As mentioned above it has been a busy few months at St Peter’s. In May Bishop Mike Harrison consecrated the new graveyard extension. In all this had been an interesting project which many, even in Church circles, have little if any experience. To gain local authority planning permission took nearly 9 months and then a further 3months to arrange the actual consecration.

In June the Annual strimming Party took place, as Bob had his Knee replacement surgery he was unable to take part, but Bill Rampling kindly led those who came, fewer than previous years so not all the Churchyard could be done. Many grateful thanks to those who came it does make a huge difference.

Then in July the annual ‘Rock in the Meadow’ event was held. Initially cancelled by Mick and Bob due to their recovery from operations it was reinstated by Rob Spurgeon, who along with his friends ran the event. It takes a lot of work to organise, run and clear up afterwards an event such as this so a huge thankyou to Rob and his Team for stepping into the breach. Also many thanks to Mike and Kathy with their team sell the tickets, this takes a lot of their time. This event is the major fundraiser for the church, this year raising £2,359 profit. It costs £66.88 per day (£24,414 per year) to keep the doors of the church open for services, baptisms, weddings and funerals. This figure does not include the cost of churchyard maintenance or repairs to the building itself. The cost in the next two years for repairs to the roof and the parapets on the south side will cost tens of thousands of pounds all of which funds need to be raised so the church may remain a valuable asset to our village. Once again many thanks to all who help with events and generally help to keep the church going.

Just a reminder that the services at St Peter’s are our family service on the first Sunday of the month starting at 10.45am and our Holy Communion service on the 3<sup>rd</sup> Sunday of the month at 10.30am. A full list of services for the year in the Benefice which includes, Dalham, Higham, Gazeley, Kentford and Moulton in the church and also in the notice board by the Church gate.

Anne Garmston 01638 751188

Bob Saltmarsh 01638 750190

**R. Marshall**

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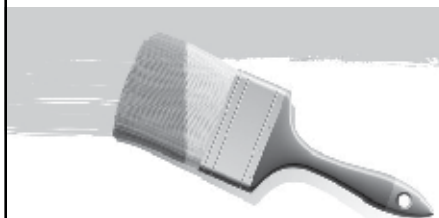
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A woman with blonde hair, wearing a voluminous blue ballgown with a deep V-neckline and puffed sleeves, is shown from the waist up. She is looking down and to her right. The background is a dramatic, cloudy sky with soft lighting.

**Moulton Village Hall**

**Saturday 12th January 2019**

**2:30 pm and 7:30 pm**

# *Cinderella*

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**Tickets available from October 2018**

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## Moulton Village Hall

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5:45pm 8+ Street & Commercial  
6:30pm 8+ Beginners Ballroom & Latin  
7:15pm

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# Village Shop & Post Office



As the summer months draw to a close, and what glorious weather we have had, we think about how lucky we are. Lucky to have a village full of lovely, hardworking and fun people. Lucky to have lots of facilities available for us to enjoy. Lucky to have beautiful aspects of nature to look at like the sheep in the fields, the views from the tops of the hills, the wonderful walks around the countryside that we can enjoy and even more so in the recent sunshine we have been having. Lucky to have a shop full of brilliant and ever-increasing customers who are exceedingly generous too.

Back in June the Moulton Shop Ladies took part in Cancer Research's Race For Life in Bury St Edmunds and raised a whopping £870.71 for the brilliant cause and a huge

chunk of this total came from the bucket in the shop. So, firstly we must say thank you to those who kindly donated.

Throughout the past few months the shop has been busier than ever (thank you). Mike and the team are frantic keeping up with the sandwich conveyer belt that continues throughout the day. The ice cream sales have gone through the roof and keeping the freezer full with a variety of different ice-creams to tempt is a challenge that we are happy to take on. After our busy week it's always a pleasure to walk to the village pub and enjoy a drink (or lots) in the sunny Packhorse garden, another asset to the village. How lucky we are.

However, on a sad note we lost our friend and landlord John Marcel who passed away on the 14th June after a short illness. John would always comment when in the car with Kathy how lucky we are to be living in such a bright village full of great things and people. A lovely man whose legacy will live on strongly for what he contributed to Moulton from when he and Jeannie came to the village as the new owners of Moulton shop until his recent passing.

Jeannie and John ran the shop for many years and gave it all they had got. The copious amounts of hams and turkeys that Jeannie cooked in the agar at Christmas was just one of the fantastic aspects that they brought. John often reminisced of how many hams Jeannie had to cook to fulfil all the Christmas orders. Many villagers still remember times when the lovely couple ran the stores and happy memories come from everybody.

Whoever you speak to about John, you will hear such fond memories. Kathy remembers when John was planting parsley for his own use he would always plant an extra pot for her to take home.

Mike was frequently invited to nip around the back and join John in the lounge to watch the horse racing. They enjoyed the Cheltenham festival in particular and as we all know Mike is an avid fan of horse racing (or any sport come to think of it).

Fran often commented on his gentle manner and how he was so eager to know exactly who he was speaking to as his vision deteriorated in later years.

Personally, I have fond memories of serving him coffee which he enjoyed while sitting outside the shop with his dog, Pippa and talking to the locals.

We love the story of him giving up whisky for lent even if he did replace it with a glass of wine and the fact that he consumed a Bloody Mary at noon every day!

He loved to see the shop so busy and vibrant, particularly the masses of cyclists that frequently show up as he was a keen

cyclist himself. He always spoke proudly of the time that he and Belinda cycled from London to Brighton.

He was a well-respected and loved man who gave a lot to many lives around this area as well as the shop itself. Through the hustle and bustle of the madness in that place, we remember him and how much he loved it.

So, as we move forward to the autumnal months and look forward to the changing tones of orange that will ooze through the leaves on the trees making for more stunning pictures of our village, we remember John and Jeannie Marcel and all that they gave to this village. We remember how lucky we are.

It was a privilege to know them.

Harriet Mills



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## Moulton School's pupils skating to success in roller hockey on the national stage



Left to right: Jenna Price; Scarlett Courtenay-Barrow; Ruby Hamilton-Cuff and Sarah Figredo

At the end of June the girls who play with the Ely and Chesterton United's Under 11's won the Eastern Region League title.

They went on to attend the National Cup at Kent's Bay Arena and returned home victorious.

They won against last year's winners Herne Bay and overall racked up an impressive total of 17 wins.

Scarlett Courtenay-Barrow finished as the league's top scorer with a return of 44 goals.

Congratulations to the girls for all their hard work and perseverance in achieving such an accolade.



### Moulton Calendar 2019

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ST PETER'S  
CHURCH

# CHRISTMAS FAIR

At the Village Hall, Moulton

**Saturday 24<sup>th</sup> November 2018, 10:00am – 2:00pm.**



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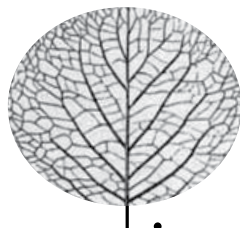
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# Centenary Flower Festival

9<sup>th</sup> – 11<sup>th</sup> November, 2018, at St. Peter's Church



Join us to commemorate and celebrate the end of World War 1, one of the cruellest and most devastating events of our time, along with the winning of Votes for Women and the formation of The Royal Airforce – what a year!

**The Concert on Friday, 9<sup>th</sup> November, at 7.30pm**, will be an evening of entertainment with words and music reflecting the thoughts and feelings of people of the time before and after the War. It will be performed with the help of **Moulton Community Choir, Stephen and Elaine Mitchell** and others! This could include you if you would be happy to help! Or just come along and join the audience. Wine, soft drinks and light refreshments will be available. No tickets required but a donation on the evening would be wonderful!!!

The Church will be open on Saturday, 10<sup>th</sup> and Sunday, 11<sup>th</sup> from 10.30am – 4.30pm for one and all to enjoy the flower extravaganza along with light refreshments, which are being served throughout the day!

Would you like to help us and be part of this this event?!

We would really appreciate some help with the Flower Arranging on this scale. Perhaps you would like to do one of the arrangements or you may have a garden full of greenery which you would be happy to let us come and prune?!!

We are also looking for a WW1 uniform, nurses' outfit and artefacts of the time – can you help?

**If so, please contact me on telephone: 01638 750190**

**Or - e-mail: [fran.saltmarsh@btinternet.com](mailto:fran.saltmarsh@btinternet.com)**

Many thanks and we hope you will note this in your diaries! – Fran Saltmarsh

# DALHAM GAZELEY HIGHAM

## **SUSTAINING OUR SACRED CENTRE:**

### **Making prayer real for us and others.**

A Diocesan day exploring spiritual awareness, led by Bishop John Pritchard, took place on 24 May 2018, and was attended by Anne & Ian Garmston, and Peter Appleton from this Benefice.

Bishop John's message is very much worth sharing, so Anne, Ian and Peter are arranging such a session. It will be relaxed, though thoughtful and significant, with opportunity for conversation over refreshments.

**VENUE: ST PETER'S CHURCH, MOULTON**

**DATE: WEDNESDAY 5 SEPTEMBER 2018**

**TIME: 7.00pm - 9.00pm**

### **PROGRAMME**

**7.00pm: Welcome**

- **Starting points - Ian**
- **Quiet focus towards God - Peter**
- **Exploring prayer as a relationship - Anne**

**8.00pm: Refreshments and Conversation**

**Close by 9.00pm**

*All Welcome!*

**RSVP by Monday 3 September 2018**

**01638 751188**

**[ian.garmston@btopenworld.com](mailto:ian.garmston@btopenworld.com)**

*Thank You!*



**KENTFORD**

**MOULTON**

## The importance of exercise as we get older!

As we get older our ability to perform physical tasks declines. We move less quickly, struggle to lift heavy objects and want to sit more! It is well documented that inactivity accelerates our reduction in physical capacity and this has a direct impact on our ability to function on a daily basis.

For many growing old appears to involve inevitable loss of energy, function and independence; but this need not be the case! The frail health and loss of function associated with aging (difficulty walking longer distances, climbing stairs or carrying the shopping) is in large due to low levels of physical activity by many of us as we get older.



It is never too late to enjoy the vast benefits associated with being more physically active and as we get older we have a lot more to gain than younger people.

### The benefits include:

- ✓ Improvements in muscular strength which helps to keep us independent, reduce the risk of falls and the risk of fractures associated with falls.
- ✓ Prolongs life (or to put it more starkly reduces the risk of death) or debilitation from conditions like coronary heart disease, hypertension, colon cancer and diabetes.
- ✓ Improves our mental health by reducing symptoms of anxiety and depression and promotes improvements in mood and feelings of general well-being.
- ✓ Helps maintain bone density and reducing the risk of osteoporosis.
- ✓ Reduce incidence of lower back pain.
- ✓ Helps control joint swelling and pain associated with arthritis.
- ✓ Wider social interaction with other people.
- ✓ Improved cognitive function.

### What should we be doing?

Some physical activity is better than none and more provides greater health benefits.

### We should be:

- ✓ Active daily. Over a week our activity should add up to at least 150 minutes in bouts of 10 minutes or more.
- ✓ Looking at doing activity to improve our muscular strength on 2-3 days per week.
- ✓ Include activity to improve balance and coordination.
- ✓ Minimising the amount of time spent being sedentary.

## Nordic Walking ticks all the boxes. It is a safe and effective workout that is fun, sociable and brings speedy results?

If you want to get active, **Nordic walking** is a simple way to exercise the whole body and can be easily fitted into a hectic lifestyle as it provides effective calorie burning, tones the arms and legs and improves posture. It's also great for stress, easy on the joints and beneficial for conditions like osteoporosis.

Why not come to one of our tasters and give it a go?

### Kevin Marshall

Positive Steps Fitness and Wellbeing

<https://positivestepspt.co.uk/>

kevin@positivestepspt.co.uk

# TIMES THEY ARE A CHANGING

It is August and on holiday my mind often takes a reflective turn. In 1963 a young poet and song writer, Bob Dylan, wrote:

"Come senators, congressmen  
Please heed the call  
Don't stand in the doorway  
Don't block up the hall  
For he that gets hurt  
Will be he who has stalled  
There's a battle outside and it is ragin'  
It'll soon shake your windows and rattle your walls  
For the times they are a-changin'



What with our heatwave and Brexit, there has barely been space for the press to cover important events a few miles up the A14 in Northamptonshire, where the County Council has run out of money. They have run down reserves from about £50M to £5M in just 5 years in support of their spending. With no more reserves they can no longer deliver the services they had planned. Heads have rolled. Hands are wrung. Fingers are pointed. Questions are asked (including what does this have to do with Bob Dylan? Or Suffolk? Or Moulton?)

For that we need to go back to 2010 and the Comprehensive Spending Review. You may recall that the new coalition government started to cut back heavily on public spending. The Localism Act followed in 2011 – giving more powers and responsibility to local government, but also less money. This set the weather for local government ever since. I remember being asked to address a conference of senior civil servants in Whitehall at the time on what comes next. I had to tell them as starkly as I could, that having less money to spend would define the rest of their careers.

This was also a moment of truth for local government, putting the ball firmly in our court. Could we resolve the problems government could not – and still balance the books? Councils do not have the luxury of health trusts – they must present balanced budgets. So would we cling to being mere administrators of central government policy or could we step up to the mark? Would councillors demonstrate a grasp of the local leadership they were being offered? As with any devolved responsibility, the responses vary widely. Some councils are taking the difficult decisions of leadership, some are not. Some councillors recognise the change. Some do not.

Only time will tell. But as the pieces are still being moved on the board, perhaps, in Northamptonshire the beginning of an end game is starting to emerge. Suffolk, and every other council across the country is watching closely. There can be no government bail out for Northamptonshire – there are tens more councils willing to take their services to the brink if it means the government will step in. Still other Councils are

considering adopting a position of delivering the minimum service level required by law – something I find unsatisfying for many reasons.

Suffolk however, is in a relatively strong position. We have been taking difficult decisions for several years, most recently reducing the funding of home to school transport. There is always room for improvement, but our reserves are healthy and our critical services remain strong. We have even managed to keep council taxes down. But the needs and the financial pressures keep growing – if only as our population ages. As Tony Travers, a Director of the London School of Economics, said recently “Health spending is on track to consume all public sector funds”. On top of that, new issues start to emerge which must be addressed. It is clear to me therefore that we need to press on with a programme of change and innovation.

The work I have done with parishes and individuals here in the West has been hugely formative to my thinking on this. I believe we can do more, can take on more, if we are given the chance. I commend the willingness of the Parish Council to make a start in this. Bill and I have spoken about this for many years. More than that however, I commend those of you (and I have come to learn there are many) who have always been quietly getting on with it – litter picks, meals for neighbours, help with shopping, baby sitting, mowing grass, checking on the vulnerable and much, much more. Making a real difference in the lives of our families and communities. If there is anything I can do to support you or your case for doing more, I will do so.

And so the prescient words of Dylan. For those “senators and congressmen” who have “stalled”, putting off the difficult decisions, like Northamptonshire, their moment of reckoning has come. Their windows have been shaken and the walls have been rattled. For the rest of us, we need to recognise “the times they are a changin’.”

CLLr Robin Millar  
Suffolk County Council, Newmarket & Red Lodge Division

#### Village Sign

We have such iconic features in the village such as the Packhorse Bridge, Church, Shop and the wonderful weeping willows by the pond that would all make a fantastic village sign.

We could have the sign in the middle of the current flower bed at the crossroads which could look quite stunning as you come into the middle of the village. We would however still keep the original one that was made at the Forge some years ago.

The sign may be around £5k to commission so would be a long term project to fund raise for, but if you think it is a worthwhile project could you let me know and I can look into it and report back in the next newsletter.

Please email me [elissa.ramplng@gmail.com](mailto:elissa.ramplng@gmail.com) or give me a call 01638 552631.



## Open Garden Event

### 11 Brookside, Moulton

Liz and Peter Mavroghenis will be opening their garden for the second year running under the National Garden Scheme on Sunday 9<sup>th</sup> September from 2pm-5pm.

The garden is designed over 4 levels and includes a lower terrace with water feature and fig trees, terraced beds with ornamental grasses, traditional knot garden, hosta courtyard and kitchen garden.

The garden is approached along a gravel drive lined with mature shrubs, trees, lawn and a collection of colourful birdhouses. A beautiful bespoke metal retaining wall with sedum and oak steps leads to the former paddock now landscaped with a series of large beds containing specimen trees and perennial planting. Apple espalier, pear trees and grape vines enclose the kitchen garden complete with cedar greenhouse and raised vegetable beds. A large metal sculpture underplanted with blue geraniums is a new addition to the garden.

Tea/coffee and delicious cake will be service on the south terrace – all in support of great charities such as Hospice UK.

We hope you can stop by and see us on the 9th.



## **RSPB See the cranes from the train**

As I write this article, I am on a train. I spend quite a lot of time on the train nowadays, as I regularly work from the RSPB Fens Area Office in Swavesey, Cambridgeshire and at our regional office in Norwich. It is amazing what wildlife you can see from the train if you know where to look, so I am going to dedicate the rest of this article to what you can see as you speed through the glorious East Anglian countryside.

Ironically, although I am based at RSPB Lakenheath Fen, which is adjacent to the railway line between Cambridge and Norwich, I rarely go past the reserve on the train. However, you can often see some interesting wildlife if you do.



[This Photo](#) by Unknown

As you may know, we are very lucky to have cranes nesting on the reserve. At certain times of year, it is actually easier to see cranes from the train than it is if you spend some time birdwatching on the reserve itself! Over the last month or so, people who are in the know have seen a pair of cranes with chicks from the train which is something that you have to be very lucky to see anywhere!

If you are not lucky enough to see the cranes from the train, you often see some of our other specialities. Large and impressive marsh harriers are often seen patrolling low over the reedbed and this morning, I saw a grey heron flapping steadily over the reserve. If you are very lucky, you may see the heron's rare cousin the bittern, making a short flight low over the reedbed.

It is not all about birds though. You can regularly see deer from the train as you go past the reserve. Although these are mainly roe deer, there are now also small numbers of Chinese water deer on the reserve. This species can be identified by its round, teddy bear like face and the male's distinctive tusks (which admittedly, may be difficult to see from the train!)

If you travel on the Cambridge to Norwich line regularly on the way to and from work and you have not noticed the reserve as you have passed it, it is shortly after Brandon if you are coming from Norwich or just before Brandon if you are coming from Cambridge. If you look north, you will spot the reserve.

The reserve even has its own dedicated request stop. One train in each direction stops at Lakenheath station, which is between Brandon and Ely on Saturday and three trains in each direction stop at Lakenheath station on Sundays.

If you are not feeling adventurous to visit the reserve by train, you can of course get here by car, by bike or on foot. Please visit [rspb.org.uk/lakenheathfen](http://rspb.org.uk/lakenheathfen); or ring 01842 863400 for more information about the reserve. We hope to see you soon!

**David White**  
**Visitor Experience Officer**  
**RSPB Lakenheath Fen**



## Newmarket InterFaith Forum

Facebook: @NIFFcommunity | Newmarket InterFaith Forum

We are excited to announce a new, local InterFaith Forum. Our aim is to offer the opportunity for individuals and families to connect, spend time together with friends, make new friends and enjoy the rich mix of cultures, faiths, philosophies, religions and beliefs that are within our local communities. Connecting with humans (animals and nature) is far more than just nice! It is a fundamental element required for a healthy developing mind.

Connection to others encourages us to develop ourselves, protect our mental health and observe our inner dialogues. We can develop respect, understanding, kindness, compassion, empathy, assertiveness, resilience and ultimately grow within ourselves, meeting our human need to be alongside others in a collaborative style.

One of the paradoxes of our age is that we have an unprecedented virtual connection through electronic means leading to a worldwide loneliness which can be excruciatingly painful. We are not built to be lonely! We have a need to connect, believe that we count, feel we are contributing and know what we are capable of. Our aim through this forum is that we will be able to offer this manner and bring together anybody who wishes to connect and develop our community together.

Our Facebook page which was kindly designed by Becca Spinks of Bexmin Ltd, will list local events and a monthly post of religious/spiritual days, community lunches and other ways to connect.

Our first event is a community cricket match on September 30<sup>th</sup> (Sunday/Newmarket) we are looking for those who wish to play and those who want to come along, enjoy some sport, people and tea for free. Further details on facebook page.



360 is the home of preventative interventions and effective talking treatments that protect, develop and improve our all round wellbeing.

Since 1983 we have worked with psychological, emotional and behavioural health using effective, safe and practical styles of coaching, therapy and education. We work with Individuals, couples, families and corporate teams who want to develop self-awareness, communication, resilience, confidence, collaboration, assertiveness, respect for self/others and their creativity.

The label 'mental health' is the most used 'diagnosis' in the UK. This umbrella term (which many are lobbying the Gov to change) includes: anxiety, stress, depression, addictions, emotional eating, chaos creation, avoidance, insomnia and excessive behaviours. Working with us ensures crystal clear identification and understanding of the internal patterns that create these wellbeing issues. Habits and patters can be developed to improve health and relationships from the inside out. At 360 we work in collaboration with people in a highly professional, reliable, ethical and effective manner. If we cannot offer the most useful approach for you at this time we will signpost you to another service/organisation.

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For further information about Camilla and what 360 can offer please browse our website:

[www.360arw.org](http://www.360arw.org).

Alternatively, you are welcome to contact Camilla directly.



**Camilla Ghazala**

Managing Director  
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## Moulton Community Choir and Hot Summer Sizzlers!

Well, after the last two months of exceptionally hot weather some members of the choir might well be looking forward to a reduction in heat as we restart our rehearsals in the upcoming season of “mists and mellow fruitfulness” at St Peter’s church on September 11<sup>th</sup>.

We have however managed to perform at three very enjoyable venues during the summer although our visit to Ashley Fete singing outside in 30 degree heat did prove to be a real challenge on 5<sup>th</sup> August. Never was a cup of tea and cakes more welcome and deserved than after a sizzling rendition of six of our more upbeat songs. Our audience was very appreciative, if somewhat distant, having wisely seated themselves under the shady boughs of a cluster of trees on the edge of the field!. We should have bought our own mobile purple Gazebo to sing in!

Our outing to Stetchworth’s inaugural Choir Festival at St Peter’s church in June was by contrast a much cooler affair, but the warmth of the welcome to us and all the other choirs singing made it a delightful event.

Ken Dodd’s song Happiness was sung by the massed choirs and audience at the end of the concert complete with a few deftly wielded multi-coloured “tickling sticks”. Encores were called for and given with even more exuberant waving of aforementioned “tickling sticks”. Ken would have been proud I’m sure!

Our own Summer Gala Concert here in the village on yet another sweltering evening unfortunately clashed with England’s successful world cup match against Sweden so our audience was somewhat reduced, but only in terms of quantity –not quality.

For those of you who missed it, there are three videos from the evening up on U tube so you can see us all there singing our hearts out. You can’t however get the true tongue tingling experience of our delicious savoury and sweet post-concert buffet. Maybe next year!

**We raised a total of £172-83 for church funds.**

We already have three performance dates booked for our autumn /winter term

**FLOWER FESTIVAL ENTERTAINMENT TO CELEBRATE AND COMMEMORATE THE END OF WW1: 9<sup>th</sup> November**

**ROTARY CLUB CHRISTMAS CONCERT AT TATTERSALLS: 14<sup>th</sup> December**

**AVIAN CHORUS ROLE IN MOULTON’S FIRST PANTOMIME 12<sup>th</sup> January 2019.**

The choir continues to practise and rehearse each Tuesday from

6-45 pm to 8-15 pm in Moulton Primary School.

For further information about joining or booking the choir please contact

Marian Brown on 01638 552953 or email [music@thebrownfamily.biz](mailto:music@thebrownfamily.biz)

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## Top tips for helping your pet cope with a visit to the vets

Many pets find a visit to the Vets stressful but

there a number of things that you can do to reduce the stress your pet experiences at the veterinary surgery. Here are some top tips on how to make the experience of a trip to the vets less stressful for your pet.

- When possible bring your dog to the vets regularly for social visits. Take some tasty treats along with you and simply sit with your dog in the waiting room and feed them some treats. If possible ask members of the reception or nursing team to greet your dog and offer them some treats too. This way your dog will learn that sometimes good things (or nothing!) happen at the vets.
- Bring tasty treats for your cat or a stuffed Kong or chew for your dog to eat whilst the vet is examining them, this way they associate the vet examination with a positive experience. Treats often also work as a good distraction!
- If you know your dog or cat is particularly nervous at the vets try using a calming product such as pet remedy spray on a bandana, blanket, or in the car before you travel. This may help to relieve the anxiety a little.
- If you know that your pet gets stressed in the waiting room let a member of staff know and if possible we will accommodate you and your pet in a spare consulting room if there is one available. If this is not possible then please leave your pet in the car and let a member of staff know you are waiting outside for your appointment.
- Cats and small animals should be in a suitable carrier, ideally with a towel or blanket over the top. This will help them feel safe and secure.
- Small animals such as guinea pigs and hamsters should be provided with something to hide in within the carrier, a small cardboard box usually does the trick. Having somewhere to hide has been proven to reduce stress in a number of species.
- If your pet is not comfortable around other animals let reception staff know so that they can seat you away from others or in a separate room if necessary. Try to give other animals in the waiting room space if possible, this can help to avoid squabbles between patients that are already feeling stressed.
- Practice mock examinations on your dog or cat at home regularly so that they are comfortable with being handled and examined. Ensure that they are comfortable with you looking in their mouth, at their feet and in their ears. This is most effective if you start this sort of training when your pet is very young.

  
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## Oil Ordering Scheme

The price of oil has stayed at around 49p a litre since the last order in June where one would expect it to drop during the summer months as there is less demand. It will be interesting to see what happens as winter approaches hopefully not reaching over 60p a litre as it did in February.

These are the dates for oil orders for the next year.

Please contact me in good time if you wish to order oil with the usual information. If you are new to the scheme the aim is to keep costs down by ordering in bulk and also to reduce the number of oil tankers coming into the village. I need to know how many litres are required and if there are any difficult delivery problems. The scheme is open to everyone living in Moulton.

Please email me or call me to order oil or with any queries.

**2018 September 3**

**October 22**

**December 3**

**2019 January 14**

**February 25**

**April 8**

**June 10**

I have spaced the orders at roughly 6 weeks apart and hope this will suit those people with smaller tanks. Let's hope we do not have another cold winter like this year but if it means another summer like we are having now I for one won't mind.

Regards  
Lesley

01638 482012  
[moultonoilscheme@outlook.com](mailto:moultonoilscheme@outlook.com)

## SPEEDWATCH

Since the last publication out of 1017 vehicles 111 were travelling at 35mph or above which represents 10.9% speeding which is an improvement.

The fastest vehicles were two cars clocked at 52 mph on Newmarket Road on July 24th in the morning which is unacceptable.

I am still looking to recruit some additional help if anyone is interested.

Please call me on 07768798066 or

email [timjam@hotmail.co.uk](mailto:timjam@hotmail.co.uk)<mailto:[timjam@hotmail.co.uk](mailto:timjam@hotmail.co.uk)>.

Tim James



## *Moulton Walking Scene*

Moulton Wanderers walk every Tuesday morning and newcomers are welcome, but should contact Ron Wallwork (01638 751869 – [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com)) prior to their first walk. It costs nothing to walk with the group and there is no commitment to walk every week, simply as and when people are able or want to.

Until this year over the eight years since the Moulton Wanderers was set up, only two walks had ever been cancelled because of the weather. This year there have been two; the first in the spring because of flooding and the other quite recently because of high temperatures. *The picture was taken at Barrow in June.*



A warm invitation is extended to the

## **Moulton Wanderers Evening**

At the Moulton Village Hall on Tuesday 23<sup>rd</sup> October at 7.15pm

Slide Show - Local Area Quiz - Refreshments - Raffle  
Admission free - Donations and Raffle proceeds to charity

## The 2018 Annual Moulton Open 5 road walk

2<sup>nd</sup> June

The race over a challenging out and back course from Moulton to the Dalham Windmill road junction, on the B1085 took place in warm muggy conditions. The walkers were sent on their way in two waves by \*Olympians Barbara Lawton (*nee* Inkpen) and Eric Hall; those who were deemed unlikely to better the hour and all others 20 minutes later.

The anticipated close battle between Colchester's Olympian Dominic King aiming for a fourth victory in the event and Moulton's World Junior champion Callum Wilkinson, aiming to make it a hat trick of consecutive wins, didn't quite live up to expectations. The young Moulton man bided his time until the halfway point where after he literally walked away from his rival and duly completed his hat trick of wins breaking Dominic's course record in the process.

Both walkers had siblings in the race; Dominic's twin brother Daniel (also an international) finished third and Callum's brother, George who was by far the youngest walker in the race at 16, finished in 5<sup>th</sup> position, clocking a time faster than his brother did at the same age.

The quickest local women, who also occupied top three places in the Suffolk championship, were Mildenhall's Joyce Crawford, and Bury Pacers' Angie Underdown and Val Nutley.

Deserving a special mention is 84 year old Moulton Villager Anne Scriven who completed the course in an amazing 77.36. Anne has an amazing consistency record in the Moulton Walks, having taken part in all but two of them since its inception in the present format.

Tony Wilkinson joined his sons on the rostrum to make it a clean medal sweep for the family in the Suffolk championships.

Forty-six competitors took part and the first three plus the performances of local walkers are set out below:

### Men's 5 miles

|    |                                          |       |     |
|----|------------------------------------------|-------|-----|
| 1  | Callum Wilkinson ( <i>Enfield H AC</i> ) | 33.48 | U23 |
| 2  | Dominic King © ( <i>Colchester H</i> )   | 36.15 | M35 |
| 3  | Daniel King © ( <i>Colchester H</i> )    | 36.28 | M35 |
| 5  | George Wilkinson ( <i>Enfield H AC</i> ) | 41.56 | U17 |
| 14 | Tony Wilkinson ( <i>unattached</i> )     | 57.12 | M55 |

### Women's 5 miles © = Centurion Pictures by Nick Crawford

|     |                                          |       |     |
|-----|------------------------------------------|-------|-----|
| 1.  | Maddy Shott ( <i>Belgrave H</i> )        | 45.37 | SW  |
| 2.  | Helen Middleton ( <i>Enfield H AC</i> )  | 49.46 | W55 |
| 3.  | Maureen Noel ( <i>Belgrave H</i> )       | 51.46 | W55 |
| 6.  | Joyce Crawford © ( <i>Enfield H AC</i> ) | 55.11 | W50 |
| 8.  | Angie Underdown © ( <i>Bury Pacers</i> ) | 57.35 | W50 |
| 9.  | Diana Braverman ( <i>Fulbourn</i> )      | 61.32 | W65 |
| 10. | Valerie Nutley ( <i>Bury Pacers</i> )    | 62.08 | W60 |
| 13. | Viv Haughton ( <i>Moulton</i> )          | 71.14 | W60 |
| 14. | Sue Mills ( <i>Moulton</i> )             | 71.47 | W50 |
| 15. | Anne Scriven ( <i>Moulton</i> )          | 77.36 | W50 |



*George, Callum and Tony Wilkinson  
Joe Mower (Suffolk CAA) with the county's top  
Pictures by Nick Crawford*



*three women race walkers Angie, Joyce and Val*

\*Both Starters are double Olympians; Barbara a High Jumper competed in the Mexico games of 1968 and Munich 1972 Whilst Eric a race walker took part at Melbourne in 1956 and Rome 1960. Barbara also silver medaled at the 1971 European championships staged in Helsinki.

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Jill Goodwin 551851 [jerryjill99@hotmail.com](mailto:jerryjill99@hotmail.com)

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## PARISH COUNCIL

The Parish Council meets regularly in the school and residents are all welcome to attend. Meeting dates and Agendas are listed on the village website at the bottom of the page and are also regularly posted on the village noticeboards.

### **Parish Councillors:**

|                          |              |
|--------------------------|--------------|
| Bill Rampling (Chairman) | 01638 552631 |
| David Clarke             | 01638 750263 |
| Ed Chambers              | 01638 750014 |
| Peter Collin             | 01638 750665 |
| Douglas James            | 01638 750897 |
| Mark Price               | 01638 750200 |
| Ron Wallwork             | 01638 751869 |
| Rachel Webb              | 01638 551655 |
| Tim James                | 01638 482012 |

### **Clerk to the Parish Council:**

|                |              |
|----------------|--------------|
| Lorraine Stone | 01638 720971 |
|----------------|--------------|

### **Parish Priest:**

|                       |                 |                                   |
|-----------------------|-----------------|-----------------------------------|
| Rev Rosemary Rycraft  | 01638 750783    |                                   |
| Village Archivist :   | John Gunson     | 01638 750131                      |
| County Councillor:    | Robin Millar    | 07545 423782                      |
| District Councillor:  | Roger Dicker    | 01638 750392                      |
| Member of Parliament: | Matthew Hancock |                                   |
| Parliament Office:    | 0207 219 7186   | Constituency Office: 01638 576692 |

### **Moulton Matters:**

Editors:

|               |                           |              |
|---------------|---------------------------|--------------|
| Lisa Rampling | Elissa.rampling@gmail.com | 01638 552631 |
| Jill Goodwin  | Jerryjill99@hotmail.com   | 01638 551851 |

**<http://moulton.onesuffolk.net>**

## **Telephone Directory**

### **MEDICAL**

|                        |              |
|------------------------|--------------|
| Addenbrookes Hospital  | 01223 245151 |
| Newmarket Hospital     | 01638 558400 |
| West Suffolk Hospital  | 01284 713000 |
| Oakfield Surgery       | 01638 662018 |
| Orchard House Surgery  | 01638 666887 |
| Rookery Medical Centre | 01638 664338 |

### **CHURCHS**

|                                                               |                       |
|---------------------------------------------------------------|-----------------------|
| All Saints Church (Rev Max Osborne)                           | 01638 662514          |
| Catholic Church (Fr Simon Blakesley)                          | 01638 662492          |
| St Peters Church c/o Vicarage, Gazeley (Rev Rosemary Rycraft) | 01638 750783          |
| St Peters Church Wardens (Bob Saltmarsh & Anne Garmston)      | 01638 750190 & 751188 |

### **NEWMARKET**

|                        |              |
|------------------------|--------------|
| Citizens Advice Bureau | 01638 665999 |
| Day Centre             | 01638 664262 |
| Dial-a-Ride            | 01638 608080 |
| Library                | 01638 661216 |
| Sports Centre          | 01638 662726 |

### **MOULTON VILLAGE**

|                                                        |                     |
|--------------------------------------------------------|---------------------|
| Parish Council Clerk (Lorraine Stone)                  | 01638 720971        |
| Parish Council Chairman (Bill Rampling)                | 01638 552631        |
| Ash Tree Veterinary Surgery                            | 01638 554477        |
| Moulton Matters Editors (Jill Goodwin & Lisa Rampling) | 01638 551851/552631 |
| The Packhorse Inn                                      | 01638 751818        |
| Village Hall Bookings (Jill Goodwin)                   | 01638 551851        |
| Village Shop (Mick & Kathy Dillon)                     | 01638 750242        |
| Village Bulk Oil Ordering Scheme (Lesley James)        | 01638 482012        |
| Village School Head Teacher (Debs Shipp)               | 01638 750236        |
| Village Website (Lisa and Mike Rampling)               | 01638 552631        |

### **TRAVEL**

|                         |              |
|-------------------------|--------------|
| Newmarket Taxi Hire     | 01638 561561 |
| National Rail Enquiries | 03457 484950 |
| Stagecoach – Cambus     | 01223 423250 |

### **EMERGENCY**

|                         |     |
|-------------------------|-----|
| Fire / Police Ambulance | 999 |
|-------------------------|-----|

### **NON EMERGENCY**

|                        |              |
|------------------------|--------------|
| Crime Stoppers         | 0800 555111  |
| Gas                    | 0800 111999  |
| Power                  | 0800 7838838 |
| Water                  | 08457 145145 |
| Police – Non Emergency | 101          |
| NHS                    | 111          |

## Moulton Village Hall

### Management Committee Officers:

|                    |                  |        |
|--------------------|------------------|--------|
| Chairman           | Richard Marshall | 750488 |
| Deputy Chairman    | Dale Burch       | 552055 |
| Treasurer          | Jerry Goodwin    | 551851 |
| Bookings/Secretary | Jill Goodwin     | 551851 |

Jill Goodwin is responsible for taking bookings. To make bookings, or make enquiries about the hall, please contact Jill on 01638 551851 or e-mail:

[bookingsMVH@moultonsuffolk.co.uk](mailto:bookingsMVH@moultonsuffolk.co.uk)

If you are interested in joining a group or activity, set out below are the names and contact details you will require:

|           |                             |                                                                                  |               |
|-----------|-----------------------------|----------------------------------------------------------------------------------|---------------|
| Monday    | Pre-School                  | 09.15 Amy Edge-Bovair                                                            | 07958 290837  |
| Monday    | Yoga                        | 18:00 Bridgit Pooley                                                             |               |
| Monday    | Salsa Classes               | 19.30 Jorge Zalasar                                                              | 07826 810052  |
| Tuesday   | Moulton Mini Tots           | 10.00 Stephanie Fenton                                                           |               |
| Tuesday   | Healthy Walks               | 10:00 Ron Wallwork                                                               | 01638 751869  |
| Tuesday   | Community Lunch             | 13:00 Lisa Rampling                                                              | 01638 552631  |
|           | (Last Tuesday in the month) |                                                                                  |               |
| Tuesday   | Cub/Beaver/Scout            | 18.00 Geraldine Law                                                              | 01638 750845  |
| Wednesday | Pre-School                  | 09.15 Amy Edge-Bovair                                                            | (as above)    |
| Wednesday | Dance Lessons               | 17:00 Claire Thompson                                                            | 07825 380674  |
| Thursday  | Pilates                     | 09.15 Alison Wilson                                                              | 07752 360 839 |
| Thursday  | Bridge Club                 | 14.00 Pat & Paul Harris                                                          | 01638 500325  |
| Thursday  | Pilates                     | 18.00 Alison Wilson                                                              | as above      |
| Thursday  | Badminton                   | 20.00 Yvonne Slater                                                              | 01638 750547  |
| Friday    | Pre-School                  | 09.15 Amy Edge Bovair                                                            | (as above)    |
| Friday    | Hop fit                     | 18:00 Nikki Hayes                                                                | 01638 75120   |
| Friday    | Carpet Bowls                | 19:15 Dick Marshall                                                              | 01638 750488  |
| Saturday  | Dance studio                | 08:30 Rachel Glen                                                                |               |
|           |                             | <a href="mailto:rachel@dancexcelacademy.co.uk">rachel@dancexcelacademy.co.uk</a> |               |
| Saturday  | Panthers Football           | 10:30 Nicola Talbot                                                              | 01638 552358  |
| Sunday    | Panther/U13                 | 10.00 Steve Wilson                                                               | 07538 241521  |
| Sunday    | Veterans                    | 10:00 Mark Price                                                                 | 01638 750200  |



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Friday/Saturday 11am to 11pm

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**Anthony Dobson & Mark Smith**

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**info@dandscarpentry.co.uk**

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