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Rev'd Lynda Sebbage	811280	revlyndasebbage@gmail.com

NEWSLINK

Keeping you in touch with Barrow cum
Denham

SPRING 2022



Welcome to the Spring edition of Newslink.

We are now in the Queens Platinum Jubilee year. A remarkable achievement which will not be seen again for generations. The Parish Council along with the Church and residents of our Villages are planning many events to mark this occasion. The PC will also be participating in the "Queens Canopy" by planting new trees around the area. More updates regarding events can be found in Newslink.

The Neighbourhood Plan continues to move forward along with the District Council's development plans. Once the PC have a proposed Neighbourhood Plan it will be put to a referendum of residents in Barrow and Denham. Just a word of caution regarding the outcome of the referendum, should it be rejected we could possibly try to alter it, but this would in the meantime, leave the Villages vulnerable to developers without any input into what happens.

As we enter the season of spring, I am happy to be able to welcome the removal of all Covid restrictions in Law. Of course, this means that we are entering a new period of personal responsibility. There remains a great deal of pressure on our doctor's surgery, and they respectfully ask users to continue with certain restrictions.

I note that for the second time the plans for two new homes in the garden of the Three Horseshoes Public House have been rejected by the District Council. As you will know the PC objected to these plans on several points as did many of the locally affected residents.

With the easing of restrictions, it is good to see how strongly the bookings for the Village Hall have returned. This has allowed the Village Hall management committee to invest some extra money in the venue. Of particular note is a much-improved outside lighting provision, a ramp at the side Fire Exit and a substantial investment in a brand new kitchen/ bar area in the hall itself.

It was good to see our new Community engagement Police Officer at our February monthly meeting. He was able to update those present with the current situation regarding offending in the area as well as informing us of future plans to increase Police presence in the village. We have hopefully secured his attendance at our annual PC meeting where he will be able to address more of our residents as well as being available to take questions regarding policing in the area.

John Pearson, Chairman Barrow cum Denham Parish Council.

Barrow Cricket Club – 10 Years

This coming summer the chaps of Barrow Cricket Club will celebrate their 10th season of playing cricket together. For those of you who are not familiar with the antics and activities of Barrow CC we play friendly village cricket on Sunday afternoons in the delightful surroundings of Ickworth Park in Horringer, a beautifully maintained cricket ground we share with Horringer CC. We do not play league cricket and favour the more amiable and social form of the beautiful game. Our season ahead consists of 16 such fixtures against other similar local clubs and a couple of teams on tour to Bury St Edmunds. We will go away for our annual weekend "Tour" to play 3 further games in June and this year's lucky hosts will be the good folk of The Chiltern Hills.

We are truly a "mixed ability" team and come in a variety of ages, shapes and sizes but we have great fun on and off the field and on our day can give a good account of ourselves. Our home games will normally end in the splendid garden at The Weeping Willow, our shirt sponsor, and Rehydration & Fine Dining Partners.

We are always looking for new blood to get involved and maybe you have not played for some years and feel the sap rising once more, or maybe new to the village and looking for some Sunday afternoon fun, whatever it is, get in-touch. We hold evening nets in Bury every Thursday too, through to May so a great chance to test your action.

In the summer we also hold ECB-led All Stars coaching sessions for boys and girls aged 4 to 8 in Ickworth Park, so a fine opportunity for youngsters to learn the game in a fun environment and for parents to get involved too.

Spring is here now, and the summer is not far away so please get in-touch if you are interested to be involved, we would be very pleased to hear from you.

If this is your dream please contact Richard Ford on 02184 811897 or email richard@northstarcreation.com or Ralph Rawlings on 01284 811844 or email ralph.rawlings@btinternet.com.

www.barrowcc.co.uk

BARROW FRIENDLY FOLK GROUP

We are a group of local musicians who play folk, traditional and popular tunes and songs. We meet every 1st Sunday of each month in the main hall of Barrow Village Hall at 7.00 pm. We'll welcome any new players of any ability.

Our next charity concert is on Sunday May 29th in Barrow Village Hall at 7.00pm.

It's in aid of Cancer Research. Everyone welcome.

For more information please ring Sylvia 01284 810577

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Newslink

Submissions for the next issue
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Clerk [barrowcum-
denhampc@gmail.com](mailto:barrowcum-denhampc@gmail.com) by
Friday 25th February 2022

Please limit the number of words
to no more than **200**.

Barrow cum Denham Good Neighbours Scheme

Our volunteers provide services such as lifts to West Suffolk Hospital,
the surgery, the post office, the hairdresser, etc, or will carry out
minor DIY jobs/repairs, or help to fill in forms, etc.

All services are free, except when a lift is involved, when we charge
40p per mile (present rate) to cover the driver's costs.

Please contact us if you need our help; ring the helpline number and
leave a message. The phone holder will get back to you to take details
and arrange the assistance. Please allow at least 3 days' notice if at all
possible.

Good Neighbours HELPLINE 07930 328930

Our regular coffee mornings in the village hall are open to all, so please
make a note of the date and we look forward to seeing you there:

Wed 23rd March

**BARROW LADIES GROUP
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**THE BARROW QUEEN'S JUBILEE
CELEBRATIONS**

Dates for your diary:

2nd – 5th June 2022

Plans are underway to celebrate the Queen's
Jubilee in Barrow with a whole host of events and
activities being organised.

From a Scarecrow Trail around the village, the
planting of Jubilee trees, a Royal Tea Party, a
pudding competition, a display of memorabilia of
past Jubilee events in the village hall, folk concert
in the village hall, a big breakfast and.....

The Big Lunch Street party!

**More details will be coming out so do watch
this space!**

**If you would like to help in any way, please
contact us!**

Rev'd Lynda 01284 811280 OR email:
revlyndasebbage@gmail.com

Local Health Update:

There are two very important pieces of work with regards to the local population and their health requirements and the future provision of health in the local area. The first is from Healthwatch Suffolk who are gathering views on peoples' experiences around elective waits for hospital treatment and how to support those in need. The second is about the new hospital plans and to gather as many thoughts and ideas from the local population as possible.

Both the West Suffolk Hospital and Healthwatch would be most appreciative if you could provide your thoughts and feedback to these surveys and engage in the advertised events as this is your chance to have your say on how healthcare is provided for the local community and for Bury St Edmunds.

Share your views about hospital waits

Healthwatch Suffolk, your local health and care champion, is asking people who are waiting for hospital treatment to feedback about their experiences. You can also share an experience if you had waited, but have now had treatment or a procedure. Your views will be used to make sure everyone can access the information, give help and support needed whilst they are waiting. Please feedback if you can and share the survey with anyone you know who is waiting too.

Full details on www.healthwatchsuffolk.co.uk/electivecaresurgery or you can call freephone 0800 448 8234.


Sharing your views is easy. Click the relevant survey link below. You will be anonymous.

- <https://www.smartsurvey.co.uk/s/ElectiveCareCurrentWait/> - if you are currently waiting.
- <https://www.smartsurvey.co.uk/s/ElectiveCarePastWait/> - if you were waiting, but have now received your treatment.

Complete the survey before 11th March 2022 to make sure your views are included.

Are you one of the thousands waiting for hospital treatment?

We need to hear from you. Your views can help to improve people's lives and make a difference to local support.



BARROW CUM DENHAM NEIGHBOURHOOD PLAN

PROGRESS REPORT

Since I last reported on progress with the Neighbourhood Plan, the main thing to report now is that we have still not had the further meeting with the planners from West Suffolk Council that was originally scheduled for December. They tell us that they will not be ready for this until March at the earliest.

The importance of this meeting is that this is when they will be letting us know their figure for the number of new dwellings Barrow needs to accommodate over the new Local Plan period, which runs to 2040. Until we know that figure, and how (if at all) it differs from our own, we cannot finalise the policies on which our Neighbourhood Plan will be based.

However, all this doesn't mean that work on our plan is at a standstill. We are making progress on completing other components. In particular, we are working with our consultants AECOM on the next stages of an essential component of the Neighbourhood Plan, namely the Strategic Environmental Assessment (SEA). AECOM have already begun work on Phase 2 of the SEA, which is the Environmental Report. The Neighbourhood Plan Working Group will be meeting AECOM in the next week to review progress.

It is important to stress that the Neighbourhood Plan could not be prepared to the required depth and detail without the use of consultants and that the cost of engaging them is fully covered by grants, so is at zero net cost to the Parish Council.

We have also met to discuss how best to carry out the next stage of public consultation, which we now expect to take place towards the end of May or early June.

Cllr Zigurds Kronbergs, Neighbourhood Plan lead member

Time to get walking again!

At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?

Walking in Suffolk <https://www.walkinginengland.co.uk/suffolk> has hundreds of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Suffolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

www.walkinginengland.co.uk

john@walkinginengland.co.uk

Barrow and District Local History Society 2022 Programme

The Society meets the second Tuesday of the month, 7.30pm
Barrow Village Hall, IP29 5AN

Jan 11 th	Religious roots to riotous ingenuity – Bury's hidden gardens <i>Caroline Holmes</i>
Feb 8 th	Must farm – Britain's bronze age Pompeii <i>Alex Fisher</i>
March 8 th	Reading the timbers – the beauty of Suffolk and Essex timber houses <i>Peter Lawrence</i>
April 12 th	Tales and songs of the countryside <i>Neil Catchpole</i>
May 10 th	Horatio Nelson – The man, the myth and the legend <i>Rev'd Lynda Sebbage</i>
June 16 th	Society outing – Holkham Hall, Norfolk (Thursday)
July 12 th	Mary Beale (1633-1699): Barrow Rector's Daughter & Baroque Painter <i>Ann Kronbergs</i>
Aug 9 th	Members' Social
Sept 13 th	The Millennium of the Abbey <i>Martyn Taylor</i>
Oct 11 th	Tour of supernatural Suffolk <i>Stephen Poulter</i>
Nov 8 th	Father Christmas, myths and mistletoe <i>Mike Wade</i>
Dec 13 th	Christmas lunch

All welcome to join us, membership £10 per year (starting January), visitors £3 per talk
Tea, coffee, biscuits 50p

Members are able to borrow books from the extensive society library
The society runs an annual outing to a historical site, summer social and Christmas lunch

Any queries please contact BarrowHistoryClub@outlook.com

Have your say – new hospital plans

West Suffolk Hospital was named as one of 40 new hospitals to be built by 2030 under the Government's Health Infrastructure Plan. This is the biggest hospital building programme for a generation – a once in a lifetime opportunity to deliver a new health and care facility for the people of west Suffolk.

In December 2020, the West Suffolk NHS Foundation Trust announced Hardwick Manor as the preferred site for the new hospital. The Trust is preparing to submit an outline planning application to build on the site in spring 2022.

Indicative illustrations and plans on how the Hardwick Manor site could be used for the new hospital can be seen at <https://www.wsh.nhs.uk/Planning/Planning.aspx>

As plans for the new hospital progress, the Trust is continuing conversations with current and future patients. You are invited to join the latest workshops – to have your say and help design future health services that support you in the best possible way.

Members of the local community can register to participate in workshops by visiting <https://www.wsh.nhs.uk/New-healthcare-facility/Engagement-events.aspx>.

The hour-long workshops will be held between 2-12 March at various times. A survey will also be available for those who are unable to make the online discussions.

Mark Manning, Head of Nursing for the Future System Programme said: "We would like to hear from our local community to understand their experience as a patient, family member or as a carer of a patient. We would like to know how we can make your experience better through the design and location of our departments and services".

"We want to hear from both current and future patients, those who may not have used our services yet, to appreciate what they would like to see in a future health and care facility fit for the 21st Century."

Further information can be found at <https://www.wsh.nhs.uk/New-healthcare-facility/New-healthcare-facility.aspx> where you can also register for the hospital development newsletter.

POLICE COMMUNITY REPORT

I would like to thank those members of the community who cascade, via their clubs etc, messages received from the Police which are of public interest. If anyone would like to receive these, which is on an 'as and when basis', then please contact me (my details are on the back of this Newslink).

The number of reported crimes for 2021 in our Parish was a total of 54, which covered a wide range of categories. There have been no prosecutions however 3 are still under investigation. For full details, please visit the Parish Council website barrowcumdenhampc@gmail.com

During January this year, a person was caught on a number of CCTV cameras in Beale Road, breaking into cars, from which there were a number of thefts. I am pleased to report that the perpetrator has been caught and awaiting prosecution and some items have been recovered.

A date for your diary – **Saturday 9th April 2022; 9 -11 am.** Our Police Community Officer, PC Lee Andrews-Pearce will be at the Village Hall to meet any residents wishing to receive any advice on crime prevention, or any other police topic. This is an open house, so no need to make an appointment. Please pop along to meet him.

Cllr Ralph Rawlings

A PLEA TO DOG OWNERS – BAG IT & BIN IT

Despite previous requests, there are still a minority of dog owners, who have a total disregard for our community, who allow their pets to foul our footpaths and open spaces which quite frankly is unacceptable and illegal.

As there are numerous litter bins dotted around the village there really is no excuse, so please clean up your dog's mess and take your litter home or dispose of it in the bins provided. **BAG IT & BIN IT.**

Cllr Ralph Rawlings.

JUBILEE SCARECROW FESTIVAL 2ND - 5TH JUNE

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To get your scarecrow on the map, drop your address into
12 Barrow Hill, Barrow

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Further details on this to follow

Contact Chris, 07977225579 with any queries

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Dear Friends,

As I write, the weather fluctuates between freezing winds and bright, sunny intervals - it's almost as if spring is trying to break in early, while winter says, '*Not a chance! It's only February!*' How encouraging to see beautiful carpets of white snowdrops everywhere - I so enjoy them, and cannot but feel amazed at how they can just suddenly burst out of the ground. Since clearing a patch of decayed woods and other detritus in the front garden of the rectory, a whole bed of snowdrops has appeared. Clearly they had been waiting for just such an opportunity!

Spring is virtually around the corner, and with it we see new life and new hope, as we emerge from the dark mornings and the dark nights. Longer days seem to put a spring in one's step, and as the saying goes when it's time to adjust our clocks, 'Spring forward, turn back!' Yes, 'springing forward' is an apt way to describe this season.

In our church, we are busily preparing to head into the solemn time of Lent, which starts on 2nd March with our Ash Wednesday service and continues right the way though until April – forty days in fact. For many of us, it's a period when we reflect on our faith and our relationship with God. A time to take stock of things, to consider our weaknesses and frailties, and to put those areas of our lives right – in readiness for Easter, when we can spring forward in hope and in the light of the risen Christ.

As Solomon, the writer of the book in the Bible *Song of Songs*, says:

See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come.

Revd Lynda, The Rectory, Barrow.



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