COUNCILLORS FOR BARROW		
NAME	Phone No.	EMAIL
Cllr John Pearson CHAIRMAN	811259	john.pearson@barrowcumdenhampc.com
Cllr Trevor Bragg	811856	
Cllr Richard Ford	811897	richard@northstarcreation.com
Cllr Zigurds Kronbergs VICE CHAIRMAN	811752	Zigurds.kronbergs@barrowcumdenha mpc.com
Cllr Jennifer Pettitt	07805 457530	theoldcowshedbarrow@gmail.com
Cllr Ralph Rawlings	07790 805613	ralph.rawlings@barrowcumdenhamp c.com
Cllr Peter Wesley	07540 394493	peter.wesleygfs@gmail.com
Cllr Jane Steer	07884 430160	Jane.steer@barrowcumdenhampc.co m
Cllr Kirsty Rawlings		

COUNCILLORS FOR DENHAM		
Cllr David Cousins	811754	david.cousins@barrowcumdenhampc.com
Cllr David Holmes	810653	journeyman.denham@btinternet.com

PARISH CLERK			
Mrs Kat Bowe	811952	barrowcumdenhampc@gmail.com	
12A Simpson Way, Barrow, IP29 5EA	07917 509009	Website www.barrowcumdenhampc.com	

COUNTY COUNCILLOR		
Cllr Karen Soons	07864 601887	karen.soons@suffolk.gov.uk

DISTRICT COUNCILLOR		
Cllr Ian Houlder	810074	lan.houlder@westsuffolk.gov.uk

PRIEST IN CHARGE OF THE BARROW BENEFICE		
Rev'd Lynda Sebbage	811280	revlyndasebbage@gmail.com

NEWSLINK

Keeping you in touch with Barrow cum Denham

Winter 2021



Welcome to the Winter edition of Newslink.

It was great to attend the Firework display organised for our Village along with around 1800 other people. This was the first year of planning by a new group of volunteers and I would like to congratulate them on a fantastic display. Significant funds were raised for the Village Hall. I understand that the organisers are keen to welcome more volunteers for next years event. People clearly travelled from around the area to attend our event and I hope that the disruption experienced on and around the local roads was short lived.

The memorial service was able to go ahead this year followed by a service of remembrance at the Church. Both events were well attended, and I would like to thank the residents who provided the traffic control in the Street and the Royal British Legion members for the staging of the event at the memorial. It was particularly moving to see a passing cyclist dismount his bike and take part in the service.

The Parish Council is happy to welcome two new Councillors. Kirsty Rawlings and Jane Steer have been co-opted onto the Council. They both bring a wealth of Village knowledge with them and are keen to contribute to our strong sense of community.

I am pleased to confirm that we have now got a new combined waste bin placed at the footpath beside the Cemetery, hopefully this will be used appropriately and reduce the instances of fly tipping that have happened in the past. Hopefully, weather permitting, the PC is planning soon to put up the Christmas lights onto the Horse Chestnut tree on the Green. Following the positive response to last years lights we have invested in some additional strings to improve the effect.

Despite the planning application being refused for 2 houses on the Three Horseshoes beer garden the application has returned. Please, if you have any opinions in support or objection to this application, use the Online system for contacting the Planners. This is essentially a new application so previous contact will not be considered. There has also been an application for Holiday let Lodges to the rear of the Weeping Willow Pub, again any responses to this application can be submitted via the West Suffolk Council Website.

Finally I hope that, Covid allowing, we are able to meet up with family and friends this year over the Christmas and New Year period. The Village Hall remains heavily booked for events over the coming months and as result of this, and the recent fundraising there are some significant improvements to the facility planned very soon.

John Pearson

Chairman Barrow Cum Denham Parish Council.

Update on the Neighbourhood Plan

Since the last issue of *Newslink*, the Parish Council has received a detailed draft report from our consultants AECOM on site selection and criteria. Readers may recall that an essential part of a successful Neighbourhood Plan is for that plan to identify the most preferred site or sites on which any unavoidable development should take place. Not to do so would leave that decision entirely in the hands of the planning authority, West Suffolk Council, and make a nonsense of developing a Neighbourhood Plan in the first place. Of course, such a selection involves hard choices, and may not please everyone.

We responded in detail to the draft report from AECOM and their final version, taking our comments into account, is expected imminently.

Once the Parish Council has formally approved that report, the next stage is to finalise the underlying policies, most of which already exist in draft form, that the Plan will embody. This will be achieved in January, with the help of our other consultants, Planning Direct. Both of these consultants have been involved in the Neighbourhood Plan process from a very early stage.

Before then, we shall be meeting West Suffolk Council again, to learn what their final housing requirement figure, based on the new Government guidance, is. Currently, there is still a difference between what we believe the community must accommodate in the plan period, which extends to 2040, and what West Suffolk's indicative figures have been, although that gap has narrowed slightly, as West Suffolk has been revising its figures downwards.

With that stage achieved, and some other outstanding matters cleared up, we shall have a full working draft of the Neighbourhood Plan, which must then be put to the community of Barrow and Denham in a stage called 'pre-submission consultation'. The Plan must be put out to consultation and the comments of the community duly taken on board, before the Plan can be submitted to West Suffolk Council and ultimately to the Planning Inspectorate. The Parish Council will be discussing exactly what form the consultation will take shortly, but the objective will be to elicit the maximum participation in the exercise, so as many people as possible can give us their views.

Once it has gone through these hoops, and had the seal of approval from the Planning Inspectorate, voters in our civil parish will decide in a referendum whether to accept or reject the Plan.

Cllr Zigurds Kronbergs

Neighbourhood Plan Lead

Merry Christmas

The Parish Council would like to thank all our volunteer deliverers, who give up their time to bring your copy of Newslink to your door, and wish them a Merry Christmas

The Parish Council are looking for a Newslink deliverer for Woodland Rise. If you are able to help please contact the Clerk on 07917 509009 or

barrowcumdenhampc@gmail.com

ENJOY CRAFTING?
COFFEE AND CAKE?
GOOD COMPANY?
THE BARROW CRAFT
GROUP
MEETS WEDNESDAYS
BETWEEN 10 AND 12
AT THE POP-UP-CAFÉ
BARROW VILLAGE HALL
BRING YOUR OWN
PROJECT

The Barrow Book Exchange continues to thrive, despite the wintry weather, with generous donations of non-fiction and fiction books from the community.

Thanks to all the book browsers who churn the books and keep the shelves in apple-pie order. We're very grateful when you take away

boxes/bags of books: OXFAM and other charity shops are always pleased to receive our surplus stock.

Season's Greetings!

Merry Christmas Everyone

FIREWORKS

After a year off due to COVID the Barrow Fireworks Display was another spectacular success this year, raising over £3000 for the Village Hall. The money will be going towards new outside lighting and a new kitchen in the front of the hall.

The organisers would like to thank all the businesses that donated time, money and resources to make the evening a success.



IFYOUSEETHIS SHAMEFUL, FILTHY & SELFISH
BEHAVIOUR... REPORT IT! CALL: 01284763233

Please clean up after your dog. Bag and bin dog waste in any litter bin.



Barrow and District Local History Society - After a successful return to meeting in person, with many of our existing members, visitors and new members joining us, the society will meet again in January 2022. Our talks all begin at 7.30pm in Barrow Village Hall (IP29 5AN), followed by tea, coffee and biscuits. All are welcome, membership is £10 for the year (due in January) or £3 per talk for visitors. Our next talks are

Tuesday 11th January - A short AGM followed by Caroline Holmes "Religious roots to riotous ingenuity – Bury's hidden gardens"

Tuesday 8th February - Alex Fisher "Must farm – Britain's bronze age Pompeii"

Tuesday 8th March - Peter Lawrence "Reading the timbers – the beauty of Suffolk and Essex timber houses"

Anyone interested in the society or any questions please contact BarrowHistoryClub@outlook.com

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.

We have resumed our regular coffee mornings, open to all, so please make a note of the dates:

Good Neighbours

Festive Coffee Morning!



All Welcome!

Dates for your 2022 diaries are Thurs 20th January and Thurs 24th February

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

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 the month in the main hall of Barrow Village Hall at 7.00pm. We'll welcome any new players of any ability.

BARROW LADIES GROUP

MEETS THE THIRD TUESDAY OF EVERY MONTH

2PM – 4PM

IN BARROW VILLAGE HALL

ALL WELCOME

Newslink

Submissions for the next issue should be emailed to the Parish Clerk

barrowcumdenhampc@gmail.c om by Friday 25th February 2022

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

Dear friends,

There's a lovely old song called 'What a Difference a Day Makes', the lyrics of which speak of sadness and loneliness turning into happiness, and a rainbow replacing the storm clouds of the day before.

Today, after all we've been through, perhaps we might borrow that idea, and reflect on 'What a difference a year makes'. This time last year, we were locked down, lonely and fearful, and praying for a vaccine to be developed. Christmas was virtually put on hold, and I recall that for my family - as for most families, I'm sure - it was the first time that we had ever spent this special time apart.

Hopefully this year is different. Whilst the storm clouds of Covid still hover around us, we are used to wearing masks, whilst of course maintaining common sense. At least this year our carol services will take place, and children will enjoy the crib services that have been planned. Friends and families can gather together to share the festivities, and perhaps reflect on how important relationships are.

The stripped back Christmas we experienced last year was, strangely, closer to the first Christmas than we might realise: that too was tough, as Mary and Joseph travelled a gruelling 90-mile journey on foot and by donkey, to register for the Roman census. Mary was full term in her pregnancy, with nowhere to settle down and give birth. They were desperate, burdened and confused, and yet God had His hand firmly on them. Shelter was found, and Mary was delivered of the Christ-child. Darkness turned to light, desperation into hope, and confusion into understanding.

What a difference a year made for them, as indeed it has for us. I wish you all a very happy, safe and blessed Christmas.

Revd Lynda

The Rectory, Barrow



THE BARROW BENEFICE

CHRISTMAS SERVICES

Carols by Candlelight

Sunday 12th December 4pm at Risby 6pm at Gt Saxham

Sunday 19th December

3pm at Denham 4pm at Lt Saxham Christmas Eve 6pm at Barrow

Crib services on Christmas Eve

3pm - Barrow 3pm - Risby

Christmas Eve

1030pm – Late night Holy Communion by candlelight at Lt Saxham

Christmas Day

9am - Holy Communion at Denham 10am - Holy Communion at Risby

10am - Christmas Day all-age service at Gt Saxham





POP UP CAFÉ

Every Wednesday

In Barrow Village Hall

9am-12pm

Serving delicious scones/

cakes/tea/coffee





Magnolia Therapy Studio

Relax and enjoy specialist massage and reflexology treatments

Are you looking for reduction in sciatic nerve and lumbar pain, headaches, neck & shoulder discomfort and muscle tension?

Massage and Reflexology treatments are proven to improve symptoms from physical conditions together with Mental Health Wellbeing.

Gift Vouchers available - improving health is a wonderful gift for everyone.

Please contact Steve to discuss treatments that will meet your needs.







17 Mill Lane, Barrow, IP29 5BS | www.magnoliatherapy.com | 07796 053 497 $\,$

Magnolia Therapy Studio @@magnolia_therapystudio



Oil & Gas Boiler Servicing & Repairs

Full Installations & Maintenance

Oil-Gas & LPG Boilers - Hot Water Tanks Renewable Air Source Heating

Radiators-Underfloor Heating Systems
Full Design And Installation Of Bathrooms

Contact: Paul or Lynsey Email: contact@pc-son.co.uk Call: 01284 811329 - 07788416889

Everything from a tap washer to a whole house installation





Established 1988 Barrow - Suffolk

OFIEC Reg. No. C4661

PIGS IN THE WOODS

Locally bred and produced, grass fed, sustainable

Red Poll Beef and Lamb

A large selection of frozen, vacuum packed joints, steaks, chuck steak, sausages and burgers

Call Nigel on 07860 566 796

To arrange your visit or delivery

Find us next door to Woodland Rise on Barrow Hill

Reviews taken from FaceBook

'I can honestly say best meat I've eaten in a long time'

'Awesome delicious meat!'

'Born and raised on the same field it's sold from...couldn't be more local'

Follow us on Facebook – Pigsinthewoods



Domestic installation & **Central heating controls** Covering Suffolk, Norfolk and Cambridgeshire

Peter Game 07860 676415 gameelec.game@hotmail.com

Professional and friendly service



Wrights Oil Boiler Services



- A family run business based in Barrow
- Specialising in Domestic Oil Central **Heating Systems**
- Fully Oftec Registered Company
- Evening & weekend appointments available
- Price for annual service £95
- Price for breakdowns £75 plus parts

Tel: **01284 277321** Mob: 07754 579857

wrightsoilboilerservices@yahoo.com www.wrightsoilboilerservices.co.uk

Pick N Mix

Sweet Boxes DELIVERY IS FREE 1KG - £10 / 2KG - £20



www.facebook.com/megasweetbox

07769561140



Arboricultural & Landscaping Solutions



- · All Aspects of Tree Surgery
- · Soft & Hard Landscapping
- · Maintenance & Lawn Care
- Fencing
- · Domestic & Commercial
- Fully Insured
- NPTC Qualified

For more information please visit: www.greenscenetreesurgery.co.uk

PLEASE CONTACT US TODAY FOR FREE QUOTATIONS & ADVICE **Phone:** 01284 811 181 **Mobile:** 07866 866 880 Email: greenscene@hotmail.co.uk

Church View Campsite



BARROW

Large Pitches electric and water at pitch

Hard Standing or Grass

Toilets and Showers

Pod Accommodation sleeping up to 5

Perfect for Visitors to the Area Dogs Welcome

www.suffolkacademy.com/caravans

The Gym @Barrow



Covid Secure Outside Area Limited Numbers Members Only Friendly Working for You Viewings Welcome (by appointment please)

www.suffolkacademy.com/gym info@suffolkacademy.com

SUFFOLK RUNNING CENTRE

Barrow

Half Marathons, Marathons and Ultra Events Every Month

Supportive, Fun and Friendly Medal for every finisher Covid secure A variety of single loop courses

A warm welcome for first time runners And for the runners who become family!



www.suffolkrunningcentre.co.uk