



Moulton Matters

The Village Newsletter

Spring 2018

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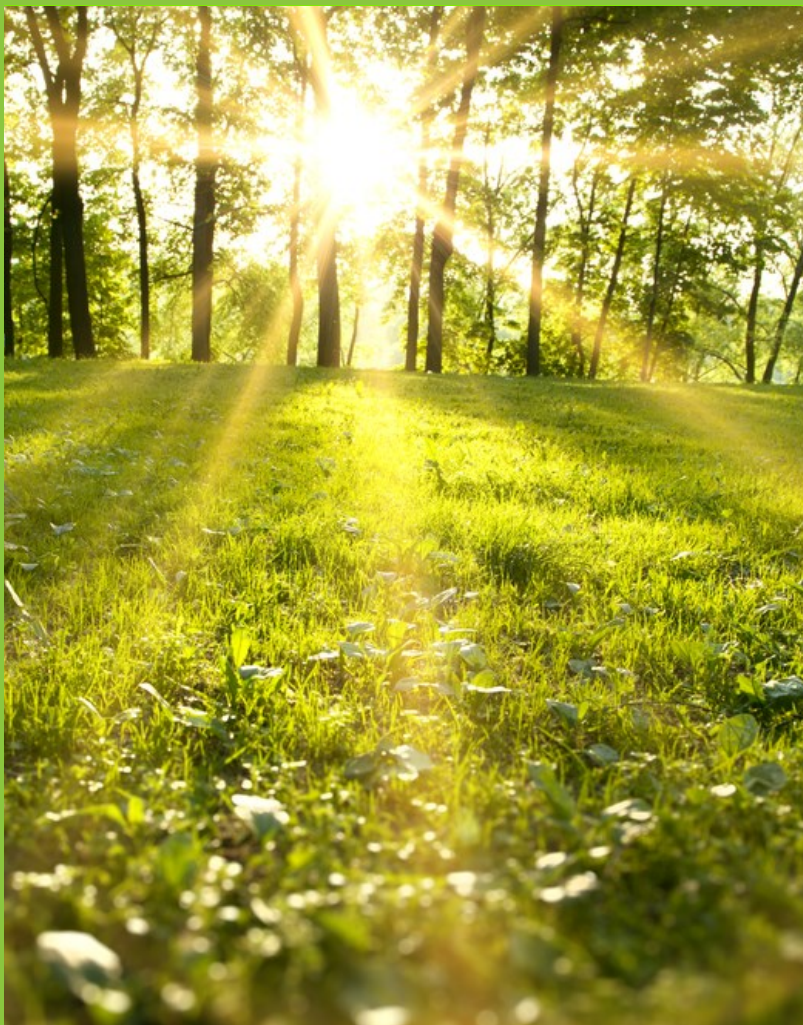
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Race Night

And lots more...



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Luncheon Club



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

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Moulton Fun Day

This year the Fun Day will be on Sunday 26th August. There will be the usual Duck Race, music, BBQ, Bar and games for the children. More details will follow in the Summer edition of Moulton Matters so keep a look out.



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 May for distribution in the first week of June. For previous copies and advertising rates please check out our Village website <http://moulton.onesuffolk.net>

Lisa Rampling 552631 and Jill Goodwin 551851

Parish Council News

The following report will be presented and discussed at the **Annual Parish Meeting 16th April 7.00pm at the Village Hall.** It would be good to see as many people as possible to hear your views about how the Council can shape the future of the village for the next year.



Moulton Parish Council Annual Report – year ended 31.03.18

The Parish Council held 7 formal meetings and a number of residents were often present, as well as County Councillor Robin Millar and Roger Dicker, Moulton's FHDC representative. Villagers are encouraged to attend and will always be warmly welcomed. Councillors and the Clerk also attended District Council Forums & Committees, Suffolk Association of Local Council meetings and have been briefed on a variety of local concerns and wider issues. At these meetings it is our aim to voice the opinions, concerns and aspirations of the local community. The Council is democratically elected and the next elections will take place in May 2019. Vice Chairman Julie Bonner recently moved, and the vacancy was filled by co-opting Tim James, who was already supporting the Council in his capacity as Community Speed Watch co-ordinator. Mark Price was elected Vice Chairman.

A section of the Moulton website, <http://moulton.onesuffolk.net> is dedicated to the Council, and agendas, copies of the previous minutes, accounts etc. are published. Agendas are posted on notice boards and Moulton Matters publishes reports. The Council is grateful to Jill Goodwin and Lisa Rampling for editing this excellent newsletter. Articles and photos are always welcome.

The Community Speed Watch team, co-ordinated by Tim James, continues with regular checks, but more volunteers are always welcome. Moulton and Gazeley realised that each village needed their own vehicle activated sign (VAS) permanently sited at chosen locations, and last May we purchased the previously shared unit outright.

PLANNING MATTERS – over 30 applications were considered and comments, where appropriate, were passed to the Planning Authority. Unfortunately, the local view is not always supported and in many cases the District Council will take a contrary view to that put forward by the Parish Council. The ongoing challenge to block the building of 400 houses at Hatchfield Farm, Newmarket has still not been resolved. The Chairman representing the Rural Parishes Alliance has given evidence at hearings to ensure that the voice of the rural community is heard. The much-needed housing must be built in sustainable locations, and the necessary infrastructure put in place to support new building. The Chairman also attended the latest examination process for the Local Plan, and subsequently the Inspectors have pointed out that the LPA's proposals place too many houses in the less sustainable settlements and currently the proposed distribution for new housing is viewed to be unsound. It is likely that amendments will have to be made to the draft Local Plan and additional hearings will be called. It is encouraging that the Inspectors have supported our arguments for sequential, sustainable growth across the District.

There are still plans to build at least 500 homes in Kennett, and this would result in a significant increase in traffic. The Planning Authorities have been urged to reject the proposals until the delivery of a link road between the A11 and A14 can be guaranteed. A pre-application exhibition was held in February at the new Kennett and Kenfrod Village Hall. These plans can now be viewed by going to East Cambs District Council Planning website. The plans show the provision of a new perimeter road however all the traffic will still be funnelled through The Bell crossroads.

Farriers Grange – despite the residents meeting held in May 2016 little has been done to resolve the planning obligations which have plagued the development, including the failure to provide a lit woodland walkway, cycleways and footpaths, the need to maintain the verge along Jeddah Way, provide traffic calming measures (a condition of the recent planning consent for 4 additional homes) and address the parking issues. In

addition, maintenance of the concrete road from the B1085, including installation of bollards, replacing the old lighting columns and a pedestrian access from **Lambert Grove** to encourage connectivity of developments are still awaited. Following the **Community Governance Review** a majority of residents in Farriers Grange, Lambert Grove and on the B1085 nearest The Bell at Kennett road junction viewed that they had closer ties and a natural identity with Kenford and voted for the parish boundary to be changed. This will take place on 1st April, and the transfer of some 200 dwellings into Kentford parish will have a significant detrimental impact on the parish rate for Moulton village.

HIGHWAY MATTERS. After 12 months of persistent pressure from the Parish Council and a petition by local residents St Peters Avenue was finally resurfaced following serious flood damage. The long-awaited footpath outside the school entrance has been installed and at the same time engineers dealt with the drainage problems in the layby. Unfortunately despite intense pressure by the Council the Highways Authority have to date failed to acknowledge that following resurfacing of the B1085 the drains along the Chippenham Road were fitted flush to the road surface and surface water does not drain away. This results in ponding along this busy walk to school route. The Council is also pressing for the Newmarket Road to be re-surfaced to address the flooding. Potholes are an ongoing issue and these are only filled when serious enough to meet the intervention criteria. Road markings have been installed to deter parking near the PO Stores to try to improve the flow of traffic.

MOULTON SCHOOL – the Council continues to support the Head Teacher and Governors particularly regarding off road parking and the management of congestion. Currently plans seem to be on hold for the planned expansion until future capacity has been reassessed following the opening of the second primary school at Red Lodge in September, and a potential new school at Kennett linked to the possible new development. The Council has made some, albeit slow progress towards plans for a safe pedestrian/cycle link between Moulton school and Kentford. With the support of the adjoining land owners, Kentford Parish Council and parents we are looking for a safe solution, and continue to press the County Council to acknowledge that parents cannot be encouraged not to use their cars for the school run, until a safe walkable route is provided, and with this in mind we have asked for an extension to the 30mph limit between the 2 villages.

VILLAGE MAINTENANCE – the Council is very grateful to Douglas James, who continues to maintain the village to an exceptionally high standard including the village green and playing field, in addition to a number of volunteers who help in the village. In particular, Dorothy Bowes and her team have made a huge impact with the seasonal flower planting schemes.

- **Play Area** - the equipment is checked on a weekly basis and undergoes an annual safety audit. The planned upgrade of the equipment is complete with the installation of a cableway, a replacement 'buddy board' see saw, and a new basketball facility and marked pad. Thanks to generous grants facilitated by our County and District councillors, and an award from Tesco's Groundwork scheme the total cost to the parish was £2,072.99 for this major capital project.
- **Playing Field** – the new freestanding rollaway goals have allowed better management of the pitch so that wear is reduced between matches. Richard James continues to give invaluable help with the specialist equipment generously loaned by Cheveley Park Stud.
- **River Bank** – the Council continues to manage the verges and clear the river of fallen trees and debris in an effort to prevent flooding and encourage wild life.
- **BT Phone Box** – has been taken over by the Council and repaired and repainted by Cllr Ed Chambers and Cllr Mark Price. A book exchange will be installed and villagers will be encouraged to support this scheme.
- **Bus Shelter** – Dale Burch and sons generously maintain the paintwork on behalf of the village, and councillors are very grateful to the volunteers who keep the interior swept. Unfortunately it has also been necessary to pressure wash and remove graffiti on a number of occasions.
- **Dog Fouling** - is still a major problem and owners are urged to clear up after their dogs – bags are available free of charge from the PO Stores. We would also encourage dog owners to ensure that dogs are kept under control at all times as we have received a number of complaints where dogs have run loose in the village.

- **Moulton Village Spring Clean** – will take place on 17th March. Your help at this and at other clean up days, as well as maintaining the village hall and play equipment is much appreciated.
- **Tree planting** – additional trees continue to be donated and planted around the parish. Currently the strip of land between the playing field and meadow is being regenerated, with the removal of dead trees and invasive ivy, and a replanting scheme will then be planned.
- **The Village Green**– the whole of the green and access tracks now have a clear title registered with the Land Registry. The property owners requiring access have undertaken to make a small annual payment towards the cost of maintaining the tracks. Each year councillors and volunteers undertake work to help stabilise the surface.
- **Lark Hill** – the proposal to erect 9 new telegraph poles has now been withdrawn following pressure from the Parish Council and much appreciated petition coordinated by residents. The new cables will now be run underground.

FINANCE 2017/18 - the parish precept was fixed at £30,000.00 to reflect the reduction in the parish rate following the transfer of properties at Moulton End to Kentford. Had the precept remained unchanged there would have been an increase of 43p per week for a Band D household. The lower precept results in an increase of 13p, and the Council will, if necessary, use reserves to finance any overspend.

Clerk – Mrs Lorraine Stone – contact moultonpc@gmail.com

*Village Clean up
Morning
(and Village Hall)
Saturday 17th March
2018
9:30 am*



*Meet at Village Hall
Help with litter picking, gardening, etc.
Bacon rolls and coffee provided by Moulton Shop and jointly funded
by Parish Council and Village Hall*

St Peter's Church Moulton

It was tremendous to see so many people, of all ages, coming to our Christingle and Christmas services. Last month members of the Cambridge Rambling Club and, last weekend, a masters student researching medieval wall paintings in Suffolk churches, have all come to our sacred place of worship. Our village itself attracts visitors and it's wonderful to see the many positive comments left in our Visitors Book. Since November 2010 when church was first open during the week we have had messages from travellers across the world. Some people leave Prayer Requests which are included in our services each month. During our Prayers or Intercessions we can also read the names of loved ones departed this life on or near their anniversary date if you wish. Please let us know if this would help you.

Our priest Reverend Rosemary has settled into our benefice and has enjoyed meeting everyone at various events and occasions. The monthly Benefice Magazine is available at church, please help yourself to a copy.

Reverend Rosemary Rycraft can be contacted at The Vicarage, The Street, Gazeley CB8 8RB.
Telephone 01638 750783 email rosemaryrycraft121@gmail.com

Why not come and meet her at one of our services between now and Whit Sunday.

Worship Diary Dates 2018 (Copies are available in church)

February

Weds 14th 7.30pm **Ash Wednesday** Holy Communion Gazeley

Sun 18th 10.30am Holy Communion at Moulton 6.00pm Holy Communion at Kentford

Sun 25th 9.00am Holy Communion Dalham 10.30am Morning Praise for All Gazeley

March

Sun 4th 9.15am Holy Communion at Higham 10.45am Family Service Moulton

6.00pm Sung Evensong Kentford

Sun 11th 10.30am **Mothering Sunday Benefice Communion at Moulton**

Sun 18th 10.30am Holy Communion at Moulton 6.00pm Holy Communion at Kentford

Sun 25th 9.00am **Palm Sunday** Holy Communion at Dalham 10.30am Holy Communion at Gazeley

Thurs 29th 10.00am **Maundy Thursday** Holy Communion Moulton 7.30pm Holy Communion Kentford

Fri 30th 2.00pm **Good Friday** Last Hour Meditation Dalham

April

Sun 1st 10.30am **Easter Day Benefice Communion Gazeley**

Sun 8th 9.00am Holy Communion Dalham 10.30am Holy Communion Gazeley

Sun 15th 10.30am Holy Communion Moulton 6.00pm Holy Communion Kentford

Sun 22nd 9.00am Holy Communion at Dalham 10.30am Morning Praise for All Gazeley

Sun 29th 10.30am **Benefice Communion Higham**

May

Sunday 6th 9.15am Holy Communion Higham 10.45am Family Service Moulton 6.00pm Sung Evensong Kentford

Thurs 10th 7.30pm **Ascension Day** Holy Communion Dalham

Sun 13th 9.00am Holy Communion Dalham 10.30am Holy Communion Gazeley

Sun 20th 10.30am **Whit Sunday** Holy Communion Moulton 6.00pm Holy Communion Kentford

We are planning to have a 'Summer Songs of Praise' in July at Kentford church so please let us know of any favourite hymns you would like included.

Early Notice: The 2018 Annual General Meeting of St Peter's Church Moulton **Parochial Church Council** will be on Wednesday 11th April at 7.30pm in the church.

You are very welcome to join us when we will be reviewing a successful year for St Peter's Church. The improved facilities in church have been greatly admired and well used. The very generous support from many people through the year make our events enjoyable and successful, and we are always grateful to the friends of St Peter's who keep a 'weather eye' on our sacred building and churchyard. If you notice anything untoward at any time please let us know. Thank you.

Anne Garmston 01638 751188 Bob Saltmarsh 01638 750190

St Peter's Church

We have been having interesting times over the past months with power supply problems, Quinquennial Inspections and issues with the Tower clock.


Firstly the power problems emerged at the end of November causing problems with the Roof alarms. The company, E-Bound AVX Ltd, replaced fuses and their control panel believing that to be the problem. All was well until the 9th January when matters took a turn for the worse, the alarm fuses kept blowing, light bulbs failing, infrared heater elements blowing, our sound system making strange noises and the organ not working. Thanks to Will Nash for finding a fault with the incoming power supply. Having contacted Power Networks they sent their engineer to test the supply which he deemed dangerous therefore disconnecting our supply. Line engineers checked the line changed contactors and tested, all seemed alright. The supply failed again a few days later, after two visits by two teams of line engineers the fault was discovered and repaired. The whole episode caused disruption to the church and cost £895 in repairs, replacing bulbs etc and labour, fortunately we have been able to claim this back from Power Networks.



In October the clock stopped working some of you may have missed it chiming merrily away or just telling you the time, efforts to get it going by Peter Collin and Paul Dixon came to no avail thanks to them for trying. After meeting with the Diocesan adviser on Church clocks who said the weights which power the clock were likely to fall and the clock needed to be repaired and serviced. Having been put in contact with suitable repairers who made the weights safe and gave a quote for the necessary repairs at £2,800. It is hoped that these repairs can be undertaken shortly subject to funds etc.

On the 24th November we had our Quinquennial inspection into the state of the Fabric of the building and the running of the Church. This inspection highlighted problems with the Fabric which need attention sooner rather than later. In particular the parapet on the external South side of the Nave which are loose and in danger of falling. Problems with the flashings around the rooves which need repointing also some slates need replacing. These priority repairs are estimated to cost £33,000. We will have to raise the funds to carry out these repairs to ensure the building remains standing for future generations to enjoy not withstanding any religious beliefs.

If you would like to make donations to the repair of the clock there will be a donation bucket in the Shop or send to Bob Saltmarsh, Rose Cottage, 10 Dalham Road, Moulton, Newmarket CB8 8SB. Please make any cheques to 'Moulton Church Fabric Fund'. Thankyou in anticipation.



Advertising Rates

Trade Directory	£30 for 4 issues
1/4 page	£12.50 per issue (£50 per 4 issues)
1/2 page	£17.50 per issue (£70 per 4 issues)
Full page	£30 per issue (£110 for 4 issues)

***Only ads for 4 issues accepted.**

For more information please contact
 Lisa Rampling 552631 elissa.rampling@gmail.com
 Jill Goodwin 551851 jerryjill99@hotmail.com

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Saturday 24th March 2018
Doors open at 7.00 pm

Moulton Village Hall

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Pay Bar

Adults £3 Children £2
Bingo ticket books on sale £2 each

Proceeds to:

St Peter's Church Restoration Fund & Village Hall Funds

Hello Sunbeams... One summer Saturday afternoon in 1977, Anne, myself and our labrador-cross called Caesar, stopped for a picnic where the footpath widens, just along from Catford Bridge. We had walked from Ashley, and decided to stop because once we left the shelter of trees beside the river, our route took the course of a hedge etched along the bottom of an open sloping field. There would be little shade, and, whilst daytime temperatures were not as debilitating as the previous summer, a break was necessary before continuing.

I had recently been appointed to run Ashley School before it closed, and became part of "The Cheveley Federation". Like all temporary jobs, it was a professional gamble. But offered novel opportunity for a maverick young schoolteacher hungry for advancement.



The position obliged us to rent an attached school house. It held quaint historical romance. Especially when I pictured headteachers throughout the many decades prior to my tenure. Occupying the very same scullery, warming their hands at an antiquated coal-fired stove, whilst finishing breakfast. Then exiting the back door to welcome children already running gleefully around a small playground, looking onto peaceful studland, with wandering foals and mares. Perhaps this was supreme "working from home" employment for a chap who believed teaching to be the best job in the world. But what might these Victorian colleagues have been sporting during breakfast? Certainly not the flared strides which I considered cool.

When the school did close, this delightful period residence would be sold. So Anne and myself needed to locate alternative accommodation. That was why we were out for a walk. Reconnoitring a village of which we had heard so much. A village which still continues to place estate agents on high alert.

Following the exposed track, we ducked gratefully into shade afforded by another established plantation at the end of the field. And looked down upon a lazy River Kennett. Itself a ghost of previous centuries' vigour. Now meandering sluggishly with nebulous, oxbow-lake intentions. Tranquil in the Twentieth Century.

Emerging again into bright light, St Peter's Church appeared on our right. Nestling on the valley side. Magnificent against blue sky, high sun and Primrose Hill. A most welcoming icon of this ancient village. It was difficult not to gaze and wonder, as we sauntered alongside of the Church meadow. Pondering not just the type, source, and transport logistics of building materials used. But feeling pity for the unfortunate project manager on the original Twelfth-Century construction. Unable to benefit from Health and Safety legislation. Or even yellow plastic helmets.

Picturesque village eyecandy persisted as we followed Brookside. Caught sight of the Packhorse Bridge, a few thatched properties and then The King's Head. We entered the back bar through a door propped open in the hot afternoon. Shafts of sunlight from a side window cut through refreshing coolness onto an empty fireplace next to the dart board. Conversations paused as we arrived. Then the easy, calm ambiance resumed once (40p!) pints of IPA had been dispensed. These locals; some still alive today, smiling acknowledgement of our presence. Inquiring about happenings in Ashley. When we departed we knew that as well as an appealing place to live, Moulton was also a friendly community. Therefore, win-win if we could fine somewhere suitable.

And we did. By the spring of 1978 Ashley School had subsumed into The Cheveley Federation, leaving myself with a permanent post at Dullingham School. This meant we could remain in the area, and wasted little time trawling local property ads. Always with a keen eye to Moulton.

It was to be our fourth home since getting married in 1969. And the intention was to find somewhere which would sell quickly once either of us had acquired further promotion. That was the plan. So were delighted to throw down a wedge on a bungalow in Dalham Road. It was perfect for our lifestyle, and we moved in during October 1978. Circumstances ebbed and flowed. Jobs for us both morphed towards other challenges, as we each surfed careers in education. But our bungalow was to remain an anchor.

It is a kind, happy building. The positive cheerfulness and devotion of the former owners had been captured within the walls before we arrived. A vibe apparent when we crossed the threshold forty years ago. In fact, this home has been a genuine part of us both since then. Sharing joy and grief. We never wanted to leave. Rather to commute than move. And when we slipped into active, contented retirement a while ago it proved to be the right choice. Knowing when to stick and when to twist is perhaps a significant life skill.

Thank You Moulton! Ian & Anne

Luncheon Club (or should we call it the Friendship 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.

Most people try more than one variety of delicious home-made soup and we always have scones, Victoria sponges or a pudding and custard which everyone enjoys with tea and coffee.

We only charge £2 per person with any soup/cake left over being offered for sale to take home. We are very fortunate to be sponsored by Robin Millar, Suffolk County Councillor who funds the hall hire for the year.

We meet at 1.00pm on the last Tuesday of each month except for August and December but for the last two years we have had a really special Christmas Lunch at our meeting in November.

I know I have said it before but without the team in the kitchen we would not be able to provide the lunches – so a big thank you to Dorothy Bowes, Jenny Sabin, Zayana Price, Sally Lambourn-Brown and Marian Brown making the soup, bread, scones and puddings etc., and to Bridget, Bill and everyone else who helps with setting up the tables and chairs and helping to wash up.

We can arrange transport if necessary. If you need any more information please do contact me.
Lisa Rampling 01638 552631 07528175021

Village Shop & Post Office



Shop News Feb 2018

When the turn of a new year seems like yesterday, but we've only blinked and it's February already, it's time to slow down, pause a minute and reflect on all the great things about this village.

There have been lots of new happenings at the shop during the start of 2018. Our up to the minute coffee machine has improved further and brought a whole selection of decaf beverages - exciting times for the non-caffeine drinkers amongst you. We now offer both regular and decaf in Cappuccino, Latte along with everything else and you could even add a splash of hazelnut syrup if you really want to.

Not only has the barista section been improved but our spirits were heightened in the sandwich department the other week when Kathy came back from town with a new tin opener – sounds dull, stay with me. Having loaded it with batteries we were ready to try this fascinating mechanism which claimed to be 'hands-free' though we didn't know how. This was until we placed it onto the tin of tuna around which we all stood in amazement, pressed the button to start it off and stepped away letting it do it's thing. The tin opened with ease and came off with great satisfaction. Oh, how we were astonished with modern day inventions until we began worrying that Mike would mistake it for the awning remote and panic when nothing happened.

Talking of Mike, he too fits the theme of new things this year because soon he will be getting a brand-new hip (and Kathy a new man, apparently). Yes, Mike's footballing days have run their course on his bones, but the pain will be no more very soon, and he'll be running (possibly) walking faster (more likely) to the Packhorse before you know it.

Not only is the turn of a new year a time to celebrate new things but also to reflect on the constant good in our village. You don't need me to tell you that we are all extremely lucky to live in such a unique little village placed in a beautiful spot on this huge earth. Every visitor that I speak to says how wonderful it is. The great atmosphere, the friendly faces walking the streets that always say "hello", the stunning landscape, the brilliantly organised and enthusiastically planned events - everything. The history of Moulton adds to all of these notable qualities because Moulton pre-dates the Domesday book of 1086 and is older than Newmarket!

As much as everybody living in Moulton adds to the superb community spirit of the place, as beneficial as the location is to make it so aesthetically pleasing on a sunny day, we must acknowledge the hard work that goes into keeping the village vibrant, clean and overall a very happy place to live.

From organising all the happenings in the village hall such as the clubs that occur on a weekly basis, to arranging charity events including the Macmillan coffee morning and the village Fun Day, to keeping the place tidy with the yearly village clean up, dealing with any issues or complaints and much much more, there's a strong network of individuals who work hard to ensure that everything runs smoothly.

So, from the shop, we take this time to thank all members of the Village Hall Committee, the Events Committee, the Millennium Club and the Parish Council who work effortlessly throughout the year to keep this village great. Not to mention Jill Goodwin and Lisa Rampling for their efforts of producing the Moulton Matters time and time again.

Thank you and we wish you all a fantastic 2018!

Written by Harriet Mills on behalf of Kathy, Mike and the shop team.

Moulton Village Hall & St Peter's Church

Race Night



Saturday 21st April

Moulton Village Hall

7 pm - 11 pm

Tickets £12 (must be bought in advance from Village Shop)

Join in the fun – buy and name your own horse - £5

includes delicious Home Made Curry Supper

(Winning horse owner's collect £25 from sponsored races)

Win on the Tote!

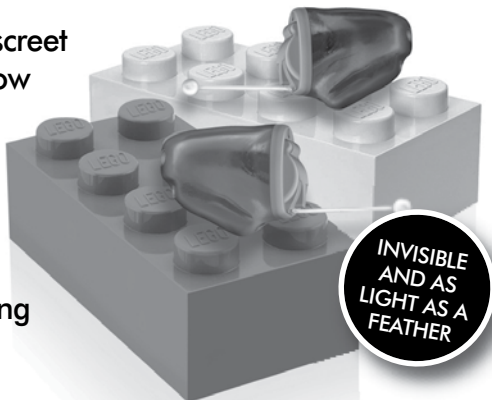
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Moulton

EVENT PLANNERS

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Moulton Community Choir

Our annual carol singing evening in the cosy atmosphere of the Affleck Arms in Dalham played to an extremely packed house—more people seem to come along each year. The pub's regular patrons and landlady Jackie joined in with their usual enthusiastic renderings and we even recruited a more than willing local gentleman to help us out in our comedy medley of Santa Baby and Baby It's Cold Outside. He quite happily waltzed off with not one, but two delightful ladies on his arm to much cheering and friendly banter from his friends.



Tattersalls Sale ring provided another great venue for the Rotary Club's Charity carol service in the week before Christmas. The entire audience was held quietly spellbound by the premiere of our accapella, dual language, four part harmony performance of the old favourite Silent Night.

The mood was then lightened by our usual comedic medley of well-known Christmas songs enhanced by some nifty footwork, slightly overacted (no really)! visual interpretation of the two intertwined songs which evoked much hilarity from both the audience, Newmarket Town Band and other participating choirs ☺

We have been delighted that Judith Fisher, our first musical director has been able to return during term time on alternate Tuesdays evenings to arrange our exciting future repertoire for this coming year.

We are so lucky that she is prepared to travel long distances from both Surrey and Warwickshire to share her expertise in vocal technique and performance. She also arranges all our pieces.

As usual all our hard work will hopefully culminate in our entertaining annual "Songs for a Summer's Evening" Concert in St Peter's Church Moulton early in July.

Our repertoire for 2018 will include songs ranging from the ever-popular WW1 Medley to Faure's Pavane. A trio of Gershwin hits from the 1930s and 1940s. followed by well-known hits from Abba, Simon and Garfunkel and Neil Diamond take us through the 60's and 70's right up to the latest worldwide hit by Harry Styles, Sign of the Times. We will also include a beautiful selection of religious songs written by the late Barbara Bines who was Judith's singing tutor and also her singing partner at many concerts

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

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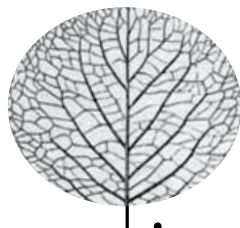
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A Pantomime ?

Oh it can't be Oh yes it can

Oh no it can't Oh yes it can

But I need your help!

Moulton Village PANTO! Sounds good doesn't it!

When I said to Jerry that I thought it might be fun to do something different in the village like putting on a Panto he said "You must be mad"!

Is there anyone else out there who might also be mad and would be interested in joining me to at least talk through the options of putting on a panto. Perhaps a matinee and an evening performance in the village hall on the first Saturday in January 2019?



I am looking for a director, experienced panto actors, budding new panto stars, anyone who would like a go at acting, anyone who can sing, stage manager, costume makers, hair and make-up artists, scene builders and painters script editors etc etc. If you would like to get involved there is certainly a job for you!

Anyone interested (all ages including children, mums and dads, nans and grand dads, friends etc) please come along to the village hall on **Sunday 25th March 2018 at 4 pm** for a cup of tea and a chat when we can explore if this is doable or not!

If you can't attend on that day but would like to get involved just e-mail me or give me a call – jerryjill99@hotmail.com 01638 551851

Just to reassure you that I am not totally insane, I have arranged to talk to a gentleman who has put on village pantos and plays for the last 18 years and is willing to give us a few tips in getting started!
Jill

MOULTON OIL SCHEME

The next order date is 26 February which may have passed by the time you read this article, future dates are:-

April 16, 11 June and 3 September

I placed the order with Goff Petroleum in January as they offered the most competitive price and an earlier delivery time and I am pleased to say the order was delivered on time unlike the previous order before Christmas which was placed with Butlerfuel who missed their stated delivery date and resulted in a few people running out of oil. If I use Goff Petroleum in the future their policy is to phone for payment before delivery until you have had 4 orders with them, then you will have an active account. I know giving payment details over the phone alarms some residents so you can always give me a call to confirm I have placed the order with Goff before you hand the details over.

The price of oil has remained unchanged for a few weeks and should (hopefully) start to drop as the weather improves. **Lesley James**
moultonoilscheme@outlook.com 01638 482012



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Are you looking for a safe and effective workout that is fun, sociable and brings speedy results? Give NORDIC WALKING a try. Everyone knows that walking is good for you and we are constantly being told to ditch the car to travel by foot, take the stairs instead of the lift, park further away from the shops, etc...

Kevin Marshall and Sara Mortimer of Positive Steps Fitness and Wellbeing are accredited Nordic Walking Instructors with Nordic Walking UK and run regular taster's sessions across West Suffolk. The 45 minutes taster will help you understand just how beneficial Nordic walking can be and how it is far more than just walking with poles! They also regularly run Nordic walking technique courses. The 4-hour course will help you to not only learn Nordic walking technique but will help you to use it in order to achieve your personal health and fitness goals. In addition to being Nordic Walkers instructors both Kevin and Sara are qualified fitness professionals and are members of the Register of Exercise Professionals

Kevin, Sara and their team of Nordic Walk leaders are enthusiastic about Nordic Walking and run regular Nordic Walks throughout the week across West Suffolk with over 70 Nordic Walkers taking part on a weekly basis. We have a Saturday afternoon Nordic Walk from on the gallops at Newmarket and our Tuesday group walk the Moulton 3 churches walk regularly.



Nordic Walking is an enhancement of ordinary walking — it makes something we learn to do as babies twice as effective! It is a specific fitness technique and is not to be confused with trekking, hill walking or trail running

If you want to get into shape, boost health or just 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.

With Nordic Walking, you'll be on your way to results faster than you think, too. The use of the poles makes the walking feel easier but actually propels you and makes you lighter on your feet. You will find you can walk faster and further than usual and soon notice the improvements in posture, muscle tone and weight/inch loss too - what's NOT to LOVE about that!!!!

Nordic Walking can be done by anybody, anywhere and does not require expensive kit.

Why not get in touch, we are happy to answer questions, info@positivestepspt.co.uk or Telephone Kevin on 07955495016. Or visit our website at: <https://positivestepspt.co.uk/nordic-walking>

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Health & Wellbeing

Why are we so stressed?

Stress is a word often used for describing how we and our lives feel. 'Stress' is an umbrella term that encompasses internal/external elements; mind, mood, body, behaviour and external pressures. The label 'stress' can be used as a scapegoat giving us permission to

- avoid things
- blame something/someone
- do things that cause us/another harm
- do nothing to improve our wellbeing.

One of my favorite scapegoats is "I need to eat chocolate" which of course is never true despite being a yummy avoidance or passifying tactic! One day I will develop this to "I like to have a jog"; my growth is ongoing!

Constant stress is a multi-stepped internal process that starts in the mind ie: excessive worry/worst case scenarios, which create excessive emotions (anxiety/anger), which releases adrenalin/cortisol. Feeling vulnerable, anxious and angry sometimes is natural, healthy, can be excruciating and will pass. Feeling like this constantly is hideous and this pattern can include periods of mild-severe depression.

If we want to develop our wellbeing it's useful to identify the purpose of thinking styles /extreme emotions and develop habits that balance our mind and mood. Separating external pressure from our mind/mood is useful, we could try dropping the word 'stress'!

Action is required if we have conditional thinking that insists we must be distressed eg: • I cannot relax until • I won't feel ok unless • I can't be comfortable because • I won't enjoy any of today unless • I would be happy if only • I'm not able to be confident • I'm a born worrier and cannot change • My mood is dependent on others so it's out of my control.

Development is possible for all of us, we are amazing, creative beings!



Camilla Ghazala
Managing Director
BA (Hons) bacc accred
Senior Coach | Tutor | Therapist
01638 552047 | 07881 937354 | info@360arw.org



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.

Core services include:

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Key training includes:

- Mindfulness ●Positive Team/Family Dynamics ●Prevention of MH Issues ●Communication & Collaboration
- Personal Development ●Professional Development ●Burn Out Prevention ●Employee turnover & sickness absence reduction

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

www.360arw.org.

Alternatively, you are welcome to contact Camilla directly.



Camilla Ghazala

Managing Director
BA (Hons) bacp accredited

Senior Coach | Tutor | Therapist

01638 552047 | 07881 937354 | info@360arw.org



R. Marshall

MCIPHE RP

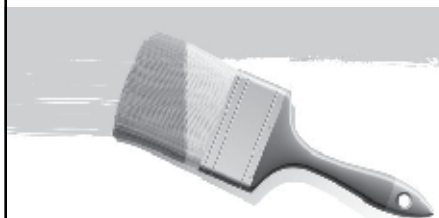
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Moulton Pre-School



We are looking to appoint a new Manager for our wonderful village Pre-School. If you are interested please find details of the role below or we would be grateful if you would pass them on if you know someone who may be interested in applying.

Role available: Play Leader and Pre-School Manager for Moulton Pre-School, Suffolk

Job Term: 27 hours per week term time, plus 5.6 weeks holiday pay, permanent

Salary details: £10 - £12 per hour subject to experience

Start date: September 2018

We have an exciting up-coming vacancy for the role of Pre-School Manager. We require an energetic leader with great interpersonal skills who enjoys working with young children, delivering well-planned quality play and learning opportunities through a wide range of activities.

Moulton Pre-school is a small, thriving village pre-school for children aged from 2.5–4 years recently rated as 'Good' by Ofsted. It runs three days a week during term time. We are seeking to appoint a passionate and hard-working Early Years professional, with the ability to lead a committed and friendly team of 5 staff, assisted by an experienced deputy. The pre-school is overseen by a dedicated board of parents that make up the management committee.

The ideal candidate will hold an NVQ Level 3 qualification and have at least two years' experience managing staff in an Early Years role, and will understand the day-to-day requirements of a small setting.

For more information, you can find the job description and person specification information on our website, from where you can also download an application pack <http://www.moultonpreschool.org> . If you require further assistance, or wish to arrange a visit, please contact Pauline Paines, on 07905 786303 or email moultonpreschool@gmail.com.

Moulton Pre-School is committed to safeguarding and promoting the welfare of children and young people and requires all staff, committee members and volunteers to share this commitment. Please note that due to the nature of this post, we will seek details about a successful applicant's criminal record from the Disclosure Barring Service and seek references before any appointment is confirmed. This will include details of cautions, reprimands or final warnings, as well as convictions.



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Community Speed Watch

During 2017 out of 1241 vehicles 150 were travelling at 35mph or over which represents 12% the average speed being just one 39mph. On average during checks a vehicle passed at 35 mph or over every 4 minutes 15 seconds, which illustrates there is a problem because this could be happening all day. The highest recorded speed was in Newmarket Road on August 17th when a car came past at 67mph, this was also the highest recorded speed in the entire county in 2017.



The police presence in the village has been useful but it needs to be more often. I would like to thank those that helped in 2017 and we welcome anyone new who would like to help, please contact me if you are interested

Tim James 07768798066 timjam@hotmail.co.uk

Changes at the Village Hall

January brought about a few changes in regular user groups at the village hall.

The Monday evening Yoga class is not continuing due to Bridget's work commitments however from 18th April there will be an additional Pilates class on a Thursday evening 6:00 – 7:00 pm with Alison Wilson.

The Wednesday dog training with K9 also came to an end but has been replaced with 2x one-hour Dog training lessons run by Rachel from the Dog Training College 6:30 – 8:30 pm.

And sadly, after many years the upholstery class on a Thursday morning has run out of steam, leaving a three-hour gap in the hall calendar, 10:30 – 1:30 pm if anyone is interested in running a group.

Jill Goodwin. *Secretary/Bookings*



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Happy Easter to all our clients and their pets!

An early Easter for 2018 brings with it warmer days (hopefully!) and new beginnings. However you choose to celebrate Easter, it is a time of year that for many, conjures up images of daffodils, baby bunnies and of course chocolate! For Vets, this time of year often brings with it some challenges at the practice, as chocolate, daffodil bulbs and dried fruit in hot cross buns are all poisonous to dogs if eaten. If intervention is prompt following the ingestion of any of these poisons, the outcome is generally a good one. If you suspect your four legged friend has helped themselves to any Easter treats, please seek veterinary advice immediately.

Brilliant news for Easter bunnies! A new vaccination is now available at Ash Tree Vets which protects rabbits against a newly emerging and deadly strain of Rabbit Viral Haemorrhagic Disease (VHD). Historically vets were only able to protect rabbits against Myxamotosis and one strain of VHD, but thanks to new research and a new vaccine, our pet rabbits are safer than ever before. Call us or visit our website to find out more.

Easter and Spring Bank Holiday opening hours:

Good Friday – Closed. (call 01638 554477 for emergencies)

Saturday 31st March – Open 08:30 – 12:00 for urgent cases only

Easter Sunday – Closed. (call 01638 554477 for emergencies)

Easter Monday – Closed. (call 01638 554477 for emergencies)

Early May Bank Holiday, 7th May – (call 01638 554477 for emergencies)

Spring Bank Holiday, 28th May – (call 01638 554477 for emergencies)



Moulton Wanderers 2017 - Summary

During the year 51 walkers turned out, albeit some only once. Twenty-two stepped on 10 or more occasions and those that did are listed in the table below.

In total the group covered more than 2,240 miles.

The Wanderers is not a competitive group, but as I am often asked "how far have we walked?" I've compiled this individual table, simply for interest

Mev Alsop	19/ 78	Malcolm Smith	29/123
Elizabeth Edgell	11/ 39	David Staff	24/ 90
Sue Godfrey	20/ 82	Mary Still	18/ 72
Libby Grimster	21/ 87	Ray Still	24/ 91
Viv Houghton	28/102	Tony Tilly	15/ 60
Carol Hobson	20/ 77	Nyree Thomas	13/ 48
Keith Humphrey	37/142	Jacki Turner	33/126
Celia Hurrell	24/ 92	David Young	38/146
Peter McHugh	14/ 50	Linda Warner	11/ 45
Keith Patterson	19/ 78	Chris Warner	12/ 50
Roger Saych	34/139	Sue Woolston	20/ 74



Autumn in splendour - Viv Houghton

Month by Month statistics

January	25 walkers put in 51 sessions and covered	183 miles	
February	24 walkers put in 61 sessions and covered	235 miles	
March	27 walkers put in 59 sessions and covered	236 miles	1 st Quarter: 654 miles
April	17 walkers put in 39 sessions and covered	145 miles	
May	20 walkers put in 52 sessions and covered	207 miles	
June	17 walkers put in 31 sessions and covered	108 miles	2 nd Quarter: 460 miles
July	26 walkers put in 59 sessions and covered	150 miles	
August	26 walkers put in 59 sessions and covered	220 miles	
September	21 walkers put in 42 sessions and covered	159 miles	3 rd Quarter: 529 miles
October	22 walkers put in 60 sessions and covered	231 miles	
November	22 walkers put in 57 sessions and covered	226 miles	
December	20 walkers put in 24 sessions and covered	144 miles	4 th Quarter 601 miles 2244

2018 Moulton Walks

Saturday 2nd June

The Village Hall, Bridge Street, Moulton, Suffolk, CB8 8SP



12.30pm

Young Age Group & Novice 1mile

Under Race Walking Association Rules

Advance Entry £2 - £5 on the day

Five miles Road Walk inc. The Suffolk County championships

Under Race Walking Association Rules

Advance Entry £5 - £7 on the day

An ideal event for anyone who likes a challenge. A Badge is awarded to walkers who complete the course in less than one hour for the first time. The scenic, undulating route is out to Dalham Windmill and back along the B1085. The minimum age for the Challenge is 16.

Awards allocated by lottery - All participants who enter in advance are guaranteed a prize

Details/entries contact: Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751869 or ronc893@gmail.com *Cheques made payable to: "Moulton Walks"*

Participants are invited to use the walks as a sponsored event for the charity of their choice

Have a lovely day out in Suffolk * Great scenery * Refreshments * Children's Playground

Find out more about Moulton from www.MoultonSuffolk.co.uk

If you are unable to take part, why not register as a volunteer?

Moulton 5 Mile - YAG/Novice 1 mile Road Walk Challenge Entry Form

Registration may be sent by email but will only be accepted and confirmed upon receipt of registration fee

Name _____ Telephone _____

Address or email _____

Age: _____ Club/School/Organisation _____

Please enter me /my daughter/son in the 2018 Moulton Community Walks for the **YAG/Novice 1 mile / Moulton Five Mile Road Walk Challenge** on Saturday 2nd June *(Delete which not applicable)*

I understand that I must read and abide by the safety rules which will be issued to me when I register on the day and acknowledge that I participate in this event completely at my own risk and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury. I realise that roads are open to traffic and it may be dangerous to walk on roads with traffic, but it is my personal choice to do so.

I further declare that I am physically fit to compete over the distance entered and will not hold the organisers responsible for any illness, injury or loss that occurs to myself either or as a result of my travelling to, participating in, or as a result of having participated in the said event.

Parents/Guardians. I give permission for my son/daughter to take part in this event and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury.

Signed _____ date _____

Parent or Guardian if applicable

Entries confirmed by email or by post if stamped addressed envelope is sent with entry

Data Protection: Information requested here is for contact details only in connection with this event. If you wish to be informed about the 2019 Walks please tick: **YES/NO**
if NO the information will be deleted

Moulton School News

We have been up to wonderful things since Christmas. We started the year in 'The Land of Three' with the marvellous Theatre Of Widdershins. The children thoroughly enjoyed the puppet show, and the work in all classes was based around it.

Our Y3 children enjoyed a trip to Colchester Castle where they learnt more about their current topic, The Romans. Y5 and Y6 children experienced a 3-day residential trip in Norfolk. Much fun was had with canoeing, climbing, zip wires, archery and camp cookery.

Our extra-curricular clubs have proved popular. From dodgeball to colouring, board games to coding, the children have embraced new challenges and are enjoying mixing with children from other year groups.

Two members of staff visited Rwanda over half term. Mrs Gaffney and Mrs Offley spent time in Kigali looking at how core subjects are taught. They collected lots of milk bottle tops to take with them – these will be used as a maths resource in the classrooms.

We have lots of exciting things planned for next half term: the PTA will host the annual Easter Bake OFF and pancake toss. Y4 children are off to West Stow and Y1 children are off to Lackford Lakes. We are also sure to have lots of fun on World Book Day.

If you have not yet done so, take a look at the school's new website. It is updated regularly with the latest news and pictures.



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RSPB Time for a change

One of the great things about March is that even if the weather isn't great, spring is definitely on its way! Lots of our resident birds are busy preparing for the breeding season, why not come and visit us here at RSPB Lakenheath Fen?

There is plenty to see and hear on the reserve in March and our resident bitterns should be booming from deep in the reedbeds. This weird sound is like somebody blowing over the top of a bottle, and can carry for up to three miles. Our resident cranes should also still be visible, before they start nesting and become very secretive. The local marsh harriers will be performing their breath-taking aerobic sky dancing displays over the reedbed and charming bearded tits will be ping-pong from the reed stems.

If birds aren't necessarily your thing, there is plenty of other wildlife to look for. You may be lucky enough to spot an elusive otter fishing in the river or from one of the viewpoints, or hear the distinctive "plop" of a water vole as it dives under the water, never to be seen again! There are also several species of deer present, including roe, muntjac, and Chinese water deer. It's also worth looking out for early butterflies such as the bright yellow brimstones or colourful peacocks.

If you haven't visited us yet, we have a modern visitor centre with toilets and we sell light refreshments, including ice cream. There are a variety of trails around the reserve and the longest circular walk that you can do is just over four miles long. There are two raised viewpoints each with wooden shelters which are one mile and one and a half miles from the visitor centre respectively. There is also a traditional birdwatching hide, Mere Hide, which is around a mile from the visitor centre. Visitors with mobility difficulties, either temporary or permanent, can obtain a permit during office hours to drive as far as New Fen viewpoint.

Please note that from 1 April, our facilities charge of £4 per car for non-members will change to an entrance charge of adults £3 and children £1.50 (first child goes free). This will be payable in the visitor centre and we are now able to accept card payments. RSPB members will continue to visit for free and will need to show their RSPB membership cards in the visitor centre.

If you have any questions about visiting the reserve, please ring: 01842 863400 or e-mail: lakenheath@rspb.org.uk; for more information. We hope to see you soon!

David White
Visitor Experience Officer
RSPB Lakenheath Fen

Panthers Report February 2018

We are now mid way through the football season, Unfortunately the cold, wet weather has played havoc with the football fixtures since Christmas, with many matches postponed. But I am happy to report the under 16's are through to the semi finals of the Suffolk cup and are top of the league in their group. (They have still only lost one match this season) Although does mean a lot of traveling around Suffolk with many of the matches being played the other side of Ipswich.

The girls under 12 team are playing some brilliant football, with a couple of the girls in the top 10 goal scorers in the 5-Tech league. We are really proud of how far they have come in their first season.

The under 13 still continue to have a mixed bag of results, but are playing some brilliant football in a very tough league. As I write this the under 13's are celebrating a well deserved 5-2 win over a very strong West Wrattling team. But this would not be possible without all our coaches and the sponsorship from Mike and Kathy at Moulton Stores, Gotcha security, Wilson Physiotherapy Ltd and Adcocks. So a BIG THANKYOU!!! But we are still looking for new sponsors, if you would like to sponsor a team kit, Jumpers or any kit/training equipment to support your local youth teams we would love to hear from you. We are also looking for new committee members to help run the club, so if you have a keen interest in youth football and would like to get involved we would like to hear from you.

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March events

Sunday 4 March

A spotlight on cranes

2pm-6pm

It has now been ten years since two pairs of cranes turned up on the reserve, and they have called it home ever since. Come along to find out more about the lives of these special birds and how they are making a return to the UK. A talk about this majestic bird will be followed by a walk around the reserve to hopefully catch a glimpse of them!

Price includes a hot drink and a biscuit. Price includes car parking.

Adults £12/ Children £6 (Non-Members) Adults £10/ Children £5 (Members)

Saturday 10 March

Wild challenge: Upcycling for nature

10.30am-Midday

After we built "The Premier Insect" (our new bug hotel!) during last March's meeting, we will continue to fill it with vegetation during this March's meeting. We will collect a range of materials from various parts of the reserve and then put it in the bug hotel to make it nice and cosy for our resident creepy crawlies.

This is a Wildlife Explorers Children's Club meeting and is suitable for children aged 5 to 12. All adults must be accompanied by a child to take part!

Non-members £3, Members £2.50. Price includes car parking. No need to book.

Saturday 18 March

Ghosts of the Fens

4pm-6.30pm

Join us for an afternoon walk of around two miles to see the barn owls that call the reserve home. **Please wear plenty of warm clothes and walking boots or wellies. Adults £8/ Children £4 (Non-Members) Adults £8/ Children £4 (Members) Price includes car parking.**

Friday 30 March- Sunday 15 April

Wild Things at Easter at RSPB Lakenheath Fen

It's the Easter Holidays so come and take part in our Wild Things trail around the Brandon Fen family trail. There will be four challenges to take part in around the trail. Participants will have the opportunity to "go wild", have some fun and the chance to do something to remember us by. You will also have the chance to make something that you can take away with you. All will be revealed when you arrive! The trail will involve pond dipping and bug hunting along with a few other surprises on the way round.

RSPB members, free. Entrance charge applies for non-members (£3 for adults, £1.50 for children) All children must be accompanied by an adult

Outdoor clothing and footwear is essential and binoculars are recommended.

Booking is essential for all events unless stated otherwise.

For all enquiries and bookings, please contact: 01842 863400 or email: lakenheath@rspb.org.uk;

Other Information: Most events have outdoor components so please dress appropriately. Stout footwear and warm, waterproof clothing are strongly recommended. We suggest you bring a torch to evening events.

**The RSPB is the country's largest nature conservation charity,
inspiring everyone to give nature a home.**

The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654

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
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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
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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

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 Pauline Paines	07905 786303
Tuesday	Moulton Mini Tots	10.00 Colleen Cox	07498 312612
Tuesday	Healthy Walks	10:00 Ron Wallwork	01638 751869
Tuesday	Community Lunch (Last Tuesday in the month)	13:00 Lisa Rampling	01638 552631
Tuesday	Cub/Beaver/Scout	18.00 Geraldine Law	01638 750845
Wednesday	Pre-School	09.15 Pauline	(as above)
Wednesday	Dog Training	08:30 Rachel Langley	01638 778641
Thursday	Pilates	09.15 Alison Wilson	07752 360 839
Thursday	Bridge club	14.00 Pat & Paul Harris	01638 500325
Thursday	Pilates (from 19/04)	18:00 Alison Wilson	as above
Thursday	Badminton	20.00 Yvonne Slater	01638 750547
Friday	Pre-School	09.15 Pauline	(as above)
Friday	Hop fit	18:00 Nikki Hayes nikkihayes9@aol.com	01638 75120
Friday	Carpet Bowls	19:15 Dick Marshall	01638 750488
Saturday	Dance studio	08:30 Rachel rachel@dancexcelacademy.co.uk	
Saturday	Panthers Football	10:30 Nicola Talbot	01638 552358
Sunday	Panther/U13	10.00 Steve Wilson	07538 241521
Sunday	Veterans	10:00 Steve Wilson	as above

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