

Moulton Matters



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Your guide to Moulton's Jubilee Celebrations



June 2022

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If you have an advertisement or an article you would like to submit for this newsletter, we publish them quarterly. Please ensure that articles reach us by the **15th August** for distribution on or about **3rd September**. For advertising rates please check page 28. <http://moulton.onesuffolk.net> Jill Goodwin 551851 and Colin Wilkinson 552779



(See page 32)

A special 'thank you' to the 1st Moulton Cubs and Beavers for their special Jubilee designed back cover poster.

Cover picture courtesy of The Press Association

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Moulton Parish Council News

Two meetings have been held since the last edition of Moulton Matters, a meeting on 21st March and a planning meeting on 11th April. Minutes of both meetings are available on the Parish Council website at <http://moulton.onesuffolk.net/parish-council/meetings/>

Village tidy up

Thank you to all the residents who took part in the village tidy up on 9th April. It was great to see so many people working together to help keep Moulton free from litter.

Speeding

Speeding remains a huge concern for the Parish Council. Three speed surveys were carried out on the roads near Moulton Primary School and the results were shocking. In one week, 26,373 cars were recorded travelling at speeds of more than 25mph within the 20mph school safety zone. The Parish Council has written to Police and Crime Commissioner Tim Passmore and Chief Constable Steve Jepp to highlight the very real problem of speeding in rural communities and to ask for more enforcement, but with little success to date.

The speed survey results are available on the Parish Council website at <http://moulton.onesuffolk.net/local-info/speeding-in-moulton/>

The Parish Council is also in discussion with Suffolk County Council about ways to reduce speeding along Newmarket Road. Options include physical measures such as a new bend warning sign and SLOW markings. Another option would be to try and get the speed limit reduced to 40mph, but these costs would have to be met by Moulton Parish Council and have been estimated by Suffolk County Council at up to £10,000. Suffolk County Council would also have to decide whether there is sufficient justification for a reduced speed limit.

West Suffolk Council's Preferred Options Consultation

West Suffolk Council's Preferred Options consultation will take place from May - July 2022. West Suffolk Council will be seeking views on suggested sites which may be suitable for development. There are two potential sites in Moulton which will be part of the Preferred Options Consultation. Moulton Parish Council will hold a meeting during the consultation period to discuss

these proposed sites and resident will be welcome to come along and give their views. For more information visit:
<https://democracy.westsuffolk.gov.uk/documents/b16192/Supplementary%20Agenda%20Pack%20C%20-%20West%20Suffolk%20Local%20Plan%20Site%20Allocations%20Tuesday%2026-Apr-2022%2018.00%20.pdf?T=9>

Pages 192 – 198 have information about the proposed site allocations in Moulton.



Submitting Highways reports.

The best way to report Highways problems is online via Suffolk County Council's website at <https://www.suffolk.gov.uk/roads-and-transport/highway-maintenance/report-a-highways-issue/>

The following information is required:

- Exact location.
- Clear details of the problem being reported, for example the length, width and depth of a pothole.
- Photos if possible.

Tree planting in Moulton. The Sicon Foundation has agreed to supply trees and hedging for the playing field and a Jubilee Tree for the Green. The trees will be planted in November.

Vandalism along Brookside. The Parish Council was disappointed to learn that the 'Do not park on the grass signs' along Brookside have been pulled up and damaged by vandals.

The Parish Council is trying to establish who the vandals are before deciding what action to take.

Parish Council contact details:

Tel: 07880 686069 Email: moultonpc@gmail.com Website: www.moulton.onesuffolk.net

Moulton Village Hall

Increase in Fees

At the Management Committee Meeting held on the 11th April and following a presentation by the Treasurer the committee reluctantly agreed to increase our hire charges from 1st July 2022 (first time in almost 10 years), this is to cover the new increased energy bills.

Management Committee Members Update

The Management Committee is pleased to announce that after our last request we have two new members join our committee.

Jerry is hoping to share some of his health and safety and security responsibilities with other members of the committee and then he is happy to remain as Treasurer for another year from September 2022. Richard also is happy to remain as Chair for another year. That just leaves me!

I have been unable to find anyone so far who is willing to take over my duties as bookings clerk and Secretary. While I am happy to continue as Secretary and work with Zayana looking after the cleaning of the hall, I would still like to find someone to replace me as bookings clerk.

I would be very happy to talk through my duties with anyone interested.

For more information about the above please contact Jill on jerryjill99@hotmail.com or ring 07966133551

Jill Goodwin

Secretary/Bookings Clerk

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From The Vicarage

I was a little taken aback by a comment made at a recent discussion group here when a new adult Christian told me that he was 'seeking wisdom' through knowledge. I think that as Christians in church and groups we often think we are simply seeking knowledge but as I have reflected, I realise that he might be right. What do you think? Isn't wisdom what we all seek in this world? Wisdom is defined in the Oxford English Dictionary as 'the quality of having experience, knowledge, and good judgement; the quality of being wise.' Isn't that what we all want? Surely to have a 'right judgment in all things' is good?

We all approach the quest to understand our lives and purpose on this earth in different ways and that might be called 'Spirituality'. Wynne in 2013 says 'Spirituality' is 'The search for meaning hope and purpose in life'. Some of us have assumed that simply seeking a deeper knowledge of Christianity can give us this 'wisdom' and a better life, but they don't necessarily follow.

As the Christian Church we are challenged to tell that knowledge of our faith and Jesus himself will give satisfaction and contentment. Others go their own way or follow different faiths, but in the end surely we all seek wisdom? I think everyone has beliefs about what gives their lives meaning but they are certainly not all religious.

It is perhaps unfortunate that the wonderful 'wisdom' literature of the bible contained in the Psalms and Proverbs especially is not read much in our usual services or even studied these days.

Traditionally the Anglican Parish Church has been a 'broad church' accommodating the different views about life of many people and never is that so clear as at the great national occasions such as this Platinum Jubilee. I hope all the organisations and civil authorities of the parish will be represented in giving thanks for the life and example of our Queen who has such obvious wisdom. She has found her faith to be the basis of her life of service, following the Servant King himself.

A good friend of mine always finishes his e mails with a quote and this one is apt.

‘Knowledge is knowing that a tomato is a fruit. Wisdom is knowing not to put it into a fruit salad’.

With every good wish to you all

Chris

Queen’s Green Canopy

Plant a Tree for the Jubilee

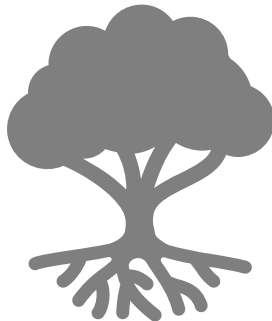
Yes, Moulton is Planting a Tree for the Jubilee but not on the 4th & 5th June!

The Jubilee Organising Committee had hoped to plant a Jubilee Tree during the Celebration Weekend of 4th and 5th June.

However, the Parish Council took advice from and are working with the SIOB Foundation who help look after village’s environments and they advised that the optimum time for planting a tree is November/December – if we plant in June the tree may not survive.

The SIOB Foundation have kindly donated an Oak tree along with the stake, guard etc for the occasion.

So, we took their advice and have set aside Thursday 1st December as our Jubilee tree planting day – look out for more details in the September edition of Moulton Matters.





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The Green - Wildlife and Bee Area

The first flowers are appearing, attracting butterflies, ladybirds and other insects. We've added some perennial flowers – e.g. snowdrops, wood avens, wild clary and yellow rattle. We'll continue to work in this area and keep the more invasive species in check.

In the small copse behind the climbing frame, we've started to plant a few wildflowers and cleared out and replanted some of the small hazels, which are prolific. It's all work in progress.

Interested in volunteering? Contact Jeff and Anne Collins, 01638 750284 or email moulton.wildlife.group@gmail.com

Community Speed Watch

Over the past twelve months we have been somewhat limited to sessions due to Covid and some issues with the speed gun which has now been resolved with a new gun which has an improved range on the old one and its smaller and lighter.

We continue to operate at the three sites Newmarket Road, Dalham Road and outside the school.

Speeding over 35mph continues to be about 15% of all vehicles passing which is unacceptable. Recently a car was clocked at 61mph in Newmarket Road leaving the village, there is no way it could have stopped if a small child, elderly person or dog/cat had wandered into the road.

Speed watch is effective at the time its carried out because we notice some vehicles slowing down when they see us or the signs, but its too quickly forgotten so we need to look at more effective ways of reducing speed on a daily basis.

We continue to look for more people to assist us and I am also looking for someone to take over the running of Speed watch as I have held the role for over six years, I would be able to provide all the training and support to anyone interested and still attend some sessions.

I would like to thank everyone who has assisted over the past year.

St Peter's Church News

The Soup Lunch to raise money for Water Aid held in March, along with the **Jars of Change**, plus **donations raised £262.50**. Thank you to everyone who made the soups, those who came and relished the flavours, the friends who saved coins and others who donated to this worthy cause. In this edition you will see the astonishing result of the **Ukraine Benefit Concert**. Sincere thanks for all your generosity.

You are very welcome to join us for our services in this early summer season.

St Peter's Services in May June and July will all be at 10.45am

1st Sunday of the month Family Service

3rd Sunday of the month Holy Communion.

Our services are advertised on the church gate noticeboard, in church on the welcome table, in the copies of the 'Worship Diary' available for you to take home.

Sunday June 5th. Our Family Service at 10.45am will mark the church festival of Pentecost and celebrate the Queen's Platinum Jubilee.

Join us please, then enjoy some celebration refreshments.

Church will remain open as usual, we will serve refreshments throughout the afternoon, so as part of the **'Open Gardens' event** in the village why not come and visit church and its surrounding churchyard. The views of the village are beautiful.

There was a church here in Norman times and over the centuries the church has been extended reflecting the different architectural changes. Only a little of the earlier 12th century stonework remains, but this Grade 1 Listed building and its surrounds have been cared for by generations. It has been a centre of Christian worship for over 800 years and continues to this day.

Why not come and be part of its history on June 5th.

Read about what you see and tell others.

You are invited to sign and write messages of **Thanksgiving** for the Queen's years of dedicated commitment to her people.

You may have a **particular memory** stretching back to her Accession, Coronation or her Life of Service.

You may wish to write about a **Celebration you have held here**, a Baptism, a Wedding, a special Anniversary, or maybe the Celebration of the Life of a dearly loved friend or family member.

You may wish to light a **Thanksgiving Candle** to mark your visit.

Why not come and sit awhile, reflect on your own life journey and be thankful.

Presently, as these Covid restrictions ease please be assured we recognise people will want to stay safe and choose the precautions that suit their circumstances when they attend worship, come for private prayer, or come to visit.

Church is usually open this time of the year from 10am to 4pm each day.

Best Wishes to you all,

Anne Garmston & Bob Saltmarsh

Churchwardens.

Moulton Oil Scheme

There is little to report as syndicate orders were suspended due to the war in Ukraine and the fluctuating oil prices which rose at one short point to £1.60p per litre.

I have recently managed to place an order but the price is still high (just under a £1 a litre) and I can't see the price dropping anytime soon.

I will do an order on June 19 if there is enough demand and then restart on September 8th. Email me moultonoilschem@outlook.com

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Shop News



The April heatwave we were promised has finally shown up in May and we are very glad to welcome the sunshine at the shop. The flowers delivered weekly from Isleham Horse and Pony Rescue look even more stunning in good weather and so do our brand-new tabletops.

Keeping it local as we always try to do, we had the very talented Rob Briggs design our logo for both New Moulton Stores

and Lawn House Bed and Breakfast which will be opening soon... a lot of hard work, long days and jumping over many hurdles is happening behind the scenes so that when the B&B opens it will be perfect for all our welcome guests.

Richard James and Hugo have then put their creative heads together and spent time creating the fabulously finished tables outside the shop. Whether it's coffee beans, skittles or a design replicating the perfect lawn in our garden each unique tabletop has a meaning, looks brilliant and enhances our little loved shop. Take a look next time you stop for a coffee or a bite to eat.

Following the local theme, we now stock Dalham Rhubarb Gin from Dalham Mill Gin Company as well as the delicious Dalham Gin that has been popular for a while now. Enjoy those longer summer evenings with a taste from just up the road!

Warmer weather also means Asparagus season is here! As you may know it is a very short season made shorter still with the weather not being on our side to begin with. In order to help us provide you with plenty of fresh Asparagus please try to book ahead so that we can guarantee you a bunch. Our local Asparagus comes from Phil Haylock

in Holywell Row. It is so tasty and worth having every night for the whole season!

A note from Northern Ireland... Some of you may be aware that I visited Mike and Kathy in their new home a few weeks back. Since they were the heart of this village for so long, I thought you'd want to know that they are doing amazingly well, they are happy in their new life and retirement looks great on them both! They sent their love and best wishes to everybody here.

So next time you're passing take a look at our new tabletops, consider the Dalham Gin and book your Asparagus now! Don't forget ducks are on sale in the shop for the duck race on Jubilee Day and tickets for the children's lunch can be bought with us as well.

We wish you all a fabulous summertime and thank you for keeping us a busy bustling hive of activity throughout the year – we feel thankful each and every day.





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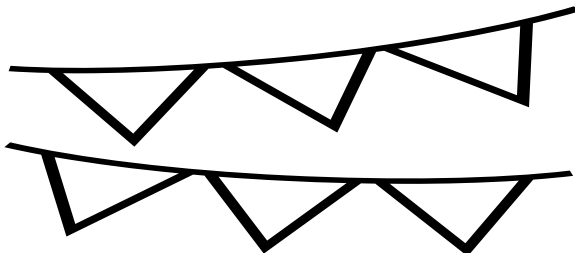
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And just like that we're in the summer term here at Moulton Pre-school, the children are all enjoying the warmer weather and exploring water in all its forms. As we move towards the end of the academic year the older children will start preparing for school in September and all the exciting times they have to look forward to.

At the end of last term, the children enjoyed getting out and about in Moulton on their 'Signs of spring' walk, they enjoyed exploring their local community here in Moulton. The children noticed how nature and their local environment was changing as they moved into spring. Here at Moulton Pre-school the children will be spending some time celebrating the Queens Jubilee and many will be excited to join in with all the celebrations in Moulton over Jubilee weekend.

Fundraising is as important as ever to us at Moulton Pre-School, any offers of support with our fundraising or donations big or small will be gratefully received. Every penny we raise goes towards the high quality, nurturing and fun environment we strive to maintain for our children. These Children will be our future Doctors, neighbours and friends, help us help them to be their best! Please contact secretary.moultonpreschool@gmail.com we look forward to hearing from you!



Moulton's Queen's Platinum Jubilee Celebrations

Your Guide to the Weekend

Saturday 4th and Sunday 5th June 2022

Here is all the information you will need to know about the Village Jubilee Fun Day and Open Garden Event.

Bring Your Moulton Matters with You on The Day to Guide You Through the Events

Please bring cash for food and drink outlets, raffles etc., (games are free)

Saturday 4th June 2022

Public car park on the village green - follow the signs

12 :00 **Duck Race:** Starting at the bridge over the River in Brookside and finishing at the Packhorse Road bridge.

Amazing prizes for 1st, 2nd and 3rd place ducks, sponsored by The Packhorse Inn. Ducks on sale £1 each at the village shop. Don't forget to sign up with your name and contact number when you buy a duck! You could be a winner!

12:15 **MC announcements** – (Playing field): **Fun Day Open.**

12:30 **Children's lunch table** 'Street Party Style' A lunch bag for each child that has signed up!

Register your children for the lunch at the village shop, £2 per child (ages 1-11).

First 100 children only (bag contains a Jubilee memento).

12:30 **Food Outlets Open:** BBQ, Bar, Hall Café with Easer Delights and Posh Coffee Café (Shop).

12:30 **Soham Comrades Brass band**

Saturday 4th June continued

- 13:00 **Fancy Dress Parade** – around outside of arena, followed by Judging
- 13:00 Craft Marquee, Activities, Games, Bouncy Castle **OPEN**
- 13 15 **MC:** Announcement of the Winners of Duck Race, Fancy Dress Parade and Art Competition.
- 13:20 **Tradman Jazz Band**
- 14:00 **Children's Races (1 11-year-olds)** Assembly area - in front of Posh Cafe
- 14:00 **Soham Comrades Brass Band**
- 15:00 **Moulton's Own Music Man Ian Garmston**
- 15:30 **Tug of War** - near arena
- 15:40 **Raffle Draw**
- 15:45 **Dog Show**
- 15:45 **Tradman Jazz Band**
- 16:30 **Music Man Ian Garmston**
- 17:00 **Close**
- 17:00 **Tradman Jazz Band to play us out!**
- 17:00 **To continue celebrating** why not make your way to the Packhorse Inn and enjoy a drink and book a meal from their Jubilee Menu!

Static Display in the Hall

Moulton Primary School Poster Competition Winners

John Gunson's Historic Moulton

Viv Houghton's Photos

Moulton Jubilee Weekend

Please join us for this celebratory weekend

Noon **Duck Race** on the river

TUG-O-WAR

Jazz Band

12:15 **Food n' drink** open on the Playing Fields
- BBQ, bar, ice cream, coffee n' cakes

12:30 **Children's Jubilee Picnic Lunch**

BOUNCY CASTLES

Tombola

13:00 **Right Royal Jubilee Costume Parade**

14:00 **Children's Races**

Craft Corner

15:30 **Tug-o-War**

Ian Garmston Country

15:45 **Dog Show**

SOHAM BRASS BAND

Beat the Goalie

Saturday 4 June, 12-5pm
Jubilee Fun Day



Moulton Jubilee Weekend

Far from the madding crown

pick up your map of participating gardens from the
Village Hall, the Church or the Shop

Sumptuous Cream Tea available in the Village Hall from **12 noon**

Saunter around the village and enjoy beautiful **Open Gardens**

Take in a visit to **French Hall Farm Farmyard** to see the lambs,
ponies, chickens and sheep

Enjoy music from **Ian Garmston 3-4pm**

Take a break with our games and your **own picnic**
on the Playing Fields

If you would like to open your garden
please contact Anne Collins 01638 750284
email - moulton.wildlife.group@gmail.com

Sunday 5 June, 12-4pm

Open Gardens



Moulton's Queen's Platinum Jubilee Celebrations Continued

Sunday 5th June 2022

Open Garden Event

Parking available in the hall car park or on the Village green

10:45 Family Service at St Peter's Church Moulton. Following the service, the Church will remain open until 16:00 serving tea.

12:00 - 16:00 Visit Our Open Gardens all around the Village.
Pick Up a Map from the Church, Village Hall or Shop. price £2 – this will help you plan your afternoon tour around Moulton

12:00 – 16:00 Visit the Farmyard at French Hall Farm
See Freddie's chickens, and lots more.

Watch the **Sheep Shearing Demonstration** at:
14:00, 14:30, 15:00 and 15:30.

12:00 – 17:00 The Village Hall Café is Open for refreshments and cream teas; so why not stop off for refreshments and relax and listen to

15:00 – 16:00 Ian Garmston's music

At any time during the events take your own picnic to the playing field where there are bats and balls for the family to play games.

Enjoy a relaxing Family Day

The idea of this weekend is to **Make Memories** not money. However, we do have to cover our costs and so the organising Committee, on behalf of the village, would like to thank the following sponsors and donors for their kind and generous support:

Sponsors:

Pack Horse Inn – Duck Race Prizes

Jackson Stops – Moulton Primary School Art Competition

West Suffolk Council – Bouncy Castles

Moulton Parish Council – Event Insurance

Mrs Angela Bignell - Soham Comrades Brass Band

Donations:

Ms Kersten Rousing (Lanwades)

Godolphin, Ash Tree Vets

Wild Tracks Dale Burch & Sons

John Baron Will Nash

Richard Marshall Chris Harold

New Moulton Stores MVH Users

Any profit made from this weekend's events will be shared between the Village Charities and Groups.

Please note: the above timetable is the proposed list however times and event may change on the day.



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Panther's End of Season!

So here it is, the last month of the football season and what a roller coaster it's been!



The Under 9's, run by Mark McTrusty, have had an excellent first year with the club, winning many matches and reaching the up-and-coming Cup Final, we wish them all the best.

The Under 10's have had an up and down season with losing some players but the ones that have remained really did come together as a team. With some results not necessarily going their way, they battled hard and produced some amazing performances all round and drew some record breaking crowds to the playing field.

We say goodbye to the Under 17's this year, run by Steve Wilson, as they look to potentially take a step into adult football. Again, as a club we wish them all the very best.

Football has been present in the village for over 50 years I'm led to believe. However, it's in danger of becoming a distant memory because of lack of volunteers and some people's views on uses of the facilities. I would strongly urge the community and village to support the club and to keep its history going so that you have somewhere for your children to enjoy their football.

Panthers Leader, Alan Sheldrick



THE PACKHORSE INN

MOULTON

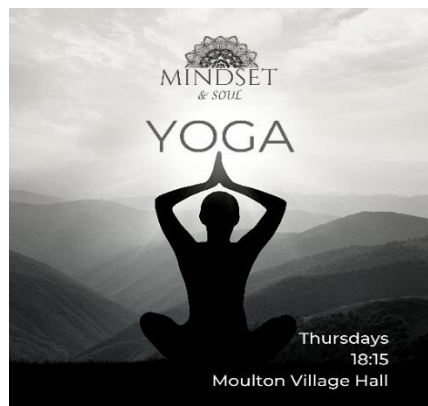
NEW – lunch time market menu served lunch time 12.00 till 2.30 pm, except Sundays. The set menu will include dishes specially selected by Head Chef Steve Angier and will be updated every two weeks. 2 courses £18, 3 courses £22.

PLUS-our special Jubilee menu being served from the 2nd to 5th June

Community Cake Mornings: On the first Thursday of every month, 10:00 – 11:30 am, we will be hosting free coffee and cake mornings for our local community. There's no catch – just catch-ups!

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Moulton Matters

Advertising Rates

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For more information, please
contact Jill Goodwin

01638 551851

MUCH ADO ABOUT NOTHING

SATURDAY 11TH JUNE, 3PM & 7PM

THE KENTFORD

Following their sell-out 2021 tours of *Twelfth Night*, *Treasure Island* and *A Christmas Carol*, Half Cut Theatre are delighted to be returning to **The Kentford** on **Saturday 11th June** with their brand-new adaptation of Shakespeare's ***MUCH ADO ABOUT NOTHING***. This popular summer comedy is a bittersweet tale of feuding lovers, crossed wires and a well-meaning but rather foolish police constable.

At Half Cut we believe theatre should be available for everyone, so we do not set ticket prices in advance. It works like this: reserve your place for free at halfcuttheatre.co.uk/book, come along to the performance (3pm or 7pm - don't forget your chair or picnic rug!) and then **Pay What You Decide** by cash or contactless card after the show. The performance will last for 75 minutes. Our shows are full of music, songs, plenty of heart and, most importantly, laughs! And of course, there will be food and drink available from our friends at The Kentford - what's not to like?! See you there!

How Lucky We Are

Mark Scull's note in the March issue entitled "Heartfelt thanks" reminded me of my good fortune living in a village where the residents are so kind and responsible. Having grown up in a large town and then adapted to village life in rural East Anglia for the last 60 years, I have formed a very clear opinion of why I would never willingly return to a town. The key difference is that towns provide anonymity to those of maline intent whereas in a village like Moulton unpleasant behaviour is rarely if ever encountered.

I urge all residents to consider this when deciding whether or not to support the West Suffolk Local Plan. The proposals could easily more than double Moulton's population turning it into a town with further possibility for growth.

Best wishes to Mark in his new location and I hope he one day return here as he wishes, hopefully to an unchanged Moulton.

Peter Brown
Moulton resident



HALF CUT THEATRE



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*Review by Half Cut Theatre's
A Midsummer Night's Dream: The House*

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SATURDAY 11TH JUNE

3^{PM} & 7^{PM}

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Much Ado ABOUT NOTHING

TO RESERVE A SPACE VISIT
WWW.HALFCUTTHEATRE.CO.UK/BOOK

School Report

It's the summer term – there is nothing quite like seeing and hearing children playing on the field on a warm day at lunchtime.

This term always seems to fly by but we have lots to fit in. We are delighted to be able to hold a traditional sports day this year, where parents are invited to attend... it has been a while! We also have several school trips planned, and a whole-day adventure session booked for every class. (Watch out for the tall climbing wall!) Y1 children are off to Mountfitchet Castle; Y2 children are off to Wicken Fen; Reception children are off to the Sealife Centre; Y5 children are off to Christchurch Mansions; Y1, Y2, Y6 will be enjoying some science workshops; and Y3 and Y4 will be mini-medics for the day... we are very busy! We have funded 100% of all school trips and visitors this year to support children's emotional well-being after lockdowns.

Our theme for this half-term's collective worship is courage. We have shared stories, bible stories and had lots of discussions about the importance of courage. Our Y6 children were splendid examples of courageous children when they approached their SATs tests with energy, maturity, and lots of knowledge. We felt very proud of them.

Like all schools, we will be celebrating the Queen's jubilee. There will be lots of activities, including a tea party, which will be organised by PTA members. Look out for our paintings in the village hall over the jubilee weekend.

We will be saying goodbye to a wonderful Year 6 class at the end of this term – this is always a sad day for us. We are very proud of the journey they have been on, and we wish them all well as they take the next step in their school life.

We are looking for a midday supervisor to join our friendly team. This would suit somebody who would like to work for a few hours per week. It is Monday – Friday, 12:45pm – 1:15pm. See our website for more details or give us a call. (Please note that we undertake safeguarding checks for all employees)

We send all of the community our very best wishes.

Mrs Shipp

2022 Moulton Walks 5-mile Challenge + Junior/Novice mile.



Saturday 11th June 12.30pm *The Village Hall,
Bridge Street, Moulton, Suffolk, CB8 8SP*

With the help of Newmarket Rotary, the first Moulton 5-mile walk was staged in 2002 to celebrate HM Queen Elizabeth II's Golden Jubilee.

Since 2002 over 100 villagers have participated in the challenge, thirteen of them completing the walk in under an hour thus qualifying for the coveted "5 in the hour" badge.

The annual walks have also raised substantial sums for local charities including St Peter's Church, The Village Hall, East Anglia Children's Hospice and the NSPCC to name but some.

Although there have been walking events in Moulton since the early 1980's, this year also celebrates the 21st edition of this particular event and to mark the occasion **mementos will be presented to all participants.** (*See above left*)

Such is the popularity of the event, that most of the country's top race walkers and indeed Olympians have participated in the walks. **But don't let that put you off. It is a personal challenge. For some it may be simply walking 5 miles, whilst for the competitive person the challenge will be how quickly they can do it. For those unable to manage 5 miles but still wishing to be part of the occasion, there is a One-mile Challenge.**

Further details, entries online at:

<https://moultonsuffolkracewalk.weebly.com> **or** Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP 01638 751869 or ronc893moulton@gmail.com

_Entries fees before 8th June: 5 miles £8 ;1 mile £3 (On the day + £2) Cheques made payable to: "Moulton Walks"



5 Miles in the hour badge for walkers not previously qualified

Incorporates Suffolk County AA championships

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

Volunteer Marshalls needed for the Saturday 5-mile Challenge

Duties: Assist in safely directing Walkers at road junctions
Encourage the competitors.

Time Commitment: 12 noon until 3pm

High-Viz Bibbs and Refreshments provided

Contact Ron Wallwork on 07460 041 643 or
ronc893moulton@gmail.com



Moulton Wanderers at Banstead Manor Stud on 3rd May. The group meet up on Tuesday mornings for a walk of 3 to 5 miles at various locations. There is no fee or long-term commitment required.

For more information about the Wanderers contact Ron Wallwork at
ronc893moulton@gmail.com or 07460 041 643

Summer, Nature's Wheel and the Mouse

As we all walk round the Nature Wheel, Summer Solstice (June 21) marks moving into three Summer months. Grandmother Nature is displaying in full glory her gifts, the new beginnings of spring are now developing into explosions of life, colour, vibrancy and maximum potency.

The Mouse is the main teacher of the South, reminding us that whatever size something is, through our wise eyes we can see the attributes, qualities and skills that are being displayed. Mouses' skills include the agility of moving closer towards fine detail, examining intrinsic elements from all angles with clear focus and, at the same time being sensitive to the surrounding landscape. We can see or smell what is under our noses!

Getting close to things or others develops our awareness that comes through feelings and touch. To experience something we are somehow touched by it. To feel touched is a somatic experience. Throughout time what rich, incredible writings, music, art and many other forms of expression are borne out of how people feel, what they are experiencing, what has touched them emotionally, physically, spiritually, psychologically.

Our Emotions can be regulated, calm, in turmoil, chaotic, comfortable, uncomfortable and sometimes a mix of all of these! Through our personal development, we can identify the difference between human pain that is a natural part of life, and the personal suffering that is created through our internal dynamics, views and attitudes. These internal elements are directly followed by our moods, our emotional weather and how we connect and disconnect.

Our skills can be over or under applied, either will eventually create patterns and suffering. The Nature Wheel can support us to step back and reflect on which skill's could help a situation and how we can

apply these to support ours or others momentum, collaboration and motivation.

When we are feeling strained we have many options that include blaming others or life. This may (usually) blocks access to our wise insight, personal development and respectful exchange. Another option is to consider which Eagle or Mouse skills would encourage our movement towards emotional regulation, mind balance for these are the foundations of collaboration and growth.



So may we enable Summer to warm our spirit and bones, feel the blast from Natures Summer lifeforce, and step back and observe. Thank you for reading!

Camilla Ghazala

BA (Hons) Dual Accredited BACP & BABCP

Founder/MD - Estd 1983

• Senior Coach • Humanistic Psychotherapist • CBT • CFT • PVT • Tutor • Supervisor

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**If you are or somebody you know is in crisis,
please reach out to somebody and ask for help.**

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Moulton's Pipeline (Part 1)

During the discussions on the District Local Plan last year there was mention of the water pipeline that runs through Moulton. Relatively few Villagers were aware of its existence, although there are some septuagenarians Moultonians who can remember it being built. Our pipeline in Moulton actually forms part of a much bigger regional water system that keeps Ely dry and Essex wet! The Fens need less water in the Winter and Essex wants more water in the Summer.

Even as far back as 1642, Vermuyden, the Dutch water engineer that drained the Fens, had suggested a catch-water channel to collect flood waters from the three rivers east of the Fens (The Lark, Little Ouse and Wissey). The major floods in 1947 badly affected the Fens. Two fifths of the flood waters came from these three Rivers. The solution was to build a 'cut off channel' opened in 1964 which diverts water from the River Lark through Lark Head Sluice at Barton Mills. You cross over this channel every time you visit the Council 'tip' at Mildenhall. The channel links with the Little Ouse and the River Wissey before ending up at the Denver Sluice. A further channel was cut from Denver to take the flood water out to the Wash.

That dealt with the flood risk, but by the 1960s major housebuilding programmes had started in Essex. But they realised that Essex was going to run out of water. The Reservoirs in Essex were emptying out.



Larkhead Sluice

And so came the idea of using the channel to help take water in the opposite direction from the Denver Sluice during the Summer over 90 miles to the Essex reservoirs. By careful control of the sluices the water will flow back inland. But it needed some additional pipeline to complete the journey, and that's where Moulton plays a part – see Part 2 in the next Moulton Matters.

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Moulton Community Choir is getting ready to join in the Platinum Jubilee celebrations!

The choir continues to practise and rehearse on alternate Tuesdays at St Mary's Church Newmarket and St Peter's Church in Moulton

6-45 pm to 8-15 pm

We had the honour to sing at the delightful village wedding of Sophie and Edward on 9th April and have been booked to sing at another wedding at St Peter's Church on 28th May.

The choir are also preparing to sing at the Platinum Jubilee Church service on Sunday June 5th at 10-45 am.

After an absence of two years we are really looking forward to welcoming one and all to our Jubilee Gala Concert conducted by our past musical director Judith Fisher

Saturday July 2nd at 7-30 pm

A veritable feast of musical genres to suit all tastes including medleys from the Beach Boys, The Carpenters and a variety of hits from all seven decades of the Queen's reign. The evening is free entry, but with a retiring collection for St Peter's Church funds. We hope to have our usual renowned post- concert sumptuous buffet and liquid refreshment will also be available throughout the evening.

We are always ready to welcome new members especially men!

For further information about the choir please contact

Marian Brown on 01638 552953 or at music@thebrownfamily.biz

Moulton Responds to Ukraine Misery

Watching the scale of carnage unfold in Ukraine is truly appalling. Cluster bombs, rockets, and artillery shells are unlikely to fall upon Moulton any time soon and seeing the misery in Ukraine compelled me to approach our Community with a notion that might make a difference.

My original plan was to busk in the park but it soon became evident that an indoor Benefit Concert would be possible. A few 'phone calls later all the organisational ducks were swimming in a very disciplined row. After promoting the occasion over social media, the village really started buzzing. Donations of cash and raffle prizes accrued; New Moulton Stores & P.O. provided a vital hub for donations and raffle tickets; many kind folks offered practical support with their time, skills and energy. Our community project was truly launched.

I had previously seen Jancis Harvey a few times in Waitrose, and we decided to get together to play some music once Covid restrictions were lifted. I am lightyears behind the experience and talent of Jancis but was confident that our styles would balance. They did, and my own musicality grew during the process!

Our Village Hall was full on the night of the concert. At the door a large glass vase was available for donations, and it was soon obvious that a substantial amount was accumulating. Project Treasurer, Bob Saltmarsh, oversaw the accounting from the start. By his final count of donations and raffle, £1590.20 was raised, with more than half of that being donated at the concert. A significantly poignant moment occurred when a young brother and sister arrived and donated obvious pocket money. The little lad opening his "dinosaur" savings box and tipping its entire contents into the vase!

Bob has dispatched your very generous donations to the front-line charities in Ukraine via facilities provided by World Vision, which is part of the Disasters Emergency Committee (DEC), and supported by the UK Government, as well as being linked with the St Edmundsbury & Ipswich Diocesan Bishop's Appeal for Lent. This magnificent outcome celebrates our superb Community Spirit, and represents a total joint effort, with lots of us doing what we can for Ukraine people at their time of desperate need.

Well Done Moulton and Friends of Moulton!

Ian Garmston

Parish Council

The Parish Council meets regularly in the village hall 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

David Almond (Chairman)	01638 428250
Mark Price (Vice Chair)	01638 750200
Ryan Bragg	01638 751153
Ed Chambers	01638 750014
David Clarke	01638 750263
John Derry	01638 751902
Jane Horsnell	01638 750879
Douglas James	01638 750897
Tim James	01638 482012

CLERK TO THE PARISH COUNCIL

Joanne Kirk 07880 686069 email: moultonpc@gmail.com

Parish Priest	Revd Chris Childs	01638 429212
Village Archivist	John Gunson	01638 750131
County Councillor	Andy Drummond	01638 751411
District Councillor	Roger Dicker	01638 750392
Member of Parliament: Mathew Hancock		
Parliament Office		020 7219 7186
Constituency Office		01638 576692

MOULTON MATTERS

Jill Goodwin	jerryjill'99@hotmail.com	01638 551851
Colin Wilkinson	c.wilkinson67@btinternet.com	01638 552779

MOULTON VILLAGE WEBSITE

<http://moulton.onesuffolk.net>

Telephone Directory

Medical

Addenbrooks 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

Churches

All Saints Church (Rev Chris Childs)	01638 429212
Catholic Church (Fr Leo Marianu)	01638 662492
St Peters Church (Rev Chris Childs)	01638 429212
St Peters Church Wardens	
Bob Saltmarsh	01638 750190
Anne Garnston	01638 751188

Newmarket

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

Moulton Village

Ash Tree Veterinary Surgery	01638 554477
Pack Horse Inn	01638 751818
Village Shop	01638 750242
Village Hall Bookings (Jill Goodwin)	01638 551851
Village Oil Ordering Scheme (Lesley James)	01638 482012
Village School Head Teacher (Deborah Shipp)	01638 750236
Village Website (Ryan Bragg)	01638 751153

Travel

Newmarket Taxi Hire	01638 561561
Nation Rail Enquiries	03457 484950
Stagecoach CamBus	01223 423250

Emergency

Fire, Police, Ambulance	999
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Non-emergency

Crime Stoppers	0800 555111
Power	0800 7838838
Water	0800 145145
Police	101
NHS	111

Moulton Village Hall

Management Committee Officers

Chairman	Richard Marshall	750488
Deputy chairman	Alex Nicholls	07817 234337
Treasurer	Jerry Goodwin	551851
Bookings/Secretary	Jill Goodwin	551851 (07966 133551)

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

Please note MVH Birthday Party Hire Policy

MVH offers the hall facility for children's birthday parties 0-12 years and adult birthday parties 40+ only.

Residents may apply in writing to the bookings clerk for the hire of the hall for teenage birthday parties and 20's and 30's birthday parties. MVH Committee will consider individual requests.

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 Susan Wade-Miller	07958 290837
Monday Pilates	18:30 Alison Wilson	07752 60839
Monday Parish Council/ Village Hall Committee meetings TBA		
Tuesday Mini Tots	10:00 Emily Tasker	
Tuesday Healthy Walks	10:00 Ron Wallwork	01638 751869
Tuesday Community Lunch	13:00 Last Tuesday in the month	
	Yvonne Slater	01638 750547
Tuesday Cubs/Beavers/	18:00 Paul Walker	
Scouts	19:30 Paul Walker	
Wednesday Pre-School	09:15 Susan (as above)	
Wednesday Yoga	18:15 Bridget Pooley	07758 540739
Wednesday Dance	19:30 Private Hire	
Thursday Pilates	09:30 Alison Wilson	Start date TBA
Thursday Bridge Club	14:00 Pat & Paul Harris	01638 500325
Thursday Mindset Yoga	18:30 Victoria Steenkamp	07810 544588
Thursday Badminton	20:00 Yvonne Slater	01638 750547
Friday Pre-School	09:15 Susan (as above)	
Saturday Panthers U 10	10:00 Alan Sheldrick	07939 570439
Saturday Panthers U 9	10:00 Mark McTrusty	
Sunday Panthers U17	10:00 Steve Wilson	07538 241521
Sunday Veterans	10:00 Alan Sheldrick	07939 570439



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Moulton Village Jubilee Committee
presents:

Saturday 14th May 1:40pm:
Suffolk Torch and Rickshaw
visits Moulton

Saturday 4th June:
Fun Day at the Village hall

Sunday 5th June:
Open Gardens, Picnic, Games and
Cream Teas

See May Moulton Matters for details (due out 21st May)