



MUTFORD NEWS

Issue 77
January 2025

This newsletter is produced & delivered to every household in Mutford by volunteers.
If you would like to help, contribute or comment, please get in touch:
mutfordnews@gmail.com or call David 07368 593 892

Mutford Parish Council Meeting

The next scheduled meeting of the Parish Council will take place on Monday, February 3rd in Mutford and Rushmere Village Hall. 7pm start. There is no meeting in January.

All residents are welcome to attend.

For more information, please contact the Parish Clerk: Angie Colbridge on 07584 136 402 or email clerk.mutfordpc@outlook.com

Parish Clerk's Report

At the PC meeting in December Councillors discussed the following:

- An appeal of the decision to refuse planning permission of an anaerobic digestion plant at Ellough.
- The possibility of a traffic survey on Chapel Road
- The annual play area inspection report
- Approval of the Safeguarding Policy
- The Budget and Precept Request for the financial year 2025/26

District and County Councillors were not in attendance but their most recent reports can be viewed on the Parish Council website.

The Clerk noted that, for the month of October, there was one reported crime on or near Beccles Road under the category of Other Theft and one reported crime on or near Mutfordwood Lane under the category of Burglary. This information is as reported on the Police.UK website.

Mutford Parish Council has secured the use of a thermal imaging camera. Details of how this might be of assistance and how to book can be found on page 3 of this newsletter

Wishing you all a very Happy New Year from Mutford Parish Council.

St. Andrew's Church, Mutford

Everyone is welcome to join us at our services.

Sunday 5th January 9am Holy Communion

Sunday 19th January 11am Holy Communion

Sunday 2nd February 9am Holy Communion

Every Monday and Tuesday at 9am the Rector will be saying Morning Prayer in Mutford Church
(for about ½ an hour)

This will include prayers for the village. If you would like her to pray or give thanks for anything at all please ask.

To enquire about a Baptism, Wedding or Funeral at St Andrew's, please contact :
The Rev'd. Andrea Woods on 01502 810552
or email

rector.carltonandmutford@gmail.com

Your real Christmas Tree still has Life in it

What are you going to do with your Christmas Tree once the festivities are over and needles are shedding fast? Rather than mess up your car with those needles you could have the tree collected from your home by **East Anglia's Children's Hospices (EACH)** for a £20 donation (or more, if you would like). Your Christmas Tree, through this scheme, will go on to help with the care of children who find themselves in circumstances no one would wish on them. If you would like to support these children and solve a problem for yourself please visit:

<https://www.each.org.uk/christmas-tree-recycling/>



WISHING YOU A HAPPY NEW YEAR

Mutford Parish website <http://mutford.suffolk.cloud>

Current Planning Applications

Applications within the parish of Mutford
Information taken from council websites as of
14th December 2024

Mutford Hall, Hulver Road, Mutford, NR34 7UW

Demolition of chimney and removal of polycarbonate lean-to roof and replace with tiles, minor internal amendments, conservation rooflights.

Ref. No: DC/24/4326/FUL

Validated: Tuesday December 10th 2024

ESC Status: **Awaiting decision**

Mutford Hall, Hulver Road, Mutford, NR34 7UW

Listed Building Consent - Demolition of chimney and removal of polycarbonate lean-to roof and replace with tiles, minor internal amendments, conservation rooflights.

Ref. No: DC/24/4327/LBC

Validated: Tuesday December 10th 2024

ESC Status: **Awaiting decision**

Anaerobic Digester Planning Appeal

Land at Copeland Way, Ellough. NR34 7TL
Planning Appeal APP/V3500/W/24/3354097
Re Planning Application No: SCC/0124/22W

Construction and operation of anaerobic digestion plant and associate infrastructure.

Comments are now closed.

Awaiting decision from Planning Inspectorate.

Crazy Whist



**Mutford Village Hall
February 7th
7 for 7.30pm
prompt start**

Tickets £5 pp.

Snacks
provided

Bring your own drinks

Tickets available from Paul Randle.

Telephone 07768 812 082

Monday Club

The next Monday Club will be on
**3rd February at 1pm
in the Village Hall.**

**SOUP AND PUD LUNCH
plus the usual raffle and quiz**

For further information contact Rita on
01502 476 767
(leave answerphone message if not answered)
or 07766 605 643
or email rita_smith@hotmail.co.uk

Suffolk Mobile Library

The next visits for the Mobile Library to Mutford:

Thursday, January 16th

Thursday, February 13th

10.30-10.45am – Lindenette (near Land Rover garage, in west of village)

10.50-11.05 – Old Post Office (near cross-roads on Hulver Road)

11.10-11.25 – Village Hall, Mill Road

Beccles Farmers Market

(beside the airfield)

First and third Saturdays in month. 9am - 1pm
Next markets: Saturday, January 4th & 18th



Community Litter Pick

**Please join in
and help!**

The 2025 litter pick has
been arranged for:

Saturday, 22nd February 2025

Weather permitting

**Meet outside the Village Hall at either
10am or 2pm**

whichever time is more convenient.

Equipment will be provided.

NEW YEAR BIN COLLECTION DATE: THURSDAY, JANUARY 2nd

Community Thermal Imaging Project Helping to keep your warmth in

Mutford Parish Council has secured the use of a thermal imaging camera for free, with access to it for the period January 29th to March 11th 2025. The aim is to raise awareness about insulation and help you improve the energy efficiency of your home. A thermal imaging survey might:

- identify places which might have draughts
- detect whether cavity wall insulation is patchy or missing
- detect areas with less loft insulation

If you are interested in receiving a free thermal survey of your home, please contact the Clerk for more information and to book. Angie Colbridge: clerk.mutfordpc@outlook.com or ring her on 07584 136 402

There is no invasion of privacy from these surveys.

0% Interest-free Energy Efficiency Loans

The Warm Home Suffolk Loans scheme opened to homeowners across Suffolk on 1st November 2024 and applications can now be made at <https://www.lendology.org.uk/warm-home-suffolk-loan>. Energy efficiency upgrades such as insulation, solar panels, batteries, glazing, or heat pumps are possible with loans from £2,000 to £15,000 to be repaid over a maximum of seven years – at 0% interest.

What do you reckon?

With which country does the UK share the longest recognised friendship?

See the answer at the bottom of the back page.



Police

Call 101 for non-urgent matters.

Always call 999 for emergencies

To report something anonymously call

Crimestoppers 0800 555 111

Non-urgent reports can also be made to Suffolk Police via www.suffolk.police.uk.

Go to the 'Contact Us' page.

There is also a live Chat online service for non-urgent matters: Mon-Fri 9am-5pm

Please lower your speed approaching bends

Please drive on our village and country roads safely. Think ahead, as walkers, cyclists and horses can be round a hidden or blind bend. On some corners there is even insufficient space for two cars to pass safely. Furthermore, wet and cold weather, as well as mud, can cause adverse stopping conditions. Please take care!

Rubbish or Re-usable?

Bright orange containers can now be found at each of Suffolk's eleven Recycling Centres to donate good quality, re-usable items to charity. Items donated in these containers make their way to the two Charity Re-use Shops at Bury St Edmunds and Foxhall Recycling Centres. These shops are run by The Benjamin Foundation, a local charity that supports children and young people to become safe, independent and thrive throughout their life. The Benjamin Foundation will accept a range of items donated in these containers from toys and bric-a-brac, to electricals and small to medium sized household furniture.



The Mindful Life Group

The UK's only not-for-profit dedicated to older adult mental health

Mindfulness for Older Adults who Care

Join our Free Online Course

for Suffolk Residents aged 65 and over

Next course starts: **Monday 27th January 2025**

Time: **11am-12pm**

Location: **Online (accessible from home)**

Why Choose Us?

- ✓ Clinical Psychology-Led
- ✓ Registered Mindfulness Teachers
- ✓ Evidence-Based Interventions
- ✓ Tailored for Carers over 65

Potential Benefits

- ✓ Enhance sleep quality
- ✓ Ease stress
- ✓ Improve resilience
- ✓ Combat loneliness
- ✓ Improve memory/attention
- ✓ Alleviate low mood/anxiety
- ✓ Help relieve chronic pain
- ✓ Promote relaxation

Feedback from one of our previous participants:

'I'm an absolutely great believer in the course it really got me through...the relaxation techniques, which I still do, really helped me in quite a profound way'. JB

To apply, visit
the-mindful-life.com



Suffolk and North East Essex
Integrated Care Board (ICB)

Countryside Code

Respect other people:

- consider the local community and other people enjoying the outdoors
- leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment:

- leave no trace of your visit and take your litter home
- keep dogs under effective control

Enjoy the outdoors:

- plan ahead and be prepared
- follow advice and local signs

Advice to walkers and runners on country roads

On roads with no pavements pedestrians should keep to the right-hand side of the road so oncoming traffic can be seen. Keep close to the side of the road and be prepared to walk in single file if you are in a group. If you come across a sharp right-hand bend it may be safer to cross to the left-hand side of the road to gain visibility and cross back after the bend. Do not cross the road on a sharp bend.

What do you reckon? The answer:

Historically, the Kingdom of Portugal and the Kingdom of England, and later the modern Portuguese Republic and United Kingdom, have never waged war against each other nor have they participated in wars on opposite sides as independent states since the signing of a treaty in 1373 by King Edward III and King Fernando and Queen Leonor of Portugal.

If you need help...

Samaritans.....	116 123
Anxiety UK.....	03444 775 774
Mind.....	0300 123 3393
Calm.....	0800 58 58 58
Crisis text line.....	(text)85258
Child-line.....	0800 11 11
DANES - Disability Advice.....	01502 511 333

Waste Bin collections

Thursday 2nd January – Black

Wednesday 8th January – Blue and green

Wednesday 15th January – Black

Wednesday 22nd January – Blue and green

Wednesday 29th January – Black

Wednesday 5th February – Blue and green

Bins should be out by 6am

For missed bins call 03330 162 000

8.45am-5pm Mon-Weds and Fridays

9.30am-5pm Thursdays

Recycling Centre ('the Council tip')

You have to book a slot to use the recycling centre in Hadenham Road, Lowestoft. This facility is free to use for household waste (certain items like rubble, tiles, plasterboard etc., are charged for).

Open (Oct - Mar): 9 – 4pm

Mon, Tues, Thurs, Fri, Sat, and Sun.

Closed: Wednesdays and

Christmas Day, Boxing Day and New Year's Day.

For more information and to book a slot, go to:
www.suffolkrecycling.org.uk/where-to-recycle/recycling-centres/suffolk-recycling-centres-booking-page

Fly-tipping

Please be vigilant and report any suspicious activity. East Suffolk Council will seek, where possible, to prosecute anyone caught illegally dumping waste. You can report it anonymously.

Call 0333 016 2000 or report online.

Dog Fouling

For info on how to report dog fouling to East Suffolk Council's Environmental Protection, go to:

eastsuffolk.gov.uk/dog-fouling

Where there is a persistent problem council officers will try to identify irresponsible dog owners who could face a fixed penalty fine of £80 or a fine of up to £1,000 if there is a conviction in the courts.

The printing of this newsletter is funded by Mutford Parish Council

To help distribute copies or to provide content, please call David 07368 593 892
or email MutfordNews@gmail.com