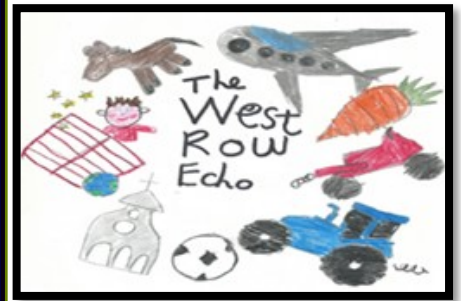


Issue 61

Aug 2026 — Sept 2026



West Row's War Memorial looking splendid after it's recent restoration.

A significant landmark that stands as a lasting tribute to the men and women whose service and sacrifice continues to be remembered with gratitude and respect.



Scan to WEBSITE

Scan to EMAIL



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NEXT ISSUE:

Published June

**Our deadline for
October/November 2026**

is:

15th Sept 2026 Noon

Please email Helen Webber at
helen.webber60@gmail.com

DIARY DATES

August			
Sun 2nd	St Peter's Church	Sunday Celebration	11.00 a.m.
Sun 9th	St Peter's Church	Holy Communion	11.00 a.m.
Sun 16th	St Peter's Church	Sunday Celebration	11.00 a.m.
Tues 18h	Baptist Chapel	Community Lunch Contact Richard 07796 616679	12.30 p.m
Sun 23rd	St Peter's Church	Holy Communion	11.00 a.m.
August	West Row Village Hall	No Fish & Chip Lunch	
August	Bowls Club	No Bingo	
Sun 30th	St Mary's Barton Mills	Group Holy Communion	11.00 a.m.
Sept			
Sun 6th	St Peter's Church	Sunday Celebration	11.00 a.m.
Sun 13th	St Peter's Church	Holy Communion	11.00 a.m.
Sun 20th	St Peter's Church	Sunday Celebration	11.00 a.m.
Tues 15th	Baptist Chapel	Community Lunch Contact Richard 07796 616679	12.30 p.m
Sat 19th	Bowls Club	Bingo	7 p.m
Sun 20th	Baptist Chapel	Harvest Family Service	10.45 a.m.
Sun 20th	Baptist Chapel	Harvest Thanksgiving	6.00 p.m.
Fri 25th	West Row Village Hall	Fish & Chip Lunch	12.30 p.m.
Sun 27th	St Peter's Church	Holy Communion	11.00 a.m.
Sun 27th	St Peter's Church	Evensong with Choir	6.30 p.m

100 Club Winner

Congratulations to this
time's winner

Gill Hagan

£76.00

For Further information or to
join, contact Sharon The Parish
clerk at

clerk@westrow-pc.gov.uk

The 100 Club helps support
the printing of the Parish
Echo

A note from the EDITOR

Dear Reader,

There are many interesting articles and reports in this edition of the Echo which I hope you will read,

As usual, the West Row Parish Council report on page 7 is keeping us all up to date and I endorse the praise given to the Parish Keeper for keeping West Row a tidy village.

As the school holidays approach, you may be looking for something to do with your children / grandchildren that doesn't cost a fortune. Butterfly spotting and or pond dipping is available at Lakenheath Fen. If interested, details are on pages 5 & 6.

Congratulations to the village's Primary School on their recent Ofsted inspection. Basic details are on page 12 with the full Ofsted report available on the school's website.

The report of the West Row Normandy Trip on pages 14 & 15 is worth a read as are other articles in this publication.

Wishing you all the best of health.

Peter Rolfe

Editor

CONTENTS

Page No.	Details
1	Front Cover
2	Information Page/ Diary Dates
3	Editorial and Contents
4	Upcoming Events
5/6	RPSB Lakenheath
6	Adverts
7	Parish Council
8	Adverts
9	Village Hall
10/11	Advert
12	Academy
13	The Shed
14/15	West Row's Normandy Trip
16/17	West Row Baptist Chapel
17/18	Adverts
19/20	Adverts
21	West Row Bowls Club
22	St Peter's Church
23	Adverts
24	The Allotments
25	Summer Quiz
26	Advert
27/28	Children's Corner

Late Spring Quiz of 2026 answers

1. Dandelion 2. Cabbage 3. Gladiola 4. Blackcurrant 5. Fig 6. Peony 7. Pear 8. Onions
9. Rose 10. Lilies 11. Swede 12. Raspberry 13. Hollyhock 14. Gooseberry 15. Plum 16. Radish
17. Damson 18. Ugli 19. Potato 20. Carnation

There were 19 entries, 7 with all 20 correct answers, and the winner, drawn by lot, was Lee & Shirley Breeze, The Willow, Hurdle Drove, West Row.

The Parish Echo editorial team takes no responsibility for endorsements of, or statements made in published adverts which are accepted in good faith. However, we reserve the right to refuse any advertisement, article, or item that we feel is considered inappropriate for publication.

UPCOMING EVENTS



WEST ROW BOWLS CLUB

NO BINGO

AUGUST

Summer Break!

BACK IN SEPTEMBER!



MERV & CO BINGO NIGHT

West Row Bowls Club

Saturday 19th SEPTEMBER

7:00 - 7:30pm start

Come along for a fun evening
CASH PRIZES TO BE WON

MUST BE 18+ TO PLAY

Licenced Bar - Raffle

Bingo Bundle £15
6 Books + 2 Flyers

FORTHCOMING POPPY APPEAL EVENTS

FOR 2026

Saturday 22nd August - Bus Trip to Sheringham -

Poppy Line Steam Trains Festival on the Rails Event

Can be booked direct on 01263 820800—Leave

Mildenhall Bus Station at 9 a.m. Sheringham at 4.30 p.m.—£20

SOLD OUT

Wednesday 11th November—Remembrance 2 Course Lunch & Concert at the Riverside Hotel

£25—1-4.30 pm

Saturday 5th December—Bus Trip to Norwich for

Shopping, Sightseeing & Peter Pan the Pantomime

To book direct with the Theatre Royal 01603 630000

Departs Mildenhall Bus Station at 9 a.m—Departs from Theatre Street Norwich at 4.30 p.m—

£20

CONTACT Marion ON 07751 196867 FOR AVAILABILITY

PLEASE NOTE THE CHANGE OF DATE FOR THE SEPTEMBER PARISH COUNCIL MEETING TO

WEDNESDAY 9TH SEPTEMBER

LAKENHEATH FEN RSPB

The Butterflies of Lakenheath Fen

Each year at Lakenheath Fen we see more than 20 species of butterfly and summer is the perfect time to see most of them. Different habitats offer you a different selection- for example, at the moment the riverbank has a few patches of creeping thistle which are attracting lots of Peacock, Red Admiral and Painted Ladies- all larger, very showy species that are also a common sight on butterfly-friendly plants in our gardens like Verbena or Buddleia. Numbers of Painted Ladies vary a lot each year but 2026 seems to be a good year as they are a common sight in any flowery habitat at the moment.

In the long, grassy areas, either on the riverbank or next to the paths, Meadow Brown, Ringlet and Gatekeeper are often seen- they will feed on grassland flowers like Ragwort and Knapweed but they lay their eggs on various species of grasses which is why you tend to find them in grassy habitats. These are medium-sized butterflies, but here you may also see some skippers- all of which are small, fast fliers with generally orange wings that they hold in an erect position at rest, a bit like a jet fighter. Large and Small Skippers have been here for longer than the Essex Skipper, which has been spreading northwards and westwards in recent decades. The skippers are a bit moth-like compared to other butterflies!

The short turf and dry, open nature of our Brandon Fen trail offers yet another set of butterflies for the visitor to enjoy. These are generally small butterflies that love to bask in the sun and whose caterpillars feed on low plants that need minimal competition and crowding from other plants. Common Blue, Brown Argus, Small Copper and Small Heath are good examples of this little gang- and they look like little jewels decorating the path as you walk around!

If you come down to the reserve to see these beautiful butterflies, there are a few plants which are well worth keeping an eye as the butterflies love to gather on them. There is a long avenue of bramble flowers that line both sides of the path as you leave the Visitor Centre to head to New Fen- these are butterfly magnets. You'll also see a wide range of bees, solitary (non-stinging) wasps, day-flying moths and beetles here too. Ragwort has open, daisy-like yellow flowers and butterflies with short tongues like Gatekeeper particularly like these. Out in the reedy areas, the broad white umbrella-like flowers of Hogweed and tall magenta spires of Purple Loosestrife are good plants to check too. Lining most of the hard path down through the reserve is Dove's-foot Cranes-bill, which is very low growing and has pale pink, star-shaped flowers that the smaller butterflies love.

We hope to see you soon on the reserve, whether it's for the butterflies, wetland birds or simply the sunshine and peace and quiet we can offer you this summer.

With best wishes,

Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen).



Large Skipper—Photo Credit David White

LAKENHEATH FEN RSPB DIARY DATES

Places for all events need to be booked online- <https://bit.ly/LakenheathFenEvents> or in person at the Visitor Centre ahead of the event.

Moth Mornings (Under 18's £2.50 - £3 / Adults £5 - £6)

Learn more about the amazing world of moths- join us to admire what we catch in our harmless trap.

28 August, 25 September (10am to 11am)

Guided Pond Dipping (Under 18's £2.50 - £3 / Adults £5 - £6)

Why not borrow a pond-dipping kit to see what beautiful and strange creatures live below the water?

1 August, 5 September (11am-1pm)

Dusk Safari at Lakenheath Fen (Under 18's £6 - £7.50 / Adults £12 - £15)

On this new event, we will take our bat detectors out to see if we can hear a range of the beautiful bats that live here, along with some birds typical of dusk and night on the reserve. We'll also have a moth trap on the go!

Saturday 12 September (5:30-8pm)

Amazing Autumn Guided Walk (Under 18's £6 - £7.50 / Adults £12 - £15)

Join us for a tour to see the best that autumn has to offer on the reserve- ducks in their dazzling new plumages, the first migrant birds back for the winter but also a few late butterflies and dragonflies too.

Saturday 10 October (9:30am-12:30pm)

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Parish Update - August 2026 - September 2026

Annual Elections for Chair & Vice Chair

Every May the Councillors have to Elect a Chair & Vice Chair

Cllr Alan Fisher was re-elected as Chair.

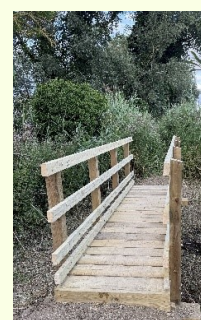
Cllr Roz Hamill after many years as Chair / Vice Chair requested that another Cllr might step up to take the Vice Chair, position, leaving her to take more of a back seat role going forward, and as result Cllr Lisa Baker was elected as Vice Chair I would like to thank Roz for all the years of service she has given to the community, and I am sure she will still take an active role in Council business.

Footpath at Ferry Bridge

A resident contacted us to draw our attention to an issue with the steps at the Ferry Bridge. We contacted Public Rights of Way and they quickly dispatched a contractor to repair / replace the steps going down and up on the footpath at the bridge.

See photos

I would like to thank PROW for their quick response and a great job.



They also replaced an old bridge along the path, and our Parish Keeper will be clearing some of the overgrowth.



War Memorial

We engaged a new contractor to clean our War Memorial and repaint the names of the fallen.

A brass plaque will soon be added to record the name of PTE Arthur Arnold 1900 - 1918 of Suffolk Regiment and Sherwood Foresters, whose name was not included when the Memorial was unveiled in May 1919

Cemetery

Update on our Non-Denomination Cemetery.

Our plan has been approved and work to fence the area will be the first action we need to complete, we will start as soon as we have agreed which contractors quote to accept.

Neighbourhood Plan

I would like to express my grateful thanks to all the Councillors that put in a lot of time and effort over several years to construct and refine our Neighbourhood Plan, in particular, Cllr Michael Peachey who led on this for us.

Speed Sign Pott Hall Road

The new position for the Speed Indicator post (to prevent it being hit again) has been agreed by Highways, but it is not high on their priority list, so we are waiting for the post to be moved before we can reinstall device.

Parish Keeper

Our Parish Keeper is making a difference to the general look of the village, his list of tasks gets bigger by the day. If you have any areas in the village that require some TLC please contact The Parish Clerk or any Councillor.

Remember: Parish Councillors meet 3rd Wednesday 7pm in the Parish Office (the old Outdoor Bowls Club). Members of the public are most welcome.

Parish Surgeries are usually held in the Parish Office, 3rd Saturday of each month, 10am-11am. All are welcome to attend and to bring your concerns to the Parish Councillors' attention. If you'd like clarification on anything the PC is involved in, just come along and ask.

Alan Fisher, Chair

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M: 07540 052844

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Or visit our website westrowvillagehall.co.uk or visit us on Facebook

Our Foundation offers a great range of sports, classes, clubs & opportunities for all the community to enjoy including a FREE Tennis Court, FREE kids football goals, Children's Play Park, Football Pitch & Pavilion (to hire) plus the following inside the hall:

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(Plus some Thurs)

Little Sprouts Baby & Toddler Developmental Classes
Email: Hello@mylittlesprouts.co.uk

MON 4.30-7.30pm

PWL Acro & Gymnastic Club for children/adults of all ages
(pwldance.co.uk)

TUES 7-8pm

"Pilates for All" – Karen Peachey-Gallagher. All abilities & ages. Contact Karen (07554 119550)

THURS 6-6.45pm

"STEP AEROBICS" – Open to everyone! Booking essential. Contact Karen Peachey-Gallagher (07554 119550)

THURS 7.30-9.30pm

Jive Class – contact Caroline 07886 492772

FRI 12.30pm

Monthly Fish & Chip Lunch & Social— Contact Alan Fisher (07715 957292)
email: churchman14@btinternet.com

FRI 6.15 -7.30pm

Martial Arts Training with Darren Hart. Children & Adults welcome
contact Darren on 07717 886917

Hall Fees: £15 per hour (residents of parish)

£20 per hour – non residents

Extra Charge for Bar & Sun Lounge Hire

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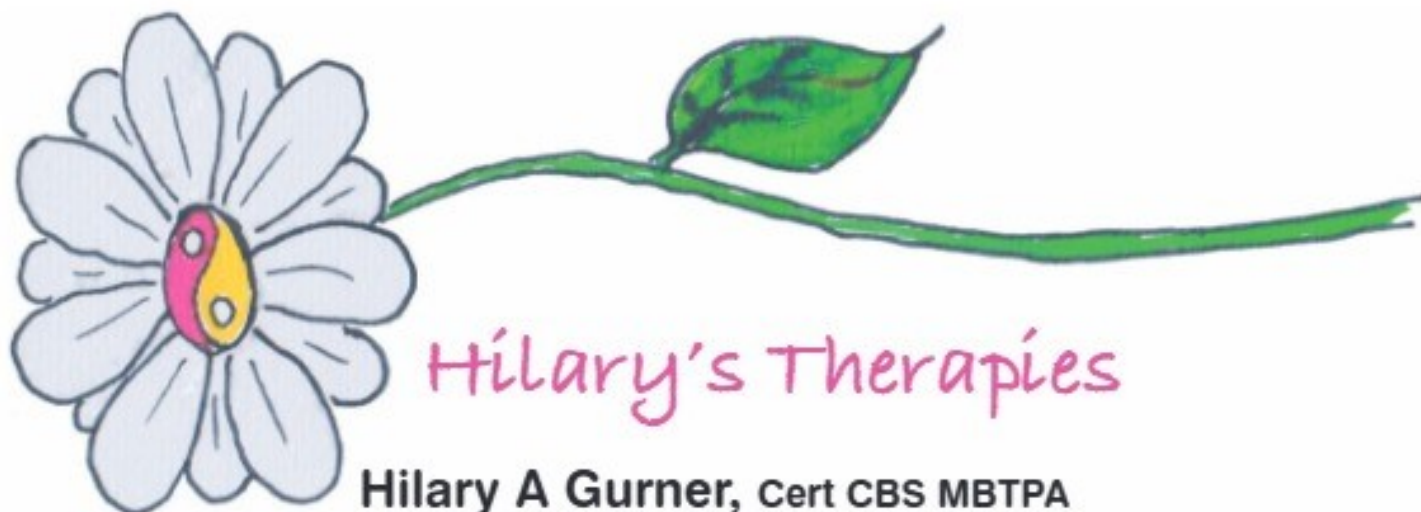
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- THURSDAYS 2PM- ST MARYS HOUSE, MILDENHALL.
- FRIDAY 11AM- PARKWAY HOUSE, BURY ST EDMUNDS.
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West Row Academy: A School the Village Can Be Proud Of

As Chair of Governors, it gives me enormous pleasure to share the outcome of West Row Academy's recent Ofsted inspection. The school has achieved a report that reflects not only the hard work of staff and pupils, but also the remarkable journey of improvement the Academy has been on in recent years.

The inspectors found a school that is calm, ambitious, caring, and increasingly successful. They recognised strong leadership, a well-designed curriculum, committed staff, and pupils who behave well, work hard, and feel safe. They also highlighted the excellent support for children with additional needs, the strength of reading across the school, and the positive relationships that underpin daily life at West Row Academy.

Most importantly, Ofsted confirmed what many of us have seen first-hand: this is a school that has transformed. The progress since the previous inspection is significant. Standards are rising, teaching is stronger, and pupils are achieving outcomes above national expectations. The Academy is now firmly on the path to becoming one of the strongest schools in the area.

This success belongs to the whole school community. The staff have worked tirelessly, the pupils have risen to high expectations, and parents have increasingly partnered with the school to support their children's learning. It has been a genuine team effort.

But I want to say something else—something important.

For too long, a small number of voices in the village have been quick to criticise the school, often based on outdated perceptions. Those views no longer reflect the reality of the Academy today. West Row Academy is thriving, improving, and serving our children exceptionally well. Now is the time for our community to come together, to recognise the progress that has been made, and to speak positively about the school that sits at the heart of our village.

Our children deserve a community that champions their school. They deserve adults who celebrate success, encourage ambition, and take pride in what has been achieved. The staff deserve to hear that their hard work is noticed. And the village deserves to feel proud of the school that represents it.

So I warmly encourage every resident—whether you have children at the Academy or not—to join us in supporting the school, acknowledging its achievements, and sharing the good news. West Row Academy has earned its success. Let's make sure the whole village knows it.

Evan King

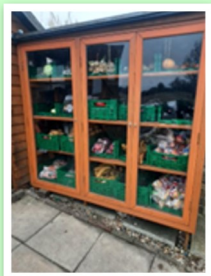
Chair of Governors, West Row Academy

The full Ofsted Report can be viewed on the School Website.



LET'S GET the rotten stuff out of the way first.

We are experiencing a growing trend where someone thinks it's OK to take our green crates off the veg stall, outside our front gate. **IT IS NOT OK**



These crates are on loan from the supermarkets who kindly let us borrow them to bring the surplus food back for our patrons.

They are counted out – and counted back.

The majority of people remember to bring their own bags. We do try to provide some for the pastries in Little Shed, but that can't be guaranteed. Even had a person complain one bag given wasn't large enough !.

SO, if you see, or know who is taking them, please have a kind word to get them returned.



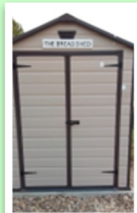
Now on to nicer stuff.

Yes, it's been hot. Blooming hot. Some veg. suffered, but thanks to our bore hole, we have been able to see a healthy crop growing, including exciting growth in our many greenhouses. These beauties are called "Elephant Garlic".

Jean has been busy setting many hanging baskets, and dutifully watering them relentlessly, even on the days we are not usually there.

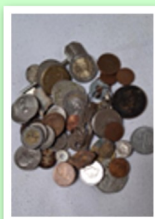


Michael hasn't missed a beat in making some lovely signage around our facility to include our Front gate, our Bread Shed, & the Potting Shed.



While he had some spare time, even fixed our patio furniture.

We rely on our front gate donations, but recently we are experiencing a high proportion of unacceptable foreign coinage, trolley tokens, stones, even batteries. WHY?



Bracing, repairing and teaking (yes teaking as in a coat of teak oil), not tweaking.

All looking spic and span, so we can enjoy our 11.30am coffee and cake break

Moving on to our growing gardens, we are hoeing, weeding, setting, and reaping. Here's just a sample of what our volunteers share.



Potatoes, cucumber, runner beans, tomatoes, carrots, salad from the raised beds, leeks, currents (red and black), black and blue and gooseberries. Plus lots, lots more.

But rather than looking at pictures, come visit and see the real thing. Much better in full colour. Volunteers come along Tuesdays, Thursdays and Saturdays, from 10am.

We toil away whatever the weather, rain or 35-degree sunshine, we're there.

(We have quiet spaces for those who just want to take a moment, sit and relax and listen....to what? You ask. Come and listen then you'll know.)

Just a quick reminder of our front gate stall and Little Shed. We try to rotate any food that is no longer edible, but please be aware, these donations are always one day old, so patrons must be responsible when selecting produce.

The kind donations help us to cover costs including, electricity, insurance, maintenance, supplies (ie seeds, etc.), tools both gardening and DIY, and most recently expense - pest control. *We highly recommend 999PestControl, Mild. (07775 801190) who dealt with our problem quickly and efficiently.*

If you can help – you will be made most welcome. (07887 668 145).

Email: theshedcharity@gmail.com

WEST ROW'S NORMANDY TRIP

On the 19th of June, people from West Row and the surrounding area embarked on another trip to the historic battlefields of Europe. The destination this time was not the Western Front however, this time we visited the Invasion beaches of Normandy.

Our first day was a travel day, leaving West Row at 7AM to head down to the Channel Tunnel. Here we crossed over to Calais and began the long drive down to Bayeux where our hotel was situated.

We had a day for each invasion beach, on Day Two our beach being the American Beach of Utah. The first stop of our trip was the Utah Beach Landing Museum, an excellent museum that gave us a solid base to learn more of Americas D-Day throughout the day. We visited Saint Marie du Mont to see where paratroopers of the 82nd and 101st Airborne landed in the early hours of June 6th before a quick lunch stop at Carentan, another town synonymous with the paratroopers before we set off for Sainte Mere Eglise.

It was here that we had our longest stop of the day, enough time to look around the Airborne Museum, town church and to pick up some souvenirs from the plethora of shops that surrounded the main square. It was then on to the last stop of the day, the Normandy American Cemetery. Like all trips we do, everyone was given a soldier to remember, their life story and their D-Days being told to the group before a posy was laid at each grave.



Day Three saw us at Juno and Gold Beach. In the morning we spent some time of the Canadian beach at Bernieres-Sur-Mer, seeing the casemates that guarded the sands and the famous Canada House. It was then on to Beny Sur Mer Canadian War Cemetery to lay our posies for the Canadian soldiers we were remembering. After visiting our first Commonwealth War Grave Cemetery of the trip, it was on to the Juno Beach Centre where we had an amazing guided tour of some of the German bunkers on the beach by our wonderful Canadian guide from the museum. He took us through otherwise private casemates, giving us the history and purpose of each bunker before we ended up on the beach where many Canadians landed on June 6th. We then had just enough time to do the museum within the centre before heading off to our next stop; Lunch!



Lunch was at another significant stop, the hut where Stanley Hollis VC landed on D-Day. Stanley Hollis' story being so special within the sea of D-Day stories because he was awarded the only Victoria Cross on D-Day. A beautifully calm beach and a picnic on the sand was a stark contrast to the chaos of 1944 that we had learnt about that morning, it almost didn't seem real.

From lunch we headed up to the newer British Normandy Memorial where we got to see the sea of silhouettes for those who died or took part in the Invasion of Normandy, including the only two women who were killed during the Battle of Normandy, Nurses Mollie Evershed and Anita Field.

From there it was off to Arromanche for some down time and a chance to see the Mulberry Harbour, a huge feat of engineering that can still be seen today off of the beach of the seaside town. By this time it was around 31C so a paddle and an ice cream was certainly in order.

Our last stop of the day was the town of Port-en-Bessin. Due to the coach not being able to drive through the small harbour town, those who wanted to come and see the Commando memorial atop the cliffs were dropped off before we set off for our trek. It was the steepest cliff walk I have ever seen, an 18% sign half way up making us feel better when we were puffing like steam trains up to the memorial. BUT we made it, and were able to see the beautiful views across the harbour and get a better picture of what the Commandos faced on the 6th and 7th of June.

The next morning, Day 4, Sword Beach, was to be one of our hottest, with temperatures getting up to 35C during the day, but that didn't stop us!

We stopped off at Bayeux War Cemetery and Memorial where we laid flowers for our soldiers, and the two nurses killed during the Normandy Campaign and then Ranville War Cemetery where we laid our posies for the commandos and airborne troops we were remembering on this trip. It was then on to Merville Battery Museum where we learnt about one of the most important objective for the English and Canadian paratroopers, the Merville Battery which was capable of firing all the way onto Sword Beach from so far inland. We then travelled to Pegasus Bridge, arguably the most important objective for the Airborne, having time to see the museum there, walk along the original Pegasus Bridge and see Cafe Gondree, one of the first houses liberated in France.

It was then on to lunch at Coleville Montgomery where another paddle and ice cream was in order to cool down from the heat.

Whilst in the area we also stopped off at the Hillman Bunker, a fortification synonymous with the 1st Suffolk. From the top of the rise, you could see the whole way to the sea and see why the Hillman bunker was a deadly point that needed to be taken out. It was then on to the last cemetery of our visit, Hermanville Cemetery where we laid a posy for a Canadian soldier who had been killed early on in the invasion of France but our last stop was once again a paddle and an ice cream. This time at Luc-Sur-Mer, the town famously twinned with Mildenhall, but the reason we chose it for our final stop was because of the Commando raid there in 1941, the first of many to probe beach defences and tidal patterns ready for the upcoming invasion.

Our final day was the day for Bloody Omaha. Due to Pont du Hoc being closed due to suffering from severe coastal erosion, our time on Omaha was sort but no less meaningful. We stopped off on two of the bloodiest beaches of this American sector, the beach before Vierville sur Mer and Les Moulins. The expanse of beach was breathtaking and the memorials that dotted the dunes showed just how hard fought Omaha beach was.

Our last stop of the trip was the Overlord Museum, an insightful place that drove home the struggle for this beach head. A perfect finish to an informative and learning filled trip.



Bernieres-Sur-Mer,



Normandy American Cemetery.



West Row Baptist Church



From the Pastor's Desk

evan@westrowbaptistchurch.org.uk

What Our Church Is All About

West Row is a village with a rich sense of community. We see it in the way neighbours look out for one another, in the conversations at the shop counter, in the friendships formed at the school gate, and in the quiet acts of kindness that never make the headlines but shape the character of our village. As the Pastor of West Row Baptist Church, I want to share with you what our church is all about, why we exist, and how we hope to serve this community that we love.

1. A Church at the Heart of the Village

Our church has stood in West Row for many decades, and throughout that time our purpose has remained the same: to proclaim the good news of Jesus Christ and to be a place of welcome, hope, and truth for all who live here. We are not a large church, nor are we trying to be impressive. We are simply a gathering of ordinary people—farmers, teachers, hauliers, nurses, businesspeople, USAF personnel, retirees, young families—who believe that the message of the Bible is both true and life-changing.

Everything we do flows from that conviction. We meet each Sunday at 10:45am and 6:00pm to worship God, to pray, and to hear the Bible taught in a clear and accessible way. You won't find smoke machines, flashing lights, or polished performances. What you will find is sincerity, warmth, and a desire to know God better. Many who visit for the first time tell us they were struck by how friendly and down-to-earth the atmosphere is. That is exactly what we hope for, we don't always get everything right but with the Lord's help we strive to show people we really care.

2. A Place to Explore Faith

Not everyone who comes to our church is a Christian, and we don't expect them to be. Many people who walk through our doors are simply curious. Some are searching for meaning. Some are carrying burdens and looking for hope. Others come because they want their children to grow up with a sense of faith and moral grounding. And some come because they have questions—big ones—about life, suffering, purpose, and God.

Our church is a place where those questions are welcomed, not brushed aside. You don't need to know anything about the Bible to attend. You don't need to dress a certain way. You don't need to have your life sorted out. You don't need to pretend. You can simply come as you are.

We regularly run Bible studies, Christianity Explored courses, and informal discussion evenings where people can ask anything they like. No pressure, no expectations—just honest conversation.

3. Rooted in the Gospel

At the centre of our church is one message: the gospel of Jesus Christ. It is the message that God loves us, that He sent His Son into the world to rescue us, and that through Jesus' death and resurrection we can be forgiven, restored, and given new life. This is not just a religious idea; it is the heartbeat of our church and the foundation of our hope. We believe the Bible is God's Word—reliable, relevant, and powerful. That is why preaching and teaching are central to our Sunday services. Our aim each week is not to give motivational speeches or moral pep talks, but to open the Scriptures and explain what they say, why they matter, and how they speak into the real situations of everyday life.

4. A Community That Cares

Church is not just about Sundays. Throughout the week, our fellowship is active in quiet but meaningful ways. We visit the elderly, support those who are struggling, pray with those facing illness, and walk alongside families going through difficult seasons. Many of these acts of care happen privately, without fanfare, because that is how genuine love works. We also enjoy the lighter moments of life together—shared meals, walks, trips to the beach and camping weekends away, and the kind of laughter that comes easily among friends. Our church family includes people of all ages, from babies to grandparents, and we value the richness that brings.

If you are new to the village, lonely, or simply looking for connection, you will find a warm welcome among us.

[West Row Chapel Continued on next page](#)

5. Children, Youth, and Families

West Row is blessed with many young families, and our church is committed to supporting them. We run Sunday Club, youth groups, a toddler group, and special family services throughout the year. Children are not an afterthought—they are a vital part of our church life.

Parents often tell us they appreciate having a place where their children can learn about faith in a safe, caring environment. We teach the Bible simply and clearly, helping young people understand who Jesus is and why He matters.

6. Serving the Village

We believe that a church should be a blessing to its community. Over the years we have hosted village events, supported local initiatives, and opened our building for various activities. We are always looking for new ways to serve West Row—whether through practical help, pastoral support, or simply being a place where people can gather.

If you ever need someone to talk to, someone to pray with you, or someone to help in a moment of crisis, please know that our door is open. Pastoral care is not limited to church members; it is offered to anyone in the village.

7. Why We Exist

In a world that is often uncertain, fast-moving, and fragmented, we believe the church offers something profoundly needed: a place where people can encounter truth, hope, and community grounded in the love of God.

We exist to: Worship God, Teach the Bible faithfully, Share the good news of Jesus Christ, Care for one another and Serve our village with compassion. This is who we are. This is what we are about.

8. An Invitation

If you have never visited West Row Baptist Church, I would love to invite you to come along one Sunday. You won't be singled out or made to feel uncomfortable. You can simply sit, listen, and see what we're about. Whether you have a strong faith, a weak faith, or no faith at all, you will be welcomed.

Our prayer is that every person who walks through our doors will sense something of the grace, truth, and kindness of Jesus Christ.

If you would ever like to talk, ask questions, or explore faith further, please feel free to get in touch with me personally. It would be a joy to meet you.

With warmest greetings, **Evan** Pastor - West Row Baptist Church

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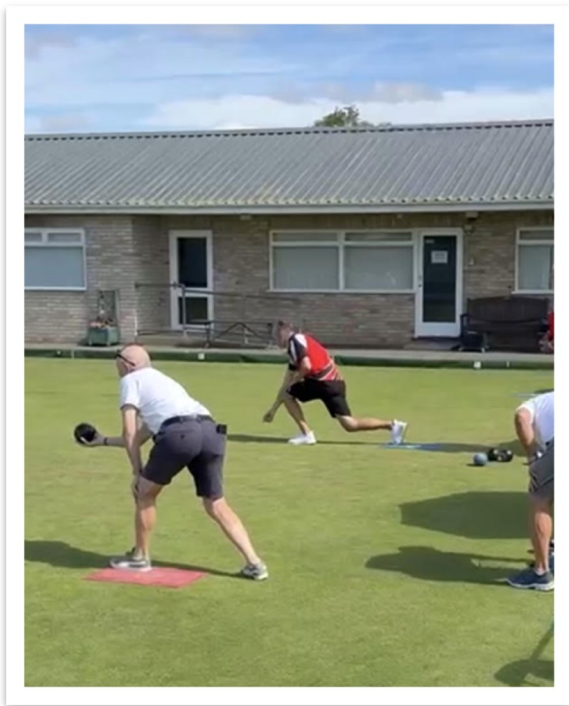




WEST ROW

BOWLS CLUB NEWS

The outdoor season is now in full swing, with West Row competing on many fronts, doing well in the Ely & District League, Rosie Smith Norfolk league, Suffolk Area D and Bury & District Leagues. West Row recently held a new competition, The Pro-Am Pairs tournament, this was open to all playing members at the club, both new and old. The competition stretched the full day with all players getting six games. Congratulations to the two finalists Billy Seaforth/Darren Rolfe & Zac Redman/Jim Milligan. The final will be played on finals weekend 22nd/23rd August. The next club day will be Sunday 2nd August, where players will be battling out for a combination cup. Spectators are always welcome



Coaching for anyone who wishes to try out the sport should come along to the Club on a Wednesday evening, from 6.00 p.m. - 7.00 p.m. The first five coaching sessions are offered free of charge and then anyone wishing to join is asked to pay a Beginner membership fee of £25. A selection of bowls and shoes is available to borrow at the Club.

The Club is open most evenings so why not drop in to see what the Club has on offer and maybe give bowls a try!

For more information regarding any aspect of the Club please contact Club Coach, Peter Rolfe, tel: 07501 640328 or email: peter.rolfe3@btopenworld.com

St Peter's Church West Row



Churchwardens: Beryl Austin 01638 712708 - Debbie Eaglen
Elders: Tricia Leverington

CONTACT:

Vicar: Rev'd Mark McCaghrey

Tel.: 01638 495001

Email:

mark.larkandlee@outlook.com

When I was a child, after my birthday, my Mum would sit me down at the table and I would write out thank you letters to everyone who had given me presents. To be honest, and to my detriment, I can't say I enjoyed the experience and saw it as a bit of a chore.

However this letter to you all is much more enjoyable and it's a delight to say thank you to everyone who made our birthday weekend at St. Peter's so memorable.

First, I need to say a huge thank you to the Mildenhall and District Flower Club who did an amazing job of telling the story of West Row through flowers. What skill and creativity. It was especially good that one teenager from the village gave cornflowers he had grown to reflect the heritage of flowers grown in the village and taken down to Covent Garden.

Second, I need to say a big thank you to the church family at St. Peter's, who baked cakes, sat in a (very hot) church to welcome everyone, cooked burgers on Sunday, did crafts with families, sung along to Frozen and Mamma Mia, and generally made everything go so smoothly.

Third, I need to say a big thank you to everyone who came along despite the scorching weather to any of the events. It was a pleasure to see you, to hear many comments from people looking at memorabilia or photos and recognising people from their past and present. It was wonderful to be able to meet you as you came into your parish church.

As I said beforehand, St. Peter's is the parish church of West Row, and as such we see ourselves as open to everyone in the village. But we are very aware that many may never have come in the building or come along to an event run by the church, so thank you for coming along, particularly if this was your first time over the threshold.

In the bible, we see Jesus demonstrating in practical ways that the Eternal Father wishes us to come home to him. In a small way, we were hoping to show something of the amazing love and welcome that each of us can receive from God through his Son Jesus Christ as well as celebrating the life of the village.

Birthdays come but once a year, and so it is with ours. However we are of course open every week for worship, and are organising a Tractor Run through the village for our Harvest service on Sunday 4th October.

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August and September on the Allotment

As we move from the height of summer towards autumn, August and September are some of the most satisfying months on the allotment. After months of sowing, planting, weeding and watering, the plot is finally paying us back with an abundance of fresh produce.

This year, as always, the weather has kept us on our toes. Whether we have been coping with dry spells, heavy showers or the occasional windy day across the Fens, the allotment continues to reward patience and persistence.

Harvesting is now the main task. Runner beans, French beans, courgettes, tomatoes, cucumbers and sweetcorn should all be producing well. Regular picking is important, especially with beans and courgettes, as it encourages plants to keep cropping. Potatoes can be lifted as required, and many of us will be enjoying the first of the season's onions and shallots.

Fruit is also coming into its own. Apples, pears and plums are beginning to ripen, often producing more than any family can use. One of the pleasures of village life is being able to share surplus produce with neighbours, friends and family, ensuring that little goes to waste.

Although the growing season is beginning to slow, there is still plenty to sow. Winter salads, spinach, spring cabbage and oriental leaves can all be started now for harvests later in the year. Empty beds should not be left bare if possible. A sowing of green manure will help protect and improve the soil through the winter months.

Watering remains important, particularly during any warm, dry periods. A thorough soak once or twice a week is usually more effective than frequent light watering. Mulching around crops can also help conserve moisture and suppress weeds.

Tomatoes often need special attention at this time of year. Removing the growing tip once several trusses have formed allows the plant to concentrate on ripening fruit rather than producing more flowers. As the nights begin to cool, every bit of sunshine becomes precious for bringing tomatoes to maturity.

September is also the time to think ahead. Maincrop potatoes can be lifted and stored, while onions and garlic should be dried thoroughly before being put away. Pumpkins and squash will soon be colouring up ready for autumn displays and winter meals.

The compost heap deserves attention too. Healthy plant material can be added as crops finish, creating valuable compost for future seasons. Any diseased foliage should be disposed of separately to avoid carrying problems forward.

Finally, take a few moments to reflect on the year so far. Which varieties performed well? Which struggled in our local conditions? A notebook filled with observations can be one of the most useful gardening tools when planning next year's plot.

The allotment is often at its most colourful and productive during late summer. There is hard work still to be done, but there is also great satisfaction in gathering fresh vegetables and fruit that have been grown just a short distance from home. As autumn approaches, we can enjoy the harvest while already looking forward to another growing season ahead.

Happy gardening, and may your baskets be full!

Summer Quiz of 2026

All answers are either a sport or all sorts of games

e.g. Donald would fancy himself as number 1 in this game (3,6) Ans. TOP TRUMPS

1. In this game the winner owns it all (8) ANS.....
2. A chirpy little creature for this sport (7) ANS.....
3. It sounds as if you can play this card game by yourself, but you can't (4) ANS.....
4. It can be found in reverse in a petrol operation (4) ANS.....
5. This game sounds like an enlarged spirit with a baby animal (8) ANS.....
6. It sounds as if you play this sport with tongs but you don't (7) ANS.....
7. This game is similar to taking transport across a North American country (7, 5) ANS.....
8. Not a commotion at home but it takes place on water (6) ANS.....
9. Putting clothes on with an era (8) ANS.....
10. Horses with compasses going from one place to another (5,2,5) ANS.....
11. To win this game you must find a mate (5) ANS.....
12. A semi drunkard with eye movements (6,5) ANS.....
13. Ovulate unscrambled with a shortened vinyl record (4, 5) ANS.....
14. Could be a moonside game with spots (8) ANS.....
15. Most residences have this around their gardens (7) ANS.....
16. Often goes across a valley, river or road (6) ANS.....
17. Elgin has some but can't play this game with them (7) ANS.....
18. If you play all your tiles in one go and make the name of this game you'd score 64 (8) ANS.
19. A joyous get together for relatives (5, 8) ANS.....
20. With a weak adhesive you could get unstuck when altered (4) ANS.....

NAME OF ENTRANT.....

ADDRESS.....

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CHILDRENS CORNER

Fruit Yogurt Bark

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You will need:

- 300g Greek yogurt or natural yogurt
- 1–2 teaspoons honey (optional)
- A handful of strawberries, blueberries, raspberries, or other soft fruit

A baking tray, plate, or shallow container lined with baking paper

What to do:

1. Mix the yogurt and honey together in a bowl.
2. Spread the yogurt onto the lined tray to make a rectangle about 1cm thick.
3. Sprinkle the fruit over the top and gently press it into the yogurt.
4. Put the tray in the freezer for at least 3 hours, or until completely frozen.
5. Remove from the freezer and break into bark-like pieces.

Enjoy straight away before it melts!

Top Tip

Try adding sliced banana, chopped mango, or a sprinkle of granola for extra crunch.

Ask an adult to help when preparing food and using the freezer.

