



THE BEACON

Beck Row, Holywell Row and Kenny Hill



facebook.com/beck.council

June - July 2026

Hello Readers

Well, we are halfway through the year already! A rather sad thought that towards the end of June, the nights will start drawing in again!!

I would like to thank the reader who emailed thanking the Beacon for the recipes that are printed. The reader commented that they make each of the recipes and have enjoyed them all so far. If any reader has a favourite recipe they would like to share, please email it in and we will include it in the next issue.

It is very sad that there have been reports that fires have been lit over the Aspal Close area and near to the play park. With the ground being so dry these fires could lead to some serious damage being caused. It can be dangerous enough when the fires are accidentally started, but a stray spark from any fire, or when it is not fully extinguished can be so dangerous.

You will see the poster in the Beacon for a Love Your Village litter pick/tidy up – all volunteers are welcome – just a couple of hours – or whatever time you can spare.

Well time for me to close, but as always, we pass on our thanks to all those who help putting the Beacon together and of course all those who help with the deliveries.

Sue French

What's Going On Locally...

St John's Church

Sunday Services 9.30am

1st Sunday – Encounter Service (in hall)

2nd Sunday – Service of the Word

3rd Sunday – Lightwave Breakfast Church (in hall)

4th Sunday – Holy Communion

Community Events (by donation)

1st Tuesday – Lunch 12 noon

(book with Kathy 07963 958017)

2nd Tuesday – Soup and Chickenfoot 12 noon

3rd Tuesday – Coffee Morning 10am

4th Tuesday – Soup and Bingo 12 noon

Contact details - Revd Canon Mark McCaghey,
Team Vicar of Lark and Lee Group
in the Forest Heath Team Ministry
01638 495001 mark.larkandlee@outlook.com



BECK ROW LADIES CLUB

2pm – 4pm

2nd Monday of each month
St John's Church Hall, Beck Row

The Methodist Church

Sunday Services

Beck Row Methodist Church 11am

Holywell Row Methodist Church 6.30pm

Rev. David McAloon - 01842 753819



The Mildenhall Scale Model Club

now meets in St. John's Church Hall

7pm - 10pm

every 1st and 3rd

Wednesday

Gary Wenko • T: 01638 714543



THURSDAY CLUB

2pm – 4pm

3rd Thursday of the month
(over 50s)

at Beck Row Methodist Church

For further details please
contact Maggie Walker
on 01638 715447



St J's

Stay and Play

FREE

Every Wednesday
9.00am to 11.30am

at St. John's Church Hall

All children aged 0-5 and their
parents/carers welcome



BECK ROW PRE-SCHOOL

Play • Learn • Grow • Together

Open during term time only

Hours: 8:45am – 2:45pm

Contact: 01638 712621

Email: beckrowpreschool@btconnect.com

Current spaces available

Where learning
through play is fun!



CUTS *R*US

BARBERSHOP

37 Beeches Road, West Row, IP28 8NP

Call Stephen to set up an appointment on

07985 426561

*I look forward to seeing
new and existing customers
at our premises in West Row*

Loyalty Card for all customers

WE NOW HAVE A ROOM TO RENT IDEAL FOR

Tattooist

Stylist

Nail Tech or Beautician



• Servicing • MOTs • Tyres • Exhausts • Air Con
• Diagnostics • Wheel Alignment

Unit 2, Harlequin Business Park, Kenny Hill, Suffolk, IP28 8DS

FREE LOCAL COLLECTION & DELIVERY

01353 675 000

www.candlmotortech.co.uk



8 PASSENGER SEATS • ALL AIRPORTS COVERED

07379 811 373

towncountrycars95@yahoo.com

ALL MAJOR CREDIT / DEBIT CARDS ACCEPTED IN THE VEHICLE



BILL MALONE SERVICES

M: 07841 785455

E: wmalone.790@btinternet.com



**UPVC WINDOWS & DOORS
REPLACEMENT SEALED UNIT SPECIALISTS**

**UPGRADE YOUR OLD WINDOWS WITH NEW ENERGY
EFFICIENT SEALED GLASS UNITS**



CALL
TODAY
FOR A FREE
QUOTATION
& ADVICE

**Tree Works, Garden Maintenance, Fencing and Landscaping
Management of Woodland, Sports Grounds and Recreational Areas
Site Clearance and Stump Grinding Service**

Aerial Drone Surveys Undertaken

Emergency Tree Call Out Service

No Job too Large or too Small



The Joshua Tree

ARBORICULTURAL SPECIALISTS

Professional, Ethical, Local Company, Fully Qualified and Insured

Free Quotations and Advice

www.thejoshuatree.uk

To make an appointment call: 01638 597711



Life Change from a Reader

“Slimming World helped me rediscover my love of food.”

Christine Parrott, 38, runs her own children's day nursery in Red Lodge. She lives in Beck Row, with her husband and their three children. Christine is 5ft 4ins (163cm) tall and weighs 9st 5lbs (59.4kg), having lost 6st 2½lbs (39.2kg) at Terri Cullern's Slimming World group in Beck Row, Suffolk

“As a busy working mum, I rarely found time to cook and often turned to a takeaway at the end of a long and tiring day. Then I joined Slimming World and realised just how much my habits were impacting my weight and health. I made some changes and found that being organised and planning meals for the week ahead was a game changer.”



Christine admitted to feeling “a little uneasy” when she first walked into her local Slimming World group, even though she knew she'd be given a warm welcome. She said her consultant, Terri, “immediately made me feel at ease and gave me confidence that I'd made the right decision”.

Christine added: “And even though I already knew how the Food Optimising plan worked, Terri went through it with me again – and hearing it with fresh ears helped me approach

it differently this time. It made me realise how much my old habits were holding me back. I'd rarely cooked at home and relied on quick-fix meals that were high in calories or takeaways. I'd also snack throughout the day and binge eat often too”.

“Terri has been amazing at helping me identify my triggers and put strategies in place to build a healthier relationship with food – like checking the menu before I go out for dinner, or choosing a lower-calorie coffee, like an Americano, without feeling like I'm missing out. And being in a group of people where everyone is working towards similar goals, has helped so much. Everyone's genuinely rooting for one another, and it feels great to share our success together.

“When I'd been a member in the past, I rarely stayed for the full group session – I'd just weigh and go home, especially if I hadn't had the week I was hoping for. I didn't realise how much I was missing though. Now I stay, and listening to the other members share their own challenges – and hearing how they've overcome them – was exactly what I needed to stay focused on my goals in those first few weeks. And now, I love sharing my own wins and the tips I've picked up along the way, too.”



SlimmingWorld
feel real good

Beck Row Methodist Church

Thursdays 5.30pm and 7pm

with Terri 07725 761922

Fridays 7am and 9am

with Caroline 07516 668517

How to Help Young Birds this Summer

As soon as the weather warms up, our beautiful garden birds begin their annual quest to reproduce and they often choose hedges, trees and even man-made nestboxes in our green spaces. When these young birds reach 'fledging' age - i.e. they are capable enough to leave the nest. Most of the time this goes smoothly. However, even when this stage of their lives goes well, we can find a young bird (or sometimes more than one!) sitting slap bang in the middle of a path or lawn, looking helpless, clueless and very vulnerable. When this happens, it can be difficult to know how to help them, and whether to intervene at all.

As a general rule, if the young bird has no visible injuries and is well covered with feathers, then it should be left alone and given plenty of space (such as the young Cuckoo in this photo from the reserve!). A few tufts of downy fluff on their body is fine, and appearing not to be able to fly is fine. At this age, they can usually only flutter a little and will not be fearful of humans, dogs or other animals so may not necessarily fly away from you, even if they can. Their parents are very likely to be close by and will generally only visit their young to feed them if they feel that there are no predators around (sadly, humans, pet dogs and cats are all perceived as predators, whether they mean harm or not).



Cuckoo
(Photo: Tony Rawson)

The priority for the parents of a nest of young birds is to get them to leave as soon as they are able to - as if a predator were to find a nest full of chicks, it could easily predate them all - whereas if those young birds have left the nest and are scattered around, it is more likely that only one or two might be lost, with the rest of the brood surviving. This is why chicks can leave the nest naturally when they can flutter and hop around (and so are mobile) but may not be able to fly yet. The best thing to do is to keep an eye on any young birds from a distance - ideally indoors - and you should find that the fledglings naturally move on within a few hours. Their parents will use food items as 'bait' to encourage the fledglings to move to get it, if the parents feel their young are in a vulnerable place.

But when should we intervene? If there are any visible injuries, it's a good idea to seek professional help from a wildlife rehabilitator. If the young bird is in a busy road or on a public footpath, you could gently and quickly move a fledgling to the nearest safe place such as under a bush or in a hedge. If the fledgling appears uninjured, it's a very good idea to keep any pet cats indoors, or to put a pet dog on a lead if it needs to visit the garden where the fledgling is, until the young bird has naturally moved on.

For any injured or unwell wildlife, or where it is known that the parent birds have been harmed or have not returned for a day or two, you could visit the very helpful website www.helpwildlife.co.uk to input your postcode and the species you have, to find the nearest suitable help.

By Heidi Jones - Visitor Experience Officer,
RSPB Lakenheath Fen,
Station Road, Lakenheath, Suffolk IP27 9AD

rspb.org.uk



JUNK YARD
TOP PRICES PAID
JUNK CARS
WANTED
AUTO PARTS
RECOVERY

 **01638 713938**

www.beckrowdismantlersltd.co.uk

Chocolate Malt Biscuits

These are your spare last minute biscuits! Once made they need to go in the freezer and cooked from frozen to prevent the soft dough from running everywhere!

Ingredients

- 200g salted butter
- 175g light muscovado sugar
- 75g caster sugar
- 2 medium eggs
- 1tsp vanilla extract
- 325g plain flour
- 2 tbsp Horlicks
- 2 ½ tsp baking powder
- ½ tsp sea salt/flakes plus a pinch
- 75g chopped walnuts if you wish (I didn't include them)
- 200g dark chocolate roughly chopped, not chopped small
- 100g milk chocolate also chopped roughly and not too small



Method

- 1 Put butter and sugars in a large bowl and whisk on high about 3 minutes, add eggs one at a time and vanilla and whisk till combined.
- 2 In a separate bowl put flour, salt, baking powder, Horlicks and walnuts if using most of the chocolates, but leaving a few pieces for the top of the biscuits.
(The recipe is for 12 big biscuits but I made them much smaller for the children so allow enough pieces accordingly).
- 3 Add the dry ingredients to the wet mixture - it will be quite sticky and then chill for about half an hour.
- 4 Now line two large baking trays (the size that will fit in your freezer) with baking parchment. When ready make into balls the size you wish - the recipe is for 12 which makes quite big balls - and arrange separately pressing the remainder of the chocolate into the tops.
- 5 Freeze for at least 2 hours if using immediately. You can then either cook or put the individual balls of dough into bags for longer freezing.
- 6 When ready to cook heat oven to 200°C/180°C fan.
- 7 Bake from frozen for 18-20 minutes – a bit gooey in the middle, or if you like them more spongy a further 2 minutes.
- 8 Cool in the tins for 15 minutes after sprinkling the pinch of salt over them.
- 9 They will keep for 2 days but can be refreshed after that by microwaving for about 15 seconds.



**Vehicle Graphics
Signage, Labels
Workwear
Business Cards**

07938 81 27 20

www.fusiongraphicsuk.com

Unit 5 Harlequin Business Park, Kenny Hill, IP28 8DS



Cake Shed
Open Saturdays
9am-6pm
(some Sundays - check our
Facebook for updated times/Menu)
43a Aspal Lane, Beck Row,
IP28 8AT



CHURCH FARM

Boarding Kennels & Cattery

Clean, Spacious 5 Star Rooms • Tiles & Heated
NVQ Level 3 Qualified • Individually Cared For

Opening Times (by Appointment only)

Mon-Fri: 9am-12pm & 2pm-4pm

Saturday, Sunday & Bank Holidays by arrangement only



Kenny Hill, Bury St Edmunds, Suffolk, IP28 8DU • 01353 675 400
churchfarmboarding@outlook.com • churchfarmboardingkennels.co.uk

HARLEQUIN FARM STABLES RIDING SCHOOL



- BHS Approved Centre
- Pony Club Linked Centre
- Riding Lessons
- Pony Parties
- Harlequin Pony Club
- BHS Stage 1 Training and Assessment
- Pony Days and Activity Days
- In-house Competitions



07885 897261 | harlequinfarmstables@btinternet.com
www.harlequinfarmstables.co.uk

Balmforth

Estate Agents, Valuers & Letting Agents



Looking for a **Professional, Friendly & Independent Estate Agent** when considering **Selling, Buying or Renting** your Home, then contact your local Agent

Balmforth Estate Agents

01638 711171

Free, No Obligation Valuations

No sale – No Fee!

mildenhall@balmforth.co.uk

www.balmforth.co.uk



Another season is drawing to a close and the children have had a very successful one. The numbers continue to grow, and it is very pleasing to see so many enjoying the game. Parents who come along to watch are very supportive of this club and help with their generosity in buying refreshments to keep it going.

Sadly, some are not so supportive, and it is with regret we have to report vandalism to the walls of the clubhouse. A large hole was kicked in the cladding and of course it is very difficult to find a matching board. We would be very grateful for any information regarding this incident - contact

details below - and at the moment investigation by our community policeman is ongoing. We all try to provide amenities for the people in the parish, and it is a great shame that just a few spoil it for the rest of us.

Although there are no matches until next season, training continues and on Tuesday and Thursday evenings from 5.30pm for an hour any U9s and U11s are welcome to arrive and join in. It is best to contact Richard Horrex (details below) before you come as starting times for training are subject to change. You would be most welcome.

Further news on Josie Rose, our chairman's wife, tells us her recovery is going very well and we all look forward to seeing her out and about again in the community.

If any youngsters wish to join our teams it is possible to put your names forward for next season which will soon come round!

Contact details are as follows: **Chairman:** Graham Rose 01638 714968

Youth Coach: Richard Horrex richardhorrex@gmail.com, 07540 201 223

Sales Markets - the Bigger Picture

Over the past few months, it has been hard to escape the doom and gloom surrounding the property market. Headlines continue to focus on falling confidence, higher mortgage rates and buyers becoming more cautious. While parts of that are certainly true, it is important not to lose sight of the bigger picture locally.



I recently reviewed a five-year property heat map from Bricks & Logic, which tracks sale value changes across our surrounding villages and towns including Mildenhall, Beck Row, Red Lodge, Lakenheath and the wider area.

What stood out immediately was that, despite all the noise nationally, much of our local market remains comfortably above where it sat before the Covid-era property surge.

That is an important point.

During the pandemic years, the market experienced an unusually sharp rise in values. Stamp duty incentives, historically low interest rates, remote working trends and rapid inflation all combined to push prices upwards at a pace that was never likely to continue forever. In many ways, what we are seeing now is not a collapse, but a market correcting itself back towards more sustainable levels.

Locally, the picture is far more stable than many would believe. Areas around Mildenhall and the surrounding villages have continued to show resilience over the past five years, helped by consistent demand, RAF connections, strong commuter routes and the fact that many buyers still view West Suffolk as offering comparatively good value when compared with larger towns and cities.

What has changed is buyer behaviour? Buyers today are more cautious, more informed and more selective. Presentation matters more. Pricing strategy matters more. Homes that are realistically priced and well-presented are still attracting good interest, while properties launched too high are sitting on the market longer and often requiring reductions later.

This is not 2008.

We are not seeing widespread panic selling locally, nor are we seeing values return to pre-pandemic levels across most of our parish. Instead, we are seeing a market that is becoming more balanced after several years of unusually fast growth.

For homeowners considering a move, the key message is simple: do not let national headlines convince you that the local market has fallen apart. The reality on the ground here in West Suffolk is far more measured than the dramatic stories often suggest.

For those with questions, you can find me at brad@beatricecarter.co.uk.

Beatrice Carter

Property

Sales | Lettings | Property Management

Family Run Business • Established 1994

01638 712383

Successful Evening

The first Darts and chat evening was held at the Parish Hub on Wednesday 29th April and over 20 people attended.

It is hoped that this can become a regular event and other types of games can be introduced. This is a great opportunity for young and old to get together and have some fun.

We do however need some volunteers to help run this, if you are interested and willing, please contact Gary on 07796 958720. The next evening will be? - date to be confirmed.



SCHOOL HOLIDAY ACTIVITIES CLUB

We have received some funding from the Parish Council and Suffolk Council to enable us to continue running the Holiday Club every Monday morning in the school holidays at St John's Church Hall.

The activities are led by Angie Finn from Lightwave, who you might know from her work in the school, at St J's Stay and Play and Coffee Connections.

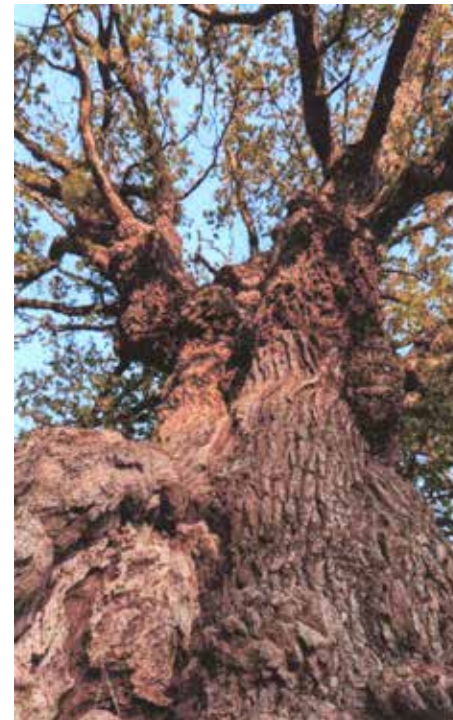
The sessions run from 9.30am to 11.30am, and comprise games, craft, activities, music etc, and include Brunch which is served at approximately 11am. There is no charge, but booking is advisable directly to Angie at angie.finn@lightwave.community

Future dates will be:
27th July • 3rd, 10th, 17th, 24th August

Friends of the aspal close committee, what they are and what do they do?

The friends of the aspal close committee are a voluntary group dedicated to using their free time to aiding West Suffolk council in the protection and preservation of Aspal Close Nature Reserve. The site is a 18.9-hectare wood pasture that is used recreationally by the public such as dog walking, meeting up with friends, walking to school and watching nature.

The committee reports and evaluates the usage and condition of the site through multiple meetings a year. They work alongside West Suffolk council to ensure the site is accessible, biodiverse and safe for the public to use and enjoy. In addition, the committee organises events such as litter picks to keep the site clean and tidy. The committee are currently working on creating new ideas to better the site and involve a wider range of people and backgrounds.



The site holds a green flag award, received in 2018/19. This means that the site is a well managed and environmentally sustainable green space. The reserve supports a plethora of veteran oak trees and as such contains and sustains a wide variety of species. These include Nightingales (*Luscinia megarhynchos*), Swifts (*Apus apus*), Willow Warblers (*Phylloscopus trochilus*) among schedule 1 species such as Barn owl (*Fyto alba*) and Red Kite (*Milvus milvus*) populations.

Additionally, there is a high biodiversity of floral species within the site demonstrated through the presence of both saxifrage and common rock rose which attract a range of pollinators such as solitary bees and bumblebees that are not only crucial for pollination but for maintaining predator, prey relationships within a healthy ecosystem.

Here is David Taylor's short story for you all. David is a retired meteorologist and has joined a writing group. He is quite an inspiration for those who feel they have a book inside them! Have we got such a person among our readers? If so, please contact us if you would like to write something for us all to share.

Tea For Three

'Quick, quick, into this shop and don't argue.' Maisie felt herself being rapidly forced into a coffee shop by her mother's firm grip on her arm and straight to the furthest table from the door and windows. Her mother sat down quickly facing the wall. 'Don't look out but there's that dreadful woman, Jessica Judge, who's the biggest gossip in town and I don't want her to spoil our morning. Maisie had been enjoying her morning with her Mum. She was back in the old town on a shopping spree and had just commented, 'I can't remember the last time, just the two of us, had managed to do this.' It looked as if it may already be spoilt.

With that, the door burst open and a big-bosomed woman, with feathered hat, oversized skirt and worn brogues, erupted into the premises looking wildly around. 'Ah, I thought I saw you, Rachael,' she said in a booming voice, startling the other customers and managing to overturn the cream jug over the table as she tried to manoeuvre her extra-large shopping trolley through the narrow aisles. She also ran over the paws of a resting dog. 'Shouldn't be allowed to bring animals into catering establishments,' she bellowed.

The waitress frowned as she came over with a cloth to mop the table. 'I'll take your orders after I've cleaned up,' she said pointedly. Rachael and Maisie both apologised and didn't know why. Jessica thundered, 'Shouldn't have been left on the table, my girl. It pays to clear tables quickly.' The girl gave a nod and a knowing smirk to Rachael and Maisie.

'Now then, where was I?' she continued, as she pulled a chair from another table, and sat down with her trolley blocking the access of adjacent tables. She ran her fingers across the table, 'I'm not surprised; it's sticky, this

hasn't been wiped down properly. Anyway, I just had to stop and tell you about the latest exploits of the town traffic warden who I had an up and downer with. You know who I mean, that weedy little man who thinks he has grown eighteen inches every time he dons his uniform and peaked hat. Well, I had a run-in with him about six months ago; I'd only parked my car near the zebra crossing whilst I popped into the library. Well, I'd only gone in to return my books, and I met Audrey Middlesmith, she's such a gossip and I just couldn't get away. When I came out, the weed had put a ticket on my windscreen – something about parking on zig-zag lines in the zone of a pedestrian crossing. I think he just makes up the rules. I wouldn't pay the fine and represented myself in court, of course, and they kept telling me to keep quiet and stop interrupting the proceedings and then they had the cheek to fine me £85 and put three points on my licence. It didn't help when I told them I hadn't seen my licence in years.'

At this point, the waitress came over to take the orders and, without asking, Jessica ordered a pot of tea before Rachael and Maisie had even thought about it. 'You'll have to move this trolley, madam,' she said, 'it's a health and safety hazard. There's a proper space over near the door.'

Jessica angrily and grudgingly moved her trolley, 'In my day we didn't worry about nonsense like that, we just got on with life.' She barged into the waitress in her temper. Maisie couldn't believe what was happening especially as all the other customers had started listening intently to the table's rants.

'Oh, Jessica, I don't think you've met my Maisie, she's at university now and we don't have much time together.' It was as though Rachael had not spoken and

Jessica continued, 'Now, where was I? Oh yes, the traffic warden. You'll never believe this but just as I was passing the Town Hall this morning, the little weed was sticking a parking notice on the mayor's chauffeured car which was parked outside the town hall. He got his comeuppance when the Chief Constable left the entourage, marched up to him, reprimanded him and sent him on his way. I clapped and a police constable had the cheek to move me on too. I've been trying to think who that warden is and it's now come to me. He's the son-in-law of that Marjorie Dawes who married that Herbert Tasker, who was in our class at school. He used to live down Milton Avenue, you remember. You probably heard he got arrested for shoplifting in Sainsbury's. Yes, a beef joint, two boxes of chocolates and a bottle of rum. I never really liked him at school particularly when he had a crush on that Sarah Donaldson after he'd asked me out.' It was evident by now that the other customers were clearly enjoying and totally absorbed in Jessica's ramblings, to the extent that they were totally silent. Jessica was completely unaware.

'Oh, talking of old school friends, I saw John Gibson, you must remember him; he was in the class above us. He did look poorly. Met him at the doctors, that practice down Windsor Lane, and asked him what his trouble was and whether he'd had to wait long for an appointment and whether he was seeing the nurse or a doctor. He didn't seem to want to talk, but he did look poorly. The last time I saw anybody looking like that they didn't last long. Of course, I didn't have an appointment myself, well, I don't use that doctor's surgery, just use the waiting room to catch up, have a warm and use the loo. That's another thing, the receptionist had the cheek to ask me who I was waiting for because it was so packed and patients were having to stand. I told her that I wasn't a patient of theirs and she told me to leave. I had to remind her that I was a customer of the NHS, with whom she was employed, and that I would be writing to the

practice manager to voice my concerns over her rudeness. I just can't repeat what she replied. So, I've copied the letter to my MP. Not that I have any trust in the government. As expected, I haven't even had the courtesy of an acknowledgement. I don't know how they are elected. I don't like to gossip but I heard over the grapevine that our MP is having an affair with the deputy health secretary. I haven't even bothered to look up who she is but another of my friends is going to look into it. You don't know, do you Rachael?'

The embarrassed Rachael coughed, aware that the customers were listening with bated breath whilst Maisie sat with dropped jaw, 'I haven't a clue, Jessica, I think I must live in a different world to you and certainly a different town.' Jessica didn't notice the pointed reply, but all the customers and the waitress grinned at each other.

Before Rachael and Maisie had finished their coffees, Jessica suddenly stood up; how she'd managed to empty the teapot, downing two large cups of tea and pontificate at the same time was beyond belief. 'Lovely to catch up and hear all your latest news', she bellowed. At that moment, the waitress brought the bill which Jessica scanned, 'How much, I can't believe it, I insist you don't leave a tip,' and with that she marched to her trolley and left the premises. She was completely unaware of the cheering and clapping from the customers and waitress as she strutted down the High Street. 'Oh, you must come again and bring your friend', one of the customers said giggling, 'it's been the most entertaining Saturday morning I've had in a long time.' Rachael and Maisie sat there traumatised, not really wanting to finish their cold coffees.



News from Beck Row Methodist Church



We were delighted once again to welcome the Pilgrims to our hall on the Wednesday before Good Friday on their pilgrimage to the Shrine of our Lady in Walsingham. They start from the London area on the Sunday before Easter and stay at various places along the way. We host them for dinner (see photos) and they



stay the night on the floor of the church hall before having their breakfast and then go on their way. There are always new faces but some have been coming for some years. The Reverend David McAloon was there to welcome them his last time with them before he moves to his new ministry in Blackpool. We will miss his cheery face and his wonderful convivial presence. His farewell service will be on 23rd July in Thetford at 6pm. We wish him well as he moves on to new people and new challenges.

In September we welcome our new minister the Rev. Sally Coleman and we look forward to her ministry in Beck Row.

Our dates confirmed are the following:

Coffee Morning Saturday 6th June at 10am to 11.30am

We hope to see you there for cakes and coffee and stalls for your entertainment. It is always fun to join in the conversation with people from all around the area and you will be very welcome.

Chicken Foot – Friday 19th June at 7.30pm, £5

Harvest Supper – Saturday 12th September at 7pm, £10

Harvest Thanksgiving – Sunday 13th September at 11am



Gardening Tips

We have had many springtime frosts that have damaged small and large shrubs alike, even small trees. We expect to see magnolias getting caught by frost which have been spectacular this year. But even walnut trees have been caught, and I've also seen some small oaks being caught on the higher branches. This is unusual but not unheard of as tender shoots just coming out are obviously more vulnerable.

Choisyas can be pruned after flowering in late May and take out any frost-damaged interior of the plant. They then have time to rejuvenate ready for next spring. Sometimes the frost damage can be too much for the plant, but still remove dead wood and you will have a shrub that will survive and decrease in size for a few years to come and still look good. Take out no more than one in three of the oldest stems.



K-B
GARDEN & PROPERTY
MAINTENANCE

NO JOB TOO BIG OR TOO SMALL

Fencing & Repairs
Decking, Patios
& Hedge Trimming

FOR A FREE NO OBLIGATION QUOTE, CALL US ON

01638 814 018
07734 712 574 07951 691 844

Featuring in the Bury Free Press & Newmarket Journal

MILDENHALL BUTCHERS

Traditional Family Butcher

Tel: 01638 712248

10 High St, Mildenhall, Bury St Edmunds. IP28 7EQ

OPENING TIMES

Monday - Saturday 7.00am - 5.00pm

Sunday - Closed

Customer car park available
behind the shop.



Find us on Facebook



Pine Farm Kennels & Cattery

Luxury Boarding

- Exercised 3 Times a Day
- Pet CCTV - 24/7
- Underfloor Heating
- Animalair
- Pet Daycare
- Collection Service Available

01842 861841 or 07946 452942

pinefarmkennels@yahoo.com

Wilde Street, Beck Row, Mildenhall IP28 8BT

Open 7am - 6pm



Beck Row Ladies Club

The Ladies Club meets on the second Monday of each month at 2pm in St John's Church Hall. There is no membership fee, just a meeting fee of £4 which includes a speaker, refreshments and raffle. And of course good company!

We have a diverse range of speakers, outings and activities, and our recent ones have included a presentation by actor Bryan Thurlow of 'The Murder of Maria Martin', a return visit from Iestyn Edwards speaking on his life in Cabaret, a demonstration at Aspal Lane Nursery of making hanging baskets then the opportunity to make our own, and an interesting talk from Owen Thompson about 'The County Executive Wartime Committee', which oversaw massive improvements to farming in this area.

Our future programme is:

- 8th June** **Matt Horsham RSPB, 'Operation Turtle Dove'**
13th July **Silvertime Legal, Inheritance Planning**
10th August **Tractor and Trailer tour of Elevden Estate**
14th Sept **Russell Webb, 'From Firefighter to publish Author'**

Further information can be obtained from our secretary:
Lynda Laws, 07805 144376, email lynda432@btinternet.com



Holywell Row Village Hall – Bingo Sessions 2026

Bingo sessions are going to be held on the 4th Friday of each month in the Village Hall.

2026 dates -

26th June, 24th July, 28th August, 25th September, 23rd October and 27th November.

Bingo starts at 7.30pm:

10 games for £5.

There is a prize for 1 line and a prize for a full house in each game.

*The Hall is available to hire at reasonable rates.
Please contact Pauline on 07714 063190.*



With over 30 years of experience in the industry, GP Building Services has built a successful reputation for being a reliable Building service. GP Building Services always puts the customer first. By offering free quotes and advice with competitive prices, GP Building Services receives a lot of work from repeat recommendations in the local area.

GP Building Services offer the following services:

Roofing	Sub-Contractors for:
Joinery	Plastering, Plumbing, Electrics
Clearance	Extensions, Loft Conversions
Building	New Builds
Carpentry	Commercial Projects
Groundworks	Patios
Bricklaying	<i>plus more</i>

01638 715 893

07796 441 994

G.PP@hotmail.co.uk

Suffolk Police - Keeping Suffolk Safe

Call: **999** If a crime is in progress or someone is in immediate danger.

Call: **101** or report online for any other non-urgent or crime related incidents.

Suffolk Connected – Stay Informed: Suffolk Connected is our system designed to keep residents updated on local policing news, crime prevention advice, and community alerts.

Register today: Visit: www.suffolk.police.uk/suffolkconnected

Home and Garden Security:

- Secure sheds, garages, bikes and tools (a big local issue)
- Lock doors/windows even when at home or in the garden
- Mark or register bikes and tools
- Be mindful of rear garden access and side gates

Report any suspicious activity.

Distraction Burglaries and Rogue Traders:

- Saying no to unsolicited traders
- Callers refusing to leave when asked
- Pressure to pay cash or decide on work immediately
- Use door chains
- Verifying ID properly
- Encourage neighbours to look out for vulnerable residents

If in doubt – don't engage, report it.

Your community police officer:



PC 503 Cameron

Vehicle Security:

- Don't leave vehicles unlocked while popping into shops or homes
- Remove valuables completely (not just hidden)
- Lock vans used by tradespeople overnight
- Report suspicious activity around parked vehicles

Lock it, check it – report anything suspicious.

ASB and Youth Related Issues:

- Persistent noise or gatherings late at night
- Damage to play areas, benches or public spaces
- Drinking or anti-social behaviour in communal areas
- Intimidation or nuisance towards residents
- Ongoing issues that affect quality of life

Early reports help prevent escalation.

Rural and Open Space Safety:

- Illegal off-road motorbike use
- BBQ safety and fire risk in dry conditions
- Respect open land, livestock, and footpaths
- Report any suspicious rural activity

Protect our countryside – report misuse.



G R Peachey and Son Independent Funeral Directors

*A Family Owned Business Established By George Russell Peachey of
Holywell Row in 1937 Serving The Community for 3 Generations*

Our family, helping your family

24 Hour Service

Personal care and understanding at all times

Funeral arrangements can be made in

the comfort of your own home if required.

Traditional & Bespoke Funerals

Direct Cremations

Tailored Funeral Plans

Private Car Park

Golden Charter
Later Life Planning



16 North Terrace Mildenhall, IP28 7AA

Tel 01638 713201 email grpeachey@gmail.com

www.grpeacheyandsonfuneraldirectors.co.uk



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

26 June, 31 July, 28 August (10am -11am)

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

Moth Morning – Clearwing Special

17 June (9.30 -11.30am)

For the first time at RSPB Lakenheath Fen, we will be deploying a full range of pheromone lures to see which of the 15 UK species of beautiful clearwing moths live here.

Guided Pond Dipping

6 June, 4 July, 1 August (11am -1pm)

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

Join in with Harrier & Bittern Nest Watches (FULLY BOOKED)

9 June (7.30am-12.30pm)

Summer Wildlife Walks

14 June, 28 June, 12 July (9.30am -12.30pm)

Join us on a tour of the reserve to look for star species such as Kingfishers, Hobbies, Marsh Harriers and Bitterns as well as lots of warblers, butterflies and dragonflies.

Butterflies & Dragonflies of Lakenheath Fen (Guided Walk)

27 June (10.30am - 1.30pm)

If you'd like to learn a little more about these showy insects, join us as we walk the best parts of the reserve to find them.

Big Wild Sleepout 2026

1-2 August (1pm -1pm)

Our annual 24 hours of wildlife-themed fun is back, with guided walks, pond-dipping, stargazing, bat detecting and a campfire.

Please telephone 01842 863404 for prices.

RSPB Lakenheath Fen,
Station Road, Lakenheath, Suffolk IP27 9AD

[rspb.org.uk](https://www.rspb.org.uk)




MEGA-TUNE
MOBILE REMAPPING
Mobile: 07891 725486
MEGA-TUNE@HOTMAIL.COM



Holywell Row
HOME GROWN ASPARAGUS AND POTATOES
HOME PRODUCED EGGS AND DUCK EGGS
Farm Shop Open 7 days a week dawn to dusk
Telephone: 01638 718485
Mobile: 07860 316748



N. Young Tree
Services Ltd
ALL KINDS OF TREES
AND HEDGES EXPERTLY FELLED,
TOPPED OR PRUNED
Driveways gravelled
Patios and driveways pressure washed
Slabbing • Fencing • Turfing and wood Chippings
All rubbish removed • All roots destroyed
All types of garden work undertaken
FREE ESTIMATES
Also Qualified Bricklayer
Telephone: 07810 366740 or 07785 765454

Ear Syringing and Irrigation

I am a fully trained Ear Wax Technician based in Beck Row, working from a home salon

No consultation fee • Fully Insured

I also offer a mobile service to those that are unable to visit the salon

Camera available to show before & after treatment

Cost for the treatment:

£49.00 for both ears

Please telephone

07891 785630



LOCAL LAWN CARE



How does your lawn look?

Would you like it to look like this?



CALL LEE ON **07787 426843**
for a free no obligation quote

FARMING DIARY



Some very good news to start with. Since last October the threat of bird flu has diminished enough to allow the chickens to be let out. It was a great relief that during the high-risk spell, which we endured between October and March, we never contracted this virulent unpleasant disease. At its nearest, it got to within 3km of my farm, and it is to the great credit of my excellent helpers whose conscientious practising of all the recommended bio security measures and, dare I say, my own management skills that we kept it at bay. As a result of it being within 3km of proven cases, I received a visit from government vets who took extensive tests of some of my birds, and I was both relieved and proud that my farm received a

clean bill of health. Stressful but rewarding! Hopefully next year the threat will be much less severe.

So now the chickens are let out after a long winter period and are able to bask in the cloudy cold conditions of this current Spring. A dry cold Spring seems to be the norm now, and as I write this article in mid-May there has been no serious useful rainfall since mid-March. On the light dry sandy Breckland soils that we have here this created a serious situation for the forthcoming harvest. In March of this year, I had some lovely lush green grass that could have made an abundant crop of excellent quality hay for sale. Now it is brown in colour and has diminished in size to such an extent that if the field had mice in it, you would be able to watch them running about in it. Future inputs and costs will have to be looked at very closely.

We are now at the height of the asparagus season, which due to the weather, is rather disappointing. The flavour this year is absolutely fantastic, sweet and tender, but there just isn't enough of it. For asparagus to grow quickly and plentifully it needs moisture, but more importantly warmth, particularly at night where the optimum temperature is 10°C plus. So far since we started harvesting on 12th April, we have had just 5 nights of temperatures that have reached this benchmark. Harvesting stops on 21st June so I am hoping for warmer weather very soon. Because asparagus isn't yielding that well, I



have found time to read The Farmer's Weekly. In the current edition that I was reading this morning whilst breakfasting I read an in-depth article about the physical strains that can affect farmers, particularly old blokes like me. This article is very useful in that it pinpoints things like repetitive lifting and high frequency tasks that affect the physical wellbeing of farmers. There is no doubt that my hands, knees and back are suffering now as a result of the previous 45 years of work. The article talks about focus groups, of discussions, meetings and pinch points, but I have to say I was on to these five years ago and just employed Harry Butcher. Every farmer needs a Harry!



I have been asked by a friend to inform you all that it is hedgehog breeding season. If you want to help these wonderful creatures, please put out some water and dry non fishy cat food. The hedgehog has a tough old time and is in fact now on the government red list of endangered species and any help would be greatly appreciated.

On 11th June I am off to Jeremy Clarkson's Diddly Squat Farm to a Farming Event called Cereals. I am quite excited by the prospect of this and look forward to writing about what I found there.



MILDENHALL MUSEUM SOCIETY TALKS 2026

Thursday 4th June – Garden Ecology – Susan Jones

JULY – NO MEETING

Thursday 6th August – Norfolk Artists – Lloyd Hughes

Thursday 3rd September – History of Jewellery – Jason Middleton

Thursday 1st October – History of Waterway Transport in the Fens
– Alan Denny

MUSEUM OPENING TIMES:

Tuesday / Wednesday / Thursday and Saturday 2.00 – 4.00pm

Friday 10.30 – 4.00pm



You will probably have all been wondering why there is no fence outside the Church. Unfortunately, the fencer had an accident after removing the old fence and when collecting the new, which resulted in him breaking his ankle. Once Nathan has recovered, then a like-for-like fence will go up, but in the meantime, enjoy a different view of St John's!

By the time you read this, hopefully the swifts will have returned to the bell tower. We are

very lucky to have a regular colony spending the summer months here, adding a new dimension to the wildlife on the nature reserve.

The 9.30am pattern of Sunday Worship remains the same, with two Lightwave services, one Service of the Word and one Holy Communion. Full details can be found on page 2 of the Beacon, including contact details.

The weekly Warm Rooms and monthly Bingo are now coming to an end for the summer, and we would like to thank everyone who has come and participated in all the events. All proceeds go towards running the Church and the Hall. Lunches and Coffee Mornings will continue as normal.

St J's Stay and Play continues every Wednesday 9am–11.30am all through the summer months. Hopefully when the fence is replaced we will be able to get outside in the garden to enjoy some outdoor play. Everyone is welcome, there is no charge.

There will be Monday Activity & Brunch sessions during the school holidays, dates will be on FB so please keep an eye out for the advert. Previous sessions have been extremely popular, so please make sure you sign up with Angie ahead of time to ensure a place.

NEW - Coffee Connections - Free



Group for parents and carers
(with pre-school children) 9–11am

2nd and 4th Fridays in St John's Hall
(term time only)

Demonstrations, discussions,
wellness sessions, etc.

I. GAMMON PLASTERING

ALL ASPECTS COVERED
PLASTERING | COVING | PLASTERBOARDING
PATCH REPAIRS | EXTERNAL RENDERING

**QUALITY WORKMANSHIP WITH A TIDY,
FRIENDLY & AFFORDABLE SERVICE**

TEL: 07960 988903

EMAIL: IGAMMONPLASTERING@GMAIL.COM

Midnight Autos Ltd

**All kinds of vehicles
bought for cash**
Runners/Non Runners
MOT Failures
U.S. Spec
4x4 • Vans
Anything considered.
All areas covered.

07843 994159

01638 815291

*All electrical work
undertaken*
Part P registered

*Data, TV and
Communications*
*Periodic test and
inspection*

Free
Quotations
Local

EICRs
Competitive
Prices



SPD ELECTRICAL

SIMON DANIEL

Electrician

07817 938316

News from the Parish Council

Beck Row, Holywell Row & Kenny Hill

June - July 2026 edition

Email: clerk@beckrowparish.gov.uk

Website: beckrowparish.gov.uk

Summary of April 2026

Easter Egg Hunt 2026 - once again a very popular event. 220 maps returned in exchange for eggs! Extra interactive stations this year with Cllr James Bailey hitching a ride on the chicken to save some goals and 'Anna the Easter Egg' at the egg and spoon race handing out extra treats.



Angela and Nicky made over 120 hot drinks. Easter crafts all completed, none left! Sarah and Katie replenishing the craft kits for all to enjoy. The Easter Bunny posed for countless photos and numerous high fives! Thank you as always to **Made by Mower** for the annual contribution of Easter balloons. A lot of work goes into preparing such an event and it's always good to know it's enjoyed by so many!



The event is possible due to grant funding from West Suffolk Councillor, Don Waldron and the Parish Council events budget. Thank you to all who attended and to the trusty volunteers who always come through to make this event possible.

Following the reckless and pointless vandalism to the Youth Shelter at the play area, the purchase of CCTV was approved in order to protect the equipment and its users. There have also been several fires lit

on the land which is dangerous and causes a mess left to be cleared up by someone else. If you do witness criminal damage or have any information, please contact Suffolk Police via the reporting tool online or non emergency phone line on 101, as the local police are aware of the issues and would appreciate any help identifying those responsible.

Solar panels are now installed on the Parish Hub and operating well. The panels will make a significant saving on the electricity required from the grid and, in turn, help to keep hire fees reasonable and overall running costs lower.

Summary of May 2026

The repairs to the zip wire and pirate ship are now complete, along with the installation of the jungle climber. At the May meeting the purchase of a larger bin for the site was approved as well as the timber treatment for the pirate ship. There has been an increase in rubbish scattered around the park. Please pick up your litter and use the bins provided or take it home. The area within the gated park will see a picnic bench and potentially additional play equipment soon. Thank you to **A&S Topsoils** for donating the topsoil for this area so it could be turfed. The annual unaudited accounts were approved, the Parish Council end the 2025-2026 year on £78,422 which is a healthy finish to a productive year.

Minutes of the Parish Council meetings can be found at; beckrowparish.gov.uk you can also see details on hiring the Parish Hub.

Are you looking for a career WITH NEW PERSPECTIVE?



These benefits could have you dancing for joy at your new job!

- Annual leave (up to 30 days) + UK bank holidays
- Paid sick leave
- Various pay schedules dependent upon position
- Overtime available*
- Flexible working options*
- Pension scheme
- Life assurance scheme
- Free Employee Assistance Programme (EAP)*
- Free on-site parking
- Free specialised training provided*
- Development opportunities available
- Time off, cash and honorary awards, and recognition available for significant contributions and consistent high performance
- Free access to on-site gym facilities
- *Subject to terms and conditions



- Nursery Assistant • Kitchen Assistant • Janitor • Housekeeper
- Recreation Assistant • Engineer • and MORE!

For more information visit:
<https://www.mildenhall.af.mil/About-Us/Fact-Sheets/Display/Article/759969/civilian-personnel-start-your-job-search-here/>

Work as a civilian on RAF Lakenheath to support the United States Air Force.



The 48th Fighter Wing provides worldwide responsive combat airpower and support.



The 48th Fighter Wing – also known as the *Liberty Wing* – is located at RAF Lakenheath and RAF Feltwell. Consisting of more than 5,000 U.S. military members, over 1,500 British and U.S. civilians, and around 8,500 dependents, it is the largest U.S.-operated Air Force base in the United Kingdom and home to both F-15E and F-35A fighter jets. Current priorities for the 48th Fighter Wing include doubling our F-35A fleet by 2024 and providing balance for our people.



Historically, the 48th FW has been the foundation of USAF's combat capability and remains so today. The Liberty Wing led the El Dorado Canyon raids into Libya in 1986 and was the first F-111 fighter unit to deploy to the Gulf during Operations Desert Shield and Desert Storm. The Liberty Wing also anchored NATO forces during Operations Deliberate Force and Allied Force. Since September 11, 2001, the 48th FW has played a key role in antiterrorism operations, and providing combat support in Operations Enduring Freedom and Iraqi Freedom.



Mini Digger & Driver Hire

Skip Loader Dumper

Post Hole Boring • Fencing

Concrete Breaking • Groundworks

Hard Landscaping

Footings • Pond Building & more

Contact Tom on

07597 624319

or find us on Facebook

JPL CARPENTRY

**Home Improvements
Renovations &
All areas of Carpentry**

Call for a quote today

07507687361



For all your
Plumbing, Electrical
and General Building needs
please call:

01638 814 247

Email: info@24-7buildingservicesltd.co.uk



24-7 Building Services is a Limited Company registered in England and Wales.

Registered Company Number: 15668465

Registered Office: 21 Hornbeam Road, Mildenhall, Bury St. Edmunds, Suffolk, IP28 7PJ



Bee Fly

During early spring you may have seen a small fly that hovers above flowers just like a hummingbird. It is much smaller than the hummingbird hawk moth, but just as good an acrobat and often unseen or mistaken for a bee. The bee fly can be identified by its long proboscis and the likelihood that if you remain still it will repeat its actions with immediate effect. Its actions are to feed on pollen, seeds and nectar.

The most interesting thing about the bee fly is that it shoots its eggs into a solitary bee burrow, then the larvae eat the bee larvae. The bee flies have evolved with solitary bees and are thought not to be responsible for the decline in bee populations. That's more likely to be us.



RUNNING ON EMPTY?

Take time to relax, rebalance and recharge with Reiki.

WHAT IS REIKI

Reiki is a gentle, non-invasive energy healing practice that helps your body relax and restore balance. Ideal for busy professionals, parents, and anyone feeling stretched too thin.

BENEFITS OF REIKI

- Helps calm a busy mind and relax the body
- Eases that tight, wired feeling in your body
- Supports deeper, more restorative sleep

WHAT TO EXPECT

- A peaceful space where you can switch off, relax and unwind.
- Every session is shaped around what you need most on the day



APPOINTMENTS NOW AVAILABLE

lorna@blissedoutreiki.co.uk

blissedoutreiki.co.uk

Based in Beck Row, IP28

07742934136



EweMove
SALES AND LETTINGS

01638 591309 (24/7)

Sell your home with an award-winning, owner operated
Sales and Lettings business, based in the local area

5-star rating on **Google**

Genuine 24/7 business

No Sale, No Sales Fee, No Contract

FREE Premium Listings

Virtual Tour with every listing as standard

QR code for website



**FOR
SALE**



mildenhall@ewemove.com
www.ewemove.com/mildenhall

Rothwell's
Cleaning Services Ltd

**Carpet Cleaning &
Stone Floor, Upholstery, Rugs**

A few points that make us stand out.

Rothwell's have been in business since 1993

We're an honest local family firm.

Our large truck mounted machines mean
more cleaning and drying power
for the best results possible.

Members of both the NCCA & TACCA

We will move the furniture.
100% satisfaction or it's FREE.

Call Oliver and Max Campbell
for expert help today

Telephone: 01638 428 060
www.Rothwells.biz

R&K
CASTLES



SCAN ME TO
**BOOK
ONLINE!**



WWW.RANDKCASTLES.CO.UK

First Aid Training Work Place First Aid Courses Paediatric First Aid Courses



basiclife

01638 510343

www.basiclife.co.uk

training@basiclife.co.uk

Beck Row Parish Hub



**Contact Jane 07793 129720
For Bookings**

*Fully equipped modern facility
For all your family or business events*

DISCLAIMER

The Beacon states the information contained in the material in this magazine is for information purposes only.

The Beacon does not make any warranty or representation as to the accuracy or fitness for purpose of any material in this magazine.

Ownership of copyright remains with contributors and items should not be reproduced without their prior permission in writing.

We would like to thank all those who contributed to this parish magazine, as well as all those who have helped to deliver it. Should you wish to get in touch regarding anything in this magazine or if you wish to contribute something towards the next issue you may contact us by 12th July 2026 in the following ways:

If your household does not receive a magazine please let us know.

Cllr Sue French: sjfrenchpc4@hotmail.com • 07727 329796

Cllr Philip Haylock: 6 The Street, Holywell Row, Suffolk IP28 8LS • 07860 316748

Beck Row Parish Clerk: clerk@beckrowparish.gov.uk

Electricity: 0800 783 8838

Suffolk Fire Service: 01473 260588

Doctor/Hospital: Emergency 999, Non-Emergency 111

Police: Emergency 999, Non-Emergency 101

Water: (including drains and sewers) 0345 7145 145

West Suffolk Hospital: 01284 713000

West Suffolk C.C.: 01284 763233

West Suffolk Councillors:

Don Waldron: 07939 626634

Mick Bradshaw: 07788 234522

Suffolk County Council: 03456 066067

Don Waldron: 07939 626634

Samaritans: 116 123 (Freephone)