



The
BARTON
Miller

March 2026

Next change:

MAR

29

1 hour Forward

29 Mar 2026, 01:00

United Kingdom has observed DST
(daylight saving time) for 111 years
between 1916 and 2026.

Originating from & produced by St Mary's Church Barton Mills

March 2026

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Dear Readers,

I have just returned from a few days in Devon and the spring flowers are a little more advanced there than here in the east of England, but it was certainly a lot wetter in the west. Also the days are getting noticeably lighter on both sides of the country. Our clocks change on 29th March - 1 hour forward. Do enjoy the spring time and lighter daylight hours in Barton Mills.

This edition brings the usual information regarding events going on in March and beyond.

Please send copy for the April edition of the Barton Miller to the Editors by 20th March. If you have any interesting articles you think would be of interest to our village community, do send them in for consideration.

Nancy Higgins and Frances Lewis, Editors

BURY ST EDMUNDS MOBILE LIBRARY VAN DATES (Route 4)

Email: help@suffolklibraries.co.uk Telephone: 01473 584563

The Library Van visits Barton Mills (Lamb Court) on Saturday aft. **12.15pm -12.40pm**

This will be the following Saturdays - 28th Mar and 25th April.



Did you have pancakes on Tuesday 17th February? And what did you call it? Pancake Day or Shrove Tuesday?

As most of us learnt at school the original reason for Pancake Day, and the reason for its name of Shrove

Tuesday, was that it was an opportunity to use up the eggs, flour and sugar that you weren't going to eat during the next six weeks of the Lenten Fast. But I suspect that for most people in Barton Mills, Pancake Day is now a feast day no longer connected to the idea of fasting during Lent. The idea of fasting seems out of date.

However, fasting is still very much in vogue –but we call it dieting. Lots of people make lots of money selling us variations of how to fast: The Atkins Diet, Weightwatchers, the Michael Mosley Fast Diet etc etc.

In our society where many of us are never really hungry and the problem is of too much food, or the wrong kind of food, and too much weight, fasting is sold to us as a way of keeping healthy and living longer. We diet/fast to rebalance our lives, and for the benefit of our bodies.

I've never really been one for fasting for the sake of it, whether be from food or from other things. Some years I've not really observed a Lenten Fast at all. I think it can easily become legalistic, something we do because it's what we do, irrespective of whether we are doing it for the right reasons or getting any benefit from it.

But I think that if we embrace a Lenten Fast for the right reasons it can bring real benefits. If a diet exists to rebalance our lives for the benefit of our bodies, a Lenten Fast exists to rebalance our lives for the benefit of our souls.

This year I am fasting from reading newspapers. Since a teenager I have assiduously read the newspapers – first on paper and now online. But I recognise that it has developed a power over me that is unhealthy. So this year I am abstaining during Lent and I hope to keep a better balance after Easter. Instead, I want to spend time being still, centering my life on God and seeking him rather than being distracted by the latest headline. I want to rebalance my life for the benefit of my soul.

Whether or not you are participating in a Lenten Fast, I hope that you will find a way of rebalancing your life for the benefit of your soul. Why spend so much energy on benefiting our bodies if we never benefit that part of ourselves that can last into eternity.

Mark McCaghrey

St Mary's Church Barton Mills.

Church Contact: Team Vicar, Revd Mark McCaghrey,
1 The Street, Barton Mills IP28 6AP
Tel. No. 01638 495001

E mail mark.larkandlee@outlook.com

Church Representatives:

Churchwardens: Dave Traher 25 Church Lane Close, Barton Mills. Tel 718328; Jenny Everett 24 Oxford Close, Mildenhall IP28 7RP, Tel 07807 912909.

Elder: Dave Traher.

St Mary's Parochial Church Council

Secretary: Nancy Higgins, 67 Church Meadow, Barton Mills, IP28 6AR. Email - nancy@bartonmills.com
To whom all correspondence should be addressed.

Elected Members

Treasurer: Jo Traher

Deanery Synod Representatives:

Peter Alder

Other PCC Members : Alan Butcher, Linda Jenkins, Rodney Knight, Frances Lewis, and Sandra Woollard.

Prayer Chain - There is access to a prayer chain for anyone needing prayers for themselves or others. Please contact Heather East 07970 997090 or email heather.east19@yahoo.co.uk with any requests.



COFFEE MORNINGS

**EVERY THURSDAY 10.00 TO NOON IN
THE CHURCH ROOM**



ALL VERY WELCOME



CHURCH SERVICES

Sunday 1st March 9.30am Holy Communion

Sunday 8th March 9.30am Sunday Celebration
5pm Service of Prayer for Healing

Sunday 15th March **MOTHERING SUNDAY**,
9.30am All Age Worship, with gifts of flowers for everyone

Sunday 22nd March 9.30am Morning Worship

Sunday 29th March **PALM SUNDAY**
9.30am Holy Communion

Thursday 2nd April **MAUNDY THURSDAY**
7pm Group Agape with Holy Communion

Friday 3rd April **GOOD FRIDAY**
2pm GROUP SERVICE, an hour at Freckenham church
7.30pm Compline at Worlington Church

Sunday 5th April **EASTER DAY**
9.30am Holy Communion

Every Monday, at 9am, there is a short informal service of MORNING PRAYER

All are welcome to join us at these Services

BARTON MILLS CHURCH IS OPEN EVERY DAY FROM 10am to 4pm.
You are welcome to come in and enjoy the peaceful surroundings.

WORLD DAY OF PRAYER Friday 6th March

2.30pm at Mildenhall Methodist Church for our local service.

World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice.

The service has been written by Nigerian women and has the theme 'I Will Give You Rest: Come' based on Matthew 11:28-30. At a time when people worldwide are carrying heavy burdens, our Nigerian sisters offer profound insights into finding rest in God. You are encouraged to come along to worship with other local Christians and be part of this global movement.

*A Date For Your Diaries
For Families With Children*



@ St. Mary's Church
Barton Mills

Sat 4th April 2026

drop in from

14:00 to 16:00

It's Free!

Easter Crafts, Refreshments and Fun

**?? BARTON MILLS ??
VILLAGE HALL
?? QUIZ ??
FRIDAY 20th MARCH**

**in BARTON MILLS VILLAGE HALL
QUIZMASTER: KEVIN MILLIGAN**

SOLD OUT



PLAYGROUND UPGRADE

Phase 1 of the playground maintenance project is now complete and we have a new piece of equipment installed.

A huge thank you to Paul Kerridge and Cllr. Lance Stanbury who contributed to the costs! We hope the children enjoy their new tractor!

ADDITIONAL SID LOCATION

We are investigating a possible 3rd site for our mobile SID to monitor the speeds through the village.

VILLAGE SIGNAGE

The Parish Council have approved the repair of the sign at Lamb Cottage and are looking at installing an additional sign along Worlington Road.

The next Parish Council meetings will be held on **Tuesday 3rd March and Tuesday 7th April 2026, starting at 7:30pm** in the Village Hall. In the event of an extraordinary meeting being held before the next scheduled meeting, it will be published on the website and notice boards. The public are welcome to attend Parish Council Meetings and will be offered the opportunity to speak during public participation. To raise an item at any meeting please contact the Clerk at least 7 days prior to the meeting date.

For any issues please contact:

Clerk: Naomi Alecock, clerk@bartonmills-pc.gov.uk

Website: bartonmills-pc.gov.uk and Facebook: Barton Mills Parish Council



BARTON MILLS BAPTIST CHURCH



The other day something especially wonderful happened – **the Sun came out.** Surely a gentle reminder that **Spring is on its way.** Fortunately here in Suffolk **we did not get too bad a winter** as many parts of our country suffered terrible flooding and wintry weather. For the past few weeks I have enjoyed watching the Olympics and have been grateful that we have been able to travel around free from all that ice and snow.

I am told I should be grateful for all that I have – I enjoy very good health for my age and am able to get about, which is not possible for all right now. St Paul in the Bible, tells us what to do **when we face, what we might call, life's inevitable difficulties.** He urges us **on behalf of Christ, to give thanks in all circumstances** (1 Thessalonians, Chapter 5 v 18). As humans we find this hard to do when **all around us are facing difficult situations.** Nevertheless, **there is good reason why God encourages us to embrace a spirit of gratitude.** Gratitude is **grounded in the truth that our Lord “is good” and “His love endures forever”** (Psalm 118 v 1). **He is present with us and strengthens us in the midst of trouble** (Hebrews 13 v 5 to 6), and in Romans 5 v 3 & 4, we read **“He lovingly uses our trials to grow our character into His likeness”.**

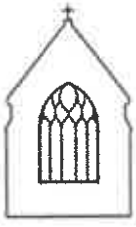
When life hits us with hard times, choosing to be **grateful,** focuses our attention on **the goodness of God and gives us the strength to make it through our struggles.** With the Psalmist, we can sing, **“Give thanks to the Lord, for He is good; His love endures forever.** Let's also give thanks to God for His greatness, His help and His companionship.

Why not join us in our Worship Service each Sunday at 3p.m.

You will be most welcome.

F. A. RUTTERFORD, MBE

Any questions or home visits Telephone 01638-713892 or
E-Mail sweetpeace@yahoo.co.uk



The Friends of St Mary's Barton Mills

friendsofstmarysbm@outlook.com

We are really looking forward to some better weather, as we look to the Spring coming, heralding more outdoors events.

The committee has accepted the offer to take on the White Elephant table at the Bank Holiday Car Boot Sales.

We would really appreciate as many donations as possible from our supporters, for successful fundraising. There are boxes for donations in the Church Room or you can drop items at 1 Church Lane.

Anyone who would like to help out on either Monday 6th April or Monday 4th May, please contact us on the email address above.

We will also be running the parking and collecting pitch fees at the end of May, on the Monday 25th, & volunteers to help with that will be welcome.

For Summer, please make sure you book out the evening of Saturday 6th June. We have a concert of dance music from the 60s onwards to present day, from The Time Traders.

BARTON MILLS 100 CLUB

The purpose of the Barton Mills 100 Club is to raise funds by operation of lotteries and draws to contribute to projects and/or organisations within the parish of Barton Mills for the general benefit of the people of Barton Mills. **If you are a village organisation who would benefit from a 100 Club financial grant, please do speak to Jackie Stirges - jackstirges@btinternet.com**

February 2026

£50	81	Mr J Stirges
£30	212	K Bruce
£20	76	J Titcombe
£10	3	C Langton
£10	185	P Humphries

If you would like to become a member please contact our Treasurer: Janette Miller - 49 The Street. Tel 712843
IF YOU WANT TO WIN, YOU HAVE TO BE IN !!
Prizes of £50, £30, £20, and 2 x £10 monthly and twice a year additional prizes of £150.



MILDENHALL & DISTRICT MUSEUM AND MUSEUM SOCIETY

The Museum is OPEN 3rd MARCH. 2pm.
Tuesday, Wednesday, Thursday, and Saturday 2 -4 pm;
Friday 10.30 - 4pm



MILDENHALL MUSEUM SOCIETY TALKS

Thursday 5th March 7:30 pm Uncle Sam's roots in Eastern England by Roger Pugh

Talks are held at the Museum

£2 members £4 non-members

Refreshments



Barton Mills & District Gardening Club

MEMBER OF R.H.S.

Annual Subscription £20.00

£2.00 fee per meeting for members

New members and friends welcome as paying visitors

£5.00

Next Meeting Tuesday

March 24th 2026

7.30pm in the Village Hall

Ruth Goudy - 3 Generations

Farming in Kesgrave

For more information contact -

Secretary - Zoë Morris

01638 482986.



All over 50s Welcome

BARTON MILLS WEDNESDAY CLUB

WEDNESDAY 4th March - Ann Marie Powell from the local police will give her talk on CRIME PREVENTION AND PERSONAL SAFETY. 2 pm at the Village Hall

WEDNESDAY 18th March - The Animal Health Trust will talk to us about SUPPORTING ANIMAL COMPANIONSHIP. 2 pm at the Village Hall

REFRESHMENTS AFTERWARDS

Wed Club Annual membership £10 payable in January

Admission - £2 members £3 non members

CONTACT ANN JACOBS TEL 01638-510008



Springtime in Barton Mills

We live in a village of polite society. What do I mean by that?

When calls are received by the Good Neighbour Scheme almost invariably the caller starts their request with “I didn’t like to bother you” or “Sorry to trouble you”. We have all said it at some times in our lives.

There is nothing wrong with such polite intros to requests, but please just take a moment to consider why the Good Neighbour Scheme was established in Barton Mills in 2017 after public consultation.

Villagers volunteering to help their neighbours do so as they wish to make a contribution to the life and cohesion of the village in ways that could employ their skills and enthusiasm, thereby making a difference to “neighbours” whom they quite often have never met before. Through such volunteering they are able to meet and talk with such villagers and friendships develop in quite a number of cases.

So to the moral of the story – we can do each other a good turn by volunteers helping to fulfil villagers’ requests and requesters giving the volunteers an opportunity to put their skills, knowledge and enthusiasm to good use.

“Sorry to trouble you, but could you please take time out to consider how we might be able to help you and you help us”.
Remember our ‘phone number **07419 211040** and see our advert in this magazine setting out how we might be able to help.

Barton Mills Ladies Club

Ladies Club - Report of February Meeting

Our Speaker for the meeting was Susan Widlake and she told us about '100 Years of hat making'.

She brought some hats to show how fashions have changed in the last 100 years and how hats are created and she showed us pictures from magazines from many years ago and some of the tools of the trade. The first essential is a wooden block, which is the shape and size of the person who is to wear the hat. Susan said that she has many which she keeps tucked away from her husband as they are quite expensive. A 'body' goes onto the block, which is made from a felt like material which is the basis of the hat, then steam to get the desired shape. This is then stiffened, and decorated and fashioned. Once they were stiffened with mercury, needless to say this is no longer used and much safer products are now used.

Hats go in and out of fashion. At one time, both men and women would not go out unless wearing a hat. Royal influences in hat design are very strong, Princess Diana made hats very popular and now the Princess of Wales is having a similar effect. She told us of a client who had to attend an investiture and the hat code was most specific on height and width, so that a ribbon could easily be placed over the ladies' head.

Susan's love of hats and hat making is evident and her talk and displays were most interesting

Our meeting for March is about 'How to help hedgehogs' and Jonathan Housgo will be telling us how we can do our part to help. This will be on Tuesday, 10th March in the village hall at 2 p.m.



MILDENHALL AND DISTRICT MUSEUM



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1951

75 YEARS

2026

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BARTON MILLS GOOD NEIGHBOURS

Why not Volunteer or become a Friend of the Scheme?

Phone us for details or e-mail us at

barton.neighbours@gmail.com

NATURE NOTES MARCH

In October last year, as I walked past the River Lark in Mildenhall, I saw an adult female Mute swan which had fishing line wrapped around its right leg. The leg was pulled up high against the right side of its body, so it was unable to use the leg. The fishing float and hook were still attached to the line at that stage.

Since that day, several attempts have been made to catch this injured bird without success. Finally, on 12th February, we managed to catch the bird during a session of colour-ringing swans as part of a national project. We colour-ringed a total of 9 Mute swans.

Once in captivity, I was able to examine the swan's leg closely, but what I found was not a pretty sight. Fishing line was bound tightly around its leg just above the joint, which was swollen and very hot, suggesting it was also infected.

We were unable to treat the swan on site, so one of my ringing colleagues held the bird in the back of my car while I drove to the Waterfowl Sanctuary in Godmanchester, Cambs. On arrival, we were met by Graham who took charge of our patient and quickly set to work to treat it in his very well-equipped treatment room. Once the fishing line had been cut off, the wound was cleaned, packed with sterile honey and bandaged. Although the leg appeared otherwise uninjured, the muscle had wasted away due to lack of use.

Honey has been used as a method of treating wounds for hundreds, if not thousands, of years. It contains an enzyme, glucose oxidase, which produces hydrogen peroxide, a strong anti-bacterial. Honey is slightly acidic which also inhibits bacteria. King Richard II was apparently injured in battle, and his wounds were treated by packing them with honey.

So, with suitable treatment and rehabilitation our injured swan can be returned to the River Lark once its wound has healed and the muscle builds again.

Mute swans are one of our favourite birds but, although apparently common, there are only about 7,000 pairs in the UK. They are native to Europe and Asia. We have three species of swans, the other two, Bewick's and Whooper's, visit us in winter. They both have yellow and black bills while the Mute swan's bill is orange with a large, bulbous caruncle at the base of the top mandible. The male's caruncle is larger than the female's. Whooper swans breed in Iceland whilst Bewick's join us from Siberia. Mute swans have a different name in each country where they are found but my favourite name is the Dutch one – Knobbelzwaan! Very descriptive!

Yes, Mute swans do pair for life and only change partners if one of the pair dies. They live on average about 10 years but the oldest recorded swan in Britain lived to 29. They will breed from four years old, have one brood per year and lay 4-7 eggs. Incubation lasts 34-44 days. The pale grey hatchlings are precocious. In other words, they can feed and swim almost immediately; this is a survival mechanism to help avoid predators. They will stay with their parents for the first year of their life. As spring approaches, Mute swans will start dispersing to find a suitable nesting site. In our area, many pairs nest at intervals along the River Lark.

In March, listen out for your favourite songbirds – Robin, Blackbird and Song thrush are most likely. If you know bird song, or have the Merlin App on your phone, the smaller birds like Goldcrest and Treecreeper may also be found. Their very high-pitched songs are impossible for me to hear now as my age-related hearing changes no longer allow me to pick them out! The poor old Mute swan, unfortunately, can only manage squeaks and hisses! Happy wildlife watching!

Ken Venus.





BARTON MILLS FOOTBALL CLUB

Barton Mills FC went into February with a league fixture against Mendlesham in the quarter final of the county cup. The Mills started the game strongly with a header from Zak Morley to put the visitors 1-0 ahead. The Mills stepped on the gas for 10 minutes, but conceded a very poor goal to level things up. It wasn't long though before a penalty from Lewis Stevens was smashed into the back of the net just before half time. The Mills then came out solid in the second half and Ollly Holland poached a suspicious third goal to seal the deal and send Barton Mills through to another 3rd semi final in consecutive leagues in the county cup.

Barton Mills March fixtures are:

1st March Barton Mills FC v Mendlesham FC at home
10:30 k.o. league fixture

22nd March Mendlesham FC v Barton Mills FC, away
10:30 k.o. semi final div. 2 knockout cup

Barton Mills would love the support from our local community.



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CLUB NEWS

KNIT and NATTER GROUP

This Group continues to meet every Wednesday afternoon, from 2 till 4pm, in the church room. As well as friendly chatter we knit to support a charity that helps mothers and babies in Ethiopia. We make clothes for the babies – we call them 'fish and chip' babies, because their own clothes are mostly just newspaper – and blankets to keep the families warm. These are taken out to Ethiopia by a contact of the charity, so we know that they should arrive safely.

New members of the Group will be very welcome. You are welcome just to come and chat – knitting is optional! For more information please contact *Alison Swift 07982679926*.

SOCIAL ART GROUP

This small friendly Group meets on Friday evenings in the church room, from 7 to around 9pm. It is a sociable time and we enjoy just low key art. New members are always welcome, including those who are new to the Art world.

More information from *Glenda Berrett 01638 717925*.

BOOK CLUB

We had read 'The Housemaid' the first in a series by Freida McFadden, for discussion at our February meeting. This is a psychological thriller which has also been made into a film. Some group members had seen the film on TV. We agreed that the suspense in both the book and the film meant that the final conclusion came as a surprise. The book is well written, with many short chapters, so that it makes for easy reading, and we shall look forward to reading more events of 'The Housemaid'.

For our March meeting – 7pm in the church room on Thursday 12th March, we are reading 'Sons and Lovers' by D.H.Lawrence – a controversial choice!

New members always welcome.

More information from *Frances Lewis 01638 713155*

What's on in Freckenham at the village hall & church **Website Freckenham Village Hall (freckenham-pc.gov.uk)**

Monday Meet Up at the Village Hall 2 – 3.30pm. Free event but donation appreciated. Don't be on your own or come with a friend and maybe make more friends, all ages welcome we do have toys in a cupboard for under 5s! Maybe Carpet Bowls or Table Tennis out.

First Friday of Month Film, Night 6th March. We promised we would try and get the film - Downton Abbey - The Grand Finale. Doors & Bar Open 7pm, film starts 7.30pm. £7 per person. Please note no film night in April as it falls over Easter. Next film night date - 1st May.

Farmers Market with some Crafts 28th March. 10 – 12 noon. All our usual stalls, sure to be gift ideas for Easter and maybe some garden plants and seedlings depending on the weather. Free entry refreshments available. Next Market 25th April 2026.

With the Support of Creative Arts East “EYES DOWN”

Thurs 26th March - Interactive comedy - It's Bingo Night at The Stairway To Heaven Social Club, and 'Mr Razzle Dazzle' himself, Bertie Bingo, is ready for an evening of dabbers, Droopy Drawers... and death! As numbers roll in and tension mounts, a body is discovered -but whose number is up? Eyes Down is a thrilling interactive comedy where the audience plays actual games of bingo for real prizes while a comedy thriller unfolds. Just Some Theatre and writer David Payne bring this hilarious, high-stakes whodunit to UK audiences! Doors & bar open 7pm, performance starts 7:30pm
Tickets £15 pp Under 18s £8 pp Please pre-book: 07542 198933 or 07596 459301 freckenhamvh@outlook.com.

We hope to have new dates for Bingo, Quiz and Table Top Sales soon.

Check out our weekly events and other events coming up on

<https://freckenham-pc.gov.uk/>. for more details and contact the organiser before just turning up!

Facebook FreckenhamVH & Freckenham, Suffolk Community Group.

10/26



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Further details from

John Child 07739 097522 or

Carolyn Child 07739 097523

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6/26



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References are available

Tetiana Khomych

Cleaning services

Khomychtetjana@gmail.com

WhatsApp

(+44) 07719 749 723

References are available

Mr and Mrs Khomych are a couple from Ukraine who now live in Mildenhall. They are looking for work locally.

REFERENCES from S Palmer - 01638 712771

2/26

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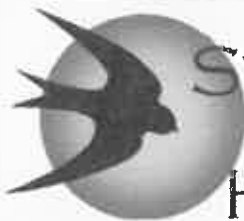
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If you are preparing any articles or advertisements for inclusion in the **BARTON MILLER** would you please submit, where possible, in **A5 format copy**. Please email the text (Word/Publisher.doc or pdf) and illustrations (JPEG) to **nancy@bartonmills.com** or **frances_lewis11@hotmail.com**

To keep proportions correct, fold an A5 sheet of paper in half 3 times to achieve minimum size. Many thanks.

Police Community Support Officer Hannah Rogers
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CPT Community Policing Team
PC Louise Wappett-Griggs





Councillors Lewis and Oke met with Suffolk County Council on Thursday 5th February to discuss the issues with flooding along the river path from Barton Mills to Mildenhall. Some resolutions were discussed and we will be working with them to try and put some measures in place to improve access for residents.



Councillor Oke pictured with Suffolk County Councillor Officers on Hassels Corner

Since the meeting we have also been made aware of the issues with the river bank and have reported this to the Environment Agency for them to investigate. We are pursuing this to ensure appropriate action is taken and measures put in place.