



The BARTON Miller

AUG/SEPT 2022



Home

Or

AWAY?



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

August/September 2022

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Dear Readers,

This issue of the Barton Miller covers the two months, August and September. For many people, August is a time for holidays and relaxation – schools and colleges are closed and many groups do not hold their regular meetings in August. We hope that the summer weather will be warm – though perhaps not quite as hot as July has been!

Then, in September, life gets back to 'normal' – a new education year begins, meetings start again, and we pass the autumn equinox, so that we feel the evenings beginning to draw in.

Perhaps this is all about the contrasts in most people's lives – the good times and the less good times. In the Barton Miller we reflect much of the life in our community. We hope to enjoy the good times together, and to help each other through the less good times.

Yours sincerely, Frances Lewis and Nancy Higgins.

Copy for the October issue of the Barton Miller by 20th September, please.

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. 2.00pm to
2.30pm . **This will be the following Saturdays -
and 20 August/17 September 2022**

Vicar's Letter

One of the programmes I enjoy watching on television is "Who do you think you are?" The last one I saw featured Ralph Little, who stars in the detective series set in the Caribbean, "Death in Paradise".

I find it interesting learning about the backgrounds of people we know from film and television.

As human beings we are all either open or closed about who we really are. When we are closed we try to protect ourselves and by hiding who we really are, by wearing masks, playing games or roles and deny what is truly going on behind that facade. Conversely, when we are open, we are willing to learn, open ourselves up and truly experience what is happening by being vulnerable. So why do we choose to be open or closed? Maybe it has something to do with this quote from John Powell, *"I am afraid to tell you who I am because, if I let you see the real me, you may not like who I am, and it is all that I have."* John Powell was a Jesuit priest and associate professor of theology and psychology. He is the author of a number of books including one called, *"Why am I afraid to tell you who I am?"* In it he says this: *I am not what I think I am; I am not what you think I am; I am what I think you think I am.*

The problem is that so many people aren't really sure who they are. That may sound silly but it is a serious point. We all know who we are well enough when it comes to knowing our names and our personal information but do you know who you really are in Christ? It is a tremendously freeing thing to know who you are and where your identity as a person actually comes from. Christians believe our identity comes from God. He states who you are when he calls you by name. Then you become a member of His family, you are a son or a daughter of the King.

It's a tremendously uplifting and freeing thing to know who we are in Christ; an identity that doesn't come from any of our achievements or successes. When our identity rests only on what we can do or achieve in life, we stand on very unstable ground indeed. We can only feel secure as people when we are achieving. We can only feel good about ourselves when we are receiving praise. If, for whatever reason, that disappears it's like a 1000 foot drop and we are easily crushed.

However, when our identity is determined, not by what we do, but by who we are then we are secure. When we know who we are in Christ. When we know that we are loved and appreciated by our heavenly Father solely because we matter to Him and because he loves us then we have a security nothing else in life can ever equal and an identity nothing can take from us. God says through the prophet Isaiah, *"Fear not for I have redeemed you, I have called you by name; you are mine."*

Gordon



St Mary's Church Barton Mills.

Church Contact: Parish Priest: Revd. David Everett (Team Vicar), 24 Oxford Close, Mildenhall, IP28 7RP
Tel. 01638 718801. Mobile 07887 964821
e mail david.j.everett24@gmail.com

Your Church Representatives:

Churchwardens: Dave and Jo Traher, 25 Church Lane Close, Barton Mills. Tel 718328;

Elders: Glynn East and Dave Traher.

St Mary's Parochial Church Council

Elected Members

Secretary: Diana Knight, 57 The Street, Barton Mills, IP28 6AA.
Tel 454898 To whom all correspondence should be addressed.

Treasurer: Tony Potts.

Deanery Synod Representatives: Rodney Knight and Peter Alder

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



Prayer Chain - There is access to a prayer chain for anyone needing prayers for themselves or others. Please contact the church Elders mentioned above

COFFEE MORNINGS

EVERY THURSDAY 10.00 TO NOON IN
THE CHURCH ROOM



ALL VERY WELCOME



CHURCH SERVICES, AUGUST and SEPTEMBER 2022

Sunday 31st July 9.30am Group Holy Communion Service
at Barton Mills

Sunday 7th August 9.30am Holy Communion

Sunday 14th August 9.30am Morning Worship

5pm Service of Prayer for Healing

Sunday 21st August 9.30am Holy Communion

Sunday 28th August 9.30am Morning Worship

Sunday 4th Sept 9.30am Holy Communion

Sunday 11th Sept 9.30am Morning Worship

5pm Service of Prayer for Healing

Sunday 18th Sept 9.30am Holy Communion

Sunday 25th Sept 9.30am Morning Worship

All are welcome to join us at these Services

Suffolk Churches Ride and Stride

Saturday 10 September 2022, 9.00 am - 5 pm.

This event is open to cyclists and walkers. You are asked to get people to sponsor you for your walking or biking. You can choose to visit as many participating churches as you wish during the day. Half of the sponsorship money you raise will be given to the church you nominate – hopefully this will be Barton Mills Church! Sponsor forms and more information will be in the church from August or on the website shct.org.uk

CAR BOOT SALE: BANK HOLIDAY MONDAY, 29th AUGUST, 7am – 12noon

BARTON MILLS PLAYING FIELD, next to the Village Hall.

REFRESHMENTS in the VILLAGE HALL and WHITE ELEPHANT STALL on the FIELD to raise funds for BARTON MILLS PARISH CHURCH.

PROCEEDS from CAR BOOTSALES ON THE FIELD to the FOOTBALL CLUB



CAR BOOT SALE

**BANK HOLIDAY MONDAY
29th AUGUST
7am to 12noon**

**BARTON MILLS PLAYING
FIELD
next to the Village Hall, IP28 6BD**

Single pitch £6, Double pitch £10

No need to book

Refreshments in the Village Hall

Car Boots on the field:
proceeds to Barton Mills Football Club.

Refreshments in the Village Hall and
White Elephant Stall on the field:
proceeds to Barton Mills Parish Church.



ST MARY'S, BARTON MILLS, PRESERVATION CHARITABLE TRUST



Dear Villagers,

This month I am writing to you on a rather more sombre note, because our Church, churchyard and Church Room really need quite a lot of financial support to remain in a good state.

While we completely understand that not everyone wants to be a 'church-goer' we do hope we are right in thinking that everyone appreciates the lovely old building, and the reasonably good state that it is in currently, which makes it a super venue for some types of village event, whether you are or are not a regular attendee. Just the pure history of the building, and the workmanship of those early builders is quite marvellous and in some ways we are lucky that the main structure is sound. However, there are still plenty of jobs that need doing to keep it that way. The Parochial Church Council... the PCC, is governing a fairly small regular congregation and on their own cannot produce the income needed for maintenance, let alone replacement of certain elements. This is why the body of the Preservation Trust was formed; in order that a wider group of residents, with an affection and respect for the building as a place of remembrance and celebration as well as worship, would be encouraged to fund-raise and support the PCC in looking after it.

The cost of pollarding the Lime trees alongside Church Meadow is going to be £4,500.00 and is becoming urgent.

The cost of clearing off unsuitable plaster and repointing, replastering and repainting the interior of the north wall, behind the organ, with appropriate lime-based products £1,400.00 in order to eliminate the occurrence of damp; not to mention that other sections of the interior walls appear to have similar problems.

The Churchyard gates are in a poor state and we hope to replace them with something commemorating the Queen's platinum Jubilee as per the wishes expressed by Joy Willis' family, but again this will come at some cost.

The pathways into and around the church need upgrading to be truly 'mobility' friendly as the gravel impedes folk using rollators or wheelchairs. Nothing comes for free!

We were really pleased to see a lot of you at the recent concert and are grateful for your support. It may surprise you to know however that the profit from that was only just over £100.00. We are very happy to continue putting on events that everyone enjoys, but don't think this means we have an embarrassment of riches.

With apologies for the serious tone,

Liz Jarvis, Secretary



BARTON MILLS BAPTIST CHURCH



This Miller covers August and September but I would like to concentrate on the latter month. Over 80 years ago my grandfather farmed Walnut Tree Farm at the top of Bell Lane. The piece of land near the house, now the home of the Village Allotments, was an orchard and the large field adjacent to it was always commonly referred to as the “cornfield”. This field echoed to the sound of laughter and fun for my father and his siblings, along with their village friends, as they followed the “reaping machine”, known as a binder, trying to catch the rabbits which had once felt secure in the corn.

On completion of the harvest a great feast was enjoyed, the celebrations then culminated in services at the Church and Chapel, giving everyone the opportunity to **publicly reflect on God’s goodness** and to thank Him for keeping that **wonderful promise** recorded in **Genesis Ch 8 v 22** “**While the earth remaineth, seedtime and harvest, and cold and heat and summer and winter, and day and night shall not cease**”. Even though the weather this year has not been conducive to the Harvest and bread prices have risen, we too can say “All is safely gathered in ere the winter storms begin” and rejoice that the promise remains!

Thankfully, we are not restricted to give thanks just at Harvest Time, it should be an ongoing reminder that “**God is good**” **throughout the year**. We can **be grateful** if we’re rich or poor, when we’re feeling well or if our health fails, in every circumstance, **we can affirm God’s goodness and discover reasons to give thanks to Him!** Do we ever notice **the little blessings from Him**; do we ever stop for a time to **thank Him for His concern and care**. Consider how remarkable it is that the One who created the universe cares enough to intervene in our lives and regardless of what’s going on in the world if we believe in Him, He has promised “never to leave us nor forsake us. Isn’t that something we should **be constantly thanking Him** for?

We meet at the Chapel each Sunday at 3p.m. why not join us? You will be made most welcome.

F.A. RUTTERFORD

BARTON MILLS PARISH COUNCIL

WELCOME

The Parish Council welcome Cllr Ros Oke
as a new member of the Parish Council.
Cllr Ros Oke was co-opted at the Parish Council
meeting held on 5th July.

RUN BRECKLAND 5K and 2K RIVER RUN

Run Breckland have organised a 5k and 2k river run on Sunday 14th August
starting at the Jubilee Field in Mildenhall.

The 5k route begins at 11:30am on the Jubilee Field, then follows the river to
Old Mill Lane, along The Street to Mildenhall Road, then back to the Jubilee
Field via the path alongside the Norah Hanbury-Kelk Nature Reserve.

The 2k route begins at 11:00am and is around the Jubilee Field.

All runners must purchase a ticket which are charged at £8 for adults and £5
for children. If children enter the 5k run, then they must be in arms reach of
an adult at all times. All finishers will receive a medal.

For more information and to purchase tickets please visit the website:

<https://www.ticketsource.co.uk/Run-Breckland/mildenhall-2k-5k-river-run/e-bygjjm>

Upcoming Meetings

The next Parish Council meeting will be held on **Tuesday 6th September**

The meeting will be held 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 on the notice boards.

The Public are welcome to attend Parish Council Meetings and will be offered the opportunity to speak at the beginning of the meeting or during the meeting at the Chairman's discretion. To raise an item at any meeting please contact the Clerk at least 7 days prior to the meeting date.

Chairman: Neil Horne, 07590 672963

Clerk: Jodi Coe, clerk@bartonmills.net / 07724 737841

Website: www.bartonmills.net

Find us on Facebook and Nextdoor: Barton Mills Parish Council

All over 50s Welcome

BARTON MILLS WEDNESDAY CLUB

Our next meeting will be on Wednesday 3rd August with a picnic on the field at 12.30 (weather permitting)

On 17th August there is a coach trip to Felixstowe. Phone Ann for details.

Wednesday 7th September at 2.00pm will be a charity meeting for **Alzheimer's Research**. There will be a bring and buy and a raffle. Refreshments afterwards.

Wednesday 21st September at 2.00pm - **Amanda Sutherland** makes a return visit with her second talk on **Trends**. There will be items for sale. Refreshments afterwards.

We look forward to seeing you all and welcoming new members.

£3 non-members/ £2 members

Enquiries to Ann on 01638 510008 or jacobs.family@me.com



Barton Mills & District Gardening Club

MEMBER OF R.H.S.

Annual Subscription £12.00

New members and friends welcome as paying visitors

Horticultural Show on 3 September, in the
Village Hall, open to the public at 2.00pm,

Schedules and entry forms from Ian Anderson, (01638 515741) or committee members, to be returned with entries on morning of show between 8.30 & 10.00am.

The Club AGM will be on 27 September at 7.00pm in the Village Hall, All officers and committee will be up for election.



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.

100 CLUB WINNERS

July 22

£30	194	R. Coleman
£20	177	H. Marsh
£10	153	M. Bassett
£10	91	J. Miller

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 £30, £20, and 2 x £10 monthly and twice a year additional prizes of £150.



MILDENHALL & DISTRICT MUSEUM AND MUSEUM SOCIETY

MILDENHALL MUSEUM SOCIETY
does not meet in August but the talk on THURS.
SEPT.8th at 7.30pm will be by David Steward.
His subject will be PEGGY COLE MBE.
JOURNALIST, GARDENER, AND SUFFOLK
COUNTRY WOMAN who starred in the film
Akenfield and died in 2016.

For our mobile meeting this year we went to Burwell Museum in Cambridgeshire. The museum opened in 1992. It reflects life through the centuries on the edge of the Cambridgeshire Fens.

We were warmly greeted by two of the volunteers – Alison and Sarah – given refreshments – delicious home made biscuits and then left to roam around the museum.

Stevens' Mill stands at the entrance of the Museum and visitors can take a tour of the mill on four floors – several of our ladies did just that. There is a wide variety of things to be looked at, from a reconstruction of a Roman potter's workshop, to household items that some of us remembered from childhood. Lots of agricultural farm machinery showing how farmers went about their daily life, a school room, a shop, a telephone exchange - an endless list. Some buildings have been moved from other sites and carefully reconstructed.

It could be described as little museum with an great deal to see. We thoroughly enjoyed our evening. Well worth a visit.



**Take a look at our website -
www.wibartonmills.weebly.com**



THANK YOU

Dear all

Thank you so much for attending the service on Thursday July 14th. It was really good to see so many people there, it was a tremendous turnout for us to say our good byes to Elizabeth Bousted.

Alan Butcher



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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

St Mary's Barton Mills Autumn Quiz



Supporting the Preservation Charitable Trust

FRIDAY 30TH SEPTEMBER 2022

IN BARTON MILLS VILLAGE HALL

6.30pm DOORS OPEN

7.00pm START of QUIZ

8.00pm FISH and CHIP SUPPER



**RETURN OF POPULAR QUIZMASTER:
KEVIN MILLIGAN**

**Come as a team of 6 to 8 people or come on your own –
teams can be made up on the night.**

Be ready to have your general knowledge challenged!

RAFFLE PRIZES B.Y.O. DRINKS

Gifts of Raffle Prizes will be very welcome

**Tickets £12 per person, before the night, covering
FISH, CHICKEN or VEGETARIAN option
plus CHIP SUPPER**

Tea and coffee or squash will be available in the break

Tickets from: Liz Jarvis, The Flint House, I church Lane,
01638 583728, emjarvis68@gmail.com

Numbers are limited so early booking is important.



*Felix Simpson and
Terry Adams*



appeared in concert

*together with their Band at St Mary's Church, Barton
Mills on Friday 15th July 2022*

Alan Butcher and Liz Jarvis would like to thank all of the helpers and audience for coming out on this Friday evening to make the concert so memorable. This popular duo and their band appeared here for the third time and performed an extensive medley of popular songs from singers and groups from the 1960s onwards, to rapturous applause from all present.

If you didn't manage to catch their concert this time, they are bound to appear here again, as they favour the wonderful acoustics in our church building, which eminently suits their style of music and singing.

Try not to miss them next time around – you will have a most enjoyable evening.

All proceeds, after costs, go to the Church Preservation Trust charity to aid the maintenance and enhancement of this valuable and historic community resource.

I totally agree with the above item. This was my first time of getting to see these two fantastic musicians, (with a bit of Alan's persuasion) and it was a super evening.

Highly commended and definitely recommended.

Ed / Nancy

Nature notes - In praise of nettles.

No one likes being stung by stinging nettles but they can be utilised in many ways including making green and yellow dyes for textiles. They are used in foodstuffs such as wine gums and jelly babies. Wines, cordials, salt, beer and oils may be flavoured by nettles. They are high in iron and potassium so, used like spinach, they can be added to soups, stews and pizzas.

If you are picking any, beware as they may be supporting a lot of aphids. 31 species of insects are solely dependent on nettles including many beetles and butterflies - including some of our most colourful species e.g. peacock, red admiral and small tortoiseshell. Many more beetles and bugs make some use of nettles.

Nettle fibres are suitable for making cloth and also cord, which is evidently long-lasting. The nettle binding of a flint arrow head dug up in Somerset was dated to 4000 - 3500 BC.

Norma





Good Neighbour Scheme – Independence

As I write this article my thoughts are dwelling on the subject of “independence”. On 4th July the citizens of the United States of America remembered and celebrated the independence of their country from its colonial rulers – the British. However our destinies have over the passing years been intertwined and our mutual friendship has endured.

We all value our independence but we forget that, at times, to be able to maintain our independence we can benefit from the helping hand of friends and neighbours, even if that is just a small favour when needed. I recently underwent day surgery at West Suffolk Hospital and the surgeon insisted that I had to have someone fetch me after the operation and be present in my house with me for at least the following 24 hours. My son came from his home in Hampshire to fulfil this role but the offers of help from friends and neighbours, should I need it, was humbling. It is great to know that these very caring people, one of whom lives 40 miles from here, showed their concern that I (and my cats) should be properly supported.

The volunteers that willingly offer their time and abilities, via the Barton Mills Good Neighbour Scheme, to support someone in need are equally caring and concerned to enable our fellow villagers to maintain their independence. We provide practical help rather than medical services, which are rightfully the domain of medical-related organisations, and we cannot undertake work that requires the services of professionally qualified and certificated tradespeople. However, the practical help that we can offer includes shopping; collecting prescriptions; help with IT, TVs and smart ‘phones; moving furniture; one-off garden tidy-ups; help with pets; etc. or just a volunteer calling in for a chat that will help to lift the spirits.

We aim to make a difference to our neighbours’ lives where we can. Our services, which are free of any charge, are designed to support villagers across the entire Parish of Barton Mills. Please remember that you can contact us on **07419 211040** or e-mail us at

barton.neighbours@gmail.com to see if we can help you with your needs.

Peter Alder



September in the UK is a time when many of our British apples are in season. Do you have an apple tree in your garden? What do you do with its produce? Here are some recipes you may like to try.....

Mary Berry's Apple Sandwich Cake



Ingredients For the sponge

225g/8oz baking spread, straight from the fridge,
plus extra for greasing

225g/8oz caster sugar

225g/8oz self-raising flour

1 tsp baking powder

4 large free-range eggs, beaten

2 eating apples, peeled, cored and grated (see Recipe Tips)

icing sugar, for dusting

You will need two 20cm/8in round, loose-bottomed sandwich tins and an electric hand whisk.

For the lemon filling

150ml/5fl oz double cream

3 tbsp lemon curd

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease two 20cm/8in round, loose-bottomed sandwich tins and line the bases with baking paper.

2. Measure all the sponge ingredients except the apple and icing sugar into a large bowl and beat with an electric hand whisk until combined. Fold the grated apple into the mixture, then divide between the tins and level the tops.

3. Bake in the oven for about 25-30 minutes until golden, well risen and coming away from the sides of the tins. Allow to cool in the tins.

4. Meanwhile, make the filling. Whip the cream into soft peaks in a bowl, then lightly swirl in the lemon curd. Invert the tins to remove the cakes and then peel away the paper. Sit one cake upside down on a serving plate. Spread the lemon cream to the edge of the sponge, place the other cake gently on top to sandwich the cakes together.
5. Dust the top with icing sugar to serve.

Or you might like to try these WW2 war-time recipes reproduced from past issues of the BARTON MILLER (Sept and Oct 2002).

Apple Cream - a recipe from Northumberland
Peel, core and grate the quantity of apples that you require. Mix quickly with sweetened condensed milk. Heap into a glass dish, this makes a delicious dessert, which children especially love.

**Apple Marmalade Charlotte - a 1940's recipe
from Leicestershire**

Left over bread and butter or thin slices of plain bread - about 1lb/450g

2 oz/50g Marmalade	1 egg
1/2pt/300ml Milk	Sugar to taste
1/2lb/225g apples	

Put a layer of bread into a greased pie-dish and cover with a layer of sliced apple and a little marmalade. Cover with bread. Fill the dish this way and then beat the egg in the milk and pour over. Sprinkle with sugar if required. Bake in a moderate oven for 30-35 minutes.

Barton Mills, AUTUMN FAIR

Saturday 29th October 1 - 5 pm,

**Craft and Christmas stalls.
Make it a date in your diary!**

**What's on in Freckenham August/Sept
2022**

Film Nights – we are hoping we have volunteers who want to be involved with this so look out for updates. Weekly classes please keep looking at the Freckenham website, Facebook or phone V Hall mobile 07542 198 933 to ask what's coming up! Some of our weekly events have a summer break so check with tutor before attending.

Monthly Farmers Market with some Crafts now on a summer break back 24th September.

10 – 12 noon <https://freckenham.suffolk.cloud/freckenham-village-hall/village-hall-weekly-events/>.

We are on Facebook and Twitter @FreckenhamVH

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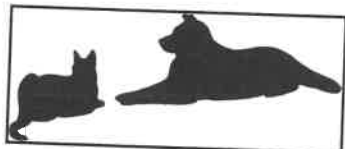
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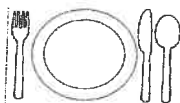
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BARTON MILLER ADVERTISING RATES

<u>Commercial/Business</u>	Basic 1/8 page of A5	£20	Per annum
	¼ page of A5	£40	Per annum
	½ page of A5	£80	Per annum
	Whole page A5	£160	Per annum
<u>Organisations/Clubs etc</u>	Basic 1/8 th page of A5	£1.25	Per issue
	¼ page of A5	£2.50	Per issue
	½ page of A5	£5.00	Per issue
	Whole page A5	£10.00	Per issue

Depending on the content for some local items, some adjustments may be made. This is envisaged as being for "poster type" publicity for events.

Charity appeals not more than 5 lines of straight type - FREE. "Poster style" format - organisation rates apply.

Small Personal Adverts For Sale/Wanted etc. - £1 Lost/Found/Thank you - FREE

Any profits from advertising go to Church Funds

The Barton Miller

Editorial Team

take no responsibility for endorsement of, or statements made in published advertisements which are accepted in good faith.

However we reserve the right to refuse any advertisement considered inappropriate for publication

SPECIAL NOTICE

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) and illustrations

(JPEG) to **nancy@bartonmills.com** **ensuring that a printout of the item is provided to the Editor before the required cut off date.**

Any item emailed but not received by the Editor will **NOT** be included in the magazine.

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

SGT 559 JASON FRANCIS
Police Community Support Officer
Based at Mildenhall Police Station
Telephone 101

Safer Neighbourhood Team





The Parish Council does not meet again until September 6th. We continue to serve the village and can still be contacted to address any issues.

**After the roaring success of our Jubilee celebrations we still have some bookmarks left. If anyone has a child that did not get but would still like one please contact:
bartonmillsjubilee@gmail.com**

We also have some seed packs too! These can be collected from No6 The Street where there will be an honesty box for a donation of £1.

***We wish everyone
a good summer.***

www.bartonmills.net