

EASTON VILLAGE NEWS



Children from Easton Primary School taking part in a memorable Candlelit Concert in the church on 7th February. Read more about it inside.

March 2025

Useful Contact details

Parish Councillors:

Sue Piggott T: 01728 746622 (Chair & Highways)
Fiona Siddall T: 01728 746517 (Vice Chair & Play Area Officer)
Bob Gibbon T: 01728 746866 (Emergency Officer)
Ian Palfreyman T: 07775 652820 (Footpaths Officer)
Gary Edwards T: 01728 747970 (Cemetery and Burials Officer)
Derek Balcombe T: 01728 768215
Dave Ladbrook T: 07730 432542 (Play Area Officer)
Clerk—Andrew Staples E: parishclerk@eastonpc.org.uk
Parish council website <http://easton.suffolk.cloud/>

Suffolk County Councillor:

Elaine Bryce T: 07955 434440 E: Elaine.bryce@suffolk.gov.uk

East Suffolk District Councillors:

Owen Grey (Lib Dem) E: owen.grey@eastsuffolk.gov.uk
Vince Landon-Morris (Green) E: vince.langdon-morris@eastsuffolk.gov.uk

All Saints Church

Rev. Ann Kember (Priest-in-charge) T: 07369 240252
Note: Ann is not available Weds/Thurs/Fri E: annkember58@gmail.com
Jane Woodbury-Eggs (Churchwarden) T: 01728 746667

Village Hall

Gerard Newnham (Bookings) E: gerard.newnham@icloud.com
Village Hall website www.yourhall.co.uk Search Easton

Village Website www.easton.onesuffolk.net

Cricket Club enquiries Tory Hughes E: easton1906@gmail.com

Bowls Club enquiries Mike Cattermole T: 01473 614845

Village News Editor

Clare Owen T: 01728 745015 E: clareelizabethowen@gmail.com

If you have something to put in the Village News, please submit it by 14th of each month.

Editor's Introduction

Spring is almost here! There's a definite feeling of change in the air. The spring bulbs are beginning to pop up from under the soil, the birds are getting more vocal by the minute, and once the clocks change and we 'lose' an hour on 30th March, we'll be into longer days and shorter nights. Bring it on!

This month's magazine is a bumper bundle with important news about the Village Hall, more from our MP, Patrick Spencer, a report from Easton Primary School, and a fascinating insight into the lovely Nancy Pearson (of May Fair fame) who is the subject of Village People Profile. And of course there are our usual features to enjoy.

Come along to one of our Fun and Games afternoons. It's a lovely opportunity to have a chat and play some board games if you want to. It really is a lovely laid back hour and a half with free refreshments. More details on page 9.

Please don't forget to let me have anything for the magazine which you think could be of interest to our readers. It's always good to have different contributions.

A plea —sorry to bang on about this—but if you haven't already paid your annual subscription to the magazine, could you please do so as soon as possible. Thanks to everyone who has already paid.

Clare

Disclaimer. The Editor of Easton Village News produces this newsletter in good faith from articles submitted by local organisations and individuals. No responsibility can be accepted for any inaccuracies contained therein which must be taken up with the relevant organisation or individual.



Changes at the Village Hall

We would like to thank Jenny McEvoy, Ian Palfreyman and Christine Burgoyne who, after many years, have decided to step down from the Village Hall Management Committee. We would like to pass on our thanks to each of them for everything they have done over the years on the committee. Your contribution has helped the Village Hall to become the great community asset that we have today.

We have appointed an interim Village Hall Management Committee who will continue the great work of maintaining the fabric of the building and ensuring that it serves the communities of Easton and Letheringham.

There will be a full **AGM on Tuesday 29th April** when the committee will be formally appointed. We are keen to hear from all residents in how this community asset can serve you best. Please try to attend as the Village hall is held in Trust for your benefit.

If you have ideas on how the Village Hall could be used or would like to be involved in the running of the Village Hall please speak to any member of the committee. Ideally we would like to ensure that all parts of the community, particularly our younger residents, are represented on the committee

The Interim Committee members are:

Lorna Edwards
Emma Gibbon
Sarah Ladbrook
Gerard Newnham
Anne Parkinson

Nancy Pearson
Bev Pickeringshaw
Margie Ransome
David Stagg
Mary Wilson

Bookings and any enquiries: Gerard Newnham
gerard.newnham@icloud.com 07740378607

What's On in March



Village Hall

Mondays:

Yoga with Ellie 9.30—11 am

Pre-booking

E: eleanorpenlo@gmail.com

Tuesdays:

50+ Keep Fit Class 10-11 am

£8 per session (block payment per term of 6/7 weeks)

Contact Clare Hassler on

01728 621247/07769 716761

for more information

Wednesdays:

Pilates with Kelly

Advanced 9.15 am

Beginners/Intermediate 10.30 am

Pre-booking

E: pilateswithkelly@hotmail.com

Table Tennis

6:30pm £5 per session

Contact John on 746644

Thursdays:

Rabble Chorus

8pm

E: Kirsty@rabblechorus.co.uk

Sunday Café

16th

10—11.30 am

Village Hall



Fun and Games

Tuesday 18th

2—3.30 pm

Village Hall



Parish Council Meeting

Monday 24th

7.45 pm

Village Hall



Gardening Club

Monday 31st

6.30—8.30 pm

Village Hall

**Mobile Library will stop outside The White Horse on Wednesday
5th March between 12.25 and 12.45.**

EASTON PRIMARY SCHOOL

The past month has been a busy and exciting time at Easton Primary School. The children have been fully immersed in their learning, with Oak Class exploring the fascinating topic of Earth and Space in science, while Rowan Class has been delving into the Ancient Egyptians in history. Our younger pupils in Hazel Class have been enjoying hands-on learning experiences, particularly in their outdoor environment through Forest Schools. Mrs Kinnair has been working tirelessly to achieve her Forest School's accreditation. The whole school has also been engaging in creative projects, from sculpture installations in art to exciting trips. Additionally, Mr Mansell and Mrs Kinnair recently took a group of pupils to the London Coliseum to see *The Pirates of Penzance*, which was a fantastic experience for all involved.

We also recently hosted our Candlelit Concert, which was a huge success. The children shared some truly beautiful music, creating a magical and memorable evening for all who attended. The event showcased the hard work and talent of our pupils, and we are incredibly proud of their performances.

Looking ahead, we are keen to involve the local community in supporting the Triangle of Life project. A meeting is planned for **Monday, 31st March**, at **Easton Village Hall from 6.30 - 8.30pm**, where we will share our progress and encourage volunteers to get involved—whether it's helping with gardening or sharing expertise. We'd love to see as many people there as possible!

Another key date for your diaries is **Thursday, 6th March**, when we'll be celebrating World Book Day. Pupils and staff will be dressing as their favourite book characters, and we will be hosting a special storytelling session. As always, we appreciate the ongoing support of parents and the wider community in enriching the children's learning experiences.





The magical Candlelit Concert in Easton Church with memorable performances from the children.



Easton and Letheringham Community Gardening Club



The January meeting was well attended, and the talk by Peter Marett from Wild About Campsea was insightful and gave us many ideas for our group - most importantly things we can do to encourage wildlife in Easton and Letheringham. Also how we can engage the wider community, particularly younger people.

There were plenty of seeds, gardening magazines and books free to take away.

It was agreed that the group will remain informal and work with the two Parish Councils and the Village Hall committee, with the aim that meetings are free to attend for all.

The next meeting will be:

Monday 31st March, 6.30 to 8.30 pm, Village Hall

- **The Speaker will be:** Easton Primary School's Triangle of Life project (encouraging children to engage with growing and plants) and how the village can support.
- Tea or Coffee
- Seed, Cuttings and plant Swap (please bring anything you may wish to swap).
- Introducing Community Seed growing (we will provide packets of seeds that members can take and grow the whole packet for swapping with the group).
- Current top tips of the season.

Monday 28th April, 6.30 to 8.30 pm, Village Hall

- Question time for Gardeners (a panel will answer questions from the audience, no BBC involved).
- Tea or Coffee
- Seed, Cuttings and Plant Swap (please bring anything you may wish to swap).
- Introducing Community Seed growing (we will provide packets of seeds that members can take and grow the whole packet for swapping with the group).
- Current tops tips of the season.

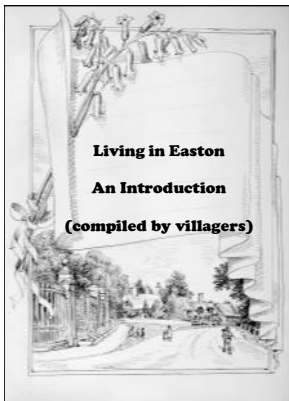
Come along to any or all of our meetings. Everyone is welcome, even if you're not a gardener but would just like tea/coffee and a chat. All the meetings are in the Village Hall.

For more information contact:-

Sarah Castle sjcastle1@hotmail.co.uk

Claire Balcombe clairebalcombe@email.com

Gerard Newnham gerard.newnham@icloud.com



New to Easton Village?

Please let me know if you are aware of anyone who moves into the village. We have always warmly welcomed newcomers and I am now very happily taking on this role. We can also provide the introductory booklet 'Living in Easton' which has lots of helpful information.

Peter Bennett King, 2 Black and White Cottages
T: 747370 E: thebks@btinternet.com

A Sense of Place and Time

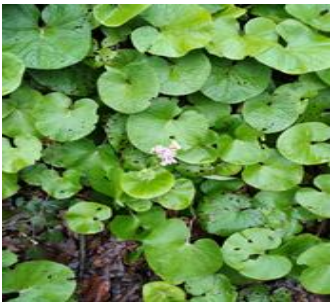
A hint of Spring

Despite the days beginning to lengthen, the grey weather we have been having lately makes the spring seem a long way off. But a hint of things to come is the flowering of winter heliotrope – *Petasites fragrans*, with its beautiful almond/vanilla scent, particularly noticeable on still, dank days.

Originating from Mediterranean North Africa, winter heliotrope was introduced into gardens in the 19th century as ground cover – the early flowers offering a fragrant ‘pick-me-up’ from the winter months. It has since ‘leapt the garden fence’ and naturalised shady verges where it can avoid its sensitivity to hard frosts.



It can be invasive, with its network of rhizomes and overlapping round leaves out-competing all other flora to form a monoculture of heliotrope. It is often found in churchyards and readily spreads out into neighbouring verges. A good place to see a patch locally is on the slope out of Letheringham.



The scent is really quite up-lifting and the flowers are an excellent source of pollen and nectar at a time of year when little else is in bloom. However, before planting in your garden, beware of it making a take-over bid and be cautious about composting or inadvertently transferring rhizomes beyond the garden gate!

Patrick Spencer MP

Member of Parliament for
Central Suffolk & North Ipswich

DELIVERING FOR EASTON



Since the New Year, my team and I have continued to work hard to address the issues that matter most to residents in our rural areas, with healthcare and agriculture at the forefront of discussions.

In early January, I joined residents of Offton Village to walk the route of National Grid's proposed Norwich to Tilbury pylon line that threatens to cut through their picturesque landscape. The project, if allowed to proceed in its current form, would not only scar the natural beauty of this historic village but also raise potential concerns about operational safety for military helicopters flying from RAF Wattisham.

I also enjoyed spending time with Nick Corke of Hour Community in Framlingham, whose work providing transport for medical appointments and tackling isolation in Framlingham and the surrounding villages exemplifies the best of grassroots initiatives. I remain fully committed to supporting and promoting these essential services, ensuring that the voluntary sector continues to thrive and meet the diverse needs of our constituency.

Having spoken with many local farmers and food producers who are concerned at potential changes to the Family Farm Tax, I also met with Graham Miles, the Bishop's Agricultural Chaplain. We discussed the current challenges across the agricultural sector, with supply chain issues, labour shortages, and fluctuating market conditions adding further strain on our hardworking farmers. We also discussed the importance of improving access to mental health resources tailored for those in the farming community, as isolation and financial pressure continue to take a toll. Agriculture is the backbone of our local economy, providing employment and sustaining rural livelihoods and I will continue to do all that I can to support our incredibly hardworking farmers.

Finally, I was pleased to meet with the dedicated team of volunteers at Mid Suffolk Citizens Advice Bureau whose vital services benefit residents from across Central Suffolk and North Ipswich. Their support for vulnerable individuals, including guidance on financial and legal matters, is a lifeline for many, and I look forward to continued collaboration with their dedicated team.

I am always keen to hear from you. Whether it's concerns about GP services, rural challenges, or local support, please don't hesitate to get in touch via email, phone, or my website. You can keep up to date with the work I am doing for you by subscribing to my newsletter:

www.patrickspencer.co.uk/newsletter

Yours sincerely,

Patrick Spencer MP

Member of Parliament for Central Suffolk and North Ipswich



Village People Profile

Nancy Pearson



How long have you lived in Easton?

We moved to Easton 9 years ago.

Why did you move here?

We moved as we wanted our children to grow up in the country as we had both done the same (in Herefordshire and Norfolk) and thought it was a good idea to get out of the pressure of London life and schools.

What's your favourite thing about living here?

The amazing countryside and space, something people might take for granted, but it is just beautiful here. The fantastic dog walks, the pub, the coast and most of all a really lovely community. Everyone has been really friendly which has made us want to join in with things like the May Fair, Cricket Club, Sunday Café. I love the fact that my children know people in the village of all ages and we feel part of the community.

What's your least favourite thing about living here?

The road at the Glevering end of the village. Drivers have got faster year on year. We would love a proper footpath down to the village and I think it would mean we would all feel more connected to the village from this end. Don't even start me on the rubbish internet at the Glevering end too ...

What's the most interesting job you've ever had?

I've had quite a few! I was a TV presenter for a bit and then went on to train people to do the same, and trained camera crews. I decided a life in front of the camera was not for me. I've worked for the RAF charity tracing servicemen which was fascinating. I've also been paid to put my hands into lots of raw chickens and asked to throw appliances down flights of stairs ... but that's another story you'll have to ask me about if you bump into me in the pub! I've volunteered a lot over the years with

the British Red Cross and gone to all manner of exciting events as a first aider: Buckingham Palace for the Queen's Golden Jubilee, football matches standing on the pitch next to David Beckham and Thierry Henry, standing at the back of We Will Rock You chatting to some tall bloke and then realised it was Brian May ... These days I work from home, so life is much more sedate.

Have you ever lived in another country?

Yes, I lived in Texas for a while and also Sweden. Both for work and I used to have to drive through a massive herd of buffalo every day to get to my office in Texas. It was the nineties so there was still a lot of big hair, eating steak and line dancing! I also worked for Saab in Sweden. On my first day in Trollhättan I was taken on an elk avoidance driving course as they were everywhere. Working abroad for me always seems to involve large animals ...

If you could pass any law you would ...

Increase the statutory holiday allowance for workers to more than five weeks a year. That or get the four-day work week scheme rolled out for everyone working in the UK.

Your greatest strength?

Positivity. I feel grateful every morning that I'm still here, even if I'm not quite up to it!

Your greatest weakness?

Getting myself on too many committees/taking too much on.

Your favourite TV programme?

Recent faves: The Diplomat. Black Doves. Ted Lasso. Happy Valley. Gavin and Stacey. I love a good drama or comedy. We've all loved The Traitors too. My guilty pleasure is MAFSAU [Married At First Sight Australia].

Your favourite book?

Ooh this is hard to pick as I don't like one genre. I read audiobooks when out walking the dog in the village. I'm currently reading Project Hail Mary by Andy Weir. I love reading biographies, particularly when the author reads them.

Your favourite place in the UK (other than Easton!)?

I know I shouldn't say it in Suffolk, but probably the North Norfolk coast as that's where I met Angus. It's also pretty hard to beat the West Coast of Scotland, the Malvern Hills, Derbyshire ... honestly there are so many amazing places.

The best day of your life?

The births of both of my sons are right up there, as that changed everything for us and I couldn't be more proud of them. Getting married in the Chapel Royal in Hampton Court Palace was pretty special too.

Most people have heard of Karl Marx, but few know of his sister Onya, an Olympic runner. Her name is still mentioned at the start of every race.



March in the Garden



March brings breezes loud and shrill,
Stirs the dancing daffodil...

~Sara Coleridge (1802–1852) "The Months"

By the middle of the month spring will have arrived with its most welcome sunny days. The perfect opportunity to get outside and make some headway with the rush of Spring gardening jobs.

The Ornamental Garden

Cut back willow and dog wood grown for their winter colour.

Lift and divide overgrown clumps of perennials.

Begin sowing hardy annuals such as cornflowers, stocks and marigolds undercover.

If the weather is fine at the end of the month, start half-hardy annuals such as zinnia and cosmos undercover.

Now is also a good time to take basal cuttings of phlox and delphinium, as well as stem cuttings from chrysanthemums.

Plant dahlias into pots undercover to give them a head start. Once the last frost has passed they can go into the garden border.

Plant summer flowering bulbs such as lilies, freesia and crocosmia.

Begin putting stakes in place for tall growing perennials before they need them.

The Vegetable Garden

Sow carrots, beetroot, radish, parsnip, leeks and lettuce straight into the bed where they are to grow.

Plant onion sets early in the month.

Sow tomatoes, sweetcorn, squash, courgettes and cucumbers undercover for planting out in April.

Towards the end of the month plant out early potatoes.

On frosty nights, cover fruit blossoms with fleece to stop the flowers being damaged.

Keep an eye out for slugs and snails. Use natural deterrents such as garlic spray and wool pellets to keep your plants protected.

March's gardening notes from local horticulturist Nikk Slowey FdSc Hort who, along with her husband Christian, are Honeysuckle Horticulture. Nikk is also a lecturer in horticulture at Suffolk Rural.



Did you know these things had names?

The space between your eyebrows is called a glabella.

The way it smells after the rain is called petrichor.

The plastic or metallic coating at the end of your shoelace is called an aglet.

The rumbling of stomach is actually called a wamble.

The cry of a new born is called a vagitus.

The wired cage that holds the cork in a bottle of champagne is called an agraffe.

The space between your nostrils is called columella nasi.

Illegible handwriting is called griffonage.

All Saints Church



Lent Group

Following last year's very successful Lent Group on the Gospel of St Mark, Revd Ann will be holding a series of readings on the Gospel of St John at Hacheston Village Hall starting on 10th March for five Mondays at 2.30 pm. Come to all or some!

Mothering Sunday

A special benefice service for Mothering Sunday will be held at Parham on 30th March. The time will be 10 am (earlier than the usual so that families can go on to activities they might have planned).

Church Services

There will be a Benefice Holy Communion service at Easton on 2nd March at 11 am. Do join us!

On Ash Wednesday (5th March) there will be a service with imposition of ashes at 10 am at Marlesford.

The other service at Easton church will be Morning Worship on 23rd March at 11 am.

Discussion Group

Our topic for March is "Families in the Bible". We shall be meeting on Wednesday 12th March at Bickley, Harriers Walk at 10.30 am. New members are always welcome.

Sunday Café

This month the Sunday Café is on 16th March. We look forward to all the usual lovely food and meeting friends and neighbours.

Easton Church Electoral Roll Renewal

The electoral roll has to be renewed every three years and is due for renewal in 2025. If you are already on the electoral roll you will be contacted, and if you would like to join the list so that you can be involved in decisions made about our church, please contact Emma Gibbon.

Joint PCC meeting

A meeting for all the Orebeck benefice PCCs will be held on 10th March at 7 pm at Kettleburgh Village Hall.

Jane Woodbury-Eggins

CONFIRMATION CLASSES

Some candidates for Confirmation have come forward, so Revd Ann will be holding preparation classes soon.

If you or anyone you know is interested in being confirmed, please contact Revd Ann (07369 240252).



MAY FAIR

**Saturday 10th May
2 till 4 pm
Village Green**

HELP!

Can you give an hour or two to lend a hand with the
May Fair?



Running a stall or helping to set up the
gazebos beforehand?



Making jam and marmalade or baking a few scones?

There are lots of ways to join in and help with this fun
event.



Everyone welcome



Please contact

Emma: emmajibbon123@gmail.com M: 07905 632927

Nancy: nmapearson@gmail.com M: 07776 147839

Church Services for March

2 nd	Sunday before Lent	11am	Benefice Holy Communion	Easton
5 th	Ash Wednesday	10am	Holy Communion with Ashing	Marlesford
9 th	1 st Sunday of Lent	11am	Benefice Morning Worship with Baptism	Kettleburgh
		6pm	Holy Communion	Parham
16 th	2 nd Sunday of Lent	10am	Benefice Holy Communion	Marlesford
		3pm	Visit to Bury St Edmunds Cathedral	
23 rd	3 rd Sunday of Lent	9.30am	Morning Worship	Brandeston
		11am	Holy Communion	Campsea Ashe
			Morning Worship	Easton Parham
		6pm	Evening Prayer	Kettleburgh
30 th	Mothering Sunday	10am	Benefice Service for Mothering Sunday with Holy Communion	Parham

Compline is said at Marlesford every Wednesday at 5pm

The next Benefice Service is on 6th April at 11am at Brandeston

Sunday Café

Sunday 16th March

Village Hall

10.00 — 11.30 am

There's lots of home made goodies, sweet and savoury, all made by our lovely volunteers. Or how about a bacon roll made with Revetts bacon in a roll from Harvey & Co? Our specials board might catch your eye too. All food can be bought to take away and at very good prices (we aim just to cover costs and any profit we do make is sent to charities or donated to the church).

Enjoy catching up with friends, making new ones, or reading the Sunday newspapers in our lovely village hall. We've got toys for the children and a covered seating area outside if you'd like to bring your dog along.

STOP PRESS

We've just achieved another 5 star rating from the health inspector!



Thanks to Jules Croucher for the photo.

EVERYONE WELCOME

Sponsored by All Saints Church

EASTON BOWLS CLUB

Open Day
20th April 2025
2.00pm



Come along and have a go!
All Welcome



Contact: Malcolm Mitchell 07732 535493



Neighbourhood Watch News for March

The 5 biggest banking security threats and how to avoid them

Unauthorised mobile banking fraud has hit record levels, as fraudsters look to take advantage of a rise in banking app usage

With more and more of us banking on the go, criminals are using this to their advantage, leading to record levels of unauthorised mobile banking fraud.

So, what are the biggest threats to your bank account and how can you combat them? Read on to find out.

1. Account hacking

Mobile banking fraud occurs when a criminal uses your login details to hijack your account via a banking app downloaded to their device.

What can you do?

Set long, random and unique passwords for your accounts and use a password manager so you don't need to remember them.

Use MFA* on every website that offers it.

Avoid public wi-fi and never download apps from unofficial sources (use the Amazon, Apple or Google Play app stores instead, as these are vetted). Rogue apps still slip through (many reportedly pose as QR code reader and PDF apps), so read reviews before you download anything.

Keep your device operating system and key applications, such as your web browser, up to date and use reputable antivirus software on all devices, scanning regularly for threats.

***MFA (Multifactor Authentication.)** MFA prevents unauthorized access to your data and applications by requiring a second method of verifying your identity, making you much more secure.

2. Stolen card details

Most card fraud is done remotely, for example by using details leaked through third-party data breaches. However, losses were the lowest reported for nine years in 2023 (£361m) thanks to more stringent verification processes when you shop online.

Card ID theft is a growing problem. This is where stolen cards or details are used to take over an existing account or open a new one. Last year, cases and losses were at the highest level ever recorded.

What can you do?

Avoid storing your card details on retailer websites (use wallets such as Apple Pay and Google Pay or PayPal instead).

Review your privacy settings on social media sites and stay vigilant to phishing attempts.

Always check web addresses carefully, particularly if you've been directed from adverts or QR codes.

If your card is lost or stolen, most banks let you freeze it via the app (the Co-operative Bank is a notable exception).

3. Phone theft

Thieves snatching expensive handsets may 'shoulder-surf' victims to watch them entering Pins and passwords.

If you've used the same or similar passwords for multiple accounts, a thief could easily pass security checks. If they can't crack them, they will try to use your Sim in their own device.

What can you do?

Add a unique Pin to your Sim (under 'Settings', look for 'Sim Pin' or 'Lock Sim') to prevent it being used in another phone. Disable preview notifications ('Lock screen' or 'Notifications'), as these messages can flash up on your phone screen even when your phone is locked, meaning a thief could view text messages or emails sent by your bank.

Register for a tracking app such as Apple's 'Find My' or Google's 'Find My Device', so you can quickly mark your device as stolen and remotely wipe its data if needed. Check if your phone manufacturer offers any tools too, such as Apple Stolen Device Protection and Android Theft Protection.

Finally, avoid keeping your debit and credit cards in your phone case.

4. Hijacking your phone number

Criminals can trick your mobile network into transferring your phone number to a Sim card in their possession – a scam known as Sim swapping.

They can then redirect calls and texts to a new device, to intercept security codes and hijack your bank accounts or payment wallets such as Apple Pay and Google Pay.

What can you do?

Ask your network provider about additional security, for example, you may be able to set up a unique Pin or password which must be provided to approve account changes in-store or over the phone.

Call your provider immediately if you receive unsolicited texts or emails about your Sim being ported, a PAC request, or you unexpectedly lose phone service.

Use MFA that doesn't require SMS where possible – for example, apps such as Microsoft Authenticator are tied to a physical device, not your phone number.

5. Impersonation scams

Scammers often contact potential victims posing as banks, law enforcement and telecoms providers to trick them into sending money or divulging security codes that they can use to authorise payments.

What can you do?

Stay cautious when receiving unsolicited calls, emails and texts. Avoid clicking on links and double-check any 'urgent' notifications supposedly from banks or other businesses.

Contact from unknown numbers is a red flag, but even if the number appears legitimate, contact the company using a trusted method such as the phone number on your debit card.

Never share your password, Pin or security codes – anyone asking for these is a scammer – and don't download screen sharing or remote-access software, as this enables scammers to take full control of your device.

Pay attention to fraud warnings from your bank, as these are designed to protect you. Never lie to your bank about the reason for a payment, as fraudsters are known to coach victims into bypassing security checks.

If the worst happens, report any losses immediately so the banks can freeze accounts and try to recover your money.

John Owen





The Easton White Horse

Mondays: Closed (except bank holidays)

Tuesdays: 5.30 - 10.30pm

Wednesdays: 5.30 - 10.30 pm

Thursdays: 12 - 10.30 pm

Fridays and Saturdays: 12 - 10.30 pm

Sundays: 12 - 4 pm Bar open till 7 pm



Pub Quiz Night is back!

Thursday 6th March

£10 per head including meal at half time

Teams of 4-6

Start time 7 pm.

Please book in advance to avoid disappointment!

Tel: 746456



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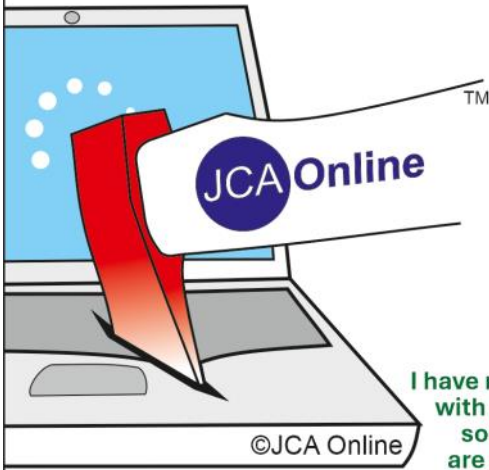
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