

# **Forest Heath District Council**

## **SETTLEMENT PROFILES 2016**



# **Forest Heath**

## **District Council**

Published January 2017

## **Contents**

|   |    |
|---|----|
| 1. Introduction                                 | 3  |
| 2. Assessment of Settlement Sustainability      | 4  |
| 3. Settlement Profiles                          | 7  |
| 4. Individual Settlement (Parish) Profiles 2016 | 10 |

## **Appendices**

|  |    |
|--|----|
| Appendix A GP and Dental Surgeries in Forest Heath (Summer 2016) | 30 |
| Appendix B Meeting places (Summer 2016)                          | 32 |
| Appendix C Bus services in Forest Heath (Summer 2016)            | 37 |

## **Tables**

|  |   |
|--|---|
| Table 1: NPPF Guidance on key aspects of sustainability and community facilities | 5 |
| Table 2: Audit of services and facilities by parish 2016                         | 9 |

## **1. Introduction**

- 1.1 The purpose of this report is to update the evidence base that underpinned the settlement hierarchy established in the Forest Heath Core Strategy adopted in 2010 (policy CS1). To do this the level of services and facilities in each of the settlements has been reviewed to see what changes have occurred since the parish profile audits were undertaken in 2011.
- 1.2 The Single Issue Review (SIR) of Forest Heath's Core Strategy Policy CS7 establishes the overall amount and distribution of new dwellings for the district for the plan period 2011 to 2031. At the same time the Site Allocations Local Plan has been prepared. Both documents have been through various consultations, and the plans will be submitted to the Secretary of State for examination in 2017. The parish/settlement profiles have been part of the evidence base that has helped inform the development of these plans and the supporting documents, including the Infrastructure Development Plan.

## **2. Assessment of Settlement Sustainability**

- 2.1 The National Planning Policy Framework (NPPF) sets out government planning policy at the heart of which is presumption in favour of sustainable development. Development is directed to the most sustainable locations. These are those settlements that contain a variety of services and community facilities, and where there is reasonable access to public transport and employment opportunities exists.
- 2.2 The settlement hierarchy is a way of categorising the settlements in Forest Heath and grouping together those that have similar characteristics. Larger settlements that have the greatest number and range of infrastructure in terms of facilities and services, and that are the most accessible by more sustainable means of transport are at the top of the hierarchy. The smaller settlements with the least facilities, services and accessibility to public transport, tend to be found at the bottom of the hierarchy as they are considered least sustainable and consequently least suitable options in terms of further development.
- 2.3 The number and level of services and facilities necessary in order for a settlement to be considered sustainable will vary from location to location, and will be proportionate to the size and character of settlements in the area. The assessment criteria in this review take account of the services and facilities that are considered to be fundamental or essential for a sustainable settlement in the mainly rural area of Forest Heath.
- 2.4 The NPPF does not define what constitutes a sustainable settlement, but it identifies core principles and key aspects of sustainability that includes access to key service and facilities. For the purposes of this document these key aspects form the basis for considering the sustainability criteria of each of the settlements. Table 1 below notes the characteristics of sustainability noted in the NPPF and the indicator used to assess these in settlements in Forest Heath.

**Table 1: NPPF Guidance on key aspects of sustainability and community facilities**

| <b>NPPF Guidance</b>  | <b>Sustainability indicator used in Parish (settlement) Profile</b>   |
|---|---|
| <p>NPPF Paragraph 34 (Promoting Sustainable Transport):</p> <p><i>Plans and decisions should ensure developments that generate significant movement are located where the need to travel will be minimised and the use of sustainable transport modes can be maximised.</i></p>   | <p>Public Transport Provision</p>   |
| <p>NPPF Paragraph 38 (Promoting sustainable transport):</p> <p><i>For larger scale residential developments in particular, planning policies should promote a mix of uses in order to provide opportunities to undertake day-to-day activities including work on site. Where practical, particularly within large-scale developments, key facilities such as primary schools and local shops should be located within walking distance of most properties.</i></p>  | <p>Public Transport Provision</p> <p>Primary School</p> <p>General Store/post office</p>  |
| <p>NPPF Paragraph 70 (Promoting Healthy Communities):</p> <p><i>To deliver the social, recreational and cultural facilities and services the community needs, planning policies and decisions should:</i></p> <ul style="list-style-type: none"> <li>• <i>plan positively for the provision and use of shared space, community facilities (such as local shops, meeting places, sports venues, cultural buildings, public houses and places of worship) and other local services to enhance the sustainability of communities and residential environments;</i></li> <li>• <i>ensure an integrated approach to considering the location of housing, economic uses and community facilities and services.</i></li> </ul> | <p>General Store/post office</p> <p>Meeting place</p> <p>Public House</p> <p>Children’s play area</p> <p>Sports recreation ground</p> <p>Employment Opportunities</p> |
| <p>NPPF Paragraph 72 (Promoting Healthy Communities):</p> <p><i>The Government attaches great importance to ensuring that a sufficient choice of school places is available to meet the needs of existing and new communities.</i></p>  | <p>Primary School</p>   |
| <p>NPPF Paragraph 73 (Promoting Healthy Communities):</p> <p><i>Access to high quality open spaces and opportunities for sport and recreation can make an important contribution to the health and well-being of communities.</i></p>   | <p>Sports Recreation Ground</p> <p>Children’s Play Area</p>   |

| <b>NPPF Guidance</b>   | <b>Sustainability indicator used in Parish (settlement) Profile</b>  |
|--|--|
| <p>NPPF Paragraph 7 (Achieving Sustainable Development):</p> <p><i>There are three dimensions to sustainable development: economic, social and environmental. These dimensions give rise to the need for the planning system to perform a number of roles:</i></p> <p><i>a social role – supporting strong, vibrant and healthy communities, by providing the supply of housing required to meet the needs of present and future generations; and by creating a high quality built environment, with accessible local services that reflect the community’s needs and support its health, social and cultural wellbeing; .....</i></p> | <p>General Medical Facility/surgery</p> <p>Library</p> <p>Meeting place</p> <p>General store/Post Office</p> |

### **3. SETTLEMENT PROFILES**

- 3.1 The spatial strategy set out in Core Strategy Policy CS1 identified market towns, key service areas and primary villages as the most sustainable places in the district to live, with good access to services, facilities and public transport. By focusing future growth in these locations we can help ensure most people in the district have access to a basic range of services and facilities. Evidence to support the SIR demonstrates that this categorisation of settlements remains an appropriate spatial strategy for the distribution of growth in terms of access to services and facilities, and meets the three dimensions of sustainable development set out in the NPPF.
- 3.2 The market towns of Brandon, Mildenhall and Newmarket are the primary focus for development given their relative level of sustainability i.e. access to services and facilities, employment, and public transport.
- 3.3 The key service centres are Lakenheath and Red Lodge and are the main focus for development outside of the market towns. The primary villages are Beck Row, Exning, Kentford, and West Row and these are considered to be settlements capable of limited growth to meet local needs to support rural sustainability.
- 3.4 Secondary villages have only limited services and facilities, and usually poor access to public transport and employment, and growth is not allocated to these settlements. Similarly small settlements have few, or in some case no, local services. These settlements are not capable of sustaining growth as they are completely reliant on the higher order settlements for access to services and facilities.
- 3.5 The Spatial Strategy in Policy CS1 was informed by a parish (settlement) audit undertaken in May 2008. Parish Profiles were updated in 2011 by requesting parishes to record the number of services, social and recreational facilities, employment opportunities, etc. Some parishes updated this information in 2015, but this information is far from complete.
- 3.6 In order to improve the level of detail of services, facilities and availability of public transport in the settlements work was undertaken in the summer of 2016 to update information on services and facilities in the towns, key service centres and primary villages, and in the smaller settlements where appropriate.
- 3.7 The following settlement profiles use the services and facilities listed in Table 1 as indicators of sustainability: access to public transport, primary school, general store, post office, meeting place (village hall, community centre, church hall, etc.) public house, children's play area, sports/recreation ground, GP surgery/medical centre, library and access to employment opportunities. The presence and/or quantity of these elements are noted, but there is no qualitative measure of provision.

- 3.8 This exercise has demonstrated that the level of services and facilities present in 2016 broadly corresponds with the settlement hierarchy set out in the spatial strategy in Core Strategy Policy CS1.
- 3.9 Table 2 below sets out a comparative audit of services and facilities in the settlements in Forest Heath in 2011 and 2016. Appendices A, B and C set out the results of a desk-top exercise (undertaken in the summer of 2016) to record GP practices and dentists, meeting places, and bus services serving the settlements.



**Table 2: Audit of services and facilities by parish 2016**

| Parish                | Year | Year (2011 = Mid 2008 | Food or general store | Post Office | Post office & general s | Public house | Meeting place e.g. villa | Primary Schools | Petrol Station | GP Surgery/health cen | Dental surgery | Employment Area | Sports or Recreation Gr | Play area | Library | Bus service | Train Station | Total |    |
|-----------------------|------|-----------------------|-----------------------|-------------|-------------------------|--------------|--------------------------|-----------------|----------------|-----------------------|----------------|-----------------|-------------------------|-----------|---------|-------------|---------------|-------|----|
| Barton Mills          | 2011 | 865                   | No                    | No          | No                      | Yes          | Yes                      | No              | Yes            |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 1052                  | No                    | No          | No                      | Yes          | Yes                      | No              | Yes            | No                    | Yes            | No              | Yes                     | Yes       | No      | Yes         | No            |       | 6  |
| Brandon               | 2011 | 8750                  | Yes                   | Yes         | Yes                     | Yes          | Yes                      | Yes             | Yes            |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 9145                  | Yes                   | Yes         | Yes                     | Yes          | Yes                      | Yes             | Yes            | Yes                   | Yes            | Yes             | Yes                     | Yes       | Yes     | Yes         | Yes           | Yes   | 14 |
| Cavenham              | 2011 | 140                   | No                    | No          | No                      | No           | Yes                      | No              | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 136                   | No                    | No          | No                      | No           | Yes                      | No              | No             | No                    | No             | No              | No                      | No        | No      | Yes         | No            |       | 2  |
| Dalham                | 2011 | 230                   | No                    | No          | No                      | Yes          | Yes                      | No              | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 210                   | No                    | No          | No                      | Yes          | Yes                      | No              | No             | No                    | No             | No              | No                      | No        | No      | Yes         | No            |       | 3  |
| Elveden               | 2011 | 270                   | Yes                   | No          | Yes                     | Yes          | Yes                      | Yes             | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 254                   | Yes                   | No          | Yes                     | Yes          | Yes                      | Yes             | No             | No                    | No             | No              | No                      | No        | No      | Yes         | No            |       | 6  |
| Eriswell              | 2011 | 5110                  | No                    | No          | No                      | Yes          | Yes                      | No              | No             | No                    | No             | No              |                         |           |         |             |               |       |    |
|                       | 2016 | 3101                  | No                    | No          | No                      | Yes          | Yes                      | No              | No             | No                    | No             | No              | Yes                     | No        | No      | Yes         | No            |       | 4  |
| Exning                | 2011 | 2150                  | Yes                   | No          | Yes                     | Yes          | Yes                      | Yes             | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 1960                  | Yes                   | No          | Yes                     | Yes          | Yes                      | Yes             | No             | Yes                   | Yes            | Yes             | Yes                     | Yes       | No      | Yes         | No            |       | 10 |
| Freckenham            | 2011 | 390                   | No                    | No          | No                      | Yes          | Yes                      | No              | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 344                   | No                    | No          | No                      | Yes          | Yes                      | No              | No             | No                    | No             | No              | Yes                     | No        | No      | Yes         | No            |       | 4  |
| Gazeley               | 2011 | 750                   | No                    | No          | No                      | Yes          | Yes                      | Yes             | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 686                   | No                    | No          | No                      | Yes          | Yes                      | Yes             | No             | No                    | No             | No              | Yes                     | No        | No      | Yes         | No            |       | 5  |
| Herringswell          | 2011 | 240                   | No                    | No          | No                      | No           | Yes                      | No              | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 290                   | No                    | No          | No                      | No           | Yes                      | No              | No             | No                    | No             | No              | No                      | No        | No      | Yes         | No            |       | 2  |
| Higham                | 2011 | 180                   | No                    | No          | Yes                     | No           | No                       | No              | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 156                   | No                    | No          | Yes                     | No           | No                       | No              | No             | No                    | No             | No              | No                      | No        | No      | Yes         | No            |       | 2  |
| Icklingham            | 2011 | 460                   | Yes                   | No          | No                      | Yes          | Yes                      | No              | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 423                   | No                    | No          | No                      | Yes          | Yes                      | No              | No             | No                    | No             | No              | No                      | No        | No      | Yes         | No            |       | 2  |
| Kentford              | 2011 | 420                   | No                    | No          | Yes                     | Yes          | Yes                      | No              | Yes            |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 420                   | No                    | No          | Yes                     | Yes          | Yes                      | No              | Yes            | No                    | No             | Yes             | No                      | No        | No      | Yes         | No            |       | 6  |
| Lakenheath            | 2011 | 4880                  | Yes                   | Yes         | No                      | Yes          | Yes                      | Yes             | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 4691                  | Yes                   | Yes         | No                      | Yes          | Yes                      | Yes             | No             | Yes                   | No             | Yes             | Yes                     | Yes       | Yes     | Yes         | Yes           | Yes   | 12 |
| Mildenhall            | 2011 | 10810                 | Yes                   | No          | Yes                     | Yes          | Yes                      | Yes             | Yes            |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 10315                 | Yes                   | No          | Yes                     | Yes          | Yes                      | Yes             | Yes            | Yes                   | Yes            | Yes             | Yes                     | Yes       | Yes     | Yes         | Yes           | No    | 12 |
| Moulton               | 2011 | 1140                  | No                    | No          | Yes                     | Yes          | Yes                      | Yes             | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 1033                  | No                    | No          | Yes                     | Yes          | Yes                      | Yes             | No             | No                    | No             | No              | No                      | Yes       | No      | Yes         | No            |       | 6  |
| Newmarket             | 2011 | 15950                 | Yes                   | Yes         | Yes                     | Yes          | Yes                      | Yes             | Yes            |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 16615                 | Yes                   | Yes         | Yes                     | Yes          | Yes                      | Yes             | Yes            | Yes                   | Yes            | Yes             | Yes                     | Yes       | Yes     | Yes         | Yes           | Yes   | 14 |
| Red Lodge             | 2011 | 2490                  | No                    | No          | Yes                     | Yes          | Yes                      | No              | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 3834                  | Yes                   | No          | Yes                     | Yes          | Yes                      | Yes             | No             | Yes                   | Yes            | Yes             | Yes                     | Yes       | No      | Yes         | No            |       | 10 |
| Santon Downham        | 2011 | 250                   | Yes                   | No          | No                      | No           | Yes                      | No              | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 237                   | Yes                   | No          | No                      | No           | Yes                      | No              | No             | No                    | No             | No              | No                      | No        | No      | Yes         | No            |       | 3  |
| The Rows & Kenny Hill | 2011 | 4220                  | Yes                   | No          | Yes                     | Yes          | Yes                      | Yes             | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 |                       | Yes                   | No          | Yes                     | Yes          | Yes                      | Yes             | No             | No                    | No             | No              | Yes                     | Yes       | No      | Yes         | No            |       | 8  |
| Beck Row              | 2011 |                       |                       |             |                         |              |                          |                 |                |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 3897                  | Yes                   | No          | No                      | Yes          | Yes                      | Yes             | No             | No                    | No             | No              | Yes                     | No        | No      | Yes         | No            |       | 6  |
| Holywell Row          | 2011 |                       |                       |             |                         |              |                          |                 |                |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 3897                  | No                    | No          | No                      | No           | Yes                      | No              | No             | No                    | No             | No              | No                      | No        | No      | Yes         | No            |       | 2  |
| West Row              | 2011 |                       |                       |             |                         |              |                          |                 |                |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 |                       | Yes                   | No          | No                      | No           | Yes                      | Yes             | No             | No                    | No             | No              | Yes                     | Yes       | No      | Yes         | No            |       | 6  |
| Tuddenham             | 2011 | 417                   | No                    | No          | No                      | Yes          | Yes                      | Yes             | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 423                   | No                    | No          | No                      | Yes          | Yes                      | No              | No             | No                    | No             | No              | Yes                     | No        | No      | Yes         | No            |       | 4  |
| Worlington            | 2011 | 540                   | No                    | No          | No                      | Yes          | Yes                      | No              | No             |                       |                |                 |                         |           |         |             |               |       |    |
|                       | 2016 | 526                   | No                    | No          | No                      | Yes          | Yes                      | No              | No             | No                    | No             | No              | Yes                     | Yes       | No      | Yes         | No            |       | 5  |
|                       |      |                       | Gain                  |             |                         |              |                          |                 |                |                       |                |                 |                         |           |         |             |               |       |    |
|                       |      |                       | Loss                  |             |                         |              |                          |                 |                |                       |                |                 |                         |           |         |             |               |       |    |

## INDIVIDUAL SETTLEMENT (PARISH) PROFILES 2016

The information that follows the 2011 census data for each settlement was gathered during the summer of 2016 as a desktop exercise. The profiles are set out in the same order as the spatial hierarchy set out in Core Strategy Policy CS1.

It is recognised that this is a snapshot in time, and that situations change, so it is intended that this survey will be updated annually and published on the Council's website.

### CS1 Settlement Strategy

#### Market Towns

Brandon

Mildenhall

Newmarket

#### Key Service Centres

Lakenheath

Red Lodge

#### Primary Villages

Exning

Beck Row

Kentford

West Row

#### Secondary Villages

Barton Mills

Elveden

Eriswell

Freckenham

Gazeley

Holywell Row

Icklingham

Moulton

Tuddenham

Worlingham

#### Small Settlements

Cavenham

Dalham

Herringswell

Higham

Santon Downham

## MARKET TOWNS

### BRANDON

| <b>Population profile (2011 census data)</b> |             |
|--|-------------|
| Parish Population                            | 9,145       |
| Number of Households                         | 4,069       |
| Mode of travel to work - car/van             | 68%         |
| Working age                                  | 5,567 (61%) |
| Aged under 16                                | 1,588       |
| Aged 65 and above                            | 1,990       |

### Key services & facilities

#### Food or general stores – 10

- Tesco Metro, London Road
- Mace, Thetford Road
- Spar, High Street
- Continental Food, High Street
- Premier Stores, Lynn Road
- Londis, Hereward Way
- The Village Shop
- Greek Spirit, Building 998
- Co-operative Food, High Street
- Aldi, High Street

#### Post Office – 2

- 33-35 High Street
- 67 Crown Street

#### Post Office and general store together – 1

- Town Saint Post Office & Convenience Express

#### Public House – 11

- Crown Inn, Crown Street
- Ram, High Street
- Flintknappers, Market Hill
- The Bell, Market Hill
- Duke of Wellington, Thetford Road
- White Horse, White Horse Street
- Five Bells, High Street
- Brandon House Hotel
- Great Eastern Hotel
- Bride House B&B
- Riverside Lodge

Meeting place – see Appendix B  
Primary school

Petrol station – 2

- BP, London Road
- Breckland Service Station

Meeting place – see Appendix B  
GP Surgery/health centre – see Appendix A  
Employment area  
Sports or recreation ground  
Play area  
Library  
Bus service – see Appendix C  
Train station

**Commentary:** There is an extensive range of services and facilities, employment opportunities (industrial areas) and train/bus service provision although reliance on the car/van for travel to work remains relatively high (68%).

## MILDENHALL

| <b>*Population profile (2011 Census data)</b> |             |
|---|-------------|
| Parish Population                             | 10,315      |
| Number of Households                          | 4,456       |
| Mode of travel to work – car/van              | 70%         |
| Working age                                   | 6,609 (64%) |
| Aged under 16                                 | 1,910       |
| Aged 65 and above                             | 1,796       |

\* Data for West Row is included in Mildenhall

### **Key services & facilities**

#### Food or general store – 4

- Co-op, Kings Street
- Sainsbury's, Recreation Way
- McColl's, Market Place and St Johns Close
- The Corner Stores, Brandon Road

#### Post Office and general store together – 2

- Co-Op, Kings Street
- General Store, St Johns

#### Public House – 4

- Queens Arms, Queensway
- The Bell, High Street
- Maids Head, Kingsway
- Half Moon, Kingsway

Meeting place – see Appendix B

Primary school

#### Petrol station – 2

- Jet Garage, North Terrace
- Esso Garage, Field Road

Meeting place – see Appendix B

GP Surgery/health centre – see Appendix A

Employment area

Sports or recreation ground

Play area

Library

Bus service – see Appendix C

**Commentary:** The settlement benefits from a good range of services and facilities and is a transport 'hub' with buses serving local villages and beyond. However, Mildenhall does not have a train service, and the high level of car and van usage for travel to work indicates the bus services are insufficient to provide good journey to work options.

## NEWMARKET

| <b>Population profile (2011 census data)</b> |              |
|--|--------------|
| Parish Population                            | 16,615       |
| Number of Households                         | 7,534        |
| Mode of travel to work - car/van             | 58%          |
| Working age                                  | 11,236 (68%) |
| Aged under 16                                | 2,727        |
| Aged 65 and above                            | 2,652        |

### **Key services & facilities**

#### Food or general store – 10

- Asda, Fordhall Retail Park
- Tesco Extra, Fordham Road
- The Co-operative Food, Elizabeth Avenue
- Waitrose
- Iceland, Crown Walk
- McColl's, St Mary's Square
- Spar, Vicarage Road
- Marks and Spencer, The Guineas
- The Convenience Store, Valley Way
- Costcutter, Exning Road

#### Post Office – 1

- Main post office, High Street

#### Public House – 18

- Orange House, High Street
- The White Hart, High Street
- The Bull, High Street
- The Wagon & Horses, High Street
- The White Lion, High Street
- Wetherspoons, High Street
- The Crown, Crown Walk
- The Grosvenow, Grosvenor Yard
- The Wellington, Cheveley Road
- Carpenters Arms, All Saints Road
- The Prince of Wales, All Saints Road
- Palamino, Valley Way
- Five Bells, St Mary's Square
- The Cherry Tree, Exning Road
- The Horseshoe, Moulton Road
- The Millionaires Club, High Street
- Unique Bar, Sun Lane
- The Yard, Grosvenor Yard

Meeting place – see Appendix B  
Primary schools

Petrol station – 2

- Shell, High Street
- BP, Bury Road

Meeting place – see Appendix B  
GP Surgery/health centre – see Appendix A  
Employment area  
Sports or recreation ground  
Play area  
Library  
Bus service – see Appendix C  
Train station

**Commentary:** Newmarket has a good level of services and facilities. The town acts as a transport 'hub' with trains and buses serving a variety of destinations including Cambridge, Bury St Edmunds, Mildenhall and beyond. As a consequence of the public transport provision and employment opportunities within the town, reliance on the car/van as a means of commuting is relatively low (58%).



## KEY SERVICE CENTRES

### LAKENHEATH

| <b>Population profile (2011 census data)</b> |             |
|--|-------------|
| Parish Population                            | 4,691       |
| Number of Households                         | 2,096       |
| Mode of travel to work – car/van             | 78%         |
| Working age                                  | 2,892 (62%) |
| Aged under 16                                | 823         |
| Aged 65 and above                            | 976         |

#### **Key services & facilities**

##### Food or general store - 2

- The Co-operative Food, High Street
- Lakenheath News, High Street

##### Post Office – 1

- Post Office, High Street

##### Public House – 3

- The Brewers Tap, High street
- The Plough, Mill Road
- The Half Moon, Station Road

Meeting place – see Appendix B

Primary school

GP Surgery/health centre – see Appendix A

Employment area

Sports or recreation ground

Play area

Library

Bus service – see Appendix C

Train station

**Commentary:** Lakenheath has a good level of services and facilities in addition to an employment area. The settlement has a station, although it is located some distance from the settlement itself (some 3.3km), and there is a very poor service. The settlement benefits from a bus service although 78% of residents use the car/van for commuting purposes.

## RED LODGE

| <b>Population profile (2011 census data)</b> |             |
|--|-------------|
| Parish Population                            | 3,834       |
| Number of Households                         | 1,623       |
| Mode of travel to work - car/van             | 82%         |
| Working age                                  | 2,718 (71%) |
| Aged under 16                                | 906         |
| Aged 65 and above                            | 210         |

### **Key services & facilities**

#### Food or general store – 1

- General Store, Bennett Road

#### Post Office and general store together – 1

- Post Office and general store, Bennett Road

#### Public House – 1

- The Red Lodge Steakhouse and Bar, Turnpike Road.

Meeting place – see Appendix B

Primary school

GP Surgery/health centre– see Appendix A

Employment area

Sports or recreation ground

Play area

Bus service– see Appendix C

**Commentary:** The settlement has a good range of services and facilities, particularly now that the primary school and village centre have been completed and opened subsequent to the previous Parish Profile Audit undertaken in 2011. Growth at Red Lodge has meant that a second primary school is required, and provision for this is included in the Site Allocations Local Plan policy for growth to the north of Red Lodge. The settlement has a designated business area and bus service provision although the levels of commuting by car/van remain relatively high (82%).

## PRIMARY VILLAGES

### BECK ROW

| <b>Population profile (2011 census data)</b>                                       |             |
|--|-------------|
| Note: this data is only available for Beck Row, Holywell Row & Kenny Hill together |             |
| Population   | 3,897       |
| Number of Households   | 1,493       |
| Mode of travel to work - car/van   | 74%         |
| Working age  | 2,627 (67%) |
| Aged under 16  | 859         |
| Aged 65 and above  | 411         |

### Key services & facilities

#### Food or general store – 1

- Londis, Holmsey Green

#### Public House – 3

- The Rose and Crown
- Kings Head
- Bird in hand (Bar and restaurant)

Meeting place – see Appendix B

Primary school

Sports or recreation ground

Bus service– see Appendix C

**Commentary:** This is a settlement with a good range of services and facilities although it is reliant on higher order settlements such as nearby Mildenhall for a greater range of amenities including a secondary school. There is a relatively high reliance on the car as a means of accessing employment opportunities to be found elsewhere (74%).

## EXNING

| <b>Population profile (2011 census data)</b> |             |
|--|-------------|
| Parish Population                            | 1,960       |
| Number of Households                         | 871         |
| Mode of travel to work - car/van             | 66%         |
| Working age                                  | 1,277 (65%) |
| Aged under 16                                | 294         |
| Aged 65 and above                            | 389         |

### **Key services & facilities**

#### Food or general store – 1

- Londis, Oxford Street

#### Post Office and general store together – 1

- Now located at the Londis shop

#### Public House – 4

- The White Swan
- The White Horse
- The Wheatsheaf
- The Rosery Country House

Meeting place – see Appendix B

Primary school

GP Surgery/health centre – see Appendix A

Employment area

Sports or recreation ground

Play area

Bus service – see Appendix C

**Commentary:** This village has a reasonable level of service and amenity provision in addition to an employment area. The village is reliant on nearby Newmarket and other higher order settlements for a greater range of service and amenity provision including a secondary school.

## KENTFORD

| <b>Population profile (2011 census data)</b> |           |
|--|-----------|
| Parish Population                            | 420       |
| Number of Households                         | 186       |
| Mode of travel to work – car/van             | 73%       |
| Working age                                  | 267 (64%) |
| Aged under 16                                | 60        |
| Aged 65 and above                            | 93        |

### **Key services & facilities**

#### Post Office and general store together – 1

- Kentford Village Stores & Post Office, Moulton Avenue

#### Public House – 2

- The Bell Inn
- The Kentford (formerly known as The Cock Inn)

Meeting place – see Appendix B

#### Petrol station – 1

- Power (Total), Bury Road

Meeting place – see Appendix B

Employment area

Bus service – see Appendix C

**Commentary:** This is a settlement with a reasonable level of services and facilities and an employment area. Despite the presence of a bus service and train station in nearby Kennett, reliance on the car as a means of commuting remains relatively high (73%) with just 1.3% utilising the train and 0.4% the bus for journeys to work. The settlement is reliant on nearby higher order settlements for a greater level of amenity provision, including Newmarket.

## **WEST ROW**

Note: population and other data for West Row is included with Mildenhall

### **Key services & facilities**

#### Food or general store – 1

- West Row Village Store, Beeches Road

Meeting place – see Appendix B

Primary school

Sports or recreation ground

Play area

Bus service– see Appendix C

**Commentary:** The village has a reasonable range of services and facilities but is reliant on higher order settlements such as nearby Mildenhall for a greater range and employment opportunities.

## SECONDARY VILLAGES

### BARTON MILLS

| <b>Population profile (2011 census data)</b> |       |
|--|-------|
| Parish Population                            | 1,052 |
| Number of Households                         | 433   |
| Mode of travel to work - car/van             | 75%   |

#### **Key services & facilities**

Public House  
Meeting place – see Appendix B  
Petrol station  
Sports/recreation ground  
Play area  
Bus service – see Appendix C

**Commentary:** Barton Mills is a village reliant on higher order settlement such as nearby Mildenhall for a number of key services and facilities in addition to employment opportunities.

### ELVEDEN

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 254 |
| Number of Households                         | 108 |
| Mode of travel to work - car/van             | 65% |

#### **Key services & facilities**

Food or general store  
Post Office and general store together  
Public House  
Meeting place – see Appendix B  
Primary school  
Bus service – see Appendix C

**Commentary:** This is a settlement with a reasonable range of services and facilities for its size although there are minimal employment opportunities (with the exception of nearby Center Parcs).

## ERISWELL

| <b>Population profile (2011 census data)</b> |        |
|--|--------|
| Parish Population                            | 3,101* |
| Number of Households                         | 601    |
| Mode of travel to work - car/van             | 72%    |

\*The population figure for Eriswell parish includes housing at the USAF base at RAF Lakenheath.

### **Key services & facilities**

Public House  
Meeting place – see Appendix B  
Sports or recreation ground  
Bus service – see Appendix C

**Commentary:** This is a settlement almost entirely reliant on nearby higher order settlements, such as nearby Mildenhall and Lakenheath, for most services and facilities including employment opportunities.

## FRECKENHAM

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 344 |
| Number of Households                         | 147 |
| Mode of travel to work - car/van             | 67% |

### **Key services & facilities**

Public House  
Meeting place – see Appendix B  
Sports or recreation ground  
Bus service – see Appendix C

**Commentary:** This is a settlement with minimal service and amenity provision and few employment opportunities that is almost entirely reliant on higher order settlements such as nearby Newmarket and Mildenhall.

## GAZELEY

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 686 |
| Number of Households                         | 302 |
| Mode of travel to work - car/van             | 76% |



## Key services & facilities

Public House  
Meeting place – see Appendix B  
Primary school  
Sports or recreation ground  
Bus service – see Appendix C

**Commentary:** This is a settlement with a reasonable range of services and facilities for its size although there are few employment opportunities in the immediate vicinity. Although there is a bus service, there are a relatively high number of people commuting by car (although the number of people of employment age is relatively low).

## HOLYWELL ROW

| <b>Population profile (2011 census data)</b>                     |      |
|--|------|
| Note: the data for Holywell Row includes Beck Row and Kenny Hill |      |
| Parish Population  | 3897 |
| Number of Households   | 1493 |
| Mode of travel to work - car/van                                 | 74%  |

## Key services & facilities

Meeting place – see Appendix B

**Commentary:** This is a settlement with very few services and facilities that is almost entirely reliant on other higher order settlements including nearby Mildenhall and to a lesser extent Beck Row. As a consequence, there is a relatively high reliance on the car as a means of accessing employment opportunities to be found away from the settlement itself.

## ICKLINGHAM

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 423 |
| Number of Households                         | 186 |
| Mode of travel to work - car/van             | 77% |

## Key services & facilities

Meeting place  
Bus service

**Commentary:** The settlement has very few services, facilities or employment opportunities and is heavily reliant on higher order settlements for the provision of these (including nearby Mildenhall and Bury St Edmunds). The settlement

maintains a relatively high reliance on the car for commuting. There are two public houses in the village although neither is trading at this time.

### **MOULTON**

| <b>Population profile (2011 census data)</b> |      |
|--|------|
| Parish Population                            | 1033 |
| Number of Households                         | 448  |
| Mode of travel to work - car/van             | 64%  |

#### **Key services & facilities**

Post Office and general store together  
Public House  
Meeting place  
Primary school  
Play area  
Bus service

**Commentary:** This is a settlement with a relatively low number of residents of working age and reliance on the car as a means of accessing employment opportunities. The settlement has a reasonable level of services and facilities although is reliant on higher order settlements such as nearby Newmarket for a greater range of amenities and employment opportunities.

### **TUDDENHAM**

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 423 |
| Number of Households                         | 173 |
| Mode of travel to work - car/van             | 74% |

#### **Key services & facilities**

Public House  
Meeting place  
Sports or recreation ground  
Bus service

**Commentary:** Tuddenham benefits from few services and facilities and the local primary school has closed subsequent to the previous Parish Profile audit undertaken in 2011. Despite the presence of a bus service, a relatively high number of residents are reliant on the car for accessing employment opportunities found elsewhere. There is a heavy reliance on higher order settlements such as nearby Mildenhall and Bury St Edmunds.

## WORLINGTON

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 526 |
| Number of Households                         | 216 |
| Mode of travel to work - car/van             | 69% |

### **Key services & facilities**

Public House  
Meeting place  
Sports or recreation ground  
Play area  
Bus service

**Commentary:** This is a settlement with a relatively low number of people of working age (57%) and also a relatively low level of residents using the car for commuting purposes (69%). There is a reliance on higher order settlements including Red Lodge, Mildenhall and Newmarket for education and employment purposes.

## SMALL SETTLEMENTS

### CAVENHAM

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 136 |
| Number of Households                         | 51  |
| Mode of travel to work - car/van             | 65% |

#### **Key services & facilities**

Meeting place  
Bus service

**Commentary:** This is a settlement that is almost entirely reliant on nearby higher order settlements such as Red Lodge, Mildenhall and Bury St Edmunds, for services, facilities and employment opportunities.

### DALHAM

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 210 |
| Number of Households                         | 94  |
| Mode of travel to work - car/van             | 59% |

#### **Key services & facilities**

Public House  
Meeting place  
Bus service

**Commentary:** This is a settlement almost entirely reliant on nearby higher order settlements such as Newmarket for the majority of services, facilities and employment opportunities. There are a relatively low number of residents of working age and reliance on the car for commuting to work is also relatively low.

### HERRINGSWELL

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 290 |
| Number of Households                         | 125 |
| Mode of travel to work - car/van             | 75% |

### **Key services & facilities**

Meeting place  
Bus service

**Commentary:** This is a settlement with minimal services/facilities provision that is almost entirely reliant on higher order settlements such as Mildenhall, Newmarket and Bury St Edmunds. There is a bus service although levels of commuting by car remain relatively high.

### **HIGHAM**

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 156 |
| Number of Households                         | 63  |
| Mode of travel to work - car/van             | 78% |

### **Key services & facilities**

Post Office and general store together  
Bus service

**Commentary:** This is a settlement with minimal services and facilities and a relatively high reliance on the car as a means of commuting to work. Residents are almost entirely reliant on nearby higher order settlement, such as nearby Bury St Edmunds, for services, facilities and employment opportunities.

### **SANTON DOWNHAM**

| <b>Population profile (2011 census data)</b> |     |
|--|-----|
| Parish Population                            | 237 |
| Number of Households                         | 101 |
| Mode of travel to work - car/van             | 61% |

### **Key services & facilities**

Food or general store  
Meeting place  
Bus service

**Commentary:** This is a settlement with minimal service/facility provision that is almost entirely dependent on higher order settlements including nearby Brandon.

**GP and Dental Surgeries in Forest Heath (Summer 2016)**

Identified using post codes in the following settlements on the "Find my nearest" facility on the West Suffolk website – information supplied by NHS Choices <http://www.nhs.uk> (select "services near you" from the menu).

**GP Practices**

**Brandon**

**GP practices in Brandon**

| <b>Practice name and address</b>  | <b>Accepting patients</b> |
|---|---------------------------|
| Forest Surgery, Bury Road, Brandon IP27 0BU (6 GPs listed).               | √                         |
| Brandon Medical Practice, 31 High Street, Brandon IP27 0AQ (2 GPs listed) | √                         |

**Mildenhall**

**GP practices in Mildenhall**

| <b>Practice name and address</b>   | <b>Accepting patients</b> |
|--|---------------------------|
| Market Cross Surgery (9 GPs) 7 Market Place, Mildenhall, IP28 7EG                                    | √                         |
| Drs Hutton & Hopkinson (3 GPs) 10 – 10a Market Place, Mildenhall IP28 7EF (also listed at Red Lodge) | √                         |

**Newmarket**

**GP practices in Newmarket, Burwell, Red Lodge & Bottisham**

| <b>Practice name and address</b>   | <b>Accepting patients</b> |
|--|---------------------------|
| Oakfield, Vicarage Road, CB8 8HP   | √                         |
| The Rookery Medical Centre, CB8 *NW  | √                         |
| Orchard House, Fred Archer Way, CB8 8NU  | √                         |
| The Burwell Surgery, CB25 0AE  | √                         |
| Dr Hutton & Hopkinson Turnpike Road, Red Lodge, IP28 8LB (also listed at Mildenhall) | √                         |
| Bottisham Medical Practice, Tunbridge Lane, CB25 9DU                                 | √                         |

## **Lakenheath**

**GP practice in Lakenheath:** Lakenheath Surgery, 135 High Street, Lakenheath IP27 9EP (4 GPs listed): accepting patients.

## **Red Lodge**

**GP practice in Red Lodge:** Drs Hutton & Hopkinson, Turnpike Road, Red Lodge, IP28 8LB (3 GPs listed – this practice is also listed in Mildenhall): accepting patients.

## **Primary Villages**

There are no doctors or dentists shown on the “Find my nearest” maps for Beck Row, Exning, Kentford and West Row.

**Meeting places**

**Note:** the following information was gathered during the summer of 2016.

**Brandon – Brandon Community Centre**

Brandon Community Centre  
Bury Road  
Brandon  
Suffolk  
IP27 0BU

- Facilities include: Brandon Library, Forest Heath District Council, Brandon Safer Neighbourhood Team, Brandon Pre-School Playgroup, a children’s centre and public meeting facilities
- Brandon Children’s Centre runs Monday to Friday from 9:00am to 5:00pm. The centre offers a range of services including: early learning and childcare, effective links with Jobcentre Plus, a base for childminders, child and family health services, support for children and parents with special needs, family support and parental outreach services.
- Brandon Library provides a range of services to the community and is open every day except Monday from 10:00am and closes at different times throughout the week. As well as typical services provided by a library (book rental, printing, photocopying etc.) Brandon Library also provides free Wi-Fi, room hire available in the evenings, and regular events and activities such as coffee mornings, reading groups, activities for younger children and babies and interpreter sessions for those of different nationalities.
- The Hall within the community centre is used for dance classes within the evening and is available for hire

**Mildenhall – St John’s Community Centre and Jubilee Centre**

St John’s Community Centre  
St John’s Close  
Mildenhall  
Suffolk  
IP28 7NX

- The newly built St John’s community centre was opened in 2015 and replaced previous run down provision, providing further facilities for the community



- Facilities: the new build comprises three rooms, a spacious function room, a smaller meeting space and a youth room. The site also has kitchen and toilet facilities. All of these facilities are available to hire.
- The newly available facilities provide the opportunity for a number of different uses including sports and recreation, youth clubs, classes and other events.

Mildenhall Parish Council  
 The Pavilion  
 Recreation Way  
 Mildenhall  
 Suffolk  
 IP28 7HG

- The Jubilee Centre is another community facility that serves Mildenhall. The Jubilee centre is closer to the town centre so accounts for a larger proportion of the community than the St John's centre
- The Jubilee centre has a main hall, a smaller hall, a meeting room, kitchen, bar and toilet facilities
- The centre is available for private hire by the public and also host to a number of regular events such as fitness classes and clubs. As well as this the charity Headway use the centre every Tuesday from 10:00am until 3:00pm to assist people with acquired neurological conditions (as a result of increased GP referrals)

### **Newmarket – Newmarket Day Centre and Memorial Hall**

Newmarket Day Centre  
 Fred Archer Way  
 Newmarket  
 Suffolk  
 CB8 8NT

Memorial Hall  
 High Street  
 Newmarket  
 Suffolk  
 CB8 8JP

- The Newmarket Day Centre is a community centre aimed at the older generation. The centre provides food, activities and companionship from 8:45am until 4:00pm Monday to Friday
- The Memorial Hall is another important community building that serves Newmarket. The hall contains a stage, kitchen, bar facilities and two large meeting rooms on the first floor

- The Memorial Hall is available for private hire by the public and to other community groups and clubs. For example the Newmarket School of Dance utilise the hall every Wednesday from 4:00pm until 7:00pm

### **Lakenheath – Peace Memorial Hall**

Peace Memorial Hall  
98 High Street  
Lakenheath  
Suffolk  
IP27 9EW

- The Peace Memorial Hall in Lakenheath is home to the Lakenheath Parish Council, whose office hours run from 9:00am until 12:00 noon Monday to Friday. The Hall is also open for hire to the general public for events such as wedding receptions, children's parties and meetings.
- Facilities include: committee room, main hall, staging, kitchen facilities, toilets, outdoor space etc.
- A number of clubs use the hall during the week, including a lunch club which runs from 10:00am until 2:00pm every Wednesday.

### **Red Lodge – Millennium Centre**

Red Lodge Millennium Centre  
Lavender Close  
Red lodge  
Bury St Edmunds  
Suffolk  
IP28 8TT

- The Millennium Centre is a community centre that serves Red Lodge, it consist of two main rooms and a smaller board room. All of these rooms are available for private hire to the public. The millennium centre also has a large kitchen, stage and bar.
- As well as its use for private hire, the community centre also hosts 'Jumpin Beans Pre School', 'The Studio Dance School' and a number of local community groups and fitness classes
- Activities include: badminton, martial arts, carpet bowls, mothers & toddlers, fitness classes, church service, bingo, dance youth club, needle craft

### **Beck Row – Community Centre**

Beck Row Community Hall

Lamble Close  
Beck Row  
Bury St Edmunds  
Suffolk  
IP28 8AF

- The Beck Row Community Centre is a small hall with a kitchen, toilets and parking. The hall itself is attached to Beck Row Primary School and is currently under consultation for its relocation
- Activities at Beck Row Community Centre are mainly aimed at adults and young people and include fitness groups and small community clubs

### **Exning – Exning Community Church Hall**

Exning Community Church Hall  
Church Lane  
Exning  
Suffolk  
CB8 7HF

- Facilities include: A main hall with a stage, a further smaller room and kitchen facilities
- The Hall is regularly used for activities such as: musical activities, fitness sessions and dancing, activities for children and young people (youth clubs), committee meetings and as a cinema. As well as these regular uses the hall is also available for private hire for occasions. The website lists some of these potential uses as: children's parties, wedding receptions, "off site" meetings, quiz sites, exhibitions etc.
- The hall is open at different times throughout the week depending on what events are on, full details of which can be found on the website at <http://www.exningcommunitychurchhall.org/users.html>

### **Kentford – Kentford and Kennett Village Hall**

Kentford and Kennett Village Hall  
68 Station Road  
Kennett  
Newmarket  
CB8 7QF

- The Kentford and Kennett Village Hall is run by the charity Kentford and Kennett Village Hall and Maclaren Playing Field Association. The site is currently undergoing redevelopment to create a new village hall next to the existing sports pavilion (which is the main site used for activities)

- Facilities include: Indoor space, kitchen facilities, changing rooms, toilets and outdoor play space.
- The Pavilion hosts some regular activities including 'Little Learners day Nursery' which runs from 9:15am to 1:15pm Monday to Friday. The pavilion accommodates a number of sporting clubs and training sessions and is also available to hire by the public for private functions.

### **West Row – Village Hall**

West Row Village Hall  
Beeches Road  
West Row  
Bury St Edmunds  
Suffolk  
IP28 8NP

- West Row Village Hall contains the hall itself, a kitchen and toilet facilities. It is available for private hire by the public and is used for wedding receptions and parties
- The Village hall is also utilised on a regular basis by a number of community groups including an exercise class, drama group, martial arts groups and band practices.

### Bus Services in Forest Heath (Summer 2016)

#### Market Towns

##### Brandon

##### **Service 86/86A**

- Service 86 stops at 8 different locations throughout Brandon. The route passes through some smaller villages but primarily passes through Brandon, Thetford and Bury St Edmunds (BSE)
- Monday – Friday the service commences at 6:30am from Brandon. The time between the first service and the second service is one hour. The time between the second and the third service is 2 hours, from then on the service is every hour until approximately 4:30pm. There is also a school service which leaves Brandon at 7:30am.
- Saturday's service times are as above with the exception of any school services
- Sunday service begins at 8:42am and buses are every 2 hours with the exception of the time between the second and the third service which is 3 hours
- The service runs on bank holidays at the same times as the Sunday timetable
- Not all services stop at every stop

##### **Service 40**

- Service 40 stops at 4 different locations within Brandon. The route is from King's Lynn and stops at some smaller locations, then to Brandon and finally Thetford.
- Monday to Friday the first service to leave Brandon towards Thetford leaves at 9:40am. There are 3 other services that leave Brandon after 9:40am which vary between being 2 and 3 hours apart.
- Towards Thetford on a Saturday only has one service which leaves Brandon at 2:36pm
- There are no Sunday or bank holiday services.
- Monday to Friday the first service to leave Brandon towards King's Lynn departs at 9:25am. The service stops in Brandon every 3 hours. There is an additional school service for term time which leaves Brandon at 7:20am.
- The Saturday service leaves Brandon at 9:25 am towards King's Lynn and is the only service that day.

## **Service 200/201**

- Service 200/201 stops at 5 different locations through Brandon. The route is from Mildenhall and stops at a number of villages, the Brandon and finally Thetford.
- Monday to Friday the first service to leave Brandon towards Thetford leaves at 7:30am. The service is relatively regular with second being 2 hours after the first and the rest being an hour apart. The last service from Brandon leaves at 7:02pm.
- The first bus to leave Brandon towards Thetford on a Saturday leaves at 9:41am. The service after that is every 2 hours until 1:41 when the service is then every 3 hours. The last bus from Brandon towards Thetford is at 7:02pm
- There are no Sunday or bank holiday services.
- Monday to Friday the first service to leave Brandon towards Mildenhall is at 5:45am . The service from then is every hour with the exception of a few of the services being 2 hours apart. The last service to leave Brandon is at 5:40pm
- The first bus to leave Brandon on a Saturday towards Mildenhall leaves at 7:35am. The service varies between being every 2 or 3 hours. The last service on a Saturday is at 5:40pm

## **Mildenhall**

### **Service 200/201**

- Service 200/201 stops at 4 different locations in Mildenhall. The route is described above.
- Monday to Friday to the first bus to leave Mildenhall is at 6:45am. The service then runs roughly every hour apart from the time between the first and the second service which is 2 and a half hours. The last bus to leave Mildenhall is at 6:15pm
- The first bus to leave Mildenhall on a Saturday is at 9:15am. The frequency of the service varies between 2 and 3 hours and the last bus to leave Mildenhall is at 6:15pm
- There is no Sunday or bank holiday service

### **Service 355**

- Service 355 stops at a number of locations in Mildenhall. The service runs through Mildenhall, a number of villages and Bury St Edmunds
- Monday to Friday the first bus leaves Mildenhall at 7:40am buses on this route are regular, coming every hour. The last bus to leave Mildenhall is at 6:10pm

- The Saturday service is the same as the weekly service, only varying by a few minutes
- There is no Sunday or bank holiday service

### **Service 17/17A/20**

- Service 17/17A/20 stops at 4 locations in Mildenhall. The service runs from West Row through Mildenhall, some smaller settlements, Bury St Edmunds and Newmarket
- Monday to Friday the first bus leaves between 9:30 and 9:40 dependent on the day of the week. The service runs roughly every two hours, but again the times exactly are dependent upon the time of the week. The last service from Mildenhall leaves at 3:45pm
- The first bus to leave Mildenhall on a Saturday is the 11:20am. There is only one other service on a Saturday which leaves Mildenhall at 1:40pm.
- There is no Sunday or bank holiday service
- The route also runs towards West Row. The first service from Mildenhall towards West Row is at 9:20am. There are two other services that day which are roughly 2 hours apart

### **Service 16**

- Service 16 stops at just one location in Mildenhall. The service runs through a number of smaller settlements and ends up in Newmarket.
- Monday to Friday the first bus leaves Mildenhall at 6:57am. The next service is 2 hours later and then every other service after that is every hour. The last bus to leave Mildenhall is at 6:17pm
- The first bus to leave Mildenhall on a Saturday is at approximately 8:00am. The buses are then every hour until the last bus at approximately 6:00pm
- There is no Sunday or bank holiday service

### **Service 12**

- Service 12 has three stops within Newmarket. The service goes through Cambridge, Newmarket, Soham and Ely.
- Monday to Friday towards Ely, the first bus to leave Newmarket is the 6:10am. The service frequency is roughly every hour. The last bus from Newmarket is at 7:30pm
- The first bus to leave Newmarket on a Saturday is at 8:00am, the frequency of this service is then roughly every hour with a few services being every half hour
- There is no Sunday or bank holiday service
- The route 12 also goes towards Cambridge. The first bus to leave Newmarket Monday to Friday towards Cambridge is the 6:47am. This service is then roughly every hour until the last service at 6:40pm

- The Saturday service is much the same as the Monday to Friday, only varying by a few minutes

## **Newmarket**

### **Service 10**

- Service 10 runs through Newmarket, Burwell and Cambridge. It stops in 7 separate locations throughout Newmarket.
- Monday to Friday the first bus leaves Newmarket at approximately 7:15am. The service is very frequent and runs every half an hour. The last bus to leave Newmarket is at 5:14pm
- The first bus to leave Newmarket on a Saturday is the 7:19am, the service then runs every half an hour until the last service at approximately 6:00pm
- There is no Sunday or bank holiday service

### **Service 11**

- Service 11 runs through Bury St Edmunds, Newmarket and Cambridge. The service makes two stops through Newmarket.
- Monday to Friday the first bus leaves Newmarket towards Cambridge at 6:15am. The frequency of the service is roughly every hour and the last bus to leave Newmarket towards Cambridge is at 6:10pm
- The Saturday service is much the same as the Monday to Friday Service
- There are no services on Sundays and bank holidays
- Monday to Friday the first bus leaves Newmarket towards Bury St Edmunds at 6:15am. The service is mostly every hour with a few services being every 2 hours. The last service is at 7:15pm
- The Saturday service is much the same as the Monday to Friday service

### **Service 46**

- Service 46 is a singular service that only operates on a Tuesday. The service runs from Newmarket to surrounding villages. The service makes three stops in Newmarket.
- The service leaves Newmarket at 1:10pm

### **Service 47**

- Service 47 runs from Newmarket to other surrounding villages. This service makes one stop in Newmarket
- There is one service that runs from Monday to Friday. The service leaves Newmarket at 5:15pm
- There is no Saturday, Sunday or bank holiday service



### **Service 903**

- Service 903 runs from Newmarket through Stetchworth, Dullingham and back to Newmarket. There are 3 stops through Newmarket.
- The service runs Monday to Friday with the exception of Wednesdays. There is one service a day at the times it leaves Newmarket vary between 12:00pm and 2:30am
- There is a Saturday service which leaves Newmarket at 2:30pm
- There is no Sunday or bank holiday service
- There is also one extra service a day that runs in the opposite direction

### **Service 904**

- Service 904 runs from Newmarket through, Brinkley, Burrough Green and back to Newmarket.
- The service runs Monday to Friday with the exception of Wednesdays. There is one service a day at the times it leaves Newmarket vary between 8:45am and 11:05am
- There is no service on Wednesdays, Saturdays, Sundays or bank holidays
- There is also one extra service a day that runs in the opposite direction

### **Service 901**

- Service 901 runs from Newmarket through Ashley Cheveley and back to Newmarket
- The service runs Monday to Friday with the exception of Wednesdays. There is one service a day at the times it leaves Newmarket vary between 8:45am and 11:15am
- There is a Saturday service which leaves Newmarket at 9:35am
- There is no service on Wednesdays, Sundays or bank holidays
- The service also runs once in the opposite direction on the days it is available. This service is roughly 3 hours after the first service

### **Service 902**

- Service 902 runs through Newmarket, Cheveley, Kirtling and back to Newmarket
- The service runs Monday to Friday with the exception of Wednesdays. There is one service a day at the times it leaves Newmarket vary between 8:40am and 11:00am
- There is a Saturday service which leaves Newmarket at 10:25am
- There is no service on Wednesdays, Sundays or bank holidays
- The service also runs once in the opposite direction on the days it is available. This service is roughly 3 hours after the first service

### **Service 16**

- Service 16 runs through Newmarket, Red Lodge, Mildenhall, Bury St Edmunds and a number of other smaller settlements along the way
- The service runs Monday to Friday. The service commences at 7:45am and has a frequency of approximately every hour until 6:00pm
- The Saturday service commences at 8:48am and runs every hour from then with the exception of the last service which is at 5:03pm
- There is no service on Sundays or bank holidays

### **Service 17A**

- Service 17A primarily runs through Newmarket, Mildenhall and West Row. But the service also runs through a number of smaller settlements
- The service only runs on Mondays and Thursdays and has two services a day. The times of the services are 10:20am and 12:40pm
- There is no service on Saturdays, Sundays or bank holidays

### **Service 204**

- Service 204 runs through Newmarket, Snailwell, Isleham and a number of smaller settlements
- Monday to Friday there is only one service a day which leave Newmarket at 6:05pm
- There is no service on Saturdays, Sundays and bank holidays

### **Service 312**

- Service 312 runs through Newmarket, Barrow, Bury St Edmunds and a number of smaller settlements
- Monday to Friday the first service to leave Newmarket is at 8:00am, the service then runs roughly every 2 hours until 4:50pm
- On a Saturday the first bus to leave Newmarket is at 9:50am, then after they are roughly either every 2 or 3 hours
- There is no service on Sundays or bank holidays

## **Key Service Centres**

### **Lakenheath**

#### **Service 200-/201**

- Service 200/201 stops at a number of key settlements including Mildenhall, Brandon and Thetford, as well as this it stops at some villages
- Monday to Friday towards Thetford the first bus leaves Lakenheath at 7:20am after this the service is roughly every hour until 6:50pm
- Monday to Friday towards Mildenhall the first bus to leave Lakenheath is at 6:00am. The frequency is approximately every hour until 6:00pm
- On a Saturday towards Thetford the first bus leaves Lakenheath at 9:30am and is approximately every 2 hours (with the exception of one 3 hour gap) until 6:50pm
- On a Saturday towards Mildenhall the first bus leaves Lakenheath at 7:53am and is either every 2 or 3 hours until 5:58pm
- There is no service on Sundays or bank holidays

### **Red Lodge**

#### **Service 16**

- Service 16 primarily runs through Newmarket, Red Lodge, Mildenhall and Bury St Edmunds but also services a number of smaller settlements on route
- Monday to Friday towards Bury St Edmunds the service commences at 6:50am and runs approximately every hour until 6:30pm
- Monday to Friday towards Newmarket the service commences at 7:07am and is approximately every hour (with the exception of the time between the first and the second service) until 6:27pm
- On a Saturday towards Bury St Edmunds the service commences at 8:11am and is roughly every hour until 5:26pm
- On a Saturday towards Newmarket the service commences at 8:12am and is every hour until the last service which is an hour and a half approximately and leaves Red Lodge at 5:57pm
- There is no service on Sundays or bank holidays

#### **Service 17**

- Service 17 primarily runs through Bury St Edmunds, Red Lodge, Mildenhall and West Row. It also serves some smaller settlements

- Tuesday, Wednesday and Thursday towards Mildenhall and West Row the first bus to leave Red Lodge is at 8:10am, the service runs through Red Lodge roughly every three hours until 6:03pm
- Tuesday, Wednesday and Thursday towards Bury St Edmunds the first bus to leave Red Lodge is at 9:57am. There are two other services those days that leave Red Lodge at 12:22pm and 1:57pm
- On a Saturday towards Mildenhall and West Row there are two services one at 12:49pm and another at 6:03pm
- On a Saturday towards Bury St Edmunds there are two services, one at 11:37am and another at 1:57pm
- There is no service on Mondays, Fridays, Sundays or bank holidays

## **Primary villages**

### **Beck Row**

#### **Service 200**

- Service 200 stops at a number of key settlements including Mildenhall, Brandon and Thetford, as well as this it stops at some villages
- Monday to Friday towards Thetford the first service to leave Beck Row is at 7:00am, after this there are only three more services (4:10pm, 5:30pm and 6:30pm)
- Monday to Friday towards Mildenhall the first service to leave Beck Row is at 6:16am, the only other service is at 8:20am
- On a Saturday the first service to leave Beck Row is at 4:06pm, the only other service is at 6:30pm
- On a Saturday towards Mildenhall the only service to leave Beck Row is at 8:05am
- There is no service on Sundays or bank holidays

#### **Service 355**

- Service 355 mainly runs through Bury St Edmunds, Icklingham and Mildenhall, stopping at a number of villages along the way
- Monday to Friday towards Mildenhall the first bus to leave Beck Row is at 10:03am and from then the service is every hour until 4:03pm
- Monday to Friday towards Bury St Edmunds the first bus to leave Beck Row is the 7:28am, after this the next bus to leave is at 10:03am and is then every hour until 4:03pm
- Saturday service towards Mildenhall is the same as Monday to Friday and the Saturday service towards Bury St Edmunds is the same as well
- There is no service on Sundays or bank holidays

### **Exning**

#### **Service 310/311**

- Service 310/311 runs through Exning, Newmarket and Bury St Edmunds
- Monday to Friday there are only two services leaving Exning. They are at 7:33am and 7:40am and are only available during term time
- There are no Saturday, Sunday, bank holiday or out of term time services

#### **Service 10**

- Service 10 primarily runs through Cambridge, Burwell and Newmarket

- Monday to Friday towards Newmarket the first service to leave Exning is at 7:50, the next is at 8:50 and after that they are at 20 past every hour until 5:20pm
- Monday to Friday towards Cambridge the first service to leave Exning is at 7:23am, after that they are at 33 minutes past every hour until 5:33pm
- On a Saturday the first bus to leave Exning towards Newmarket is at 8:50am, after that they are 20 past the hour every hour until 5:20pm
- On a Saturday towards Cambridge the first bus to leave Exning is at 7:33am and then is every hour until 5:33pm
- There is no service on Sundays and bank holidays

## **Kentford**

### **Service 16**

- Service 16 primarily runs through Newmarket, Red Lodge, Mildenhall and Bury St Edmunds but also services a number of smaller settlements on route
- Monday to Friday towards Bury St Edmunds the first service to leave Kentford is at 6:45am the next bus is 7:25am then at 5 minutes past every hour until 3:03pm. After this the service is at 25 past the hour until 6:25pm
- Monday to Friday towards Newmarket the first service to leave Kentford is at 7:20am, the next service is at 9:25am and from then on the service is every hour until 4:25pm. Then there are two more services, 5:40pm and 6:40pm
- On a Saturday towards Bury St Edmunds the first service to leave Kentford is at 8:05am, the service is every hour until 5:05pm
- On a Saturday towards Newmarket the first service to leave Kentford is at 8:25am, the service is every hour until 4:25pm
- There is no Sunday or bank holiday service

### **Service 11**

- Service 11 primarily runs through Cambridge Newmarket and Bury St Edmunds
- Monday to Friday towards Bury St Edmunds the first bus to leave Kentford is at 6:27am and is approximately every hour until 7:27pm
- Monday to Friday towards Cambridge the first bus to leave Kentford is at 7:15am, the next service is at 8:15am. After that the service is at 10 to every hour until 7:50pm
- On a Saturday towards Bury St Edmunds the first service to leave Kentford is at 6:27am and runs every hour until 7:27pm

- On a Saturday towards Cambridge the first bus to leave Kentford is at 6:50am , the next bus is at 7:50am. After this the service leaves at 35 minutes past every hour until 7:35pm
- There is no service on Sundays or bank holidays

## **West Row**

### **Service 200**

- Service 200 stops at a number of key settlements including Mildenhall, Brandon and Thetford, as well as this it stops at some villages
- Monday to Friday towards Thetford the first bus to leave West Row is the 6:49am, after this there are only three more services (3:55pm, 5:19pm and 6:19pm)
- Monday to Friday towards Mildenhall the first bus to leave West Row is at 6:31am, the only other service is the 8:20am
- Saturdays towards Thetford the first service to leave West Row is at 3:55pm the only other service is at 6:19pm
- Saturdays towards Mildenhall the only service to leave West Row is at 8:20am
- There is no service Sundays or bank holidays

### **Service 20**

- Service 20 runs from West Row through Mildenhall, Bury St Edmunds and a number of smaller villages
- Monday to Friday the first bus to leave West Row towards Mildenhall and Bury St Edmunds is the 9:26am. There are only two other services that day at 11:41am and at 1:26pm
- Saturday service commences at 11:06am from West Row and the only other service that day leaves West Row at 1:26pm
- There is no Sunday or bank holiday service

## Secondary Villages

### **Barton Mills - Service 17**

- This service is a school service which runs Monday to Friday once in the morning around 8:30am and once again in the evening arriving back in Barton Mills around 4:00pm
- This is the only bus service for Barton Mills

### **Elveden – Service 86**

- Service 86 mainly runs through Brandon, Thetford and Bury St Edmunds but also runs through a number of smaller settlements.
- Monday to Friday towards Bury St Edmunds the only bus to leave Elveden is at approximately 8:05am (the time is dependent on whether its term time or not)
- Monday to Friday towards Brandon the first bus to leave Elveden is at 4:28pm the only other service is at 5:54pm
- Saturdays towards Bury St Edmunds there is only one service which leaves Elveden at 8:07am
- Saturdays towards Brandon there are two services at 4:28pm and 5:54pm
- There is no service that passes through Elveden on Sundays or bank holidays

### **Eriswell – Service 200/201**

- Service 200/201 stops at a number of key settlements including Mildenhall, Brandon and Thetford, as well as this it stops at some villages
- Monday to Friday towards Thetford the first bus to leave Eriswell is at 7:13am, the next service is at 9:23am and after this the service is approximately every hour until 6:43pm
- Monday to Friday towards Mildenhall the first bus to leave Eriswell is at 6:10am with the exception of the second service with is 2 hours after the first, the rest of the services are roughly an hour between each other until 6:05pm
- Saturday towards Thetford the first bus to leave Eriswell is at 9:23am, the buses are then roughly every 2 hours with the exception of one service which is three hours apart, until 6:43pm
- Saturdays towards Mildenhall the first bus to leave Eriswell is at 8:00am. The service is relatively infrequent varying between every 2 to 4 hours. The last service to leave Eriswell is at 6:05pm
- There is no service on Sundays or bank holidays

### **Freckenham – Service 17**

- This service mainly runs through Bury St Edmunds, Mildenhall and West Row, but also stops at smaller settlements
- Monday to Friday towards Mildenhall there are two services to leave Freckenham, the first is at 10:43am and the second is at 1:03pm



- Monday to Friday towards Bury St Edmunds/Newmarket the first bus to leave Freckenham is at 9:52am, the only other service after this is the 12:15pm
- Saturdays towards Mildenhall there is one service which leaves Freckenham at 1:02pm
- Saturdays toward Bury St Edmunds/Newmarket the first bus to leave Freckenham is at 11:32am, there is one other service that is at 1:52pm
- There is no service on Sundays or bank holidays

### **Gazeley – Service 312**

- Service 312 mainly runs through Bury St Edmunds, Barrow and Newmarket. It also runs through a number of smaller settlements.
- Monday to Friday towards Newmarket the first bus to leave Gazeley is at 8:05am. The next bus is at 9:30am, the service is then roughly every 2 hours
- Monday to Friday towards Bury St Edmunds the first bus to leave Gazeley is at 8:06am, the service is then roughly every 2 hours until 5:03pm
- Saturdays towards Newmarket there are 4 services. They are, 8:05am, 9:30am, 11:50am and 4:20pm
- Saturdays towards Bury St Edmunds there are 4 services. They are 8:03am, 12:23pm, 2:23pm and 5:03pm
- There is no service on Sundays or bank holidays

### **Holywell Row – Service 355**

- Service 355 mainly runs through Bury St Edmunds, Icklingham and Mildenhall, stopping at a number of villages along the way
- Monday to Friday towards Mildenhall the first service to leave Holywell Row is at 10:00am the service is then every hour until 4:00pm
- Monday to Friday towards Bury St Edmunds the first service to leave Holywell Row is at 7:25am, the next service after that is the 10:00am, the service then runs every hour until 4:00pm
- Saturdays in both directions the services are the same as Monday to Friday in their respective directions
- There is no service on Sundays or bank holidays

### **Holywell Row – Service 200**

- Service 200/201 stops at a number of key settlements including Mildenhall, Brandon and Thetford, as well as this it stops at some villages
- Monday to Friday towards Thetford the first bus to leave Holywell Row is at 7:10am, the next bus after this is the 9:21am the buses after this are roughly every hour until 6:40pm
- Monday to Friday towards Mildenhall the first service to leave Holywell Row is at 6:14am, the next service after this is at 8:03am, the service is then roughly every hour until 6:09pm

- Saturday towards Thetford the first service to leave Holywell Row is at 9:21am, the service is then mostly every two hours (with the exception of one 3 hour gap)
- Saturday towards Mildenhall the first bus to leave Holywell Row is the 8:03am, the service is then either every 2 or 3 hours
- There is no service on Sundays or bank holidays

### **Icklingham – Service 16**

- Service 16 primarily runs through Newmarket, Red Lodge, Mildenhall and Bury St Edmunds but also services a number of smaller settlements on route
- Monday to Friday towards Bury St Edmunds the first service to leave Icklingham is at 7:19am. The service is roughly every hour and finishes around 6:00pm
- Monday to Friday towards Newmarket the first bus to leave Icklingham is at 8:18, the bus is roughly every hour and finishes around 6:00pm
- Saturday service are the same as Monday to Friday
- There is no service on Sundays or bank holidays

### **Icklingham – Service 355**

- Service 355 mainly runs through Bury St Edmunds, Icklingham and Mildenhall, stopping at a number of villages along the way
- Monday to Friday towards Mildenhall the first bus to leave Icklingham is at 7:06am, the bus is roughly every hour and service finishes around 6:00pm
- Monday to Friday towards Bury St Edmunds the first bus to leave Icklingham is at 7:48am, the service is roughly every hour until around 6:00pm
- Saturday service towards Mildenhall commences at 7:00am and runs every hour until approximately 6:00pm
- Saturday service towards Bury St Edmunds commences at 8:00am and runs every hour until approximately 6:00pm
- There is no Sunday or bank holiday service

### **Moulton – Service 16**

- Service 16 primarily runs through Newmarket, Red Lodge, Mildenhall and Bury St Edmunds but also services a number of smaller settlements on route
- Monday to Friday towards Bury St Edmunds the first bus to leave Moulton is at 6:23am, after this there are a few school services and from there on buses are roughly every hour until 6:23pm
- Monday to Friday towards Newmarket the first bus to leave Moulton is at 7:22am. The service is then approximately every hour until 6:42pm
- Saturdays the first bus to leave Moulton toward Bury St Edmunds is at 8:00am, then the service is every hour until 5:00pm

- Saturdays toward Newmarket the first bus to leave Moulton is at 8:30am. The service is roughly every hour until 4:30pm
- There is no service on Sundays or bank holidays

### **Moulton – Service 312**

- Service 312 mainly runs through Bury St Edmunds, Barrow and Newmarket. It also runs through a number of smaller settlements
- Monday to Friday towards Newmarket the first bus to leave Newmarket is at 9:35am. The service is roughly every two hours with the exception of one service which is three hours apart. The service ends at 4:34pm. Some services only run on Wednesdays and Fridays and some run every other day except Wednesdays and Fridays
- Monday to Friday towards Bury St Edmunds the first bus to leave Moulton is at 8:00am. The service is roughly every two hours with the exception of one service which is three hours apart. The service ends at 4:56pm. Some services only run on Wednesdays and Fridays and some run every other day except Wednesdays and Fridays
- Saturdays towards Newmarket there are three services to leave Moulton. They are at 9:35am, 11:55am and 4:25pm
- Saturdays towards Bur St Edmunds there are three services to leave Moulton. They are at 12:16pm, 2:16pm and 4:56pm
- There is no service on Sundays and bank holidays

### **Tuddenham – Service 17**

- This service mainly runs through Bury St Edmunds, Mildenhall and West Row, but also stops at smaller settlements
- Monday to Friday towards Mildenhall the first bus to leave Tuddenham is at 7:55am. The next two services are at 10:55am and 12:55pm but both of these services only run on Tuesdays Wednesdays and Fridays. The last service to leave Tuddenham is at 5:55pm
- Monday to Friday towards Newmarket the first bus to leave Tuddenham is at 10:08am, this service only runs on Tuesdays Wednesdays and Fridays. The other two services are at 2:13pm and 4:21pm
- Saturdays towards Mildenhall there are two services to leave Tuddenham they are at 12:41pm and 5:55pm
- Saturdays towards Newmarket there are two services to leave Tuddenham they are at 11:54am and 2:13pm
- There is no service on Sundays and bank holidays

### **Worlington – Service 17**

- This service mainly runs through Bury St Edmunds, Mildenhall and West Row, but also stops at smaller settlements
- Monday to Friday towards Mildenhall the first bus to leave Worlington is at 10:49am or 11:23am dependent upon the day of the week. The next service is at 12:36pm, the after that the last service is at 1:09 or 1:15pm dependent upon the day of the week

- Monday to Friday towards Newmarket the first bus to leave Worlington is at 9:46am, the next service is at 12:10pm and the final service is at 1:46pm
- Saturdays towards Mildenhall the only bus to leave Worlington is at 1:08pm
- Saturdays towards Newmarket the first bus to leave Worlington is at 11:26am the only other service this day is at 1:46pm
- There is no service on Sundays or bank holidays

**Worlington – Service 16**

- Service 16 primarily runs through Newmarket, Red Lodge, Mildenhall and Bury St Edmunds but also services a number of smaller settlements on route
- Monday to Friday towards Bury St Edmunds the first bus to leave Worlington is at 6:44am, the next few services are 7:14am, 7:48am and 8:24am, after this there are every hour until 5:24pm
- Monday to Friday towards

*Note: Information for the bus routes and times noted above was gathered during the summer of 2016.*