The Benefice of Badwell & Walsham

Reverend Jill Walker jill.walker@me.com			
Reverend Jay Price 07752 867388	jsgprice@aol.com		
Benefice Reader: Ian Jackson	01449 781392		
Benefice Elder: Marion Bell	01449 782072		
<i>Benefice Safeguarding Officer:</i> Tracey Gorzelak	c 01359 258529		

The Benefice of Badwell & Walsham



Hexagon June — July 2024

HEXAGON

Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine to the Editor: Debbie on 01359 259686 or debbiewatson2916@gmail.com

COPY DEADLINE Last date for items for inclusion in the next issue is Friday 5th July 2024

The Hexagon is delivered to nearly 1800 households in the villages of Badwell Ash, Finningham, Langham, Wattisfield, Walsham le Willows and Westhorpe.

We have not raised our prices since 2015, but regretfully have had to make a small increase this year.

Advertising Rates

FULL PAGE	single issue £33	3 issues £66	6 issues £127
HALF PAGE	single issue £22	3 issues £44	6 issues £83
QUARTER PAGE	single issue £17	3 issues £34	6 issues £55

Contact Judith on 01359 258251 or judithharlow@outlook.com

HEXAGON MAGAZINE

We are seeking someone to take over as the 'Advertising Organiser' for the Hexagon. This would involve collating adverts from the various companies/organisations for inclusion in the Hexagon. Liaising with the advertisers with regards to size and cost of the adverts and in conjunction with the editor ensuring they are the correctly printed in the magazine.

For further information please email Judith Harlow at judithharlow@outlook.com

OUR BENEFICE



THE PRIORY ROOM

Available to hire for private functions, suitable for children's parties. To book please contact:

John Boulter 07908 010555 johnboulter@yahoo.com

HIRE CHARGES (2024)

	Occasional Users	Regular Users
Mornings (up to 1.00pm)	£35.00	£25.00
Afternoons (up to 6.00pm)	£35.00	£25.00
Evenings (up to 11.00pm)	£35.00	£25.00
All Day	£90.00	
Hourly	£10.00	

I can hardly believe that I am writing for the June and July edition of the Hexagon - I feel as though the year is racing away! Yet, at the time of writing, we are still in the Easter season. On the 26th of May, we finished the long Easter season, celebrating Trinity Sunday, which concludes on the 27th of October - the last Sunday of the Trinity Season. After this Trinity season, the Church's vestments will change to the colour green, which we call the long growing season of the year.

On Good Friday, Badwell Ash Church had their annual Easter egg hunt, which welcomed 82 children and 150 adults. Having had several bouts of rain in the days leading up to the occasion, we were very lucky to have had a day of sunshine. The good weather allowed the community to walk the fields and share the company and fellowship of one another. This event raised £700, which is shared between Langham and Badwell Ash Church. We give thanks to everyone involved in facilitating such a delightful annual event, which brings the community together out in nature, sharing the beauty of God's creation.

On the Bank Holiday weekend of the 4th, 5th and 6th of May, St Bartholomew's Church in Finningham, as always, welcomed the community and people from far beyond, to their annual flower festival with the theme 'Come to the Movies' - a wonderful weekend of flowers, refreshments, and delicious cake. Oh my goodness! How they had the skills to depict 25 different films so well - from Peter Rabbit to War Horse. The high altar looked stunningly beautiful & the event could only have been finished with Songs of Praise amid all of the wonderful arrangements. Again, the weather was on our side, and £3622.96 was raised. We thank everyone in the community for holding and attending this weekend.

How lovely, that each church; Walsham Le Willows, Westhorpe, Wattisfield, Langham, Badwell Ash and Finningham, have all pulled together for our services over the busy Easter period, and celebrated across the team. Each Church is so unique and individual, yet so united together.

As you know, we have been praying for a leader to join our benefice in Walsham Le Willows. Excitingly, on 23 September our new vicar





COMMUNITY YOGA FOR HEALTH

Walsham Community Yoga on Thursdays in the **Priory Room** from 7.15 to 9.15pm.

Newcomers always welcome and no experience required

Please contact Julia (British Wheel of Yoga) 07980476140

dunnicliffej@hotmail.com

Catriona, will become our leader and our guide. Our prayers have now been answered. Looking ahead at the months of June and July, we don't know what they hold, but we look forward in faith, knowing that God has set the borders of the earth for us...

'Yours is the day, yours also the night; you established the moon and the sun. You set all the bounds of the earth; you fashioned both summer and winter.'

Rev Jill

FROM THE REGISTERS

BAPTISMS

William John Crocker (adult)6/4/24Willow Jessie Crocker (infant)6/4/24Neave May Jarrold21/4/24

Finningham Finningham Walsham

FUNERALS

Beryl Mary Allen	9/4/24	Finningham	Burial of Ashes
Maurice and Nola Smith	11/4/24	Finningham	Burial of Ashes
Janet Elizabeth Sharpe	15/4/24	Walsham	Burial
Audrey Evelyn Foulger	18/4/24	Walsham	Memorial
Maureen Grace Hayward	29/4/24	Walsham	Memorial
Maxwell Reginal Ayers	3/5/24	Walsham	Burial

VINTAGE TEA PARTY

Thank you to everyone who helped and supported the Bury St Edmunds Women's Aid Tea Party on 19th April. The amount raised was an amazing £553.36. This will go towards looking after our vulnerable families.

> Best wishes. Jeannie (Patron)



COUNTRYSIDE, CONSERVATION & TREE SERVICES



THE CHURCHYARD OF ST MARGARET'S, WESTHORPE

In common with many ancient churchyards, here at St Margaret's we are fortunate to have a rare remnant of old wildflower rich grassland. As part of our project to restore our church bells, the National Lottery Heritage Fund has supported us to develop further the already good practice in our churchyard management with the aim of providing the very best habitat for a diverse range of flora, fauna and wildlife.

In May last year, the Suffolk Wildlife Trust carried out a botanical and ecological survey of the area and produced a comprehensive report assessing the grassland and suggesting a programme of churchyard management.

The oldest part of the churchyard is being maintained as hay meadow, a single cut being made in the summer. The grass is removed to lower the fertility and encourage the growth of wild flowers. The gathering and removal of this cut has become an annual event in the village and a large group of volunteers assemble to make light work of the task. In fact, it has become quite a social event. The active part of the churchyard and the paths are still mowed.

Having ourselves learnt so much, we are keen to inform and share our practice. An information board is currently being produced for display outside the church. Last summer, children from local Brownie and Cub packs visited and thoroughly enjoyed their evenings identifying and recording minibeasts, flowers and grasses. It is planned to continue with such activities as children seem to get a good deal of pleasure crawling around with magnifying glasses and specimen pots. If any other churches in the Benefice would find it interesting, we would be happy to pass on our experiences.

If you do come to visit, please look inside the church as another supporting part of our project is an audio tour featuring six Westhorpe persons from over the centuries who will tell you their stories. We are hoping that this will be up and running in early June.

Rosemary Mees for the A-peal for Mary Tudor Steering Group

Lamberts Service Station Ltd



Shop Green, Bacton, Stowmarket, IP14 4LG, Tel: 01449 781260 Mobile: 07834 778116 www.lambertsservicestationltd.com Email : lamberts.1@btconnect.com

Car Service, MOT Testing and Repairs

We have a fully equipped workshop where all manner of repairs can be undertaken. An MOT testing station and a Body Shop where we can undertake Insurance accident repairs, general repair work and re-sprays. We also operate a Recovery service which includes Home Starts. We are one of the few remaining rural Petrol Filling stations and offer forecourt attended services.

Please visit our website for full list of services.

WORKSHOP Service all Makes and Models Air Conditioning Engine Diagnostics Fault Finding Engine Management Lights Exhausts ABS	MOT TESTING MOTS while you wait - By Appointment Petrol Diesel Electric Hybrids	BODYSHOP Accident Work Body Work Repairs Paint Work Re-Sprays Welding
FORECOURT SERVICES Petrol and Diesel Tyre Pressure and Levels Checked Bulbs Fitted While You Wait Antifreeze Check	ITEMS STOCKED Tyres Batteries Wiper Blades Bulbs Calor Gas	RECOVERY SERVICE Home Starts Breakdown Accident Recovery



Langham Hall Garden Festival & Nursery Sale Saturday 8th June 2024

2.00 pm - 6.00 pm Admission £5 | Children under 12 free In aid of St Mary's Church Langham

- * Three-acre Georgian Walled Garden & two acres of further gardens and borders.
- * Kitchen Garden and Nursery selling heritage vegetable plants, British native wildflowers and grasses, annuals and perennials.
- * Ice creams, tea and cake on the lawn.
- * Suffolk Beer & Cider bar.
- * Live music: Blues, acoustic, soft pop.
- * Tetherball/swingball and quoites for the children.
- * See website for details and updates.

Langham Hall, Bury St Edmunds. IP31 3EF

langhamgardens.co.uk



Competitive prices on Tyres - Quotes given Free no obligation Estimates on work needed

M A Heating Services

- * Oil, Gas and LPG boiler servicing, replacements and repairs
- * Repairs to central heating system faults i.e. pumps, programmers and cylinders
- * Servicing and repairs to Rayburn, Aga Stanley and Esse's
- * Landlord's Certificates

Telephone: 01379 783427

Wickham Gate, High Street, Gislingham, Suffolk, IP23 8JD



Walsham le Willows and District WI

PROGRAMME OF EVENTS

Sen TOLA WES

Jun 10 - Visit to Walsham Wildwood 7pm at the Wildwood (bring a chair and mug)

A new committee has been formed so the programme of events is being finalised.

NEW MEMBERS ALWAYS WELCOME Ladies are able to attend 2 meeting free of charge before joining

> Wattisfield Community Centre IP22 1NR

Car Boot Dates 2024 11am to 2pm

Saturday 22 June – Outside Saturday 27 July – Outside Saturday 24 August – Outside Saturday 28 September – Outside Saturday 26 October – Indoor Saturday 23 November - Indoor

Open to Sellers at 9.30 am onwards - Refreshments available

£5 per Pitch Indoor please book – call 07880 507135 Enjoy the time with friends and family

Registered Charity: 106277



Independent practices with a personal approach

Stowmarket Stowe Veterinary Centre 01449 613 130 • stowevets.co.uk

Stowe Farm and Equine Centre 01449 776 201

Ipswich Ipswich Veterinary Centre 01473 555 000 • ipswichvetcentre.co.uk Bury St. Edmunds Moreton Hall Veterinary Centre 01284 747 000 • moretonhallvets.co.uk

Needham Market The Mustard Pot Veterinary Surgery 01449 722 198 • needhamvets.co.uk

Elmswell The Old Tea Room Veterinary Surgery 01359 241 761 • elmswellvets.co.uk



Westhorpe's Royal and Noble Connections A Walking Tour

Led by Edward Martin, Vice-President of the Suffolk Institute of Archaeology and History

Friday 21 June 2024, 6-8pm

Meet at the Village Hall – the tour involves walking approx. 1 mile around the village, in stages (some off road).

Paid bar.

£7.50 per ticket – paid in advance.

Contact Suzanne: suzannebeeke@gmail.com or 01449 780301



Manicures & Pedicures Alexander Technique Waxing Ear microsuctioning Yoga therapy Nutrition Massage Aromatherapy Skin tag removal Counselling Red vein treatment Facials Reflexology Oncology massage Pilates Hot stone massage Electrolysis Dr. Hauschka Treatments



TankChange Ltd.

Suppliers & Installers of Oil Tanks

Family Business with Over 40 Years Experience

Steel & Plastic Oil Tanks available

Fully Insured OFTEC Registered Engineers.



Telephone: 01449 781210 (Out of Hours: 01449 781498) Mobile 07899 898720

Email: Terry@tankchange.co.uk

Visit our Website@: WWW.tankchange.co.uk

Discounts available to Parish Magazine readers

SIMPLE RECIPES

SAUSAGES WITH LEMON & ROSEMARY

INGREDIENTS

800g new potatoes cut in half
1 lemon, thinly sliced
3 tbsp rosemary or thyme leaves chopped
3 tbsp olive oil
600g (around 9) sausages meat squeezed out of the skin into bite sized pieces
1 bunch spring onions cut into 4cm lengths



Heath the over to 220c/Fan 200c/Gas 8. Tip the potatoes into a large bowl and combine with the lemon slices, chopped herbs, olive oil and some seasoning. Toss well to evenly coat, spread on to a baking sheet and roast for about 20 mins until they begin to turn golden brown.

Add the sausage meat and cook for a further 10-15mins until cooked through. Add spring onions and cook for a few minutes to soften.

LEMON PUDDING

INGREDIENTS

50g softened butter 200g caster sugar Zest 2 lemons 100ml lemon juice 3 large eggs separated 50g plain flour 250ml milk



METHOD

Heat over to 180C/160c fan/gas 4. Grease a medium-sized oval baking dish with butter. Combine the butter, caster sugar and zest in a food processor and whizz until the mixture is pale. Add lemon juice, egg yolks, flour and milk and whizz until well mixed. (it may look a little curdled. Scrape into the bowl.

In a large clean bowl whisk the egg whites until firm but not stiff, then gently fold into the zesty mixture. Scrape into the baking dish and put in a roasting tin half-filled with hot water from a kettle. Bake for 35-40 mins until the top is lightly browned and set but the pudding is still softish underneath.

THE BEREAVEMENT CAFÉ

Weekly drop-in group at Stowlangtoft Hall

Thursday mornings 10am to midday

Losing a loved one can turn your world upside down but talking about it can help. The Bereavement Café at Stowlangtoft Hall is a weekly drop-in group for anyone who has experienced bereavement.



Stowlangtoft Hall, Kiln Lane, Stowlangtoft, IP31 3JY

ART EXHIBITION

ST MARY'S CHURCH, BADWELL ASH

22-23 June

10.00am - 4.00pm

Mixed media exhibition including works in metal, wood, glass, paint and children's work

Tombola & Refreshments

For more information please contact Stephen Rose 07714 272669

トナトトナナトナナナトナナナナナ





Oil Fired Pressure Jet Boiler Servicing & Plumbing

ANDY BACOS

07775 751303
 andy.bacos@ntlworld.com
 Andy's Oil Boiler Services

JD HOME RENOVATIONS

Making Your House a Home

Can we help you with:

- Home repairs
- Kitchen fitting
- Bathroom fitting
- Plumbing
- Electrical
- Painting & decorating
- Glazing
- General maintenance
- Interior design & colours

FREE ESTIMATES

Contact us by email:

enquiries@JDHomeRenovations.co.uk or leave a message at: 07864 901042 www.JDHomeRenovations.co.uk



WATTISFIELD

COMMUNITY

CENTRE

Anyone wishing to hire the hall

or for further information

please visit

www.wattisfield.org.uk

or

Email:

wattisfieldcc@gmail.com

I

CARPENTRY//DECORATING//PLUMBING REPAIRS//HOME IMPROVEMENTS//ETC.

CALL PAUL: 07879 538836 EASTANGLIANMAINTENANCERGMAIL.COM FACEBOOK.COM/EASTANGLIANMAINTENANCE





Games on Finningham Green <u>Rounders Tournament</u>



Please come and join us for an afternoon of games on the green, Sunday 23rd June starting at 2.30. There will be some music, but no bar so bring your own drinks and maybe a picnic and something to sit on.

The main event will be a knock-out rounders tournament with teams of 8(ish). We hope to see teams from neighbouring villages, there will be a trophy for the winners. If you can't make up a team of 8 just come along, teams can be formed on the day – or if you would just prefer to watch we look forward to seeing you. To round off the afternoon there will be a tug of war.

There is no entry fee (but a donation to Friends of Finningham on the day would be much appreciated). If you would like to take part please contact Ian Armstrong, phone 01449 780215 or email ianbacton@aol.com.

You've forgotten how to play rounders? Don't worry, you are in good company. "Bash and run" is about all you need to know – but if you would like a reminder, try "The Basic Rules of Rounders" by Darren Wilks, it's on You Tube.

Shine n Clean

Residential and commercial window cleaning.

A reliable window cleaning service using the latest pure water and reach & wash cleaning systems, leaving glass sparkling clean for weeks, no mess, no smears and no harmful chemicals.

01359 259376

Foot Wise Foot Health Care Every MONDAY at The School Room Clinic Methodist Chapel, High Street, Ixworth TREATMENTS INCLUDE Nail Trimming Thick Nail Reduction Ingrown Nails Hard Skin Removal Cracked Heels Corn Removal Diabetic Foot Care BOOK YOUR CLINIC APPOINTMENT OR HOME VISIT Call Camellia Dighe (Dip MFHP), Foot Health Practitioner Tel: 01359 230 428 Mob: 07799664684 E-Mail: FootWise@Protonmail.com	CHIMNEY SWEEP ECO SWEEP CHIMNEY SERVICES New power sweeping method used for a more thorough chimney clean than brushes Industrial hepa filtered vacuum Fully insured Insurance recognized certificates issued Spotless, reliable and friendly service All chimneys, woodburners, aga, boiler flues swept TEL: (01359) 232335	JW AMPS LTD Offering service and repairs to all types and makes of garden machinery, ATV's, compact tractors etc. Machinery bought and sold Over 15 years experience – factory trained by Briggs & Stratton, Stihl, Westwood and Countax. Collection and delivery service available. Image: Contact Simon on 07974 430366 Image: Contact Simon on 07974 430366 E-mail: simonamps@btinternet.com Image: Contact Simon on 07974 430366 Etamet Walker Decorating, Painting and Refurbishments A locally based company offering an honest and reliable service. Painting—Decorating—Refurbishments—Repairs All work considered indoors and out! Fully insured and free quotations provided Please contact Stuart on: 07711606464 or stuma1@hotmail.co.uk
ADRIAN SAYER OIL HEATING SERVICES EST. 1999 BOILERS AND COMPLETE SYSTEMS SERVICED AND REPAIRED BREAKDOWNS ALWAYS A PRIORITY 01359 220119 07956 094433	OVENBIZZZ Professional Oven Cleaners Serving the Bury St Edmunds and Stowmarket areas . Ovens . Rangemasters . Aga's . Hobs . Extractors Tel: 07837 540816 £5 off if you quote this advert	<image/> <image/> <complex-block><complex-block><complex-block><complex-block><complex-block><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/><image/></complex-block></complex-block></complex-block></complex-block></complex-block>

ARBORICULTURAL AND LANDSCAPE SOLUTIONS

ALL ASPECTS OF TREE SURGERY SOFT AND HARD LANDSCAPING MAINTENANCE AND LAWN CARE DOMESTIC & COMMERCIAL CONTRACTS FULLY INSURED

NPTC QUALIFIED

GREEN SCENE

CONTACT FOR FREE QUOTATIONS AND ADVICE 01359 298141 / 07866 866880 INFO@GREENSCENETREESURGERY.CO.UK

BECKY CRUICKSHANK FITNESS PERSONAL TRAINING AND CLASSES

<u>PILATES</u> COTTON VILLAGE HALL- MONDAYS 7.20PM GISLINGHAM VILLAGE HALL-WEDNESDAYS 9.15AM AND 10.15AM THURSDAYS- 7.10PM WESTHORPE VILLAGE HALL- WEDNESDAYS 12.15PM

> <u>TOTAL FITNESS</u> GISLINGHAM VILLAGE HALL -THURSDAYS 6.15PM

GENTLE FITNESS WESTHORPE VILLAGE HALL -FRIDAYS 10AM

COME AND GIVE THEM A TRY! For more info about classes or personal training please contact Becky on 07734 414151

NOTES FROM THE GARDEN

Hello again, as I mentioned last time my wife and I are very lucky to have rented an allotment in Walsham-le-Willows for nearly 6 years now.

When we took the plot on the first 2 years was very hard work. It was covered in grass and weeds and being based on a clay soil it was either as hard as rock, or to wet to dig. Covering some of it with black plastic helped kill off the grass and weeds and by building raised beds and digging out horsetail weed which if left will form a dense carpet on the surface. Its roots can go down 2 to 3 feet, and if any bits are left in it will live long and prosper. We then added our home made compost made from our guinea pig and rabbits wood shavings and poo which mixed with kitchen and garden waste when rotted down helps break down the soil and make a great mulch in winter. So now we can grow our own tasty veggies.

By now you can plant out your tender bedding plants and veggies as the nights are getting warmer. Remember to dead head your flowers daily as a plants aim in life is to set seed and stop. At the end of June onwards feed your plants as the compost they are growing in becomes depleted in nutrition. A water based one is a good bet, if you can get some comfrey plant, place it in a fully sealed container (such as old bird food tub) fill with water and seal as it produces a pungent aroma. Wait a few weeks then drain into a bottle and use diluted as you would Tomorite, but this one's free! Place foliage on your compost heap.

Things to do in June and July.

Tie in climbing plants such as clematis to neaten and prevent wind damage.

Hoe regularly especially in the veg plot even if no weeds are seen as this will deter them from growing.

Till next time. Phillip Bennington





Visit our Website <u>www.suffolkdairies.co.uk</u> to see our full range of products

If you would like to arrange a delivery or discuss your requirements

Contact us on

Telephone 01449 676746 Email <u>milk@suffolkdairies.co.uk</u>

No order too small

MUSIC AT ST MARY'S

WALSHAM LE WILLOWS

Sunday 23rd June - 3.00pm Carol Kellmann

Local music teacher Carol Kellmann holds her pupils' recital up to Grade 5. Great if you are young or old and want to start music lessons.

Friday 12th July - 7.30pm Lawrence Killian Band

A brilliant evening of classical music, TV and movie themes and a lot more.

Thursday 1st August - 12.30pm Baroque ensemble Rococo

Old friends Rococo are back with another feast of

baroque music.

Tuesday 24th September - 12.30pm Neil Carlson and James Thomas

This talented duo returns to delight us again with music for piano and oboe.

Saturday 12th October - 7.30pm Alistair Blay

An evening of a classical pot-pourri of music.

Free entry, refreshments. A retiring collection for church funds



www.thelogburnerbarn.co.uk

WALSHAM COMMUNITY FOOD BANK

Food donations can continue to be placed in our benefice churches and these will then be collected and delivered to Stowmarket.

In future if you would like to make a monetary donation, you can make a one off or regular donation directly to Stowmarket foodbank -Barclays bank, Stowmarket. Sort Code: 20-82-75 - Account number: 33867331 Quoting ref: FOODBANK.



Antiques Roadshow at Westhorpe Village Hall Saturday 13 July 10 am - 12 noon Bring your treasured items to be valued by **Bishop and Miller** 1 item only per person Contact Steven Rooney to book a time slot in advance for your valuation ro.ons@virgin.net Tickets £5 per head to paid at the door Paid refreshments available Spectators are invited and donations welcomed WESTHORPE CAFÉ



Pawfect Moments Dog Walking and Petcare (Badwell Ash and surrounding villages)



П

П

П

I am available to walk your dog/dogs, provide doggy day care, pet sitting and home visits for feeding, medication and toileting.

I appreciate that all pets are different and have a variety of needs. Therefore I always start each new relationship with a free initial home visit. I am fully insured, have attended a Canine First Aid course and am currently studying with the British Canine College for a Diploma in Professional Dog Walking.

I'm looking forward to hearing from you.....



П

П

П

П

П

Caroline Morris: 07843248411 cdv_11@hotmail.com Web address: pawfectmoments.co.uk Facebook: Pawfect Moments Pet Care

HAUGHLEY HOOFERS

Haughley Hoofers are a group of local North West Clog Dancers performing traditional dances from North West England, the Isle of Man and the Outer Hebrides. Formed in the early 1980s we have performed at a variety of local events and festivals, both here and abroad.

Practice sessions again in Haughley Village Hall on Sunday evenings 7.30-9 pm from 17th September 2023.

If you would like to come and have a go, we would be delighted to see you.

Musicians are welcome too (portable acoustic instruments). For more information ring Sue on 01449 766747or Gill on 01449 673518 See Haughley-Hoofers on Facebook





email: <u>sarah.littlewillows@googlemail.com</u> or <u>office.littlewillows@gmail.com</u> Charity number:1050897



SM PEST CONTROL SERVICES

Pest Control for your home and business

Local and experts in dealing with: Rats, Mice, Squirrels, Cluster Flies, Fleas, Moles, Rabbits, Bed Bugs, Carpet Beetle, Moths, Woodworm, Wasps, Hornets and Bees

Free Advice with all treatments BPCA Member Fully Insured

19 Richer Close Badwell ash 01284 544842 info@smpestcontrol.co.uk www. smpestcontrol.co.uk



DSR PROPERTY MAINTENANCE

GENERAL BUILDING AND PROPERTY REPAIRS

New builds, Extensions, Garage, Room conversions, Roof repairs Concreting, Patios, Walls, Re-pointing, Brickwork, Gutter repairs, Fencing, Sheds, Wall and Floor Tiling Painting and Decorating

For free estimations call Dean on 07968 483055 / 01359 242438

Vintage Tea Party

Friday 19th July from 2-4.30pm

Come and join us for cream teas, cheese scones, sausage rolls and delicious homemade cakes

Dietary requirements catered for

Raffle and Tombola

Venue - 1 Church View Cottage Garden (Priory Room if wet)

£6 per person Donations welcome

All proceeds to - Bury St Edmunds Women's Aid

Please ring Jeannie to book 258596



Suffolk Wedding and Pet Photographer

Natural and creative photography that captures all your beautiful moments.

Hi, I'm Martin and live in Finningham, I have a purpose built home studio where I specialise in capturing forever memories of your beloved pets. I am confident we can create lovely images of any dog, regardless of how well they might behave for a photo shoot!

I absolutely love a wedding so if you are getting married and would like relaxed, natural images that tell the story of your day.. let's chat!

Check out my reviews on Google or my website to see what people say about me! Tel or Whatsapp Martin Roper on 07792 032030 or email <u>martin@martinroper.co.uk</u>

Take a look at my website www.martinroper.co.uk



CITIZENS ADVICE



We've booked a package holiday to Spain. It's our first time booking this sort of getaway, and a friend recently had a terrible experience when things went wrong on a similar trip. What sort of help is available if something does go wrong?

Hopefully you'll have a lovely time but if something does go wrong with your package holiday, Citizens Advice has lots of information about what to do and what compensation you may be eligible for.

Examples of things going wrong include:

If the holiday you went on turned out to be lower in value than the one you originally booked.

The hotel was a bus ride away from the beach rather than across the road as advertised.

Big parts of the trip you booked didn't happen or services weren't provided, for example a planned two-day excursion was cancelled, and no alternative was organised.

It's worth noting that you can't get compensation if you simply didn't enjoy the holiday or if the problem was out of the holiday company's control - like bad weather.

If something does go wrong, firstly, tell the company or travel agent you booked with as soon as possible. Don't wait until you get home. And check the information you received when you made the booking to see what you're supposed to get.

Citizens Advice are currently seeking volunteers to join them at their Stowmarket office. If you are interested, please call us on 01449 676060.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am - 3.30pm and Friday 9.30am - 12.30pm.



Golden Charter

GRAHAM STAFF

SERVICING AND REPAIRS EXPERIENCED ENGINEER QUICK TURNAROUND Walsham-le-Willows Tel 01359 259650







***** GISLINGHAM PLAYGROUP *****



We provide a safe, warm friendly and caring setting for children aged 2-5 years, in a brand new purpose-built building on the same site as Gislingham CEVP School, with whom we work closely to provide an excellent education.

> Breakfast Club 8.00am – 8.45am Morning 8.45am to 11.45 am

Lunch Club 11.45am to 12.45pm Afternoon 12.45pm to 3.45pm

"The well-qualified staff have a good knowledge of how children learn. They carefully organise the indoor and outdoor learning environment so that children enjoy free access to a wide range of toys and resources" Ofsted December 2015

Please visit our website <u>www.gislinghamplaygroup.com</u> or phone us on 01379 788934

A warm and friendly welcome awaits you at The 4C's Community, Coffee, Cake and Chat (bring your own craft too if you wish) Fridays 21 June and 12 July From 10:00 til noon At Badwell Ash Village Hall There is a small charge for refreshments and from time to time we hold raffles for nominated charities. Donations for prizes are welcomed. For more information contact Sue Morgan 01359 258983 Local family owned CHURCH FARM and operated. Walsham-le-Willows Secure units from just £100 per month. SELF STORAGE State-of-the art 24hr CCTV surveillance. Coming Soon! Easy access with on-site parking. Convenient location, (0) in the village centre.

> Interested? Please contact: George Thomas, 07970 549011, georget@sentry.co.uk, or Joseph Light, 07970 549019, joseph.light@sentry.co.uk



ROOFLINE –



BUILDING & ROOFING CONTRACTOR

Look Up!

CHIMNEYS REPOINTED/REBUILT/REMOVED HOUSE/WALL REPOINTING **GUTTERING/FASCIA REPAIRS/ROOF REPAIRS 30+ YEARS EXPERIENCE – ALL WORKS GUARANTEED** FOR FRIENDLY ADVICE AND A FREE CONSULTATION CALL

01449 763218 - 07500 823292

TRANSPORT NEEDED?

The Rickinghall & District Community Bus is available for hire to readers of this publication. Typical journeys include - shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits.

The bus is also available for visiting friends and relatives, in fact pretty well anything you need. Door to door service, any help a pleasure. Wheelchairs no problem.

Please telephone Gordon on 01379 897 109 (24/7 ansaphone).

We continue to fund raise for a new bus. Donations of clothing, shoes, belts, jewellery, handbags and bric-a-brac can be left at:

The Corner Bungalow, Hinderclay Road, Wattisfield IP22 1NF telephone Irene Gumm 01359 251221 for collection.

UPLANDS RESPITE AND DAY CARE

Pottery Hill, Wattisfield IP22 1NH

If you are a Carer for an elderly relative, caring for someone with dementia and you need a break, Uplands Respite and Day care provide a home from home environment with exceptional, professional and qualified carers to look after your loved ones. We provide activities for all abilities, companionship, a hot lunch and lovely friendly atmosphere. We are open on Tuesday, Wednesday and Thursday from 9.30am - 2.30pm (extended hours can be provided if needed).

We are fully insured, DBS checked and Social Services Accredited.

For any further information call Laura on 07504086420

Or email: daycareuplands@yahoo.com



Tree surgery: from light pruning to large tree take down, surveys and stump removal.

Garden landscaping: patios, fencing, decking, pergolas, gates, stone driveways, water features, turfing and seeding new lawns, borders and planting designs.

Garden maintenance: hedge cutting, pruning, weeding, strimming, grass cutting, tidying.

Tel: 0782 5253 720 info@rewtstreesandgardens.co.uk www.rewtstreesandgardens.co.uk

If you suffer with anxiety, depression, PTSD disturbing/traumatic memories, or other emotional or difficulties.

I am a BABCP accredited Cognitive Behavioural Psychotherapist and EMDR practitioner. I work both in private practice and for the NHS offering evidence based treatments such as CBT (cognitive behavioural therapy) and/or EMDR (Eye Movement Desensitisation and Reprocessing) treatment. I offer short or long term therapy. My aim is to help you to regain a sense of enjoyment and wellbeing in your life.

If you need help please contact Jayne for further details on: 07983648702 Website: emdrandcbtservices.co.uk



Discount Pet Supplies Wild & Caged Bird Feed Equine Supplies Free Range Eggs & Flour Porridge Oats, Coffee and more!

Monday to Friday 8.30 am – 5.30 pm Saturday 8.30 am – 1.00 pm

01359 230277 <u>www.pakenhamwindmill.co.uk</u> info@pakenhamwindmill.co.uk

WALSHAM LE WILLOWS SPORTS CLUB

Walsham Sports Club in Summer Road is a thriving local community facility offering sporting/exercise opportunities to everyone.

Regular Weekly Activities

Walking Netball Tuesday 10 – 11am & Thursday 6 - 7pm Senior Football (over 40's) Monday 8 – 9 pm Walking Football (over 65's) Tuesday 1 - 2pm Senior Football (over 50's) Tuesday 2 - 3pm Otago (chair based exercise) Wednesdays 11.30 -12.30 Indoor bowls Wednesdays 2.30 – 4.30pm (Oct-Apr) Pétanque Thursday 2pm, Walking Football Thursdays 2-3pm Yoga Thursday 1.15- 2.15pm Cardio Tennis Friday 12 – 1pm



Social Events

Sunday night Bingo starts 7pm on 9th & 23rd Jun, 7th & 21st Jul

Music Nights start 7.30pm 14 Jun Live music plus Pizza Van 5pm - 8.30pm 12th Jul Gemma B

For further information and to check for any at/time changes for events please visit our website https://walshamsportsclub.co.uk or contact Jan 07874898825.



LOOPEE LOO TOILET HIRE LTD



MTP LANDSCAPES

No Garden Too Big Or Small

(07920152095)

(Email: morganparsons177@gmail.com)

All Aspects Of Hard And Soft Landscaping And Garden Maintenance

WESTHORPE VILLAGE HALL ACTIVITIES

YOGA Monday (weekly) 10:45am-12:15 Contact: Juliet Wright. Tel: 07503 212670 jujuyoga39@gmail.com

ART CLUB Monday (fortnightly) 2:00-4:30pm. Contact: Paul Weston. Tel: 07860 376592. paulwestonarchitect@gmail.com

LINE DANCING Monday (weekly) 12.45-1.45pm Contact Rosie Macro Tel: 07748 563926 rosemary.macro@yahoo.co.uk

CARPET BOWLS Monday 7.30-9.00pm Contact: Jeff Moore Tel: 07850 716968 jeffmoore297@hotmail.com John Gladders 01449 780365 dijongladders@gmail.com

CRAFT CLUB Tuesday (fortnightly) 10:00am-12:00 Contact: Lynda Cotgrove. Tel: 01449 789142 / Rosemary Mees. Tel: 01449 780394

SINGING FOR PLEASURE Wednesday (three weekly) 10:00am-12:00 Contact: alisonweston25@hotmail.com Tel: 07972 415205.

PILATES Wednesday 12.15-1.15pm Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

GENTLE FITNESS Friday 10.00 - 10.45am Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

Please check the village website at <u>westhorpe.onesuffolk.net</u> for details, or contact Alison Weston on 07972 415205 or <u>wvhbooking@hotmail.com</u>



Carl Goldsworthy Proprietor

- 07429 819666
- info@worthyflooring.co.uk
- worthyflooring.co.uk

Complete Service From Start to Finish Domestic and Commercial Flooring Mobile Showroom Free Estimates



Safe, Secure and Fully Insured No hidden administration charges

Tel: Gigi Wadham-Smith on 07580314010 or email: gigi@upstairsdownstairs.biz

Timber Lodge Rookery Lane Walsham-le-Willows Suffolk IP31 3BD Visit us at: www.upstairsdownstairs.biz





Beginners Guitar Ricky Wilkinson MBE <u>ricky5844@aol.com</u>

Learning Folk Guitar for children year 2 and up.



Hi. My name is Ricky Wilkinson and I live in Westhorpe. Until lockdown I was teaching guitar in Guildhall Feoffment Primary School in Bury St Edmunds. I also run Phoenix Children's Folk Group based in Bury St Edmunds. Members learn to play and sing plugged in to our sound system for charities, festivals and various concerts.

In Folk Guitar children learn songs to sing accompanied by a variety of plucks and strums on guitar to enable them to perform solo or in a group. My Phoenix group performed all the music for Langham Church Carol Service last Christmas on 12th December 2021.

If you know a child who would like to learn to play guitar and sing so they can perform, please email me for further details. I can give private lessons in your home or if there are 6 or more wishing to learn I can use Westhorpe village hall at a suitable time after school which would be much cheaper than individual private lessons. I am DBS checked to teach guitar and run the Phoenix group. Parents are always welcome to stay and watch.



WALSHAM - LE - WILLOWS MEMORIAL VILLAGE HALL

Walsham le Willows Memorial Village Hall is available for hire contact Sarah Cousins email sarah@octopusadmin.co.uk or tel 01359 259698 There are also a variety of activities happening at the hall:

Sosa (Start of Something Amazing!) Monday 9.30-10.30 am Contact : Sam on 07410. 978335 / samfitz@hotmail.co.uk

Community Lunch 12.45 pm (second Monday of each month) Contact : Shirley White tel 01359 258532

Self Defence Class Tuesday 6.30pm Contact: Andy at info@rbmdymamics.com

Pilates Wednesday 9am -10am, 10.15am-11.15am & Friday 2pm-3pm Contact: Lara at contact@larapepper.com

Coffee shop Thursday (weekly) 10.30am - 12 noon Home-made cakes and savouries, teas, coffee and cold drinks. All welcome

Post Office Van Thursday (weekly) in the village hall car park 11am - 12 noon.



WALSHAM History Group

GRAVES OF WALSHAM

NEW EDITION £5.00 Contact Frances Jenner 01359 259242

• W E L D	M.K. Auto's MOT Centre LTD	• X H A U
N G	MOT CLASSES 4 & 7 🔗	S T S
T Y	CLUTCHES SERVICING	•
R	BATTERIES TRACKING CAMBELTS/TIMING CHAIN WHEEL BALANCING	D I
E S	Mkautosmotcentreltd@gmail.com	A G
• B R	MOT: 01359 241158/244421 REPAIRS: 01359 245998	N O
A K	The workshop Please note as of February	S T I
E S	Grove lane 2023 D A Bevan has been Find us on Elmswell 1930 9HN taken over by MK Autos Facebook.	C S

Wattisfield URC Services

Date	Time	Service details
June 2 nd	11am	Holy Communion
9 th	11am	Morning worship
16 th	11am	Morning worship
23 rd	10.45am	Visit to Diss URC – no service at Wattisfield
30 th	11am	Morning worship
July 7 th	11am	Holy Communion
14 th	10.30am	Visit to Thetford URC – no service at Wattisfield
21 st	11am	Morning worship
28 th	11am	370 th Church Anniversary celebrations led by Revd Julian Sanders (our last minister)
August 4 th	11am	Holy Communion

Please contact Mrs Jo Patel our Local Leader (07808 487844) for more information

The PUDDLE-DUCK CAFÉ is open on the 1st & 3rd Saturdays of the month from 10.30am-12.30pm

CrafTea & ScrabbleTea: 2-4pm on 2nd & 4th Weds of the month



Elite Fencing & Landscaping JUST 10 MINUTES AWAY FROM YOU

All types of outdoor work undertaken-small or large

For <u>FREE ESTIMATES</u> call Trevor on: 01359 221128 or 07761651567 Email: trevor@elite-fencing.co.uk Web: www.elite-fencing.co.uk



Badwell Ash Village Hall: Mondays 12noon – 1pm Walsham Le Willows: Wednesdays 9 - 10am Wednesdays 10:15 - 11:15am Fridays 2 - 3pm

FREE TASTER CLASS. Classes will be mixed ability, and exercises can be adapted as needed. Please contact me on the details below to secure a place, or to register your interest. I also offer **Sports Massage** and **Nutritional Therapy**.

Contact: Lara Pepper Tel: 07974 142 240 Email: <u>contact@larapepper.com</u> Website: <u>www.larapepper.com</u>

West Suffolk Counselling

www.westsuffolkcounselling.co.uk

PROFESSIONAL COUNSELLING SERVICE

Confidential counselling service to help with relationship problems, anxiety, depression, day to day difficulties or any personal issue you may be facing.

Registered member of the United Kingdom Council for Psychotherapy

Walsham-Le-Willows Bury St Edmunds IP31 3BD

Phone: 07792 635057 Email: westsuffolkcounselling@gmail.com



UK CARE SECTOR

Q - What is a Deferred Payment Agreement?

A - A Deferred Payment Agreement (DPA) is meant to ensure you are not forced to sell your home in your lifetime if you need to pay for residential care. By entering into a DFA, you delay paying your care costs until a later date, usually by having a legal charge placed on your property by the local Council. The cost of your care will then be repaid by you or your estate.

Many families are then able to rent the property out if they so wish or sell at a later date. As this is a loan, agreed interest and charges are added to the cost of your care fees, which are paid on your behalf by your local Council, whom you can contact for further details.

Q – How can you find out if in an earlier working life, one or more contributions were made to a pension scheme, details of which might have been forgotten?

A – Visit Gov.UK Pension Tracing Service where it advises that there is over £400 million in unclaimed pension savings. The Pension Tracing Service is a free government service. It searches a database of more than 200,000 workplace and personal pension schemes to try to find the contact details you need.











Benefice Services Jun - July 2024

2nd June Holy Communion 8.00am 9.30am Holy Communion 11.00am Songs of Praise 11.00am **Morning Service** 9th June 8.00am Holy Communion Holy Communion 11.00am 6.00pm Evensong 16th June 9.30am Holy Communion 11.000am Holy Communion

23rd June

8.00am 9.30am Holy Communion Holy Communion

30th June

8.00am 11.00am 11.00am

Holy Communion Songs of Praise Holy Communion

7th July

11.00am

Holy Communion

Walsham Westhorpe Walsham Langham

Walsham Finningham Westhorpe

Badwell Walsham

Walsham Westhorpe

Walsham Walsham Wattisfield

Walsham

Benefice Services July - August 2024

14 th July		
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
21 st Jul		
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell
11.00am	Holy Communion	Finningham
28 th July		
11.00am	Holy Communion	Walsham
11.00am	Holy Communion	Langham
6.00pm	Evensong	Westhorpe
4th August		
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe

