

## The Benefice of Badwell & Walsham

*Rector :* Rev'd Catriona Brinkley      07525920307

*revcatrionabrinkley@outlook.com*

Reverend Jill Walker      jill.walker@me.com

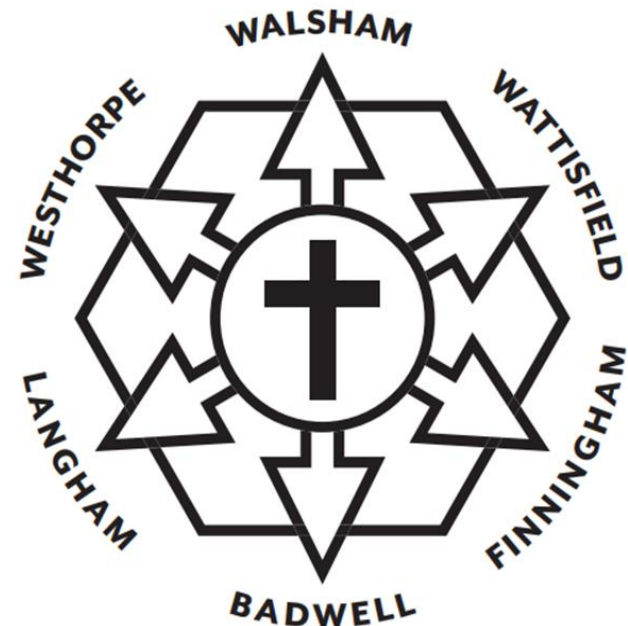
Reverend Jay Price 07752 867388      jsgprice@aol.com

*Benefice Reader:* Ian Jackson      07971007147

*Benefice Elder:* Marion Bell      01449 782072

*Benefice Safeguarding Officer:*  
Tracey Gorzelak      01359 258529

# The Benefice of Badwell & Walsham



## Hexagon

December 2024 - January 2025

## 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 [debbielicata33@gmail.com](mailto:debbielicata33@gmail.com)

**COPY DEADLINE** Last date for items for inclusion in the next issue is Friday **10th January 2025**

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](mailto:judithharlow@outlook.com)

## THANK YOU

Thank you to everyone who has helped with the production of the Hexagon throughout the year. From the people who submit items, those who print over 1780 copies, the collators and everyone who delivers a copy to every house in the benefice. The magazine would not exist without you.

We are always in need of volunteers especially collators on the last Thursday of the following months:- March, May, July, September, November & January.

Seasons Greeting from the Editor

## 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](mailto:Terry@tankchange.co.uk)

Visit our Website@: [WWW.tankchange.co.uk](http://WWW.tankchange.co.uk)

*Discounts available to Parish Magazine readers*

*Upstairs*

*Downstairs*

**A PREMIER CLEANING SERVICE**

**.... Bringing a sparkle into your home**

Regular Housework  
Trained Personnel  
Safe, Secure and Fully Insured  
**No hidden administration charges**

**Tel: Gigi Wadham-Smith  
on 07580314010  
or email: [gigi@upstairsdownstairs.biz](mailto:gigi@upstairsdownstairs.biz)**

Timber Lodge Rookery Lane Walsham-le-Willows Suffolk IP31 3BD  
Visit us at: [www.upstairsdownstairs.biz](http://www.upstairsdownstairs.biz)



**All Vehicle type repairs and Maintenance, including:  
MOT Prep and Arrangement  
Servicing**

**Diagnostic Fault Reading  
Breakdown and Recovery  
Air Conditioning**

**Tyres, Batteries and Exhausts  
Welding and Bodywork  
Restoration Projects**

**Tel: 01449 781927 07801989357  
[MJHardwick@BTconnect.com](mailto:MJHardwick@BTconnect.com)**

## **The Journey from Advent to Epiphany: Following the Star**

As the days shorten and we find ourselves hurrying through the bustling month of December, life can feel busier than ever. Shops are aglow with twinkling lights and calendars are filled with festive plans. This year as we journey together through Advent, we are focusing on following the star towards Christmas and beyond. The star that shows us the way to the light that brings us all together: the light of Christ, born to be the hope of the world.

Just like the shepherds who left their fields and hurried towards the manger in Bethlehem we, too, are on a journey - one that leads us toward celebration, communion, and the beginning of a new year. The journey toward Christmas can feel overwhelming, but it is also interspersed with moments of hope, peace, and togetherness. There is deep joy in gathering with loved ones, in sharing time with friends and family, and in coming together as a community.

We start our journey with our Stir Up Service making Christmas puddings together; throughout the month our carol services offer a chance to lift our voices in song. The traditional Nine Lessons and Carols take us from ancient words of prophecy to the radiant joy of the Nativity, unfolding the story that has changed the world forever.

For families and young hearts, our Crib Service is a special moment to witness the story of Jesus' birth with awe and wonder. On Christmas Eve and Christmas morning, we prepare our hearts with the quiet, sacred moments of Christmas Communion, reflecting on the miracle that God came to dwell among us as a humble child. All of our services are listed in this month's edition, we would love for you to join us, everyone is welcome across the benefice.

Even as we gather around our tables and share Christmas feasts, the journey does not end. As we enter January, the season of Epiphany arrives, shining with the arrival of the wise men, who followed the star to worship Jesus and bring gifts fit for a King. We are delighted to be once again joined by the Epiphany Singers, whose music will help us mark this extraordinary time of celebration.

<cont

The journey into 2025 may bring its own challenges and demands, yet we carry with us the light we have encountered. Let us follow the star beyond the familiar celebrations and into our daily lives, holding fast to the promise that Jesus brings us together, unites us in love, and shines as our everlasting light.

May this season be one of joy, peace, for you and all those you hold dear. As we walk toward the heart of Christmas and beyond, may we each be blessed with the hope and love that only Christ can give.

God bless, Revd Catriona

### FROM THE REGISTERS

#### BAPTISMS

Margaux Amelia Jane Taylor	26/10/24	Badwell Ash
Henry George Spink	26/10/24	Langham

#### FUNERALS

Ruth Elizabeth Frost	15/10/24	Walsham	Burial of Ashes
Jenny Blackburn	18/10/24	Walsham	Burial
Jill Newell	28/10/24	Walsham	Memorial
Pauline Argles	02/11/24	Finningham	Burial



**Little Willows Pre-School**  
**Open term time - Monday to Friday 8.45 - 2.45**



Wrap around care available - Breakfast Club 8am - 8.45 and  
After School 2.45pm - 4.30 or 5.30pm  
Experienced, qualified, dedicated staff,  
offering childcare and  
education to children aged 2 - 5 years  
Ofsted inspection rating - GOOD  
Please contact us for more information

**Phone: 01359258702**  
**email: [office.littlewillows@gmail.com](mailto:office.littlewillows@gmail.com)**  
**Charity number:1050897**





## Paul Parsons Electrical

Finningham, Stowmarket, Suffolk

From a new socket to a rewire  
A professional service at a reasonable

Tel: 07786 558 510

Part P

**YOUR BUYER IS OUT THERE**



**allhomes**

01359 234444  
 mail@allhomes.uk.com  
 allhomes.uk.com

Book a FREE property valuation with us today

**Clutter Uncovered**  
 When clutter ends, easy living begins!

I'm Lindsey and I offer a decluttering service to help bring space, balance and harmony into your home

I will give professional support to help declutter rooms, sheds, garages and outhouses

Working together we will declutter, tidy and organise, sorting items to be properly stored, disposed of or recycled

Clear your home from clutter and free your mind!

Full DBS held

Call or text Lindsey on 07703 290619  
 or email lindsey@clutter-uncovered.co.uk

**ST MARY'S CHURCH  
 WALSHAM LE WILLOWS**

**CHRISTMAS FAYRE AND  
 LIGHTING OF THE VILLAGE TREE**

**ON SATURDAY 30<sup>TH</sup> NOVEMBER  
 FROM 2:00pm**



**Refreshments, Gifts, Stalls,  
 Children's Activities  
 The School Choir, The Bell Ringers,  
 The Male Voice Choir**

**Free Entrance All welcome**



## 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](mailto: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	

## WESTHORPE VILLAGE HALL ACTIVITIES

**YOGA** Monday (weekly) 10:45am-12:15

Contact: Juliet Wright. Tel: 07503 212670 [jujuyoga39@gmail.com](mailto:jujuyoga39@gmail.com)

**ART CLUB** Monday (fortnightly) 2:00-4:30pm.

Contact: Paul Weston. Tel: 07860 376592. [paulwestonarchitect@gmail.com](mailto:paulwestonarchitect@gmail.com)

**LINE DANCING** Monday (weekly) 12.45-1.45pm

Contact: [alisonweston25@hotmail.com](mailto:alisonweston25@hotmail.com) Tel: 07972 415205

**CARPET BOWLS** Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 [jeffmoore297@hotmail.com](mailto:jeffmoore297@hotmail.com)

John Gladders 01449 780365 [dijongladders@gmail.com](mailto:dijongladders@gmail.com)

**CRAFT CLUB** Tuesday (fortnightly) 10:00am-12:00

Contact: Lynda Cotgrove. Tel: 01449 780142 / Rosemary Mees. Tel: 01449 780394

**SINGING FOR PLEASURE** Wednesday (three weekly) 10:00am-12:00

Contact: [alisonweston25@hotmail.com](mailto:alisonweston25@hotmail.com) Tel: 07972 415205

**PILATES** Wednesday 12.15-1.15pm

Contact: Becky Tel: 07734 414151 [beckycruickshank@btinternet.com](mailto:beckycruickshank@btinternet.com)

**GENTLE FITNESS** Friday 10.00 - 10.45am

Contact: Becky Tel: 07734 414151 [beckycruickshank@btinternet.com](mailto:beckycruickshank@btinternet.com)

Please check the village website at [westhorpe.onesuffolk.net](http://westhorpe.onesuffolk.net) for details, or contact Alison Weston on 07972 415205 or [wvhbooking@hotmail.com](mailto:wvhbooking@hotmail.com)

## **NEIGHBOURHOOD WATCH**

With the darker nights, please ensure that your vehicle lights are in good working order and that number plates are clean.

To homeowners, please lock all doors and windows including out buildings, when leaving the property unattended.

On behalf of Safer Neighbourhood we wish you a safe and prosperous New Year.

# TIME FOR YOU™

DOMESTIC CLEANING

**Are you tired of cleaning?**



We have the right cleaner waiting to help you.

**Regular - Weekly - Cleaner**

01359 258991

Typically £16 per hour

[www.timeforyousuffolk.co.uk](http://www.timeforyousuffolk.co.uk)



## WATTISFIELD TOWN TRUST

The Wattisfield Town Trust administers land and funds given to the Parish over many years. The profits from these lands and investments are used for the benefit of residents of Wattisfield.

The trustees have some funds available to offer financial help to residents who have encountered additional or unexpected expenses. This help is offered throughout the year and to young and old alike.

Previously we have helped with funeral costs, books for students, travel expenses and heating costs.

If you or someone you know needs help, do please get in touch with the Trustees who will consider your application in absolute confidence.

Get an application form from the Trust's Secretary by Email; [wattisfieldtec@btinternet.com](mailto:wattisfieldtec@btinternet.com) or write to; Hall View House, Chapel Rd. IP22 1NU.

## COUNTRYSIDE, CONSERVATION & TREE SERVICES

**Peter Kerry**

01359 230100  
07792 995483

[peterkerry2018@gmail.com](mailto:peterkerry2018@gmail.com)

[www.cctrees.co.uk](http://www.cctrees.co.uk)



### SPECIALISTS IN

Tree surgery  
Hedge management  
Fruit tree pruning  
Landscape projects  
Fencing



£5,000,000 public liability insurance



**FINNINGHAM  
COFFEE MORNING  
at  
ST BARTHOLOMEW'S  
CHURCH**

**LAST SATURDAY OF THE MONTH  
from 10 AM**

**Delicious food**



**Come along, have a chat and  
make new friends**



**Local Caring Independent Funeral Service**

24 Hour Personal Service \* Private Chapel  
\* FREE Parking

[www.andrewbingham.co.uk](http://www.andrewbingham.co.uk)

**01449 771666**

The Nutshell, Milton Road South, Stowmarket,  
IP14 1EZ



Golden Charter  
Funeral Plans



**GRAHAM  
STAFF**



**LAWNMOWER  
SERVICING AND  
REPAIRS**

EXPERIENCED ENGINEER

QUICK TURNAROUND

Walsham-le-Willows

Tel 01359 259650

**Are you suffering with anxiety, depression, OCD,  
PTSD/trauma, low self-esteem, grief, panic, phobias  
or any other emotional 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 me  
for further details on: 07983648702  
Website: [emdrandcbtserives.co.uk](http://emdrandcbtserives.co.uk)**



@pambo.eco

**Pambo®**

Unbleached Bamboo Toilet Tissue

**GREAT FOR SEPTIC TANKS**

Discover our unbeatable price



SCAN ME

Bamboo Benefits:

Biodegradable - Safe for all sewage and septic systems

Fewer Carbon Emissions - Safer for the planet

Hypoallergenic - No harsh chemicals or dyes

Soft, strong and Sustainable

**TREE & PLASTIC FREE**

Extra long rolls



69p per roll



Join the rollvolution!



**Ear We Go**

Mobile Ear Wax Removal  
Microsuction & Irrigation

*My name is Georgie*

*Please call text or email for  
an appointment*

07921 550958

[Earwego12@gmail.com](mailto:Earwego12@gmail.com)

**Dappadogz**  
Dog Grooming



- NVQ Level 3 qualified
- Specialising in small to medium breeds
- Dog collection & return

Contact Vicki Money  
Telephone 07974 369159

22 Woodward Avenue, Bacton, IP14 4LS





Oil Fired Pressure Jet Boiler  
Servicing & Plumbing

**ANDY BACOS**

07775 751303

andy.bacos@ntlworld.com

Andy's Oil Boiler Services

**WATTISFIELD  
COMMUNITY  
CENTRE**

Anyone wishing to hire the hall  
or for further information  
please visit

[www.wattisfield.org.uk](http://www.wattisfield.org.uk)

or

Email:  
[wattisfieldcc@gmail.com](mailto:wattisfieldcc@gmail.com)

**St. Bartholomew's, Finningham**  
**Come and join us - All ages welcome**

**STIR UP SUNDAY**

**Sunday 1<sup>st</sup> December 11am**

**Come and Stir Up a Christmas Pudding with  
your Christmas Spirit!**

**Ingredients provided, come and join the fun!**



**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](mailto:enquiries@JDHomeRenovations.co.uk)  
or leave a message at: **07864 901042**  
[www.JDHomeRenovations.co.uk](http://www.JDHomeRenovations.co.uk)

**Architectural  
Plans**

Surveys

Site Plans Drawings

Improvements

Planning

01449 780144/07894 455479

Architectural Technician

Derek Irish

**CAROLS AND CHRISTINGLES**

**Sunday 15<sup>th</sup> December 3pm**

**Join us with Carols and Christingles to light  
In a warm church with a warm welcome!**



**Refreshments after each event**

30+  
YEARS  
TRADING

# WILLOWSERVE LTD

Plumbing, Heating & Building Refurbishment Services

Bury St Edmunds

For a Professional, Reliable service & quality workmanship you can trust.

- \*All types of Heating Installed
- \*Replacement boilers / Hot water cylinders
- \*Specialist boiler servicing & Repairs
- \*Worcester Bosch Accredited Installers offering up to 12 year Guarantee.
- \* Wet & Electric Underfloor heating
- \*Bathroom s & Wetrooms Designed and installed.
- \*Disabled Adaptations
- \*Ceramic, Porcelain & Natural stone floor and wall Tiling.
- \*All types of flooring
- \*Painting & Decorating Inside & Out.
- \*Carpentry
- \*Fully Fitted Kitchens Supplied & Fitted
- \*Plastering
- And Much More.....

Visit our website today for the full list of the services we provide.



Checkatrade.com

**WWW.WILLOWSERVELTD.COM**

**TEL: 01359 259886**

## WALSHAM - LE - WILLOWS MEMORIAL VILLAGE HALL

Walsham le Willows Memorial Village Hall is available for hire contact Sarah Cousins email [sarah@octopusadmin.co.uk](mailto: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](mailto: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@rbmdynamics.com](mailto:info@rbmdynamics.com)

**Pilates** Wednesday 9am -10am, 10.15am-11.15am & Friday 2pm-3pm  
Contact: Lara at [contact@larapepper.com](mailto:contact@larapepper.com)

**Coffee shop** Thursday (weekly) 10.30am - 12.30pm  
Home-made cakes and savouries, teas, coffee and cold drinks. All welcome


**Post Office Van** Thursday (weekly) in the village hall car park



**MANOR HOUSE  
OAK LTD**

**PERIOD PROPERTY  
RENOVATION SPECIALISTS**

[www.manorhouseoak.co.uk](http://www.manorhouseoak.co.uk) 01379 897 287  
[info@manorhouseoak.co.uk](mailto:info@manorhouseoak.co.uk) 07796 294 655



**Amanda Braham**  
 Maker of hand made Curtains, Blinds &  
 Soft Furnishings.

Elm Cottage, High Road,  
 Gt Finborough, Stowmarket,  
 Stowmarket IP14 3AQ

Mobile 07952883790

## 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

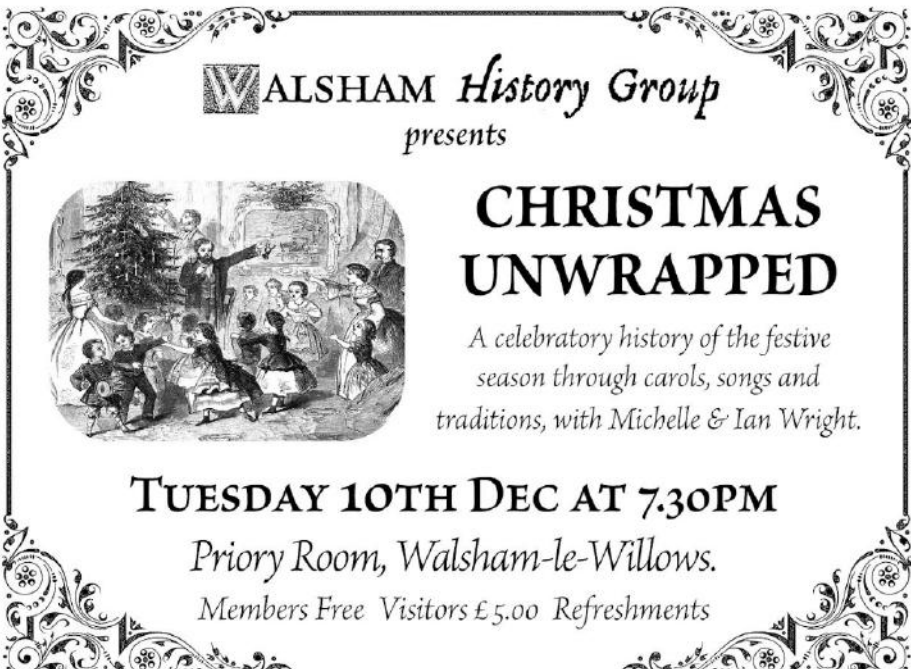


## DSR PROPERTY MAINTENANCE


### 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*



**W**ALSHAM *History Group*  
 presents



**CHRISTMAS UNWRAPPED**

*A celebratory history of the festive season through carols, songs and traditions, with Michelle & Ian Wright.*

**TUESDAY 10TH DEC AT 7.30PM**  
 Priory Room, Walsham-le-Willows.  
 Members Free Visitors £5.00 Refreshments



### 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 [martin@martinroper.co.uk](mailto:martin@martinroper.co.uk)

Take a look at my website [www.martinroper.co.uk](http://www.martinroper.co.uk)



Unit 13, Tomo Estate, Stowmarket, IP14 5AY

WE ARE A SMALL FAMILY OWNED BUSINESS WHO SPECIALISE IN DELIVERING FRESH MILK IN GLASS BOTTLES TO OUR CUSTOMERS DOORSTEPS, DELIVERY IS FREE



We deliver fresh milk and many other products to your door 5 days a week, you can change your order at any time by leaving your milkman a note, telephoning us or emailing; payment can be made by leaving cash or cheques for your milkman or using online banking.

Visit our Website [www.suffolkdairies.co.uk](http://www.suffolkdairies.co.uk) to see our full range of products

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

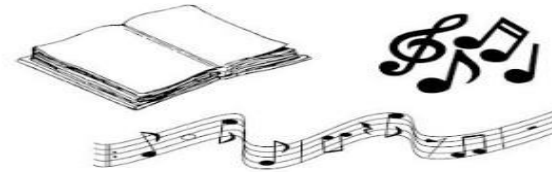
Contact us on

Telephone 01449 676746  
Email [milk@suffolkdairies.co.uk](mailto:milk@suffolkdairies.co.uk)

No order too small

## SOUNDS FUN

Westhorpe Village Hall 7.30pm — 9.30pm



If you would like to

- Sing on your own, with others or just listen
- Play your musical instrument
- Recite, read or listen to poetry and short stories

Please come along and join us - whatever your age or ability we would like to see you.

Third Thursday of the month  
£2 per session, BYO drinks.

Contact Graham Hammond: [grahamhammond@outlook.com](mailto:grahamhammond@outlook.com)/07562 394580 or Alison Weston: [alisonweston25@hotmail.com](mailto:alisonweston25@hotmail.com)/07972 415205

## DPM Roofing



### DPM Roofing

20+ years experience  
FREE ESTIMATES

Our Services:

- New roofs
- Re- roofs
- Cement work
- Repairs
- Slates
- Loft insulation
- Chimney repairs or removal
- Guttering
- Lead work
- Fascia
- Velux windows
- Tiles
- Soffits



07843080347



[dpm.roofing@outlook.com](mailto:dpm.roofing@outlook.com)

**nexusheat**<sup>19</sup> 01379 671168  
info@nexusheat.co.uk

<p><b>WOOD &amp; MULTIFUEL STOVES &amp; ACCESSORIES</b></p> 	<p><b>AIR SOURCE HEAT PUMP SERVICING &amp; MAINTENANCE</b></p> 
<p><b>OFYR &amp; BASTARD OUTDOOR COOKING RANGE &amp; ACCESSORIES</b></p> 	<p><b>BIOMASS BOILER SERVICING &amp; MAINTENANCE</b></p> 

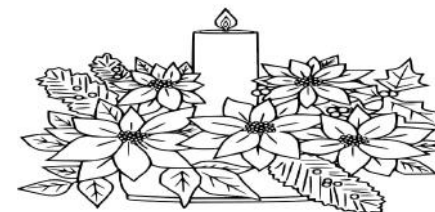
Maltings Barn, Hinderclay Road, Wattisfield, Suffolk, IP22 1NF nexusheat.co.uk  
Facebook/Nexus Heat

## JIGSAW SALE IN AID OF THE MS SOCIETY

We raised an amazing £720 at the Jigsaw sale on 12 October 24 which was donated to the Multiple Sclerosis Society.

Thank you to everyone who donated jigsaws (there were over 200). Walsham le Willows Memorial Hall Committee who contributed the money raised from the toy sale and assisted with the setting /clearing up. To those who made such delicious food for the refreshments and my gallant band of helpers on the day.

A very grateful Debbie Licata



### Beginners Guitar Ricky Wilkinson MBE [ricky5844@aol.com](mailto:ricky5844@aol.com)

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 12<sup>th</sup> 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.

## MTP LANDSCAPES

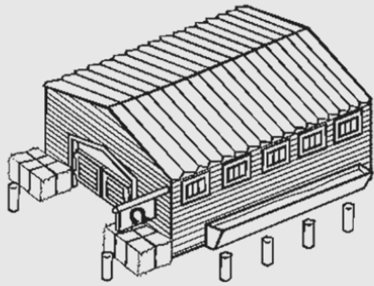
**Maintain – Transform - Perfection**






**(07920152095)**

**(Email: morganparsons177@gmail.com)**

**All Aspects Of Hard And Soft Landscaping  
And Garden Maintenance**

# CHURCH FARM Walsham-le-Willows SELF STORAGE Now Available!



-  Local family owned and operated.
-  Secure units from just £100 per month.
-  State-of-the art 24hr CCTV surveillance.
-  Easy access with on-site parking.
-  Convenient location, in the village centre.

*Interested? Please contact:*  
George Thomas, 07970 549011,  
[georget@sentry.co.uk](mailto:georget@sentry.co.uk),  
or Joseph Light, 07970 549019,  
[joseph.light@sentry.co.uk](mailto:joseph.light@sentry.co.uk)

A warm and friendly welcome awaits you at

## The 4C's



Coffee, Cake, Company and Chat  
(bring your own craft too if you wish)

**Friday 20 December & 17 January**

from 10:00 til noon

Saturday 21 December 10.00 til 1.00pm Festive Fun  
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

## GISLINGHAM PLAYGROUP



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



Breakfast Club 8.00am - 8.45am

Morning 8.45am to 11.45am

Lunch Club 11.45am to 12.45pm

Afternoon 12.45pm to 3.45pm

"Children arrive with a 'spring in their step' and are welcomed by friendly staff. They immediately join in with their friends and explore a well resourced and fun environment." Ofsted, May 2022.

Please visit our website [www.gislinghamplaygroup.com](http://www.gislinghamplaygroup.com)  
or phone us on 01379 788934

## CREATIVE ART WORKSHOPS

JANE BEAUMONT – ARTIST INSTA @janesbeaumont

Are you waiting for an invitation to discover or recover your creativity? Have you been longing for an easy and relaxed environment where you can make art that's unique to you and feels deeply creative? Hi I'm Jane and I'm an artist. Once a month I run a creative day from my home in Hepworth (IP22).

Visit [www.janebeaumont.art](http://www.janebeaumont.art) and click on 'Courses' to learn more and book.

*'I had never done something like this before and am so glad I did. The session was really inspiring. I loved every minute of it. I enjoyed the calm space to think creatively and had loads of fun too. Jane is the best teacher. Thank you. I wholeheartedly recommend this.'*

## Langham Clinic.



01359 258 700

[www.langhamclinic.co.uk](http://www.langhamclinic.co.uk)

[info@langhamclinic.co.uk](mailto:info@langhamclinic.co.uk)

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

## UK CARE SECTOR

**Question – I have heard on the media that many older people are entitled to but are not claiming Pension Credit. How do I find out about it?**

**Answer –** The simplest way is to Google ‘Pension Credit – How to Claim’ which will give you all the information around eligibility and claiming. If you do not have access to the internet, you can call the Pension Credit claim line on 0800 99 1234 and they can fill in the application for you over the phone (lines are open Monday to Friday, 8am-6pm).

**Question – A friend has mentioned that I may be able to claim a Carers Allowance as I look after my elderly mum who has health problems. Where can I find out details and how much. is the weekly benefit?**

**Answer -** The simplest way is to visit the Gov.UK website and search for Carer’s Allowance. Eligibility details and how to claim plus further information can be found there. You could receive £81.90 a week if you care for at least 35 hours a week and your mum is in receipt of certain benefits.

**Question – I think I could benefit from a wheelchair. Can I get one on the NHS? Do I have to pay for maintenance and if it needs repairing? How long does it take to get one and how do I find out if I am eligible?**

**Answer –** Wheelchairs from the NHS are free and maintained and repaired by the NHS at no charge. They do however, remain the property of the NHS so cannot be handed on.

The eligibility is that an individual must, as a result of a permanent disability or medical condition, have a mobility problem that persists for more than six months or require palliative care. A wheelchair should be required for regular use (at least three days per week). The user must be functionally unable to walk and need to use a wheelchair for independent mobility.

The first step to see if you can get a prescription for a wheelchair is to visit your GP and explain your needs. The waiting time can vary from a few weeks to three-four months.



**C**arberry  
**P**lumbing &  
**H**eating Ltd

Free quotations  
Oil boiler servicing  
Boiler replacements  
Underfloor Heating  
All aspects of domestic plumbing  
& heating  
Complete bathroom installations  
Professional and friendly service

Call Jonny    **07506 706121**

[carberryplumbing@gmail.com](mailto:carberryplumbing@gmail.com)



# FootWise

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**

## ADRIAN SAYER OIL HEATING SERVICES EST. 1999

### BOILERS AND COMPLETE SYSTEMS

### SERVICED AND REPAIRED

### BREAKDOWNS ALWAYS A PRIORITY

01359 220119  
07956 094433

## OVENBIZZ

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**

## 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.



Contact Simon on 07974 430366  
E-mail: simonamps@btinternet.com



## Stuart 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



**AUTOMOTIVE**  
VW AUDI GROUP SPECIALISTS

 Servicing

 MOT

 Upgrades

 Repairs

 Diagnostics

 Sales

**BOOK NOW**

☎ 01359 789 089 📞 07712 287 242 📧 service@rlautomotivesuffolk.co.uk

📍 Unit 2, Lodge Works, Gt Ashfield, B.S.E, IP31 3HA



## Lamberts Service Station Ltd

Shop Green, Bacton, Stowmarket, IP14 4LG, Tel: 01449 781260 Mobile: 07834 778116  
[www.lambertsservicestationltd.com](http://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



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

**The Keepers Daughter Theatre Group Present:**

# **Charles Dickens' A Christmas Carol**

**Friday 20th December 2024  
6-7pm, Westhorpe Village Hall**

**Paid bar, seasonal snacks  
and raffle**



**"If you're looking for  
an intimate festive  
family outing, this is  
just the ticket." - EDP**

**Stay on afterwards for a drink and chat to the cast.**

**£8 per adult, £4 per under 16**

**Go to Westhorpe website for ticket details:**

**[westhorpe.onesuffolk.net](http://westhorpe.onesuffolk.net)**

**Supported By:**





# MACK HEATING SERVICES LTD

OIL FIRED PLUMBING & HEATING SPECIALIST

- Boiler replacement
- Oil tank replacement
- Boiler Servicing
- General plumbing & heating
- Breakdowns
- AGA Servicing



07931 900036



mackheating@outlook.com  
mackheatingservices.co.uk

## ROOFLINE –



## PLUS

Look Up!

**BUILDING & ROOFING CONTRACTOR**

**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  
or  
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](mailto:daycareuplands@yahoo.com)



## 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, Gislegham, Suffolk, IP23 8JD



# Strands



**HAIR SALON**

**IXWORTH**

I Have Over 30 Years' Experience In Cutting & Styling Ladies & Gents Hair

### OPENING HOURS

Tuesday 8.30am – 5.00pm    Wednesday 8.30am – 5.00pm  
 Thursday 8.30am – 7.00pm

For A Professional & Friendly Service Telephone Sarah on

**01359 230300**



## Walsham le Willows and District WI



*November: Sue Ryder.* Talk by Barbara McElroy

This month's talk was fascinating. The life of Sue Ryder was full and eventful. Her father was a partner of the Tetley brewery business and Sue was the youngest of nine children. She lied about her age at the start of the Second World War as she had to be 17 years old to volunteer, so she added a year to her age. She spent the war years volunteering with the Red Cross Yeomanry and the SOE; working up from North Africa through Italy driving across snowy mountains at night, and helping send off agents on their missions.

After seeing the horrors of Bergen-Belsen aged just 21, she decided to help the young men who had been released from the camps but had nowhere to go as their homes had been destroyed and Europe was chaotic; she opened several homes in many countries, and later in life was made Baroness Ryder of Warsaw as the Polish nation were so grateful to her. Sue married Leonard Cheshire in 1959 and together they founded the Ryder Cheshire Foundation.

The next meetings are:

**11 Dec 24** Craft Workshop & **13 Jan 25** Birthday Party

**NEW MEMBERS ALWAYS WELCOME to come along and visit.**

Ladies are able to attend 2 meetings free of charge before joining

### FIREWOOD

Seasoned Hardwood Logs £126 per cubic metre

Fresh-cut Hardwood Logs £105 per cubic metre

Min order 2 cubic m.

All prices include VAT and delivery within Hexagon area.

Hazel bean poles, Pea sticks, Retaining Stakes, Chestnut post and rail, Charcoal. Hedge-laying and woodland work undertaken.

**Richard Gould 07879 620116 [richardgould1978@gmail.com](mailto:richardgould1978@gmail.com)**

# REWTS

Trees & Gardens

**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



## Christmas Trees & Wreaths From end of November

(CHECK SOCIAL MEDIA FOR EXACT DATES)

- COUNTRY CLOTHING
- CALOR GAS & FIREWOOD
- PET & ANIMAL SUPPLIES
- WATER SOFTENER SALT
- WOOD FIRED OVENS & MUCH MORE!

Monday to Friday 9.00 am – 5.00 pm

Saturdays \*8.30 am – 3.00 pm

Sundays \*10.00 am – 3.00 pm

(\*Weekend opening whilst trees in stock)

01359 230277

[www.pakenhamwindmill.co.uk](http://www.pakenhamwindmill.co.uk)

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 & Thursday 1 - 2pm  
Senior Football (over 50's) Tuesday 2 - 3pm  
Otago (chair based exercise) Wednesdays 11.30 -12.30  
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  
1st & 15th December, 5th & 17th January  
15th December will be Christmas Bingo Special**

**Walking Sports Christmas Party  
Friday 6th December  
7 for 7.30pm  
Tickets £27.50 each**

For further information and to check for any at/time changes for events please visit our website <https://walshamsportsclub.co.uk> or contact Gordon 07790564674.



This trade since 1976

Domestic  
appliance repair,  
supply and  
installation



Telephone  
01449 781599  
Mobile  
07596 744682

No VAT

Hilldrop, Wickham Road, Finningham,  
Stowmarket, Suffolk IP14 4HT

email. dougaiken28@gmail.com

### **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**



## Pawfect Moments Dog Services

Committed to ensuring your animals always look and feel their best

For over 6 years I have provided a fully insured, fully qualified, experienced, compassionate and professional service. I am also a fully qualified Dog Groomer with a Level 3 Diploma in Dog Grooming, offering appointments at evenings and weekends.

Supervision services:

- Dog walking
- Pop-in services for puppies, dogs, cats, chickens and ducks at their homes
- Drop-in service to administer medication

Professional Dog Grooming:

- Bathing & drying
- Nail clipping
- Deshedding
- Full grooms using clippers and scissors
- Hand Stripping

\*References and Testimonials available on request\*

Caroline Morris: 07843 248 411  
cdv\_11@hotmail.com



### HAUGHLEY HOOFERS NORTH WEST MORRIS

**Like music? Like dancing?**  
**Why not have a go at something a bit different?**  
**We're a friendly group, it's good exercise and fun!**

**No experience needed and no obligation.**  
**New dancers and musicians welcome (portable acoustic instruments).**

**Practice sessions begin from 29th September 7.30 – 9 pm**  
**Haughley Village Hall, near Stowmarket.**

**Ring 01449 673518 (Gill) to find out more.**

**Find us on Facebook Haughley Hoofers official page**

## DIGITAL SWITCHOVER

**The UK's telephone networks are changing from analogue landlines to digital connections. Find out what this means for you.**

### What is the digital switchover?

The digital switchover was a decision made by the telecoms industry in 2017, due to the existing landline networks being outdated and difficult to maintain. The original completion date was set to be 2025, but this has now been pushed back to January 2027 due to concerns about supporting vulnerable people.

### What does this mean for me?

For most people this transition between old and new will be straightforward. Your network provider (e.g. the company that provides your telephone line such as Virgin, Sky or BT) is responsible for the work, and for supporting you. They will contact you to arrange the work, or discuss options with you if you have any concerns.

### What if I have a service that relies on a landline?

Certain services need a landline to operate. These could include:

- Telecare services such as pendant alarms for falls
- Fire alarms that link to services
- Burglar alarms.

New digital versions of these are available, and if you are worried about something you have, you should speak to your network provider in the first instance. You may also wish to speak to the provider of your service (e.g. your telecare provider). They will be able to support you to understand your options and their plans for the transition to a digital service.

### What if I am worried about a vulnerable individual?

Ofcom, the independent regulator for telecoms, has worked with network providers to make sure that vulnerable people are not put at risk due to this change.

Ofcom says that providers need to take steps to identify people at risk and ensure they are protected throughout the upgrade process.

cont>

<cont

Network providers agreed a charter with Ofcom in which they have committed not to switch people to a digital network unless they are protected.

For telecare users, they have also committed to:

- Additional checks to make sure that people who rely on telecare have not been switched and put at risk
- Not to change people to digital unless they have confirmed a digital telecare solution is in place.

If you believe you or someone you know is vulnerable or depends on a landline, you should notify the network provider so that they can support you.

**THE  
EPIPHANY  
SINGERS**

**CAROL  
CONCERT**



SATURDAY 4TH JANUARY 2025, 7:30 PM  
ST MARY'S CHURCH, WALSHAM-LE-WILLOWS

CONDUCTOR - SIMON CARRINGTON    ORGANIST - DAVID HILL

*An unmissable evening. No tickets required. There will be a retiring collection.*

**West Suffolk Counselling**

[www.westsuffolkcounselling.co.uk](http://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 about your feelings and experiences.

Walsham-Le-Willows  
Bury St Edmunds  
IP31 3BD

Phone: 07792 635057  
Email: [westsuffolkcounselling@gmail.com](mailto:westsuffolkcounselling@gmail.com)





[Walshamgym@gmail.com](mailto:Walshamgym@gmail.com)      07876620376

**Walsham Community Gym**

**Open 7 days a week**  
**6 am to 10pm**  
**Monthly Gym membership for £25**  
**Personal Training**  
**Bootcamps**



# 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, Fitness Classes and Pilates



### PILATES (1 hour)

**YAXLEY VILLAGE HALL-MONDAYS 9.30AM**

**COTTON VILLAGE HALL-MONDAYS 7.20PM**

**GISLINGHAM VILLAGE HALL**

**WEDNESDAYS 9.15AM & 10.15AM, THURSDAYS- 7.10PM**

**WESTHORPE VILLAGE HALL-WEDNESDAYS 12.15PM**

### TOTAL FITNESS (45 mins)

**GISLINGHAM VILLAGE HALL-THURSDAYS 6.15PM**

### GENTLE FITNESS (45 mins)

**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 / bekcruickshank@btinternet.com**

## NOTES FROM THE GARDEN

Hello again, normally December and January are months where gardening jobs are put on the back burner, but recently winters have been a lot warmer. Last year I was digging up the allotment over these months, although it is not a good idea to dig when the soil is frozen. A nice crisp sunny day is a good time to tidy up your plots, when you have finished for the winter clean off any soil from your tools and any wooden handled tools will benefit from a good rub of a cloth with either Danish or teak oil this will help them to last longer.

When the frosts and the snow comes avoid walking on your lawn as this will damage your grass below. Christmas is a time for decorations, there are plenty to be found in your garden, collect brightly coloured stems such as the dogwood family, seedheads and ivy too. If you are lucky enough to have a holly bush in your garden prune a few stems of berried branches (before the birds eat them) its nice to bring parts of your garden into your house this time of the year.

The shorter days and longer nights gives us time to reflect on how the garden and allotment performed this last year, how somethings flourished, or did not, could you have done things differently to improve things, make notes as to what you can try next year. Put different plants in new places, it may or may not work, but it's fun trying. This is also the time to dust off your seed catalogues and garden reference books to plan ahead for your next year's plants, whilst doing so next to a warming fire and a glass of your favourite tippie it will help you choose well.

I hope you have a very happy Christmas and  
good new gardening year.

Till next time. Phillip Bennington

# TOMLINSON GROUND CARE



Horticultural & Garden Machinery Suppliers

**Sales Service Parts Repairs Toys**

Ride on mowers to suit all areas

Walk behind petrol & battery mowers

Strimmers, hedge cutters, blowers, chainsaws etc

Garden tools, paddock & turf machinery

Service & repair all makes



**Set in over 20 acres - Try before you buy**

**Established in Buxhall since 1991 - We hope to see you soon**

Brettenham Road, Buxhall, Stowmarket IP14 3DL  
01449 736060 [www.tomlinsongroundcare.co.uk](http://www.tomlinsongroundcare.co.uk)

**AL-KO EGO ECHO WEIBANG**

## MADE TO MEASURE

Curtain making

Roman Blinds

Cushions

Fabric Samples available

Over 30 years' experience

**Call Dena on 07842 110240**

## CITIZENS ADVICE

citizens  
advice Mid Suffolk

The festive season can be a financially challenging time, and often borrowing money or using a credit card to fund Christmas can seem like your only option. But there are steps you can take to keep your spending under control and avoid falling into debt.

The first thing to do is make a budget and stick to it. Consider who you're buying gifts for, what other seasonal expenses you have, and how much you can realistically afford to spend. Always keep receipts, or ask for gift receipts, in case you overspend and need to return something. And remember that household bills may be higher during this period due to colder weather and spending more time indoors.

If you've built up debt, please don't ignore bills or letters. Speak to the organisation you owe money to, as they may let you pay smaller amounts.

Pay 'priority debts' first, like rent, mortgage arrears, council tax, and energy bills. For other types of debt like credit cards or loans, gather all the information on what you owe, create a budget and contact your creditors to set up an affordable repayment plan. This might seem scary, but it's an important first step.

If your budget just doesn't add up and you need help to afford essentials like bills and food, see what cost of living support is available on the Citizens Advice website.

It's especially important to check if you're eligible for the Winter Fuel Payment, which will now only be paid to those who receive Pension Credit or other means-tested benefits. If you make a claim for Pension Credit by 21 December, you might still receive the Winter Fuel Payment.

If you do find yourself struggling financially during or after the holidays, don't panic. Support is out there, and Citizens Advice can help you understand what's available. We're here to help you find a way forward.

*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](http://midsuffolkcab.org.uk/contact-us). Opening hours are Monday-Thursday 9.30am-3.30pm and Friday 9.30am-12.30pm.*



THE  
LOG BURNER  
BARN

01379 454299



- Full installation service
- Hetas registered engineer
- Eco Design clearSkies 5
- British and Danish made stoves
- Energy Efficiency Class A+
- Free survey & Quote

Show room open Tues-Fri 10-5 Sat 10-1 visit:  
Aldridges Farm Fressingfield Road Laxfield IP13 8EN  
[www.thelogburnerbarn.co.uk](http://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.



## CHRISTMAS EVE FISH PIE WITH SOUFFLE TOPPING

### Ingredients

50g/1¼ oz butter, plus extra for greasing, 1 leek thinly sliced  
50g/1¼ oz flour, 600ml/20fl oz hot milk  
2 tbsp chopped fresh dill, 2 tbsp lemon juice  
350g/12oz fresh haddock, skinned and cut into evenly sized cubes  
350g/12oz smoked haddock, skinned and cut into evenly sized cubes  
3 hard boiled eggs cut into 4 or 8 wedges

### Souffle Topping

1 small white loaf (400g/14oz) about 2-3 days old  
50g/1¼ oz full fat cream cheese, 75g/2 ½oz butter,  
75g/2 ½oz mature cheddar, grated  
1 large egg white, salt and black pepper



### Method

Grease a 1.5lt/2 ½ pt shallow wide based overproof dish with butter.  
To make fish pie, melt the butter in a saucepan, add the leeks and gently soften until tender but not coloured. Sprinkle in the flour and stir over a high heat for a minute. Gradually pour in the hot milk, stirring until the sauce is smooth, thick and comes to the boil. Remove from heat add the chopped dill, lemon juice, fish and season with salt and pepper. Cook for 2 minutes, remove from heat. Spoon into overproof dish, arrange the eggs on top of the sauce and press in gently. Set aside until cold, cover with cling film and chill in the fridge for about an hour until firm.

Preheat the oven to 200c/180c Fan/ Gas 6

To make the souffle topping, remove the crusts from the bread and discard, Cut into five slices then cut into small cubes. Add the cream cheese, butter and cheddar to a saucepan, melt over a low heat until runny. Set aside.

In a clean bowl, whisk the egg white until stiff peaks form, fold the egg whites into the cheese mixture. Season with salt and pepper and carefully stir. Mix in the bread cubes so that they are all coated in the mixture. Spoon onto the top of the chilled fish mixture.

Bake in the oven for 25-30 minutes until golden-brown and bubbling.  
Leave to stand for 5 minutes.

• W  
E  
L  
D  
I  
N  
G  
•  
T  
Y  
R  
E  
S  
•  
B  
R  
A  
K  
E  
S



• E  
X  
H  
A  
U  
S  
T  
S  
•  
D  
I  
A  
G  
N  
O  
S  
T  
I  
C  
S



## MOT CLASSES 4 & 7



- CLUTCHES
- BATTERIES
- CAMBELTS/TIMING CHAIN
- SERVICING
- TRACKING
- WHEEL BALANCING

Mkautosmotcentreld@gmail.com



MOT: 01359 241158/244421 REPAIRS: 01359 245998



The workshop  
Grove lane  
Elmswell  
IP30 9HN

Please note as of February  
2023 D A Bevan has been  
taken over by MK Autos

Find us on  
Facebook.



## Elite Fencing & Landscaping JUST 10 MINUTES AWAY FROM YOU

All types of outdoor work undertaken—small or large

For **FREE ESTIMATES** call Trevor on:  
01359 221128 or 07761651567  
Email: [trevor@elite-fencing.co.uk](mailto:trevor@elite-fencing.co.uk)  
Web: [www.elite-fencing.co.uk](http://www.elite-fencing.co.uk)

# The Old Tea Room Veterinary Surgery

For a professional caring service

Tel: **01359 241761**

Station Road,  
Elmswell, IP30 9HA

[www.elmswellvets.co.uk](http://www.elmswellvets.co.uk)



Independent practices with a personal approach

#### Stowmarket

Stowe Veterinary Centre  
01449 613 130 • [stowevets.co.uk](http://stowevets.co.uk)

#### Bury St. Edmunds

Moreton Hall Veterinary Centre  
01284 747 000 • [moretonhallvets.co.uk](http://moretonhallvets.co.uk)

Stowe Farm and Equine Centre  
01449 776 201

#### Needham Market

The Mustard Pot Veterinary Surgery  
01449 722 198 • [needhamvets.co.uk](http://needhamvets.co.uk)

#### Ipswich

Ipswich Veterinary Centre  
01473 555 000 • [ipswichvetcentre.co.uk](http://ipswichvetcentre.co.uk)

#### Elmswell

The Old Tea Room Veterinary Surgery  
01359 241 761 • [elmswellvets.co.uk](http://elmswellvets.co.uk)

## Benefice Services January - February

### 19<sup>th</sup> January

8.00am	Holy Communion	Walsham
11am	Joint Holy Communion with URC to reaffirm our covenant together	Wattisfield URC Chapel
3pm	Evensong	Westhorpe

### 26<sup>th</sup> January

9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Finningham

### 2<sup>nd</sup> February

8.00am	Holy Communion	Walsham
11am	Candlemass Communion	Walsham



## Wattisfield URC Services

Date	Time	Service details
<b>December 1<sup>st</sup></b>	11am	Holy Communion
8 <sup>th</sup>	11am	Morning worship
15 <sup>th</sup>	11am	Carols & Christingles for Christmas followed by refreshments
22 <sup>nd</sup>	10.45am	United service at Diss URC <i>no service at Wattisfield</i>
25 <sup>th</sup>	10-10.45am	Short Christmas Day service everyone welcome!
29 <sup>th</sup>		<i>No service</i>
<b>January 5<sup>th</sup></b>	11am	Morning worship
12 <sup>th</sup>	11am	Morning worship
19 <sup>th</sup>	11am	Holy Communion – Service of Reaffirmation
26 <sup>th</sup>	11am	Morning worship
<b>February 2<sup>nd</sup></b>	11am	Holy Communion

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

The PUDDLE DUCK CAFÉ is open on the 2<sup>nd</sup> Saturday of the month in December (14<sup>th</sup>) for a special Christmas Brunch from 10.30am-1.30pm with the Christmas Emporium, music, quizzes & food! Please let Mary (01359 898233) or Jo know if you would like to come.

In January we will be reverting to the usual 3<sup>rd</sup> Saturday of the month, i.e. 18<sup>th</sup> from 10.30am-12.30pm

CrafTea Time & ScrabbleTea Time is from 1-3pm on 2<sup>nd</sup> & 4<sup>th</sup> Weds of the month

A WARM WELCOME TO ANY (OR ALL!) OF OUR ACTIVITIES

## Benefice Services December

### 1<sup>st</sup> December

8.00am	Holy Communion	Walsham
11.00am	Stir Up Sunday Benefice Service	Finningham

### 8<sup>th</sup> December

8.00am	Holy Communion	Walsham
9:30am	Holy Communion	Badwell Ash
9:30am	Holy Communion	Westhorpe
11.00am	Songs of Praise	Walsham
2pm	Carol Service	Langham

### 15<sup>th</sup> December

8.00am	Holy Communion	Walsham
3pm	Carol Service	Wattisfield
3pm	Carol Service	Finningham
3pm	Evensong	Westhorpe

### 18<sup>th</sup> December

2pm	School Christmas Service	Walsham
-----	--------------------------	---------

### 19<sup>th</sup> December

6pm	Carol Service	Westhorpe
-----	---------------	-----------

### 22<sup>nd</sup> December

4pm	Nine Lessons & Carols	Walsham
-----	-----------------------	---------

## Benefice Services December - January

### 24<sup>th</sup> December

3pm	Crib Service	Walsham
5pm	Carol Service	Badwell Ash
11:30pm	Midnight Mass	Walsham

### 25<sup>th</sup> December

9:30am	Christmas Communion	Finningham
11am	Christmas Communion	Walsham

### 29<sup>th</sup> December

8.00am	Holy Communion	Walsham
9:30am	Holy Communion	Westhorpe

### 4<sup>th</sup> January

7.30pm	Epiphany Singers Concert	Walsham
--------	--------------------------	---------

### 5<sup>th</sup> January

8.00am	Holy Communion	Walsham
11am	Epiphany Eucharist	Walsham

### 12<sup>th</sup> January

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
11am	Songs of Praise	Walsham