

*The Benefice of Badwell & Walsham*

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07526 271784  
(philipmerry@hotmail.co.uk)

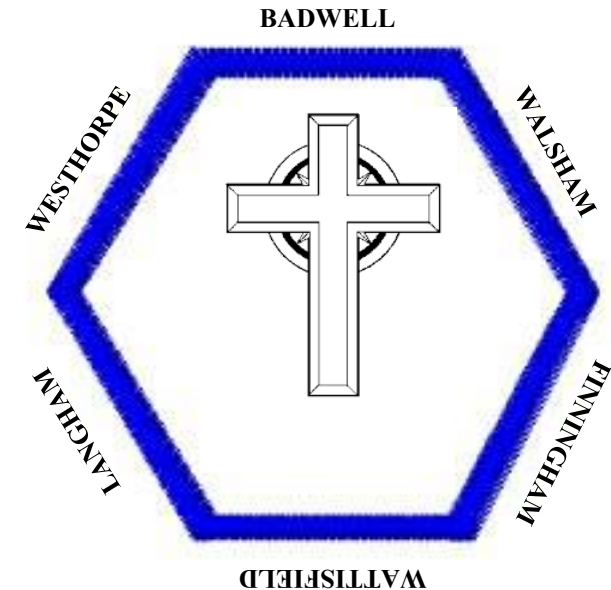
**Retired Priest :** Rev'd Pamela Robson 01359 258939  
(robsonpam@btinternet.com)

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Denise Merry 01359 258806  
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*Hexagon*

*December 2020 – January 2021*



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## ADVENT...and CHRISTMAS

As I write this article we are all just entering the second 'lockdown' of the year. Hopefully by the time that you are reading this we will be about to leave the 'lockdown,' in time to focus upon Advent leading into the Season of Christmas, hopefully with some degree of normality.

At the moment we are still not permitted to sing in church, and so our services remain 'Said' services only; and as such Carol Services as we know them will unfortunately have to be put on hold for this year. However, our services throughout the Season will still reflect the message of Advent and Christmas, with readings and music.

Advent is of course very much a time of reflection and hope, just as it was 2000 years ago leading up to the birth of our Saviour Jesus Christ. Advent falls in winter but its focus is on the coming of light and life – Jesus – the very word Advent is translated as 'coming.'

During Advent our church decorations are simple and sparse, with purple being the traditional liturgical colour. In the northern hemisphere, the Advent season falls at the darkest time of the year, and the natural symbols of darkness and light are powerful reminders of the peoples who waited in darkness for the light of Christ to come at that very first Christmas.

During Advent five candles are displayed upon our Advent wreaths, one lit each week before the last on Christmas Day. Each of them lit weekly with a focus upon **Hope, Love, Joy, Peace** and **Light** (of Jesus on Christmas morning). The last days of Advent are marked with a sequence of 'O' Antiphons, which continue to inspire Advent hymns and meditations; illustrated elsewhere in this magazine.

cont'>

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<cont'd

I have mentioned before that for many people the Christmas Season can be a dark and lonely period. A time borne by many with stoical fortitude at best, and yet for others cruel depression. Such feelings may well be exacerbated in the light of the present pandemic. It is with that it mind that we need to be mindful of those within our communities who would welcome a listening ear or extra word of encouragement. At this point I would add that I still collect for the local foodbank and am always grateful for donations of food, toiletries, sanitary and baby care products.

As we travel through December, let us remember that Christmas is a time of hope. May the awareness of that hope be rejuvenated in our lives, those of our family and friends and communities, and in the wider world as we celebrate the birth of a child in a stable in a remote part of the world some 2000 years ago.

Denise and I wish you all a very Blessed Christmas.

Philip  
Benefice Rector

### **SUFFOLK HISTORIC CHURCHES TRUST**

Many thanks to all those who participated in the annual 'Ride and Stride' in September to raise monies for both the churches in the Benefice and the Churches Trust. Whether cycling, walking, organising, sitting in churches, sponsoring or whatever; many thanks for your work and contribution.



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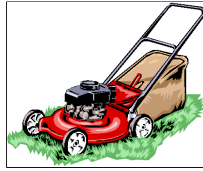
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**FROM THE REGISTERS**

**WEDDINGS**

Jason Richard Attridge / Sarah Jane Harrington 24/10/2020 Wattisfield

**FUNERALS**

Audrey Eileen Frances Thomas	8/9/2020	Cremation	Westhorpe
Krista Boardman	22/9/2020	Burial of Ashes	Westhorpe
Peter Laurie Howlett	22/9/2020	Cremation	Badwell Ash
Carol Ann Johnson	26/9/2020	Burial of Ashes	Walsham
Jesse James Rumsby	6/10/2020	Burial	Finningham
Maurice Frank Dunford	20/10/2020	Cremation	Badwell Ash
John Sharpe	26/10/2020	Burial	Walsham

**HEXAGON MAGAZINE**



We are very grateful to our group of volunteers who help print, collate and distribute the Hexagon. We have had to adapt our collating system by moving from the Priory Room to the church reducing our numbers from 14 to six to comply with the existing Government Covid regulations, then adapting further during the second lockdown. We will endeavour to produce a printed copy of the magazine but it should also be available to view on line – please refer to your village website.

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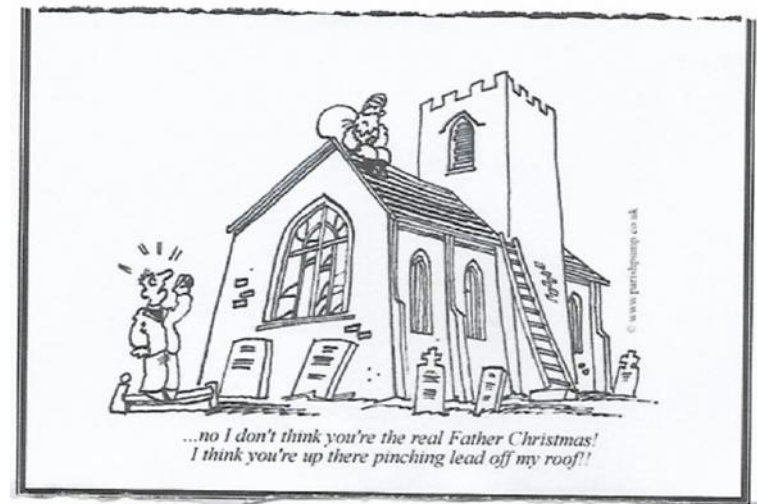


The 22nd September saw the replacement of St Mary's clock in Walsham after a complete restoration by S Michlmayr & Co Ltd., of Norwich, financed by Walsham Open Gardens Trust.

The clock, according to a Bury Free Press article in 1877, was a gift from Hopper Jnr. Wilkinson, quoted to be an "esteemed and venerable gentle man of the parish" and it was noted that it was "Set Going November 13th 1877 by the Donor".

The original copper dial has a 5' diameter and was carefully removed to prevent damage to the surround and mechanism. After being stripped back and repainted, with special attention given to the large golden numerals coated in gold leaf, the dial and hands were replaced in a 3 hour operation by Michlmayr's.

Take the opportunity to have a good look at it when you're passing,



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## Walsham Le Willows 200 Club

The draw for October and November are as follows.

October

1st prize £25 Helen Dougal

2nd prize £15 Kate Papworth

3rd prize £10 Ros Withers

November

1st prize £25 Lesley Foster

2nd prize £15 Paul Bloomfield

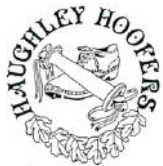
3rd prize £10 Given back to charity.

The final draw will be held in December at the Six Bells [courtesy of Kathy and Gordon]

Remaining monies from numbers 1-100 of the 200 club are divided between the church, school and our local food bank.

Thank you all for taking part. Keep safe.

Jeannie Bloomfield.



## Haughley Hoofers North West Morris Dancers

\*\*\* COVID 19 \*\*\*

Our practice season has now finished and because of Covid -19 we have had to cancel all events for the summer. Depending on health advice, we hope to start our practice sessions again in September/October on Sunday evenings 7.30-9.30pm in Haughley Village Hall, near Stowmarket.

Ring Sue on 01449 766747 to find out more nearer the time.

[www.haughleyhoofers.org.uk](http://www.haughleyhoofers.org.uk) or see Haughley Hoofers on Facebook



## WATTISFIELD COMMUNITY CENTRE

Although Wattisfield Village Hall and play area are currently closed, the recreation ground is still open for you to enjoy, relax and exercise – whether gently or energetically!

The committee sends you all best wishes to keep safe and well.

We are really looking forward to being able to get back together again.

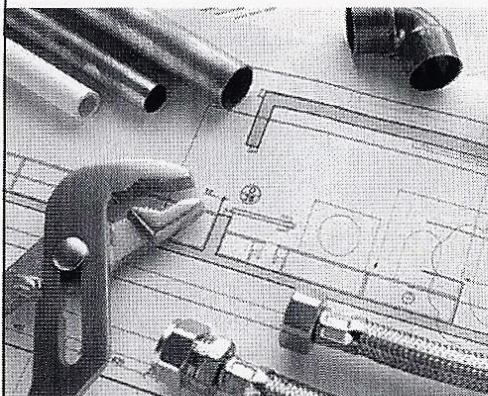


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# Advent

O come, O come,  
Emmanuel  
And ransom captive  
Israel  
That mourns in lonely  
exile here  
Until the Son of God  
appear  
Rejoice! Rejoice!  
Emmanuel  
Shall come to thee, O  
Israel.



### Advent prayers based on the Advent antiphons

These are prayers based on ancient traditional prayers, and well known in Latin within Christian communities by the eight century. They are drawn from a series of biblical texts that offer us ways and names by which and through which to think of the coming Christ. They are best known today in the Advent hymn 'O Come O come Emmanuel'.

You may like to pray them as part of your Advent spiritual discipline:

#### O Wisdom

Come to us, Wisdom from on high,  
help us to order our lives with thoughtfulness.  
**Amen.**  
*Ecclesiasticus 24.3; Wisdom 8.1*

#### O Lord Adonai

Come to us, Lord and leader of your people.  
Save us from our sins.  
**Amen.**  
*Exodus 3.2; 24.12*

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### **O Root of Jesse**

Come to us, Root of Jesse  
and be a sign.

Come quickly to save us.

**Amen.**

*Based on Isaiah 11.10; 45.14; 52.15; Romans 15.12*

### **O Key of David**

Come, Key of David,  
release us from all that imprisons us.

**Amen.**

*Isaiah 22.22; 42.7*

### **O Morning Star**

Come, Morning Star,  
shine your righteousness upon us  
and lighten our darkness.

**Amen.**

*Malachi 4.2*

### **O King of the nations**

Come, King of the nations,  
Christ, our cornerstone,  
come to save your people.

**Amen.**

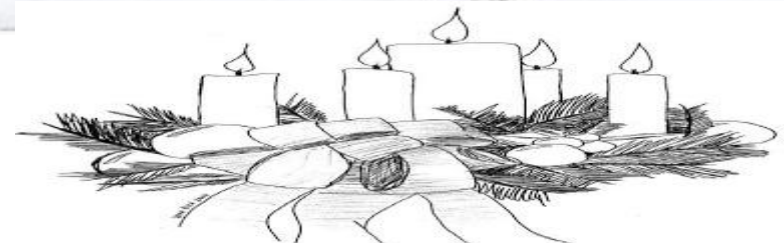
*Isaiah 28.16*

### **O Emmanuel**

O come, O come, Emmanuel,  
our King, our Teacher, our Hope and our Saviour.  
Come and save us.

**Amen.**

*Isaiah 7.14*





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The Parish of Walsham-le-Willows has joined with the Archbishop of Canterbury in his initiative to offer an alternative to Pay Day Loan Companies.

The Archbishop of Canterbury has endorsed and promotes Credit Unions nationwide. We had visits from the Ipswich and Suffolk Credit Union during the year 2014. As a result we now have two Walsham-le-Willows Parish members as Credit Union Representatives for anyone in the Benefice with any interests.

They are as follows:

Fred Bloomfield  
1 Church View Cottage  
The Causeway  
Walsham-le-Willows  
Bury St Edmunds IP31 3AB

Ann James  
The Thumbit  
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### COMMUNITY TRANSPORT BUS FUNDRAISING

Update on fundraising: We are pleased to report that a donation of £422.30 has been paid to Gordon Lawrence for the upkeep of the vehicle.



If anyone wishes to donate any recycling items to include clothing, shoes, boots, fashion jewellery, belts and bags, these can be left at

Corner Bungalow, Hinderclay Road, Wattisfield, IP22 1NF or call 01359 251221.

We still have jigsaws for sale prices from £1 to £3

All proceeds will go towards the funding of the bus. Thanking you in anticipation for your support.

Kindest regards  
Irene Gumm

### Neighbourhood Watch – Wattisfield

It is that time of year that we wish to highlight that your vehicles are roadworthy, lights and number plates are kept clean and that tyres are safe for all road conditions.

When walking out on the road please wear something bright/light so that other road users can see you, your safety is paramount.

Polite Notice:

It has been reported that a dog has been left out at night and its barking at 2/3 am in the morning and is disturbing residents, it would be appreciated if this could be dealt with.

Wattisfield Co-ordinator



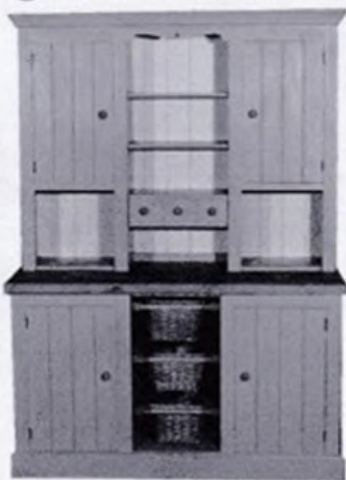
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## Epiphany Singers 2021



I am sure you will have guessed by now that this event will not be taking place in January.

The Epiphany Singers have been coming to Walsham for the last 50 years, and it is very sad that due to the awful Covid virus they will not be able to sing for us in 2021.

The Singers were all very keen to return to Walsham, and are very disappointed that we have had to cancel.

We are so privileged to have these amazing singers visiting each year, and it would be incredibly sad if this wonderful tradition didn't continue. However, I have received the following communications, which give us hope for their return for Epiphany 2022.

### From Colin Howard who organises the singers

The Epiphany Singers send fond greetings to their many friends in Walsham. We are as disappointed as you will be not to be able to share the Feast of Epiphany as we have done now for fifty years. There was a wonderful spirit of optimism at large up until this week, when the national situation with Covid developed to the point where caution prevailed. Thank you to those who were prepared to welcome the ten young singers who would have made up the Epiphany Consort in 2021. I know Simon Carrington and David Hill would join me in passing on our confidence that all shall be well in 2022.

Please listen to the latter part of the second movement of 'Ein deutsches Requiem' by Brahms, taking note of Isaiah 35:10: Die erlöseten des Herrn werden wieder kommen, und gen Walsham mit Jauchzen; ewige Freude wird über ihrem Haupte sein / 'And the ransomed of the Lord shall return, and come to Walsham/Zion with songs and everlasting joy upon their heads.' These same, uplifting words come also at the end of S.S. Wesley's great anthem, 'The Wilderness'.

The ransomed Epiphany Singers will come forth out of the Wilderness and sing for you again.

cont>



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<cont

**From Simon Carrington who had kindly agreed to Conduct again this year.**

This is just to add my disappointment to Colin's and thank you for being so positive and helpful in your earlier responses.  
Colin has been working hard to gather a fine group of young singers and, who knows, the situation may be very different by the time we get to January.  
However we will all be looking forward to the chance to return to wonderful Walsham for Epiphany 2022.

**From David Hill who, as always, had kindly agreed to be our Organist.**

I am just adding my disappointment and thanks to everyone who has tried to make things possible.  
I look forward to 2022 and meanwhile send you warmest good wishes,

What more can I say?  
Fiona Glover

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## HEXAGON

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

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## SPEEDY CLEANING TIPS TO FRESHEN YOUR HOME

Courtesy of 'Time for You'

Some cleaning hints to make the cleaning a little easier to manage.

**Sanitise** Top of the list at the moment, with the Coronavirus pandemic, is how to ensure your home remains safe and sanitised from any germs which may be lingering. Allowing fresh air to circulate is extremely important. Cleaning should include high touch points; light switches, door handles, toilet handles, remote controls and keyboards. Even if they are not visibly dirty, these places house the most unseen germs and bacteria. These areas should be cleaned daily, with a normal cleaning product and then a disinfectant over the top which is left to air dry.

**Cleaning Top to Bottom** This phrase came about for a good reason! Starting at the top and working down means any dirt or dust you dislodge does not fall on somewhere already cleaned. Apply the same rule to every room – start with cobwebs and work down to the floor.

**Getting in the Zone** Break home cleaning into smaller tasks – spending an hour a day if a different zone is a great way to deep clean areas not normally covered in a general clean.

**Cut the Clutter** Those ornaments, book and magazine just get in the way so have a clear out and then make sure everything has a place.

**Keep your cleaning caddy close by** Having your cleaning kit to hand cuts down running up and down stairs every few minutes making the clean easier.

**Sweet smell of success** Make your home smell fresh as well as looking clean and tidy. Open the windows for some fresh air, sprinkle bicarbonate of soda in the bin or on carpets and leave overnight to absorb smells and use, Citrus fruits like lemons and grapefruits are a fantastic way to keep your home clean, smelling nice and free of germs. Even the peels can be left in your rubbish bin to remove nasty smells and eventually used as kindling in your fireplace!



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**Walsham le Willows and District WI**

**October 2020**



The Suffolk West Federation of WIs annual meeting this year was like no other thanks to the restrictions imposed by the corona virus. As usual delegates from all WIs were invited to attend but this year they met in the virtual sphere at the appointed time. Walsham's delegate was Julia Dunncliffe and WI Adviser Jill Newell, also a Walsham member, also attended. The business of minutes, standing orders, adoption of accounts and reports from the Board of Trustees had to be read by Chairman Julie Higgins and Treasurer Brenda Last, before being approved. as did reports from the various sub-committees.

In other years, speakers, often well-known personalities, would be the entertainment of the day. Alas that will now be postponed until next spring when it is hoped the annual meeting may be returning to its usual venue The Apex.

An ability to adapt and change has kept the WI alive for a hundred years in Suffolk West and this meeting illustrated that resilience. The meeting concluded with a lively round of questions and comments where members expressed their thanks to the Federation for supporting WIs in these difficult times.

Jill Newell

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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).

We're hopeful that activities will resume in early December but of course must see what the rules are.





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**FRUIT FOR THOUGHT....**

December and January may be thought as the quietest time in the gardening calendar. Certainly, if the weather is bad and the ground frozen then we are indeed limited to what we can be doing. However, even when the weather is preventing us from being outside for long, it is a great time to take stock of your garden or allotment, the leaves have fallen and you are left with the bare bones of your plot. This is when and where evergreen trees and shrubs come into their own (every year I say to my self – I need more evergreens in the garden!)

Yews and box are traditionally used as hedges and topiary specimens to give structure to a garden. Holly makes a lovely hedge – providing much-needed berries for birds in the winter.

Pittosporum or as it is known in New Zealand – “ tawhiwhi” is a group of ever-green shrubs with glossy oval leaves of various colours – that can be clipped into shapes to provide interest and repetition in the garden.

Many scented evergreens give off their scent in winter and early spring time - Daphne odorata and Sweet box (Sarcococca hookeriana) for example if planted close to doorways or paths in the garden will provide a heady scent in the depths of winter despair.

Winter is also a great time to reflect on the fortunes of your allotment or edible garden. Growing your own fruit gives back 10 fold for the effort of planting. Whilst most vegetables are annuals – needing to be sown each year from scratch – fruit is grown as trees, bushes, canes and even herbaceous perennials such as strawberries so will fruit for a number of years after planting.

Winter is a great time to plant fruit trees and bushes. If space is limited in your garden or plot you could create edible boundaries to your plot – with espalier apples and pears, or fanned plums or cherries that are trained along wires to create a two dimensional screen.

If you are wanting to add trees to your garden why not make them edible ones – great you for and also wildlife who will help you clear up the windfalls.

cont>



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No order to small

<cont

Why not ask for, or give fruit trees or shrubs as Christmas presents this year? Most fruit can be ordered online and delivered direct to friends and family. They are often 'bare root' so arrive with no soil protecting them so they need to be soaked in a bucket of water for a couple of hours and then planted or 'heeled in' this means temporarily planted in soil or a bag of compost to keep them moist before you decide on their final planting place.

You could try the "Forest gardening" approach where you grow fruit trees as the canopy layer, with fruit bushes such as currants and raspberries as the shrub layer and then strawberries and rhubarb as the forest floor layer.

Once we are passed 21<sup>st</sup> December then the days are getting longer – it doesn't always feel this way on a cold January day but before you know it spring bulbs are beginning to show and we know that spring is on its way.

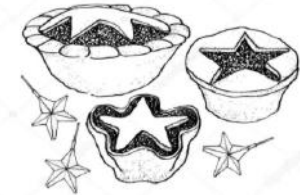
Happy Gardening in 2021!

### MINCEMEAT RECIPE

Why not try making your own mincemeat this year, it s very simple and tastes delicious.

#### Ingredients

- 4 oz cooking apples
- 8 oz currants
- 4 oz sultanas
- 4 oz raisins
- 4 oz flakes almonds
- 4 oz soft brown sugar
- 4 oz shredded suet
- 1 large lemon
- 1 teaspoon mixed spice
- 1 teaspoon nutmeg
- 4 tablespoons of brandy (or either whisky, sherry or rum)



Grate the apple into a large bowl, mix with dried fruit. Add the remaining ingredients with the lemon zest and juice.

Store in sterilised jars, it will keep for up to 4 weeks

*Benefice Services December 2020*

*Benefice Services December 2020 / January 2021*

<b>2<sup>nd</sup> December</b>	<b>Wednesday</b>	
7.00pm	Compline	Walsham
<b>6<sup>th</sup> December</b>	<b>2<sup>nd</sup> Sunday of Advent</b>	
8.00am	Said Communion	Walsham
9.30am	Said Communion	Westhorpe
<b>9<sup>th</sup> December</b>	<b>Wednesday</b>	
7.00pm	Compline	Finningham
<b>13<sup>th</sup> December</b>	<b>3<sup>rd</sup> Sunday of Advent</b>	
8.00am	Said Communion	Walsham
9.30am	Christmas Lessons	Badwell Ash
<b>20<sup>th</sup> December</b>	<b>4<sup>th</sup> Sunday of Advent</b>	
8.00am	Said Communion	Walsham
11.00am	Christmas Lessons	Wattisfield
3.00pm	Christmas Lessons	Walsham
6.00pm	Christmas Lessons	Westhorpe
<b>21<sup>st</sup> December</b>	<b>Monday</b>	
6.00pm	Christmas Lessons	Finningham
<b>24<sup>th</sup> December</b>	<b>Christmas Eve</b>	
9.30am	Said Communion	Walsham

<b>25<sup>th</sup> December</b>	<b>Christmas Day</b>	
8.00am	Said Communion	Badwell Ash
9.30am	Said Communion	Walsham
10.30am	Said Communion	Finningham
<b>27<sup>th</sup> December</b>	<b>1<sup>st</sup> after Christmas St John</b>	
8.00am	Said Communion	Walsham
<b>3<sup>rd</sup> January</b>	<b>2<sup>nd</sup> after Christmas</b>	
9.30am	Said Communion	Walsham
3.00pm	Evensong	Westhorpe



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## Stowe Veterinary Services during coronavirus outbreak

As a vital frontline service, veterinary practices will remain OPEN during COVID-19

**Please don't walk into the practice.** We need to keep everyone safe. Instead, please phone us and explain your situation. We'll arrange a suitable way of conducting your appointment that is in everyone's best interests. There are a variety of options available to everyone - the important thing is to let us know and we'll work together.

All clients are being offered **video or telephone consultations** for situations where a visit to the surgery might not be possible or essential. The vet will assess each situation individually and provide the safest solution for you and your pet. If following the consultation the vet does need to examine your pet, we will book you a drive-in appointment and ask that you call us on your arrival and one of our team will come out to collect your pet. For any emergencies we'll ask you to attend the practice immediately.

### Services we are currently providing:-

- The treatment of ill pets
- Delivery of pet food
- Essential vaccinations
- Essential operations
- Supply of animal medicines and supplements
- Emergency services.

We are able to provide primary vaccinations to puppies and kittens and their first year booster and adult dog/cat vaccinations that are close to expiry (16 months).

In line with Government guidelines and support of our NHS colleagues we are using our resources such as PPE and medical supplies very carefully and limiting routine operations (such as neutering) to those that are considered essential after veterinary evaluation.

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We can supply repeat medications, flea and worming treatment and pet foods, with free local delivery, contactless collection or postage.

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Our NHS colleagues, carers and many others are fighting a difficult battle at this time and we are committed to supporting them in reducing the risks of COVID-19 spread.

We thank you for your co-operation in advance and for your support of our teams that are working under immense pressure in these difficult times to help keep your pets healthy.

Stowe Veterinary Group - 01449 613130

**QUIZ**

The answers are all types of sweet!

1. Talk quietly.....
2. Wobbly infants.....
3. Delicious fastenings.....
4. Bus.....
5. Right side of town.....
6. 2 days out of 7.....
7. Pirate Treasure.....
8. Before nine.....
9. Singing Insects.....
10. Lots of stars.....
11. "Plane" Chocolate.....
12. Big Cat's Pub.....
13. Yorkshire town gateau.....
14. Northern Dairy product.....
15. Bovine peepers.....
16. Mother's local.....
17. Al fresco meal.....
18. Snow particle.....
19. Jokers from a Mediterranean island.....
20. Fallen fruit.....




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## COMMUNITY YOGA FOR HEALTH

Walsham Community Yoga is starting again on Wednesday 9 September in Walsham Village Hall from 7.15 to 9.15pm. This will be in adherence to COVID social distancing regulations.

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Please contact Julia (British Wheel of Yoga) 07980476140

dunnicliffej@hotmail.com

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The artists will also be visiting villages across Mid-Suffolk and Babergh, including Laxfield, Eye, Combs, Buxhall and Westhorpe, where they will Connect with village residents to create artworks, drawing on the many and varied ways in which communities connect.

If you fancy getting together, but not face-to-face, then why not join one of our friendly Community online get-togethers? Whether it's taking part in a writing group or one of our Radio Drama Listening Clubs, these relaxed Zoom sessions will help you develop technical skills and confidence whilst enjoying a creative workshop.

The Zoom sessions are ALL FREE, but booking is essential as spaces are limited:

Online Radio Listening Drama Club with Lynn Whitehead,

7<sup>th</sup> December, 21<sup>st</sup> December, 11<sup>th</sup> January, 25<sup>th</sup> January & 8<sup>th</sup> February, 11.00am-12.30pm

More to be announced soon.

Full information about the activities can be found at [www.makedoandfriends.co.uk](http://www.makedoandfriends.co.uk).

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8. After Eight
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10. Galaxy
11. Aero
12. Lion Bar
13. Pontefract Cakes
14. Butterscotch
15. Bullseyes
16. Mars Bar
17. Picnic
18. Flake
19. Maltesers
20. Pear drops



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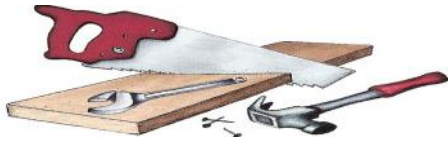
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