

The Benefice of Badwell & Walsham

Rector: Rev'd Philip Merry 01359 258806
07526 271784
(philipmerry@hotmail.co.uk)

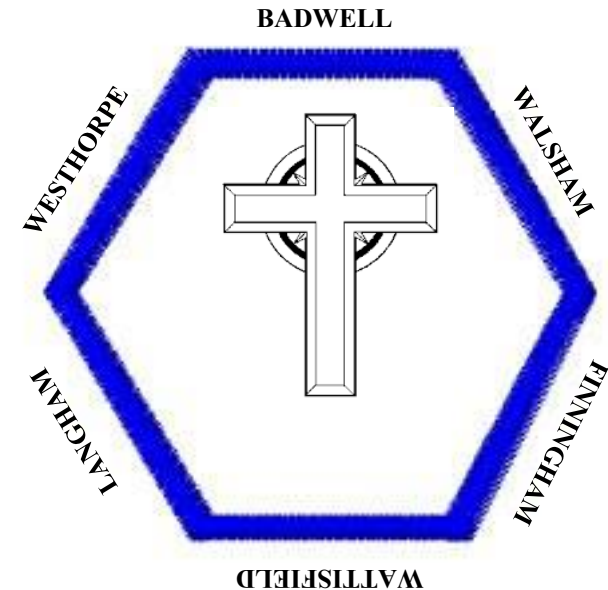
Retired Priest : Rev'd Pamela Robson 01359 269278
(robsonpam@btinternet.com)

Benefice Readers: Ian Jackson 01449 781392
Reader Emeritus: Freddie Montgomery

Benefice Elders: Marion Bell 01449 782072
Denise Merry 01359 258806
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Andrew Strickland 01449 781487

Benefice Safeguarding Officer:
Tracey Gorzelak 01359 258529

*The Benefice of
Badwell & Walsham*



Hexagon

April - May 2023

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 May 2023**

Advertise your fundraising or community event for free.

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FULL PAGE	single issue £30	3 issues £60	6 issues £120
HALF PAGE	single issue £20	3 issues £40	6 issues £80
QUARTER PAGE	single issue £15	3 issues £30	6 issues £50

Contact Judith on 01359 258251 or judithharlow@outlook.com

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SPRING and EASTER

The transition from winter to spring is always an exciting occurrence, as it is nice knowing that brighter days are on the horizon. In addition to looking forward to the lighter evenings and warmer weather, we look forward to the rebirth in our gardens, hedgerows and the countryside around us, our plants, trees and wildlife in general. There is a sparkle and rush of life in Spring that perhaps the other three seasons do not know, a real freshness of loveliness.

Although a variable date each year, the Season of Easter seems to always bridge that gap between winter and spring. During the Easter Season of 50 days to Pentecost, the same hope of Spring manifests itself to the Church and our Christian lives. For the Christian Church Easter is of course very much a Season of hope and looking forward with optimism. It is the time when the Church especially remembers the crucifixion of Jesus, but more importantly His Resurrection upon Easter Sunday, the day which is the bedrock of our Christian Faith.

There is much symbolism around the Season of Easter, in our churches, and of course in the stores and indeed all our retail outlets. We are all aware of the obvious ones such as the Easter egg and chocolate rabbits. Perhaps a less understood symbol is that of the Passion flower. It was named Passion (suffering and death of Jesus) by Roman Catholic Priests of the late 16th Century as they believed that several parts of the plant symbolised features of the Passion; Jesus' scourging, crowning with thorns and crucifixion.

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<cont

Traditionally the Easter symbolism of the Passion flower is that the whole flower symbolises the agony of Christ.



The leaf reminds us of the spear, whilst the anthers are the five wounds of Christ; four made with nails and one with the spear.

The tendrils are the whips which struck Him, and the ovary is the Cross itself.

The stamens and styles are the hammers and nails, the fleshy threads within the bloom are to remind us of the crown of thorns.

The calyx is the glory, and the white and blue have been designated as signifying both the purity and the Resurrection.

During this coming Holy Week leading up to Easter Sunday, there will be services each day across the Benefice, more information is listed elsewhere in the magazine. A very warm welcome awaits all who attend, and as we once again enjoy the verdant signs of Spring around us, we can be reassured by the hope of new life which our Easter Season offers us all.

A Very Blessed Easter to everyone.
Philip and Denise

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FROM the REGISTERS

FUNERALS

Amy Elizabeth Bennett	5/1/23	Burial of Ashes	Finningham
Phyllis Rose Hicks	5/1/23	Burial of Ashes	Finningham
Susan Murray	12/1/23	Cremation	Langham
Henry Denzil Gow	19/1/23	Burial of Ashes	Badwell Ash

GOOD FRIDAY COFFEE MORNING

All are warmly welcome to a coffee morning at The Rectory on The Causeway Walsham le Willows 10.00-12.00 Good Friday 7th April. This will include an Easter raffle with all donations going towards the work of Christian Aid.

LANGHAM CHURCH

Some years ago the stone cross situated on the bell turret at the west end of St Mary's Church Langham, blew down in a storm and was shattered in pieces to the extent of being irreparable. Finally, after fund raising by the local community and with a generous grant from Suffolk Historic Churches Trust, a replacement has been constructed and put into position; the contractor being Suffolk Masonry Services.

Should you be in the area, do walk to the church and take a look. Alternatively upcoming services are Easter Sunday 9th April 9.30am and 7th May Evensong 3.00pm.

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KING CHARLES III

Following the Royal Coronation on Saturday May 6th, King Charles III officially takes upon himself the monarch's traditional title as 'Defender of the Faith.' A title which has been in continuous use since 1544. At the same time Charles III will become Supreme Governor of the Church of England.

The following day, Sunday May 7th recognition of the King's role will be acknowledged across our Benefice churches;

8.00am Said Communion Walsham le Willows

9.30am Holy Communion Westhorpe

11.00am Songs of Praise Walsham le Willows

3.00pm Evensong Langham

PCC MEMBERS

Between now and the end of May, it is a requirement for our 6 Parish Churches to hold their Annual General Meetings, at which new officers and PCC members are elected. If this is something which may interest you please do have a word with myself or a PCC member(s).

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Benefice Priest



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For further information please contact: Philip 07526 271784

Volunteers for Wattisfield

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SATURDAY 1ST APRIL 2023

1PM – 3PM

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This facility is now open to provide emergency supplies to residents in Walsham le Willows, Badwell Ash, Finningham, Langham, Wattisfield and Westhorpe who need help during these difficult times

Please donate long life foods and personal hygiene products to our collection point in the Memorial Hall or contact us to arrange a collection.

If you're struggling for whatever reason please contact us for some supplies. All contact will be confidential so no one will know that you've asked.

To help, get involved or to discuss your needs please contact Amanda on 01359 258646 or email wlvcommunitycouncil@outlook.com

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Event to celebrate the Coronation of King Charles III on Sunday 7th May 2023 at the Sports Club at 2pm

It seems less than a year ago that we were celebrating Queen Elizabeth II Jubilee at the Sports Club and what a day it was in terms of both weather and the village multitude that came to celebrate it. It may be too much to ask for the Almighty to give us just as good weather this time but I am optimistic that if we follow a similar format as we did then, that families and friends can once again have a great day.

After much stimulation by Penelope Robins, an additional feature this year will be a tethered Balloon to give its passengers a birds eye view of the surrounding countryside. Contrary to rumours there will **not** be a draw to locate and permit the passenger of your choice to go an awful lot higher to check out for fellow balloonists on their way from China.

We look forward to your company

Sports Club Social Committee

WALSHAM - LE - WILLOWS MEMORIAL VILLAGE HALL

Walsham le Willows Memorial Village Hall is a COVID Secure venue and is available for hire email ferretjim@msn.com or tel 01359 258646
There are also a variety of activities happening at the hall:

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

Pilates Wednesday 9.15am -10.15am
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.

Saturday (last Saturday of each month) BASIC LIFE Pop up shop
10am - 12 noon Pay £2 for a bag, then help yourself to whatever we have,
being mindful of others.

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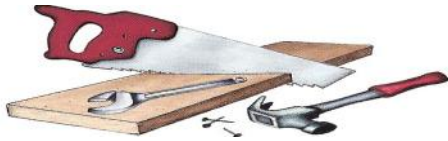
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TUESDAY in HOLY WEEK 4th APRIL
7.00pm COMPLINE WALSHAM

WEDNESDAY in HOLY WEEK 5th APRIL
7.00pm COMPLINE WATTISFIELD

MAUNDY THURSDAY 6th APRIL
7.00pm HOLY COMMUNION WALSHAM

GOOD FRIDAY 7th APRIL
1.00pm Readings/Song/Meditation WALSHAM

EASTER SUNDAY 9th APRIL
8.00am HOLY COMMUNION BADWELL ASH
9.30am HOLY COMMUNION LANGHAM
9.30am HOLY COMMUNION FINNINGHAM
11.00am HOLY COMMUNION WALSHAM



Holy Week

**Walsham le Willows and District WI
March 2023**



Mica from the Suffolk Fire and Rescue Service of Suffolk County Council braved some unpleasant weather travelling from Felixstowe to join us in the Priory Room and deliver an evening of advice that could be life saving.

The testing and maintenance of smoke alarms was crucial we heard and help in the form of a free home safety check was a popular offer to which a number of members signed up. Mica's experience in the fire service illustrated how easily routine checks are forgotten or postponed with dire consequences. We were encouraged to have a safety escape plan in place should the worst happen and warned not to overload plug sockets.

Registering your appliances on the AMDEA website will alert you to recalls or safety repairs needed. The check list to complete before you go to bed was full of good advice, like shutting doors at night which could delay the progress of fire giving time to escape. 50% of accidental fires start in the kitchen so Mica showed the correct way to smother a blaze with arms outstretched. A testing but light hearted quiz on a Fire Theme completed the evening.

Jill Newell

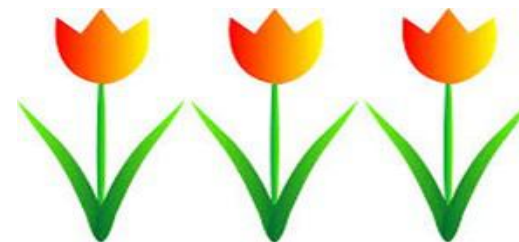
PROGRAMME OF EVENTS

April 12 - Pot Luck Supper followed by Beetle Drive 7.45pm

May 8 - Annual Meeting 7.45pm

NEW MEMBERS ALWAYS WELCOME

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If the company has gone into administration, it may still be able to fulfil outstanding orders, but if the company is already in liquidation, you'll need to try to get your money back. If you're unsure about what state the company is in, the Citizens Advice website has information on how to find out.

As the company hasn't responded to your calls or emails, is there a shop or office you can visit or write to, to get an update on your order or request a refund? If that isn't possible, the next steps depend on whether it's a limited company (it will have ltd or plc after its title) or if it's a sole trader (someone who runs their own business) or partnership.

If it's a limited company, you'll need to get details of the administrator or receiver - the person dealing with settling the trader's debts. The names of those administrators will usually be on the website of the company that's gone bust. You should register your claim as a creditor on the GOV.UK website. Fill out the form with details of what you're owed and send it to the administrator dealing with the trader's debts. Unfortunately, there's only a small chance you'll receive any money back because you'll be last in a long list of creditors who need to be paid.

If you paid by credit card, you could also try getting your money back with a Section 75 claim to your card provider or bank. Full details about both these types of claims can be found on the Citizens Advice website. If the seller was a sole trader or partnership and not a limited company, pursuing a Section 75 is your best option.

Every case is different when traders go under, but you can call the Citizens Advice consumer helpline to find out exactly what your rights are on 0808 223 1133 or visit www.citizensadvice.org.uk/consumer

Citizens Advice Mid Suffolk can provide advice on issues including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us. More information and our opening hours can also be found at midsuffolkcab.org.uk/contact-us.



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An Evening of music to support Macmillan Cancer Support

Patrick Foster will open the evening with his special brand of songs covering sixties and seventies (and maybe eighties!!)

Nutz'n'Boltz will then play a set of rock'n'roll standards plus!!!

Venue: Bacton Village Hall

Date: Friday 21st April, 2023

Start: 8pm (Doors open 7.15pm)

Tickets (all seated) £5.00 and there will be a raffle.

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Please bring your own drinks. There will be nibbles on the tables. If you're free why not come along and enjoy an evening of nostalgia.



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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.

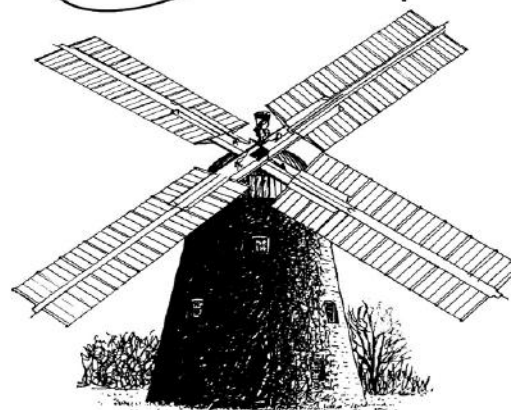
Breakfast Club 8.00am – 8.45am
Morning 8.45am to 11.45 am

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 www.gislinghamplaygroup.com or phone us on 01379 788934

Thelnetham Windmill



OPEN DAYS 2023

The mill will be open between 11am and 4pm* on the following days, and wind permitting the sails will be turning:

Monday 10th April
(Easter Monday)

Sunday 14th May
(National Mills Weekend)

Monday 29th May
(Spring Bank Holiday)

Sunday 25th June
Sunday 23rd July

Monday 28th August
(Summer Bank Holiday)

Sunday 10th September
(Heritage Open Weekend)

Sunday 8th October

Entrance fee:

£5 adults, under 15s free.
(Cash payments only, children need to be accompanied by at least one responsible adult)

**Last tours of the mill commence at 3pm.*

Thelnetham windmill was built in 1819 and lovingly restored to working order in the 1980s.

In 2013, ownership of the mill was passed onto **The Suffolk Building Preservation Trust.**

The mill is now regularly maintained by highly skilled volunteers and has been producing flour on a regular basis since 2015.

for more information go to thelnethamwindmill.org.uk

Thelnetham windmill Charity number: 265212

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Sunday 23rd April 2023 at 10.30pm

*The Six Bells, Walsham-le-Willows.
Free to all. Refreshments after.*

St Bartholomew's Church Finningham FLOWER FESTIVAL HOBBIES

*Saturday 30 April 2.00 - 6.00
Sunday 1 May 11.00 - 6.00
Monday 2 May 11.00- 6.00*

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Refreshments*

Songs of Praise - 1 May 6.00 pm

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Caroline Morris: 07843 248 411
 cdv_11@hotmail.com
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 New dancers and musicians welcome (portable acoustic instruments).**

**Practice sessions from 18th September 7.30 – 9 pm
 Haughley Village Hall, near Stowmarket.**

Ring 01449 766747 (Sue) or 01449 673518 (Gill) to find out more.



Find Haughley Hoovers on Facebook

INTERNATIONAL WOMENS DAY

WOMEN'S AID CENTRE - Wednesday 8th March

What a lovely way to spend a Wednesday afternoon with our colleagues, volunteers and trustees at our Outreach Building for Women's Aid in Bury St Edmunds to celebrate International Women's Day.

This year's theme is Embrace Equity. Equity can be defined as "giving everyone what they need to be successful" (www.international women's day.com).

The homemade cakes, fruit selection and sausage rolls were as varied and as enjoyable as the company we were treated too.

Tracy and Louise had gone to a lot of trouble putting two quizzes together. The first, all questions relating to women's rights as well as achievements.

Did you know :

1. It wasn't until 1928 that women aged 21 years and over were allowed the same voting rights as men. All from efforts of the Suffragette movement and founder Emmiline Pankhurst in 1907.
2. In the 2019 General Election 220 women were voted in Parliament which is 34% of the total of MP's. Up 2% on the previous election.

Most of the answers we knew but had forgotten the detail!!!

The "Handbag Quiz" was the second quiz. All questions relating to what we carry in our handbags, from a packet of tissues, tablets, a snack, pen and your car/house keys. Jeannie our Patron would have won the quiz if Fred hadn't got their car keys in his pocket. It is amazing how much we girls carry around in our handbags.

The afternoon went by so quickly but always being aware of the women who have fought for our rights in the past and supporting the women who will fight for our rights in the future.

Judy Harper (volunteer)

Please look at our website if you want to know who we are and what we do www.burystedmundswomensaid.org.uk



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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 and handbags can be left at:

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

We wish to thank the general public for the support of donations and purchases made to raise much needed funds for the Community Transport Bus. We are pleased to announce that we handed over £1080 in January to Gordan Lawrence.

Many thanks, Linda Dyer & Irene Gumm



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I am a BABCP accredited Cognitive Behavioural Psychotherapist. 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) therapy. 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



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
Senior Football (over 50's) Tuesday 2-3pm
Otago (chair based exercise) Wednesdays 11.30 -12.30pm
Indoor bowls Wednesdays 2.30 -4.30pm
Walking Football Thursdays 2-3pm
Yoga Thursday 1.15- 2.15pm
Cardio Tennis Friday 12 – 1pm



Social Events April / May2023

Sunday night Bingo 16th & 23rd April and 7th & 21st May 7pm start
St George's Quiz night Friday 21st April 2023 7.30pm start entry £10 per team

KINGS CORONATION FAMILY FUN DAY Sunday 7th May 2pm until late . Free admission fun for all the family, traditional sports day activities - running races , egg & spoon, sack races and lots more. HOT AIR BALLOON RIDES (weather permitting) £5 per person or corporate sessions available. For further info contact Jan 07874898825 or Julian 07597340273

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PILATES (1 hour):

Cotton Village Hall	Mondays	7.20 p.m.
Gislingham Village Hall	Wednesdays	9:15 a.m.
Gislingham Village Hall	Wednesdays	10:15 a.m.
Westhorpe Village Hall	Wednesdays	12:15 p.m.

TOTAL FITNESS (45 mins):

Gislingham Village Hall	Thursdays	6:15 p.m.
Gislingham Village Hall	Thursdays	7:15 p.m.

GENTLE FITNESS (45 mins)

Westhorpe Village Hall	Fridays	10:00 a.m.
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Come and give them a try!

For more information contact Becky on
07734 414151/beckycruickshank@btinternet.com

Now is the time to sow spring vegetable and flowers from seed.

Why sow seeds indoors?

Sowing seeds indoors is easy and fun. You'll also need space in a greenhouse or on a bright windowsill to keep them until they're ready to be moved outdoors.

Reasons to sow indoors include:

- **Frost-free conditions** - Some plants need warm conditions to germinate and grow, such as tender and half-hardy flowers and vegetables
- **Safeguarding** - To provide additional protection, perhaps from slugs or damp weather
- **Faster, more reliable germination**
- **Head start** - If you want earlier crops or flowers, sowing seeds indoors gives you a head start
- **Additional time** - Sowing indoors gives slow-growing plants the additional time they need to flower or crop
- **Ensures success** - Particularly if you only have a few seeds, or they are rare or expensive

You can sow a wide range of seeds indoors, including:

- **Tender crops** - such as tomatoes, chillies and courgettes
- **Half-hardy annuals** - such as cosmos and nasturtiums
- **Hardy annuals and veg** - to give them a head start, such as sunflowers and broccoli
- **Annual climbers** - such as morning glory
- **Tender herbs** - such as basil
- **Slow-growing crops** - such as celeriac



Where to sow seeds and grow on

You can sow into small pots, seed trays or modular trays, into recycled containers such as fruit punnets, juice cartons or yoghurt pots with holes cut in the base, and into pots made from strips of newspaper or toilet roll middles. If you choose to re-use seed trays or pots from last year, make sure they are thoroughly cleaned out.

cont>

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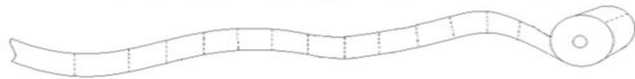
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Seed packets will give details of whether seeds should be sown indoors or outside. Share your surplus seedlings with friends and neighbours. Walsham allotments has a plant sale each year, look out for the date at the end of May.

WESTHORPE VILLAGE HALL ACTIVITIES

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

Contact: Juliet Wright. Tel: 07503 212670 jujuyoga39@gmail.com

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

Contact: Paul Weston. Tel: 07860 376592. paulwestonarchitect@gmail.com

LINE DANCING Monday (weekly) 6.00-7.00pm

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 dianegladders@outlook.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

FRENCH CLASSES Thursday 2.30-4.00pm

Contact: Karen Patrick, karenlanguages@gmail.com 07952 908125

GENTLE FITNESS Friday 10.00 - 10.45am

Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

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

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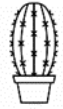
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Westhorpe Village Hall Events

Cacti and succulents evening

Introductory talk by Laurie Poulson about cacti and succulents.

Tuesday April 18, 7.30pm.
£2.50 on the door, includes refreshments.



Westhorpe Café

Home-made cakes, savouries and drinks.

May 20th
Westhorpe Village Hall 10.00 till 1.00pm

Proceeds to charity.



Beginners Guitar

Ricky Wilkinson MBE 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 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.



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Wattisfield URC Services

Date	Time	Service details
April 2 nd	11 am	Holy Communion
9 th	9.30 11 am	Easter breakfast EASTER DAY – Family service
16 th	11 am	Morning worship
23 rd	10.45am	Visit to Diss URC – no service at Wattisfield
30 th	11 am	Morning worship
May 7 th	11 am	Holy Communion – Thanksgiving Celebration for the Coronation
14 th	10.30am	Visit to Thetford URC - no service at Wattisfield
21 st	11 am	Morning worship – Soup Service & lunch
28 th	11 am	Morning worship
June 4 th	11 am	Holy Communion

Please contact Mrs Jo Patel on 07808 487844
for more information.

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

CrafTea & ScrabbleTea: 2-4pm on 2nd & 4th Weds from April
Weekly on Thursdays: Gentle exercise from 10-10.45am/ £5 per person

Thursday 6th April 7pm A Jewish Seder Meal to remember the last supper.
Everyone welcome. Contact Jo (07808 487844) for further information or to
book a place.

Sunday 9th April 9.30am Easter Breakfast for everyone and all age Easter
Egg Hunt, followed by Easter Service at 11am.

Sunday 7th May 11am A Thanksgiving Celebration for the Coronation with
coffee and cakes.

Sunday 21st May 11am A 'Soup Sunday' Service in Aid of Christian Aid.
Stay afterwards for soup & roll lunch.

Benefice Services April 2023

2nd April	Palm Sunday	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Walsham
3rd April	Monday in Holy Week	
7.00pm	Compline	Finningham
4th April	Tuesday in Holy Week	
7.00pm	Compline	Walsham
5th April	Wednesday in Holy Week	
7.00pm	Compline	Wattisfield
6th April	Maundy Thursday	
7.00pm	Holy Communion	Walsham
7th April	Good Friday	
1.00pm	Readings/Song/Meditation	Walsham
9th April	Easter Sunday	
8.00am	Holy Communion	Badwell Ash
9.30am	Holy Communion	Langham
9.30am	Holy Communion	Finningham
11.00am	Holy Communion	Walsham

Benefice Services April-May 2023

16th April	2nd Sunday of Easter	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Wattisfield
23rd April	3rd Sunday of Easter	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Walsham
3.00pm	Evensong	Westhorpe
30th April	4th Sunday of Easter	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
5.00pm	Songs of Praise	Finningham
7th May	5th Sunday of Easter	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Songs of Praise	Walsham
3.00pm	Evensong	Langham
14th May	6th Sunday of Easter	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham
18th May	Ascension Day	
7.30pm	Holy Communion	Stanton

Benefice Services May-June 2023

21st May	Sunday after Ascension	
9.30am	Family Communion	Badwell Ash
11.00am	Holy Communion	Walsham
3.00pm	Evensong	Westhorpe
28th May	Pentecost	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Finningham
11.00am	Holy Communion	Wattisfield
4th June	Trinity Sunday	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Songs of Praise	Walsham



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Survey of Demand for New Sports Activities at Westhorpe Village Hall

Everyone Active is working in partnership with Mid Suffolk District Council to help village halls in Mid Suffolk to set up new sports activities.

WESTHORPE VILLAGE HALL has been specially chosen to be one of the first village halls to potentially benefit from this exciting new initiative, because the venue is located in such a rural area.

We would like to set up a new sports club based at the village hall, with a qualified sports leader/coach provided by Everyone Active for the initial 16 weeks. The first session would be FREE and after that it would be provided at a subsidised rate for the next 15 weeks.

But first we need to see if this is something that you want, and if so what activity we should provide? So please can you take the time to answer the following questions.

1. Name

2. What village do you live in?

3. How old are you? (Tick with Y)

16 - 19 20 - 29 30 - 39 40 - 49

50 - 59 60 - 69 70 - 79 80 - 89 90+

3. What gender are you? (Tick with Y)

Male Female

4. What sports would you like to do? Please Tick all that apply (Tick with Y)

Tai Chi Table Tennis Zumba/Zumba Gold

Seated Aerobics Seated Yoga Kurling

Boccia Dance (Any Type)

Boccia is similar to bowls but played from a seated position, in which you propel your bowl in any way to get it closest to a jack. Kurling can also be played from a seated position.

cont>

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6. What days and times would be suitable for you? Please tick all that apply. (Tick with Y)

Tuesday 2.00 – 3.00pm Thursday 10.00 – 11.00am

Friday 11.00am - 12.00 Friday 2.00 - 3.00pm

Another Time - please specify

None

7. Overall do you feel your village hall would benefit from a new sports club? (Tick with Y)

YES NO

8. Is there any other feedback you would like to give about this initiative?

9. What is your **email** address? (optional)

10. Do you give the village hall committee/Everyone Active permission to contact you by **email** to tell you about activities held at the village hall. (Tick with Y)

YES NO

Your data will not be shared with other organisations

Thank you for taking the time to let us know your views. Please complete the survey, tear it out of the magazine and put it in the drop box outside the front door of Westhorpe Village Hall by 14th April 2023. Alternatively, if you would prefer to complete the survey in electronic format, please email Alison Weston at wvhbooking@hotmail.com for a copy.

Anselm Gurney
Partnership Manager, Everyone Active



You'll feel better for it.

You're invited...

THE BADWELL ASH

CORONATION AFTERPARTY

Badwell Ash Village Hall
Saturday 6th May 2023. From 3pm onwards

GAMES
BADWELL BAKE-OFF
MUSIC
FACE PAINTING
FOOD & DRINK
CROWN-MAKING



WALSHAM *History Group*
presents

THE ANTI-TERRORIST BRANCH

A talk by ex Met forensics officer Paul Jordan

Wednesday 17th May 2023 at 7.30pm

Memorial Village Hall, Walsham-le-Willows.
Members Free Visitors £5.00 Refreshments

