

The Benefice of Badwell & Walsham

Reverend Jill Walker jill.walker@me.com

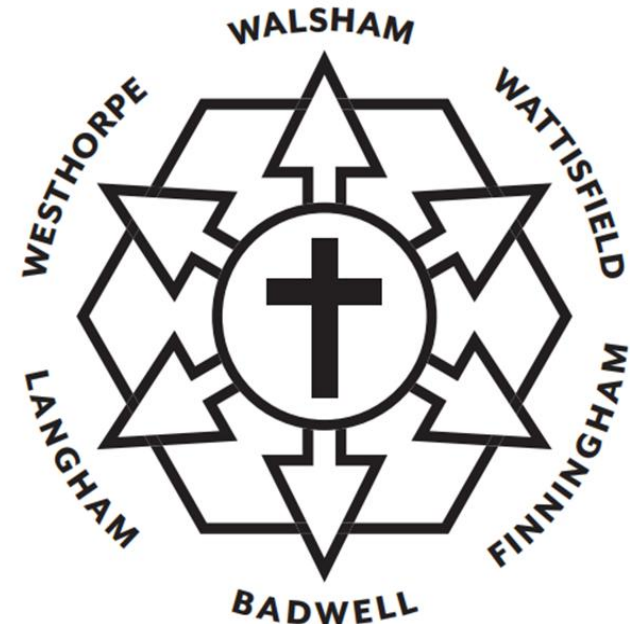
Reverend Jay Price 07752 867388 jsgprice@aol.com

Benefice Reader: Ian Jackson 01449 781392

Benefice Elder: Marion Bell 01449 782072

Benefice Safeguarding Officer:
Tracey Gorzelak 01359 258529

The Benefice of Badwell & Walsham



Hexagon

April — May 2024

HEXAGON

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

COPY DEADLINE Last date for items for inclusion in the next issue is Friday **3rd May 2024**

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

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

Advertising Rates

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

Contact Judith on 01359 258251 or judithharlow@outlook.com

HEXAGON MAGAZINE

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

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



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EMBRACING NEW BEGINNINGS: FAITH, UNITY, AND COMMUNITY SUPPORT

Just as Easter has brought us Good News, so we too bring good news! As Easter approached the dedication of PCC's and community representatives ensured that the appointment of a new incumbent priest, was a thoughtful and prayerful decision made for the benefit of the entire community. We are absolutely delighted to be welcoming our new Curate in charge, Revd Catriona Brinkley, husband Kevin and their family to the Badwell Ash and Walsham le Willows Benefice'. Welcome!

Over the last eight months so many people have given of their time and talents, held huge fund raising events, cleaned, cooked and caretaken and supported their neighbours, friends and churches. It was through such dedication that we managed to navigate the vacancy with faith, resilience, and a commitment to supporting one another. By caring for one another we have echoed Jesus' teachings for a purposeful and fulfilling life.

The arrival of the new priest and her family marks a new beginning and also a continuation of the faith, love, and sense of community that has been demonstrated in our benefice, thus far, as we carry forward the values of compassion, support, and unity on our journey into the future together.

Amen

FROM THE REGISTERS

FUNERALS

Ann Elisabeth MacDonald	2/2/24	Memorial	Walsham
Oscar Charles Vatcher	16/2/24	Memorial	Walsham

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STONE IN HIS POCKETS By Marie Jones



Westhorpe Village Hall

Friday 12th April, 7.30pm

Tickets: £15 full price, £12 (ages 12 – 25)

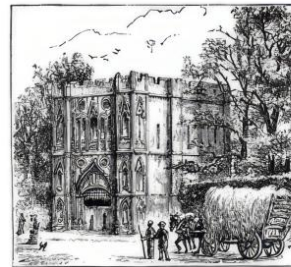
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Life Drawing Workshop in Walsham Le Willows

The Priory Room was the venue for a life-drawing workshop on the rainy morning of 18th February. Katie Shipton, our teacher and Beth, the model had braved the torrential downpour and were all set up and waiting for us as we arrived.

The two-hour session was a great introduction to life drawing. Katie, a local artist, was able to give us lots of helpful direction in looking for light and shadow, vertical and horizontal lines that could be imagined running through the model's body and angles and spaces that we could see within the pose.

Each member of the group produced a selection of drawings to take away. I was really pleased with my work. I have never had the opportunity to do life drawing before and I know that I have not mastered it by any means but, through Katie's guidance, I achieved much better results than I thought I would.

It was a most enjoyable morning. Coffee, tea and home made cake were on offer to fortify us, and I think we all left the session feeling that we had produced work that we could be proud of.

Look out for further workshops. We all asked Katie if she would be doing another session and she said she hoped to organise another one soon.


Contact Katie Shipton for workshop information at thetradingpoststudio@gmail.com.

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Sunday 5th May 11-5pm

Monday 6th May 11-5pm



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NOTES FROM THE GARDEN

Hello, now I am no Monty Don (just a little younger) but I am looking forward to writing about gardening and sharing my experiences in the future. I feel lucky I was in a time with my dad when the family garden was a very important part of life. Money was short so when we moved into a house with a large back garden, dad set about providing produce for the family table with four children to feed.

I was about 12 years old when dad taught me how to dig, double digging was my first experience going down two spits (spade depths) so as to really turn over the soil. Also adding rotten manure from the farm up the road transported by me and my brother by a wheelbarrow which then was put into the trench. My dad showed me how to do this and corrected me when it was not right....or straight. A memory I will never forget. Setting up the garden like this and rotating crops was key to success. Making seed beds but not stepping on the soil was a great learning curve.

When I was at Beyton secondary school we had a rural studies department, it was a wonderful experience and was run by Mr Charles Foat. We learnt how to look after the soil, plant and harvest crops which were sometimes used in the school kitchen, chickens and other animals were studied as well. Sadly this is no longer a school subject, nowadays some primary schools are getting children involved by planting raised beds etc. Getting the children involved in nature with its wonders and fresh food, which they have grown also encourages them to eat healthy produce.

Life today is different, many people have not the time or the garden space to be taught what my dad showed me, but there is always the allotment (another story). Now is the time to look into the garden in your pots and baskets to find self seedlings from your previous plants, put these in some compost to see what grows (pot luck!). Divide perennials and grasses for free plants too. By the time you read this things will be moving on in the garden (if the rain ceases) and another garden adventure begins. Until next time.

Phillip Bennington



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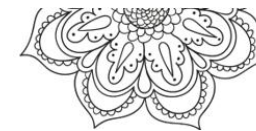
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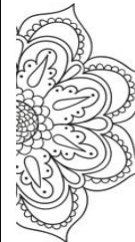
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March 2024**



Three lovely ladies were already installed when members arrived but we didn't know if they were Bronte sisters or Jane Austen's neighbours? Turns out both' as the specific years that Sarah and James have made their special study reached both.

We marvelled Sarah's patience needed to create the gowns including some strange under garments when bottoms were big! But we were glad we don't have to cope with a trip to the loo in these. Truth is they didn't, for this was the era of the chamber pot well hidden beneath the extravagant skirts.

It was a fascinating picture of life in those times and it was not surprising that James and Sarah were back in Walsham by popular demand. Padding was eventually replaced by the skimpy muslins of the empire line, Paris was as ever leading fashion. Warning ladies the padding may be coming back with the popularity of the Brazilian Bum!

Next month April 10th we will create a little piece of spring together come and join us!

Jill Newell

**PROGRAMME OF EVENTS
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April 10 - Spring Floral Arrangement

May 8 - Annual Meeting

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

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

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Many of us are feeling overwhelmed as we see our basic bills and essential costs go up. You're not alone in finding things difficult and, crucially, there's support available.

First off, there are discounts available to some people depending on their circumstances. You can check your bill or contact your council to find out if you might be eligible for an automatic reduction to your council tax.

If you're not getting a discount, you might still be entitled to one. It depends on who lives in the property. So, if you're the only adult in your home, you'll get a 25% discount on your council tax bill.

When working out how many people live in a property, some people aren't counted - they're called 'disregarded people' and include under 18s, a student nurse or someone on an apprenticeship scheme and many more. Checking the government website (<https://www.gov.uk/council-tax/who-has-to-pay>) for more details. If everyone who lives in the property is disregarded, you will still receive a council tax bill, but it will have a 50% discount. However, if everyone in your home is a student or severely mentally impaired, you won't pay any council tax.

Additionally, if someone has moved out, tell the council as this might change your eligibility. If you are entitled to a discount as a result, it will be valid from the date when the person moved out, even if you told the council after the event, and the reduction may be backdated.

If you think you might be eligible you should apply to your local council for a discount as soon as possible. You can find your council's contact details via <https://www.gov.uk/apply-for-council-tax-discount>

You mention that your income hasn't increased. If you are on a low income, you might be able to get your council tax reduced. If you get benefits or have other people living with you, this might affect how much your council tax is reduced by.

Your local council will ask you details about your income and your circumstances, so they can work out if you're entitled to a council tax reduction. They will then calculate your new bill and tell you how much council tax you need to pay.

cont>




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If you have other people living with you who are aged 18 or over, you might all be responsible for paying council tax. Only one of you needs to apply for a council tax reduction. The council will make a decision and reduce the amount of council tax you have to pay accordingly.

You may also be eligible for additional support if you've reached State Pension age which you can check on the government website via <https://www.gov.uk/state-pension-age>. If you're under State Pension age, the 'working age rules' apply and if you've reached State Pension age, it depends if you or your partner get certain benefits.

The working age rules still apply if you've reached State Pension age and you or your partner get:

- Universal Credit
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Income Support

If you've reached State Pension age and don't get any of these benefits, the 'pension age rules' apply.

Even if none of the reduction criteria applies to you, your local council can still reduce your council tax bill or cancel it altogether, this is called 'discretionary reduction'. They'll normally only do this if you can show that you're suffering severe hardship and can't afford to pay council tax.

If you're in this situation you should ask your local council for help. You'll need to show them evidence of your circumstances. If your immigration status doesn't let you claim public funds, you can still apply for a discretionary reduction. A discretionary reduction doesn't count as public funds.

We know that times are incredibly tough and council tax is a priority bill so it's important to keep in contact with your council if you can't keep up payments. Citizens Advice is here to help you find a way forward, without judgement, working with you side by side.

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

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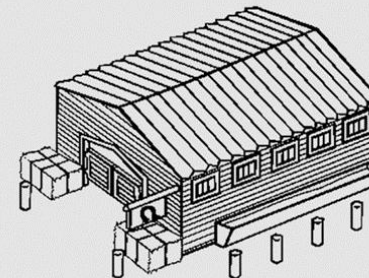
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**If you need help please contact Jayne for further details
on: 07983648702 Website: emdrandcbtserives.co.uk**

WALSHAM LE WILLOWS SPORTS CLUB

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

Regular Weekly Activities

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



Social Events

Sunday night Bingo starts 7pm on **14th & 18th Apr, 12th & 26 May**

Music Nights start 7.30pm

10 May Gemma B & 24th May Jo Manning

Family Fun Day

Saturday 26th May 2pm start

Childrens' races, face painting, Assault Course, Bouncy Castle & more

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

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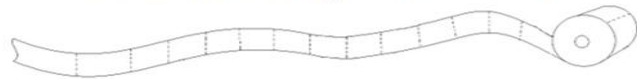
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Contact: Paul Weston. Tel: 07860 376592. paulwestonarchitect@gmail.com

LINE DANCING Monday (weekly) 12.45-1.45pm

Contact Rosie Macro Tel: 07748 563926 rosemary.macro@yahoo.co.uk

CARPET BOWLS Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 jeffmoore297@hotmail.com

John Gladders 01449 780365 dijongladders@gmail.com

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

Contact: Lynda Cotgrove. Tel: 01449 789142 / Rosemary Mees. Tel: 01449 780394

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

Contact: alisonweston25@hotmail.com Tel: 07972 415205.

PILATES Wednesday 12.15-1.15pm

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

GENTLE FITNESS Friday 10.00 - 10.45am

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

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

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

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

Coffee shop Thursday (weekly) 10.30am - 12 noon
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11am - 12 noon.

Music in St Mary's Walsham

May
Wednesday 15th of May: 12.30pm
Jill Crossland, piano recital.
Free entry, refreshments. A retiring collection for church funds

June
Sunday 23rd June:
Carol Kellmann, pupils' recital




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Wattisfield URC Services

Date	Time	Service details
April 7 th	11am	Holy Communion
14 th	11am	Morning worship
21 st	11am	Morning worship
28 th	10.45am	Visit to Diss URC – no service at Wattisfield
May 5 th	11am	Holy Communion
12 th	10.30am	Visit to Thetford URC – no service at Wattisfield
19 th	11am	Pet Service in the Chapel Garden (See below)
26 th	11am	Morning worship
June 2 nd	11am	Holy Communion

Please contact Mrs Jo Patel our Local Leader (07808 487844) for more info
 The PUDDLE-DUCK CAFÉ is open on the 1st & 3rd
 CraTea Time & Scrabble Time: 2-4pm on 2nd & 4th Wednesdays

CHRISTIAN AID WEEK

PET SERVICE We are going to try a new venture for our four-legged friends . . . a village Pet Service! A request came along and knowing that this happens in many villages, we thought we'd see if our furry friends would like to join us one Sunday! The date is set for Sunday 19th May at 11am, outside in the chapel garden, when hopefully the sun will shine on us and we can enjoy a short service to say thank you for our pets, followed by refreshments for all! It will be a Christian Aid service as it comes at the end of Christian Aid week, and funds raised are used by the charity to buy sheep, goats and cattle.

SALE Adrian Black will once again be holding a verge sale outside his home in Hopton at the junction of Nethergate St and Fen St, where he will sell anything and everything! From baking to bric-a-brac, from preserves to plants – you name it and Adrian will probably be selling it – so please pay him a visit between 12th-18th May, have a chat and support Christian Aid. And don't go away empty-handed!

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**"Brave Moves"
United Christian Music Festival 2024
Wattisfield Community Council**

Date: 27th May 2024

Day: Bank Holiday Monday

Time: 2:00pm - Early Evening

**Venue: Wattisfield Hall & Recreation Ground
Live Bands, Folk Music, Inspirational Speakers**

Join us for an uplifting celebration of faith and fellowship!

For more information, visit

<https://www.facebook.com/Wattisfield/>

- **All Welcome!**
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- **Barbecue & Hot Frog Bar**

*Event details subject to change.
Please check Facebook for updates*

**GAMES ON FINNINGHAM GREEN
ROUNDERS TOURNAMENT**

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

We will be holding a knock-out rounders tournament with teams of 8, it is hoped that other villages will put forward a team. The winning team will receive a trophy. If you can't make up a team of 8 just come along, teams can be formed on the day – or if you would just prefer to watch we look forward to seeing you.

To round off the afternoon there will be a tug of war competition.

There is no entry fee – but a donation to Friends of Finningham on the day would be much appreciated.

If you would like to take part please contact Ian Armstrong, phone 01449 780215 (or email ianbacton@aol.com)

MUSIC IN ST MARY'S WALSHAM

With their tall, airy open spaces, and sound-reflecting stone walls, churches are wonderful places to play music. We are especially lucky in Walsham that St Mary's has particularly fine acoustics, as well as a full-voiced organ and a graceful grand piano, so musicians love to come back and perform here for us time and again.

The Music at St Mary's team are assembling an exciting 2024 programme as I write, and I can already give you some dates for your diary, with more soon to follow.

We kick off on the 15th of May with a lunchtime piano recital from visiting virtuoso pianist Jill Crossland.

On the 23rd June local music teacher Carol Kellmann holds her pupils' recital - a great event for any parents who may want their children to start music lessons, or adults with a long-held dream of learning an instrument.

We are delighted to welcome back the Baroque ensemble Rococo and also Neil Carlson and James Thomas on oboe and keyboard. Both of them have given very popular lunchtime recitals for us before, and they will be playing on 1st August and 24th September respectively.

Our last definite fixture is a musical pot pourri of talent assembled by Alistair Blay for the evening of the 12th October. You will also be able to hear Alistair playing Schubert on the piano in the Church at Gardens Weekend.

We hope to round off the year with a brass quintet accompanying the traditional Nine Lessons and Carols.

We still have some dates to fill, and some very exciting performers interested in playing, and we plan to publicise the whole year's programme once complete. Meanwhile, follow the Hexagon and the Walsham Observer for more details.

cont>



Pilates



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Walsham Le Willows:
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Wednesdays 10:15 - 11:15am
Fridays 2 – 3pm

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The format of the musical events remains unchanged. Admission is free, and we even provide some post-performance refreshment. Contributions to the retiring collection are used to support the music in the church for future years. The atmosphere of the concerts is relaxed and informal. Our musicians are not asked to provide a programme beforehand. They choose the music they want to play and tell us about it. This means we often hear some quite unusual and interesting pieces. Our players always enjoy a chat over a cup of tea and a slice of cake afterwards. Questions from younger listeners interested in playing any of the instruments have been welcome.

If you would like to be on our mailing list for the concert series, please contact garthharlow@outlook.com. We very much hope you will enjoy supporting Music at St Mary's 2024

West Suffolk Counselling

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WALSHAM History Group
presents



CAPTURING & CONVICTING THE BRIGHTON BOMBERS

*A personal insight, by Paul Jordan, retired
Forensics Officer with the Met. Police.*

Wednesday 15th May at 7.30pm

Priory Room, Walsham-le-Willows.

Members Free Visitors £5.00 Refreshments



Strands



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**Saturday 18th May
9am – 1pm**

**PLANT
SALE**

**St Mary's Church
Badwell Ash**

**Garden & House Plants
Tombola & Refreshments**

due to wifi limitations this is a cash only sale

**Fundraising for St Mary's Church.
For more information, contact Stephen Rose
on 07714273669**

Benefice Services April - May 2024

7th April

8.00am	Holy Communion	Walsham
11.00am	Songs of Praise	Walsham
11.00am	Holy Communion	Langham

14th April

8.00am	Holy Communion	Walsham
11.00am	Benefice Communion	Finningham
3.00pm	Evensong	Westhorpe

21st April

11.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell

28th April

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe

5th May

8.00am	Holy Communion	Walsham
11.00am	Songs of Praise	Walsham
11.00am	Benefice Communion	Wattisfield

12th May

08.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham
3.00pm	Evensong	Westhorpe

Benefice Services May - June 2024

19th May

11.00am	Benefice Communion	Walsham
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26th May

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell

2nd June

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Songs of Praise	Walsham
11.00am	Morning Service	Langham

