# The Benefice of Badwell & Walsham

Rector : Rev'd Catriona Brinkley revcatrionabl	07525920307 rinkley@outlook.com
Reverend Jill Walker	jill.walker@me.com
Reverend Jay Price 07752 86738	8 jsgprice@aol.com
Benefice Reader: Ian Jackson	07971007147
<i>Benefice Elder:</i> Marion Bell	01449 782072
<i>Benefice Elder and Safeguarding</i> Tracey Gorzelak	<i>Officer:</i> 01359 258529

# The Benefice of Badwell & Walsham



Hexagon June - July 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

COPY DEADLINE Last date for items for inclusion in the next issue is Friday 4th July 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

# **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





## NEW WAYS TO JOIN TOGETHER

As we move into the long, light-filled days of summer, we often think of Spring as the time of fresh starts; buds on trees, lambs in the fields, and gardens coming to life. But in the Church calendar, it is Pentecost on June the 8<sup>th</sup> that truly marks a new beginning. It is the moment the Holy Spirit came upon the disciples, filling them with courage, vision, and purpose, and marking the birth of the Church. In that same spirit of renewal and inspiration, our Benefice is embracing a season of new beginnings all its own. We're excited to announce the launch of three new projects designed to deepen fellowship, nurture faith, and provide a warm welcome to our wider community.

**Roots and Shoots – Our New Children's Group** We're planting something special for our younger members! 'Roots and Shoots' is a new group designed to help children grow in faith through stories, crafts, and shared time together. Just like young plants need care and attention, we hope this group will help our children put down strong spiritual roots and stretch joyfully toward the light of God's love.

## Tea and Toast Drop-In - in The Priory Room

Sometimes, the simplest things can make the biggest difference. We're opening the doors of the Priory Room for a relaxed, welcoming drop-in session with just tea (or coffee), toast, and toys. So why not pop in after school drop off for a quick breakfast and a hot drink, everyone is welcome and there will be activities for the little ones.

# **Bible Study Group – Exploring the Word Together**

After the success of our Lent Bible Group we're also starting a new Bible Study group, open to all, whether you're a seasoned reader of Scripture or just curious to know more. Together, we'll explore the stories, teachings, and messages of hope found in the Bible and how they speak into our daily lives. Everyone is welcome but if you'd like to know more, please get in touch.

These new beginnings remind us of the ever-renewing nature of our faith. As it says in Isaiah 43:19:

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." We invite everyone, young and old, new faces and familiar friends to be part of what's beginning in our parish this summer. Whether you're joining us for the first time at one of our services or events or taking a moment out of your busy day to sit in the quiet of one of our churches we hope that you will feel welcome.

> With every blessing for the summer months ahead, God bless, Revd Catriona

## FROM THE REGISTERS

#### FUNERALS

Rob Barber	26/03/25	Walsham-le-Willows	Burial
James Kenny	11/04/25	Walsham-le-Willows	Burial
Colin Alexander	24/04/25	Walsham-le-Willows	Burial
Hazel Thomas	07/05/25	Walsham-le-Willows	Burial of Ashes

## FINNINGHAM FLOWER FESTIVAL

A big thank you to all our visitors during the Bank Holiday week end . In spite of variable weather and road closures we raised £4010. An amazing amount !

St Bartholomew's Roof is very grateful!

## 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** 

# 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: emdrandcbtservices.co.uk





# **VE DAY BELLRINGING**

Throughout the length and breadth of the country church bells have been rung to commemorate VE Day. Walsham's bellringers were certainly kept busy and on the 8th May and subsequent days rang at Wattisfield, Walsham, Horham Thelnetham, Hinderclay, Westhorpe, Hunston and Badwell Ash.

On the 11 May our band of ringers rang at Horham at a service for those visiting Americans connected with the 95th Bomb Group. At the end of the war in 1945 Americans who had served at Horham were responsible for financing the restoration of the church bells. There is also a fine museum at the airfield site where buildings have been restored so that they look now as they would have done in World War II and contain records and equipment and machinery that show how the base operated.

As always we would be delighted to welcome those wishing to learn to ring. Our regular practice night is Friday, 7:30 at St Mary the Virgin Walsham.



Walsham Bellringers.



# 000100

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



Exciting News - New Children's Group Starting in the Benefice

**Roots and Shoots** Calling all Parents, Grandparents and Carers

We are delighted to announce the launch of a brand-new children's group. This is an opportunity for children to explore faith, worship together and build lasting friendships in a fun, age-appropriate, safe and welcoming environment. Led by Tracey Gorzelak from the Ministry Team.

\* What to Expect: Bible stories, songs, and creative activities

III When: Every 3<sup>rd</sup> Sunday of the month from 10:00am - 11:00am

♀ Where: St Mary's Church, Walsham le Willows

**C** Who it's for: All children in the local area. Our Benefice covers Badwell Ash, Finningham, Langham, Walsham, Wattisfield and Westhorpe so all are welcome. If children are younger than school age, we ask that an adult stays with them.

Our introductory session will be Saturday 14<sup>th</sup> June 10 – 11am Sunday 15<sup>th</sup> June is Father's Day so we appreciate you may have plans

We will also be offering a Family Communion Service on the  $1^{st}$ Sunday of every month at 11:00am and would love to invite you and your child(ren) to join us.

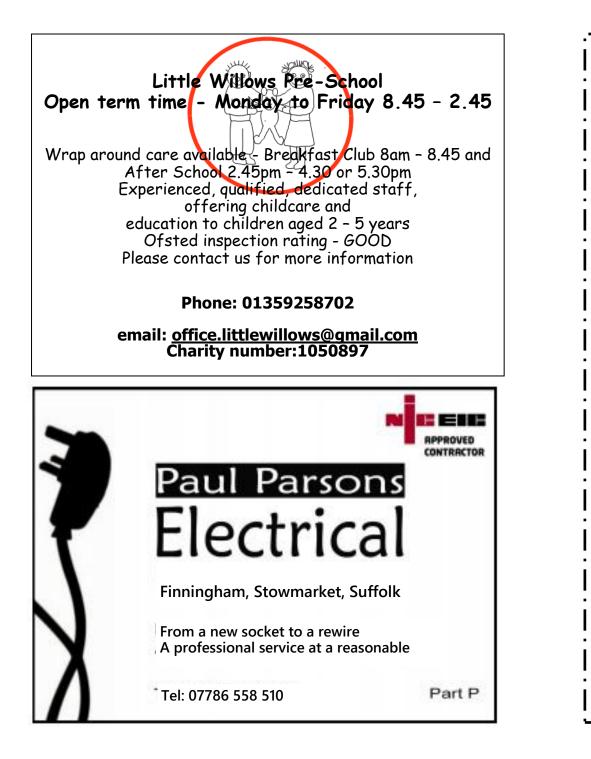
If you have any questions or would like to register your child, please contact us.

Rev Catriona Brinkley and Tracey Gorzelak

Tel 07525 920307

revcatrionabrinkley@outlook.com







Langham Hall Garden Festival & Nursery Sale

Saturday 14<sup>th</sup> June 2025

2.00 pm - 6.00 pm

Admission  $\pounds_5 \mid$  Children 12 & under free

In aid of St Mary's Church Langham

Three-acre Georgian Walled Garden & two acres of further gardens and borders.

Plant Sale.

Ice creams, tea and cake on the lawn.

Suffolk Beer & Cider bar.

Live music: Blues, acoustic, soft pop.

Games for children.

See website for details and updates.

Langham Hall, Bury St Edmunds. IP31 3EF

langhamgardens.co.uk



# GRAHAM STAFF

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

#### 50TH ANNIVERSARY WOMENS AID TEA PARTY FRIDAY 8TH AUGUST

Please support our Tea Party celebrating Women's Aid 50th Anniversary to be held in Horringer Village Club (more details in the next edition of the Hexagon)

#### IF ANYONE IS ABLE TO BAKE A CAKE AND OR GLUTEN FREE/ VEGAN CAKE OR PROVIDE A RAFFLE PRIZE THIS REALLY WOULD BE MUCH APPRECIATED.

Required by 7th August please. Email Jeannie Bloomfield bloomfield644@btinternet.com for collection if required.

THANK YOU FOR YOUR SUPPORT. Jeannie Bloomfield Patron. Restore. BSE Women's Aid

# THE BENEFICE OF BADWELL AND WALSHAM **BIBLE DISCUSSION GROUP**

St Bartholomew's Church Finningham 24th June - 2pm 29th July - 6pm

Everyone is welcome to join us as we explore the bible and faith together in an informal group. No need to book just come along!



#### WALSHAM - LE - WILLOWS MEMORIAL VILLAGE HALL

Walsham le Willows Memorial Village Hall is available for hire contact walshammemorialhall@gmail.com or tel 01359 258349. There are also a variety of activities happening at the hall:

**Fitsteps** Monday 9.30-10.30 am Contact : Marie 07917 733655 / airstreamtattoo@gmail.com

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

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

**Pilates** Wednesday 9am -10am, 10.15am-11.15am Contact: Lara at 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 11am - 12 noon.

#### Lamberts Service Station Ltd Shop Green, Bacton, Stowmarket, IP14 4LG, Tel: 01449 781260 Mobile: 07834 778116

www.lambertsservicestationltd.com Email : lamberts.1@btconnect.com

BODYSHOP REPAIRS RESPRAYS LAMBERTS SERVICE STATION

#### **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	<b>BODYSHOP</b> 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	<b>ITEMS STOCKED</b> Tyres Batteries Wiper Blades Bulbs Calor Gas	RECOVERY SERVICE Home Starts Breakdown Accident Recovery

# MUSIC AT ST MARY'S WALSHAM LE WILLOWS

Sunday 22 <sup>nd</sup> June	3:00pm	Carol Kellman
Saturday 5 <sup>th</sup> July	7:30pm	Raedwald Brass
Thursday 10 <sup>th</sup> July	12:30pm	Neil Carson & James Thomas
Free entry, refres a retiring collecti church funds	1992 - Carl 1993 - Selfer Carl	Themas Themas
All welcome		(f) (e)
2 Ennon	mange	



Competitive prices on Tyres - Quotes given

Free no obligation Estimates on work needed



Would you like fresh milk completely Boyaer free delivered to your doorstep up to 4 times a week, with free delivery?

Would you like to have your milk in environmentally friendly reusable glass bottles?

Would you like to pay for your milk and goods only after you have received them and are happy with your delivery?

Would you like to be able to pay by Cash, Cheque or straight into our account?

We are a family run business based in Stowmarket who pride ourselves on delivering come Rain, Shine or Snow, we can supply regular milk, Organic milk and alternative milks and we are cheaper than our competitors, we can also supply a range of other goods.

If you would to start deliveries or would like discuss having deliveries then give us a ring on 01449 676746 or email us <u>suffolkdairies@gmail.com</u>.

Phil and Jenny Unit 18, Tomo Industrial Estate, Stowmarket IP14 4JA

# SOUNDS FUN

#### Westhorpe Village Hall 7.30pm — 9.30pm



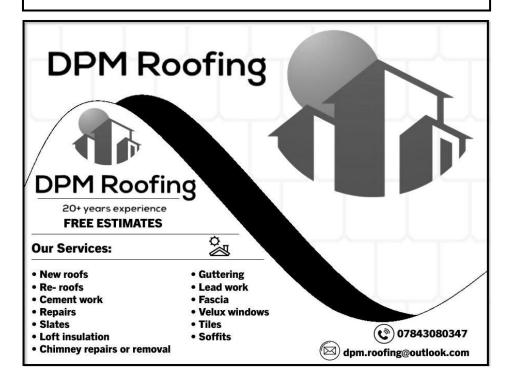
If you would like to

- · 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.

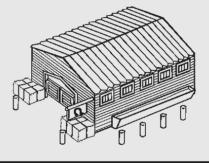
Contact Graham Hammond: grahamhammond@outlook.com/07562 394580 or Alison Weston: alisonweston25@hotmail.com/07972 415205

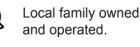


# CHURCH FARM Walsham-le-Willows

# **SELF STORAGE**

# Now Available!

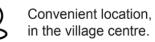




Secure units fromjust £100 per month.

State-of-the art 24hr CCTV surveillance.

Easy access with on-site parking.



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

# Nail Nurture

My name is Kathy, and I like nothing better than a fresh set of gel polished nails. I use Bio Sculpture which has been a premium brand for over 30 years and is vegan and cruelty-free.

I also offer luxury pedicures using Elim, a medical grade treatment to remove hard skin and calluses from the feet.

Call or text me on 07762 119323 to book



# 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

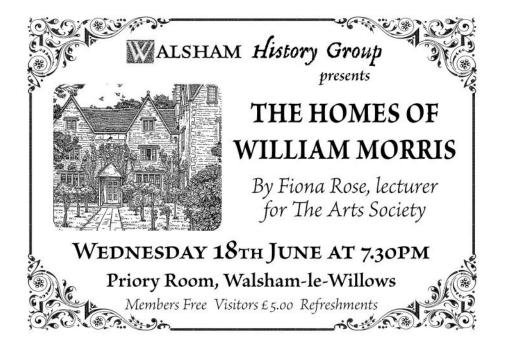
Morning 8.45am to 11.45am

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 or phone us on 01379 788934





#### **CITIZENS ADVICE**



I'm worried about my debt and rising bills, and I want to know what support is available. Do you have any advice on managing rising costs and what to do if I fall into debt?

Rising bills and debt can be overwhelming, but there is support available to help manage the financial strain. Start by checking if you're eligible for benefits. Many people miss out on support they're entitled to, such as help for low-income households, those who are sick or disabled, carers, or individuals of State Pension age with a low income. Understanding the benefits available to you can provide immediate relief.

You may also qualify for reductions in certain bills. For example, if you're on benefits or a low income, you could receive a reduction in your Council Tax. Specific groups, like students or people living with a carer, may also qualify for discounts. If you have children, you might be eligible for free school meals, transport, or support with school uniform costs.

Your local council may offer additional financial support through schemes like the Household Support Fund, which can help with energy, water bills, food, and other essentials. Reach out to your local authority to find out what assistance is available.

To manage expenses, consider switching to a cheaper broadband deal, getting a water meter, or exploring discounted travel options. Using a budget tool, such as MoneyHelper, can help you track your income and expenses more effectively.

If you're struggling with debt, prioritise paying 'priority debts' like rent, mortgage payments, Council Tax, and energy bills. Missing these can have serious consequences. After that, focus on credit cards, payday loans, or other debts. Contact the companies you owe money to; they may offer repayment plans.

#### **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 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.



# Westhorpe **Family Bingo Night** Friday 20th June 2025 7:00pm start Licenced Bar Adult £5, Children Free Go to Westhorpe website for ticket details: westhorpe.onesuffolk.net IN AID OF WESTHORPE VILLAGE HALL TIME FOR YOU DOMESTIC CLEANING Are you tired of cleaning? PLUMBING HEATING BATHROOMS We have the right cleaner Reliable and professional service with an emphasis on high standards of workmanship and waiting

01359 258991

Typically £18 per hour

www.timeforyousuffolk.co.uk

to help conscientiousness. VOU. Full bathroom suite installation (inc. design and management) Boiler, hot water cylinder & heating system installation, Regular - Weekly - Cleaner replacement, management & upgrades All general plumbing Sean: 07983 403 289 Manual.com instagram.com/meadowgraceph

safe

#### CHIMNEY SWEEP FootWise GAMES ON THE GREEN Foot Health Care **ECO** SWEEP FINNINGHAM SUNDAY 22 JUNE **Every MONDAY at** CHIMNEY SERVICES The School Room Clinic Please join us for an afternoon of games, starting at 2.30. There will be a Methodist Chapel, High Street, NEW POWER SWEEPING METHOD Ixworth USED FOR A MORE THOROUGH variety of games for all ages, the main event being a knock-out rounders CHIMNEY CLEAN THAN BRUSHES tournament. We are hoping to see entries from our neighbouring villages, and INDUSTRIAL HEPA FILTERED TREATMENTS INCLUDE VACUUM Nail Trimming | Thick Nail Reduction | there is a trophy for the winning team. To enter a team of 8 contact lan FULLY INSURED Ingrown Nails Hard Skin Removal Armstrong, phone 01449 780215 or email ianbacton@aol.com - or you can Cracked Heels |Corn Removal INSURANCE RECOGNIZED just turn up! Teams can be formed on the day. If you would just prefer to CERTIFICATES ISSUED Diabetic Foot Care watch we look forward to seeing you. Feel free to bring a picnic and drinks, SPOTLESS, RELIABLE AND FRIENDLY SERVICE **BOOK YOUR CLINIC** perhaps a chair. An ice cream van will visit at around 4 o'clock. ALL CHIMNEYS, WOODBURNERS, **APPOINTMENT OR HOME VISIT** AGA, BOILER FLUES SWEPT Call Camellia Dighe (Dip MFHP), A tug-of-war competition will round off the afternoon. Foot Health Practitioner It's free! (But donations to Friends of Finningham are always welcomed). Tel: 01359 230 428 Mob: 07799664684 TEL: (01359) 232335 E-Mail: FootWise@Protonmail.com **6 ADRIAN SAYER OVENBIZZZ** a SKODA SEAT **OIL HEATING SERVICES** EST. 1999 **Professional Oven Cleaners** Serving the Bury St Edmunds AUTOMOTIVE and Stowmarket areas **BOILERS AND** VW AUDI GROUP SPECIALISTS **COMPLETE SYSTEMS** Ovens Rangemasters SERVICED AND Aga's Servicing Upgrades R MOT R R REPAIRED Hobs Extractors **BREAKDOWNS** R Sales Repairs Diagnostics R **ALWAYS A PRIORITY** Tel: 07837 540816 £5 off if you quote this 01359 220119 BOOK NOW advert 07956 094433 🕓 01359 789 089 🔲 07712 287 242 📼 service@rlautomotivesuffolk.co.uk O Unit 2, Lodge Works, Gt Ashfield, B.S.E, IP31 3HA



# THE PRIORY ROOM

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

John Boulter 07908 010555 johnboulter@yahoo.com

# HIRE CHARGES (2024)

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

# WESTHORPE VILLAGE HALL ACTIVITIES

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

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

LINE DANCING Monday (weekly) 12.45-1.45pm Contact: alisonweston25@hotmail.com Tel: 07972 415205

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 780142 / Rosemary Mees. Tel: 01449 780394

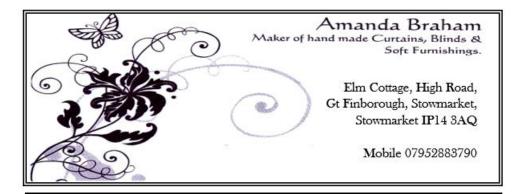
**SINGING FOR PLEASURE** Wednesday (three weekly) 10:00am-12:00 Contact: alisonweston25@hotmail.com Tel: 07972 415205

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

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

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





# **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

# MTP LANDSCAPES

**Maintain – Transform - Perfection** 

(07920152095)

(Email: morganparsons177@gmail.com)

All Aspects Of Hard And Soft Landscaping

# And Garden Maintenance



Suffolk Wedding and Pet Photographer

Natural and creative photography that captures all your beautiful moments.

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

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

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

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





Т

Т

L

Oil Fired Pressure Jet Boiler Servicing & Plumbing

# ANDY BACOS

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

# JD HOME RENOVATIONS

Making Your House a Home

#### Can we help you with:

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

#### FREE ESTIMATES

Contact us by email:

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



WATTISFIELD COMMUNITY

CENTRE

Anyone wishing to hire the hall

or for further information

please visit

www.wattisfield.org.uk

or

Email:

wattisfieldcc@gmail.com

Local qualified electrician with 20 years of experience, offering a friendly and reliable service.

Residential • Commercial • Industrial

Fully Insured.

Available for any sized job.

For a free quote contact Graeme.

- **C** 07950 335 966
- graemegreenelectrical@gmail.com
- Suffolk Norfolk Essex

## Friends of Finningham Fundraising Walk in aid of Church Roof Repairs

When walking through the churchyard I am sure lots of you will have noticed that the church roof is in need for some long-overdue repairs some of which are already underway. The church is the only building that we have in the village to use for events, apart from the Village Green. Whether or not you are a churchgoer you may or may not be aware that the church is not just used for services but also coffee mornings, a place to meet up with friends for a social evening, concerts, Parish Council meetings, Friends of Finningham meetings to name but a few. So it would be such a shame to see it fall into disrepair.

The cost of repairing the church roof will be in the region of  $\pounds 20,000$  The Parochial Church Council are actively looking to see if they can obtain a grant towards the cost of this work. But there will be a shortfall. Monies raised from the flower festival will also go towards this work.

The Friends of Finningham have decided to hold a fundraising walk on **Sunday**  $6^{\text{th}}$  **July** to raise money towards the roof repairs. The walk will begin at 10am at Street Forge Workshops. Should anyone wish to have lunch afterwards it is up to individuals to book with one of the local pubs. There are 3 options as to where you can leave the walk: at 4, 5, or 6 miles.

The cost of the walk is £5 per adult, children and well behaved dogs free. We appreciate that some people may not be able to do the walk but would still like to donate. Donations and entry forms can be put through my door at Kimberley, Gislingham Road, Finningham. Donations can also be made direct to this bank account: PCC Finningham Fabric Fund (Walk) Account no. 00361821, Sort code 30 98 23

Mary Webb Chairman Friends of Finningham

I/we would like to take part in the fundraising walk. We understand that this is entirely at our own risk.

I enclose £	There will be	adults and	_ children in our
party.			

Signed on behalf of the group \_\_\_\_\_



WEDNESDAYS 9.15AM & 10.15AM, THURSDAYS- 7.10PM WESTHORPE VILLAGE HALL-WEDNESDAYS 12.15PM

TOTAL FITNESS (45 mins) GISLINGHAM VILLAGE HALL-THURSDAYS 6.15PM

<u>GENTLE FITNESS (45 mins)</u> 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 / beckycruickshank@btinternet.com

# NOTES FROM THE GARDEN

Hello again, well what a busy April /May we have had, after the preparation the next two months will be just as busy but in late June, early July, we shall be some rewards for all our hard effort and work.

In June it's time to plant out veg and flower plants, as the nights are warming up. Courgette, cucumber, sweetcorn and established. Plant sweetcorn in blocks together, as this will assist with pollination by wind action, beetroot chard grown in the greenhouse earlier can also be planted out. Runner beans can be planted at the base of their supports, dwarf beans in rows, checking that when they pop up that they are protected from pests and birds.

Keep mounding up potatoes and regularly hoe between rows of onions, broad beans and other plants even if no weeds are present, as this will keep on top of things.

In the flower garden, keep deadheading roses as this will prolong the flowering season. Plant out bedding plants and fill up hanging baskets and containers as well, regularly watering and feeding them. Dahlias, delphinium's and other tall plants should be supported by a cane or a stick and tied to protect from winds breaking off flower stems.

If you have space in your garden, plant a tropical bed, choose a sunny sheltered spot and incorporate plenty of compost and well-rotted manure as these are hungry growers . We have such a corner, ( you may have seen it on our garden open day ) planted with bananas called Musa Basjoo, Cannas and an Olive tree. Some of the bananas are over 8ft tall, with huge wide leaves, giving a great structural shape to the garden, they normally survive the most winters, which I will write about when the time comes.

In July it's time to dig up first and second early potatoes to use as and when required as these don't store very well, leave maincrop till later. Whilst harvesting spring onions, lettuce, runner beans and carrots, sow them again as you will ensure you a supply all summer long. Kale, winter greens and leeks can be sown ready for winter use. Also make a space in a tub or pot in your greenhouse to plant seasonal potatoes from seed catalogue's for new potatoes at Christmas. On that note, happy harvesting, keep watering and weeding.

Till next time. Phillip Bennington

# M A Heating Services



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

# Telephone: 01379 783427

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





#### Walsham le Willows and District WI



# April: Floristry demonstration by Jean Minter

April's meeting was eagerly anticipated by both expert flower arrangers who had attended Jean's classes and complete beginners. Jean showed us how to create two contrasting arrangements and gave us lots of tips and ideas along the way. Her first creation was a beautiful parallel 'woodland' arrangement. She placed foliage including viburnum, hazel and field maple gleaned from her garden and hedgerows in small groups. Then she added daffodils, red campion and forget-me-nots to represent a spring woodland glade.

The second arrangement was a bright and bold 'daffodil tower.' Jean showed how to put together the four - tier display using a twig to make holes for the precisely counted blooms. A lovely arrangement for an Easter celebration at home or in church.

The demonstration was followed by some brief WI business including an introduction to some of our future programme. Then we tackled a flower quiz as we enjoyed our usual tea and biscuits.

# May: Annual Meeting and Beetle Drive

Reports for the year were presented; the committee were re-elected *en bloc* and Karen Quinn was unanimously re-elected as President. The members also voted to support this year's National WI initiative to support more widespread availability of, and training for, defibrillators.

Once the business was over, members enjoyed a beetle drive.

# Next Meetings:

Tuesday 10<sup>th</sup> June 7.00pm. At the Bowls Club for a taster session.

9<sup>th</sup> July 7.30pm A garden party, with a bring and share supper with a visit from Birds and Beyond

**NEW MEMBERS ALWAYS WELCOME to come along and visit.** Ladies are able to attend 2 meetings free of charge before joining



\* NEW Spring/Summer catalog out now!

My name is Katie and I'm a local Independent Scentsy Consultant. Scentsy products include; warmers and wax, air purifiers, fan diffusers and pods, body products, cleaning products, kids and laundry and more in an amazing selection of scents.

To received a FREE no obligation catalogue and sample pack in the post, message me your name and address today!

> Send me an e-mail: kmonaghan345@gmail.com Or Whats App me: 07717708660

 Scan this QR code to join my Facebook Group
 Scan this QR code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to join my Facebook Group
 Image: Code to shop:

 Image: Code to jo

# West Suffolk Counselling

www.westsuffolkcounselling.co.uk

R

# 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





# M.B Painting and Decorating

We are a professional, reliable, and trustworthy painting and decorating company based in Suffolk, specializing in both small and large domestic, residential, and commercial projects.

We pride ourselves on our quality finish and attention to detail and ensure that we invest time with our clients on all projects to make sure we have a good understanding of their requirements whilst working within budget constraints.

Please contact Max on 07805716359 or by email for a free quotation: maxboulterpainting@gmail.com

# **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 760738 for collection.



**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



- WOOD FIRED OVENS
- OUTDOOR COOKING SUPPLIES
- CALOR GAS & FIREWOOD
- PET, ANIMAL & BIRD SUPPLIES
- WATER SOFTENER SALT
- OVER 12 VARIETIES OF FLOUR
- GARDENING SUPPLIES
   COUNTRY CLOTHING
- & MUCH MORE!

Monday to Friday 9.00am – 5.00 pm Saturdays 8.30 am – 2.30 pm

01359 230277 info@pakenhamwindmill.co.uk www.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 8th & 22nd June, 6th & 20th July All Welcome

Speed Quizzing Sunday 1st June 6.45 for 7pm start Friday Night Music 6th June with Jacen Bruce 7.30pm start. Beer festival with guest Beer, Cider and Gin. Friday 20th June And Saturday 21st June Live Music and a bouncy castle. Starts 4pm on Friday and 2pm on Saturday. FREE ENTRY

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.

## 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



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

FREE TASTER CLASS. Classes will be mixed ability, and exercises can be adapted as needed. Please contact me on the details below to secure a place, or to register your interest.

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



Old Tea Room Veterinary Surgery

For a professional caring service



# Tel: 01359 241761 Station Road, Elmswell, IP30 9HA www.elmswellvets.co.uk

# Independent practices with a personal approach

Local Stowe Veterinary Group surgeries:

Stowe Veterinary Centre 01449 613130 www.stowevets.co.uk

Ipswich Veterinary Centre 01473 555000 www.ipswichvetcentre.co.uk

Moreton Hall Veterinary Centre 01284 747000 www.moretonhallvets.co.uk The Mustard Pot Veterinary Surgery 01449 722198 www.needhamvets.co.uk

The Old Tea Room Veterinary Surgery 01359 241761 www.elmswellvets.co.uk





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

# J W AMPS LTD Offering service and repairs to all types and makes of garden machinery, ATV's, compact tractors etc. Machinery bought and sold Over 15 years experience – factory trained by Briggs & Stratton, Stihl, Westwood and Countax. Collection and delivery service available. Image: Contact Simon on 07974 430366 Image: Contact Simon on 07974 430366 E-mail: simonamps@btinternet.com Image: Contact Simon on 07974 430366

# **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



Email: clive@agenthawkins.plus.com

#### UK CARE SECTOR

Question – Who can drive a person's Mobility Car? Can family, friends, neighbours, if needed or wanting to take a person with a disability out?

**Answer** - Only drivers approved by DLM's criteria and named under the 'permitted drivers' section of the Certificate of Motor Insurance are covered to drive a Mobility vehicle. Many drivers assume that if they have their own fully comprehensive insurance cover they can drive a Scheme vehicle but unless they have been added to the lease as a driver they are not able to. Three named drivers for the vehicle are allowed, including the person with a disability.

Question – How can I find out which 'Meals on Wheels Services' are available in my area. I am thinking that there might be small, local ones rather than the larger, franchise ones which we would like to use?

**Answer -** <u>Meals on Wheels UK</u> is a website created by the University of Bristol which provides a searchable database of information on providers who deliver both fresh and frozen meals across the UK. Just put a postcode in, and all local and national providers will come up with contact details, website, etc.

# Question – I need some help to get an older relatives feet looked after. Where can I get such help, and does it have to be paid for?

**Answer** - If it is a foot condition that limits movement, then your relative may qualify for free chiropodist and podiatry services through the NHS. Many Age UK branches also have trained workers who will provide a basic level of foot care, such as toenail cutting, and can offer general guidance. If such footcare is not freely available in the area in which your relative lives then you will have to pay a podiatrist, also known as a chiropodist, to get the help needed. To find one locally, visit the regulating body, the <u>Royal College of Podiatry's website</u> for a list of their members.



# 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

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



# TankChange Ltd.

# **Suppliers & Installers of Oil Tanks**

Family Business with Over 40 Years Experience

Steel & Plastic Oil Tanks available

Fully Insured OFTEC Registered Engineers.



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

Email: Terry@tankchange.co.uk

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

Discounts available to Parish Magazine readers

# 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

# WALSHAM LE WILLOWS SALE TRAIL

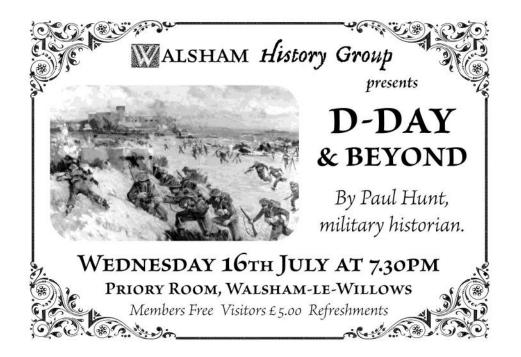
# Sunday 6<sup>th</sup> July 10am – 2pm

Sell goods from your doorstep or book a table in the Memorial Village Hall. £5 each Refreshments available in the Memorial Village Hall where you can purchase a map of selling sites.

In Aid of East Anglia's Children's Hospice (EACH) & Walsham Memorial Village Hall

# Book your slot by 28<sup>th</sup> June

Email <u>debbielicata33@gmail.com</u> or tel: 01359 259686





Aldridges Farm Fressingfield Road Laxfield IP13 8EN 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.



#### **CONCERTS AT ST MARY'S WALSHAM LE WILLOWS**

#### Carol Kellman 22nd June

Carol is an Ixworth-based music teacher, who has seen several generations of students go on to enjoy music as a hobby, or even play professionally. She teaches a variety of instruments. Her pupils perform give an annual recital in St Mary's to get them used to playing in front of others in a safe space - experienced performers or only a few lessons in. If you have a child who may want to play music, or you are an adult who has always wanted to try, this is a very good opportunity to explore.

#### **Raedwald Brass 5th July**

On a summer evening the sound of brass in a church is a beautiful experience - even better with a glass of wine. Raedwald brass group return for another second visit, with a new and varied programme. Expect some surprise guests!

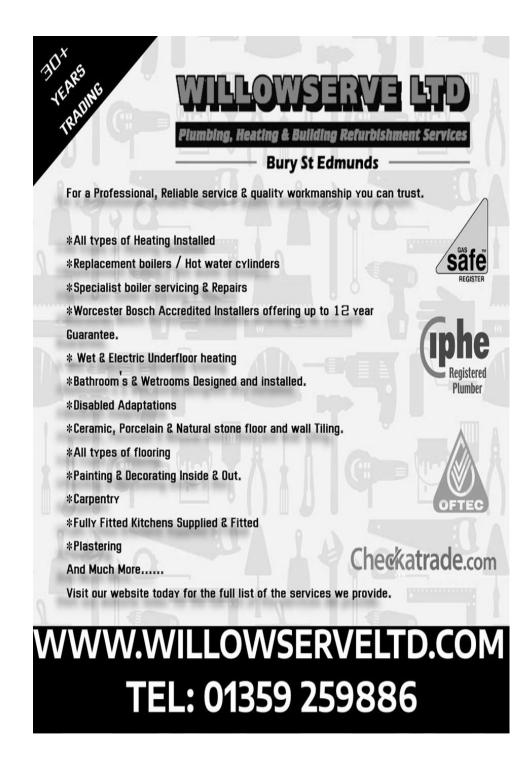
#### Neil Carlson and James Thomas 10th July

Did you know there are three types of oboe? Professional musicians Neil Carlson (oboe) and James Thomas (keyboards) showcase all of them. Last year their recital was described by one audience member as "the best concert I have ever been to". Need we say more?

# 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 Web: www.elite-fencing.co.uk



A warm and friendly welcome awaits you at The 4C's X Ø Coffee, Cake, Company and Chat (bring your own craft too if you wish) Friday 18 July from 10:00 til noon At Badwell Ash Village Hall There is a small charge for refreshments and from time to time we hold raffles for nominated charities. Donations for prizes are welcomed. For more information contact Sue Morgan 01359 258983



# **CONCERTS AT CRATFIELD**

St Mary's Church, Church Road, Cratfield, East Suffolk IP19 0BU

**Sunday 6 July 3pm** BEN GOLDSCHEIDER horn OFER FALK violin RIEKO FUJISAWA piano

> Sunday 20 July 3pm BARBICAN QUARTET

**Sunday 3 August 3pm** GUY JOHNSTON cello MELVYN TAN piano

Sunday 17 August 3pm RYAN CORBETT accordion JACK HANCHER guitar

Sunday 31 August 3pm COCO TOMITA violin SIMON CALLAGHAN piano

> Sunday 14 September 3pm SACCONI QUARTET ANNA TILBROOK piano

For information and tickets see out website <u>www.concertsatcraffield.org</u>



# Wattisfield URC Services

<b>June</b> 1 <sup>st</sup>	11am	Morning worship
8 <sup>th</sup>	11am	Holy Communion
15 <sup>t</sup>	11am	Morning worship
$22^n_d$	10.45am	<b>Visit to Diss URC</b> No service at Wattisfield
29 <sup>t</sup>	11am	Morning worship
July 6 <sup>th</sup>	11am	Holy Communion
13 <sup>t</sup>		<b>Visit to Wrentham Chapel</b> No service at Wattisfield
20 <sup>t</sup>	11am	Morning worship
$27^{t}_{h}$	11am	Morning worship
August 3 <sup>rd</sup>	11am	Holy Communion

Please contact Mrs Jo Patel our Local Leader (01359 251789) for more information

The PUDDLE DUCK CAFÉ is open on the 3rd Saturday of the month at 10.30am-12.30pm, CrafTea Time & Scrabble Time: 2-4pm on 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays

# SINGING & SANDWICHES!



Join us at Wattisfield Chapel on Saturday 9<sup>th</sup> August for a morning of singing & sandwiches. Arrive from 10am for tea and Coffee. The singing will be led by a teacher between 10.30 and 12.30 followed by a sandwich lunch or bring your own packed lunch. £5 for singing/£10 for sing & lunch Contact Mary 01379 898233 or Jo 07808 487844 to book your place.

# **Benefice Services June - July**

#### 1<sup>st</sup> June

1 June		
8.00am	BCP Holy Communion	Walsham-le-Willows
11.00am	Holy Communion	Walsham-le-Willows
8 <sup>th</sup> June		
8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Finningham
11.00am	Songs of Praise	Walsham-le-Willows
14 <sup>th</sup> June		
10.00am	Roots and Shoots Group	Walsham-le-Willows
15 <sup>th</sup> June		
8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Badwell Ash
22 <sup>nd</sup> June		
11.00am	Holy Communion	Wattisfield
6.00pm	Evensong	Westhorpe
29 <sup>th</sup> June		
10.00am	Benefice Holy Communion	Langham

# 6<sup>th</sup> July

8.00amBCP Holy Communion11.00amFamily Service

Walsham-le-Willows Walsham-le-Willows

# **Benefice Services July - August**

13 <sup>th</sup> July		
8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Finningham
11.00am	Songs of Praise	Walsham-le-Willows
20 <sup>th</sup> July		
8.00am	BCP Holy Communion	Walsham-le-Willows
10.00am	Roots and Shoots Group	Walsham-le-Willows
11.00am	Holy Communion	Badwell Ash
27 <sup>th</sup> July		
9.30am	Holy Communion	Langham
11.00am	Holy Communion	Wattisfield
6.00pm	Evensong	Westhorpe
3 <sup>rd</sup> August		
8.00am	BCP Holy Communion	Walsham-le-Willows
11.00am	Holy Communion	Walsham-le-Willows

