

The Benefice of Badwell & Walsham

Rector : Rev'd Catriona Brinkley 07525920307

revcatrionabrinkley@outlook.com

Reverend Jill Walker jill.walker@me.com

Reverend Jay Price 07752 867388 jsgprice@aol.com

Benefice Reader: Ian Jackson 07971007147

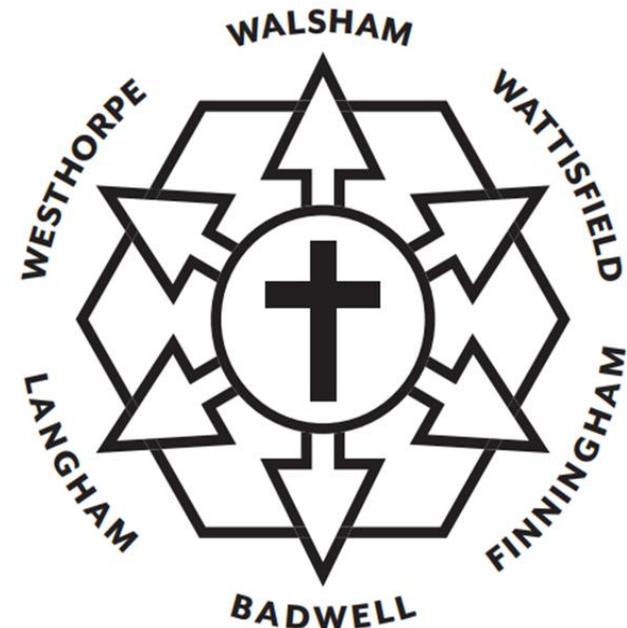
Benefice Elder: Marion Bell 01449 782072

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Tracey Gorzelak 07521688647

safeguardingbadwellwalshambenefice@outlook.com

The Benefice of Badwell & Walsham



Hexagon

February - March 2026

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 **6th March 2026**

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

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 Revd Catriona 07525920307
revcatrionabrinkley@outlook.com



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cdv_11@hotmail.com

Walking Together from Epiphany to Easter

‘Your word is a lamp to my feet and a light to my path.’ - *Psalm 119:105*

It seems only a few days ago that we were basking in the light and wonder of Epiphany, celebrating together with the wonderful Epiphany Singers. And yet, almost before we have caught our breath, we are already looking ahead to the beginning of Lent on 18th February, when we gather for our Ash Wednesday services. Time moves quickly in the Church year, but there is a golden thread that binds these seasons together, one that began at Christmas and continues through Lent, leading us towards the joy and revelation of Easter, and then beyond.

These weeks invite us into a deeper rhythm of prayer. Prayer is not about having the right words or finding extra time we do not have; it is about attentiveness, about turning our hearts, however briefly, towards God. Prayer can steady us and remind us that we do not walk this journey alone. Whether in church, at home, or in the quiet moments of the day, prayer opens space for God to meet us just as we are.

On Valentine’s Day, you are warmly invited to our first Women’s Brunch, a chance to come together for food and conversation. It is open to all, and if you would like more information, please do contact me.

We are excited to be running our Mother’s Day craft session again on 14th March, when children are invited to create gifts for the special people in their lives. On the Sunday, we will gather for our Mothering Sunday service, giving thanks for our own mothers and for all those who have influenced us, cared for us, and mothered us in many different ways.

As Lent unfolds, there will be much happening in our churches. Please check the calendar for additional services and opportunities for worship, including our Lent Evening Prayer each Friday, a reflective way to end the week. We will be meeting weekly for our Lent groups at churches around the Benefice and on the 11th of March we will be



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Find us on Facebook Haughley Hoofers official page

holding our Lent Lunch in the Priory Room where everyone is welcome to join us.

Finally, you are warmly invited to our Easter services, as together we celebrate light, life, and love, and the fulfilment of that golden thread that began at Christmas and continues to guide us as it lights our path on our journey onwards.

God bless,

Revd Catriona

FROM THE REGISTERS

BAPTISMS

Arabella Sofia Bloom 13/12/25 Walsham-le-Willows

FUNERALS

Margaret Hey	18/11/25	Burial	Langham
Howard Marriott	16/12/25	Funeral	Walsham-le-Willows
Patricia Hamilton	18/12/25	Funeral	Crematorium
Patricia Hamilton	10/01/26	Burial of Ashes	Badwell Ash
Janet Swales	22/01/26	Burial	Westhorpe
Suzanne Cross	28/01/26	Burial	Walsham-le-Willows

HEXAGON AVERTISING ORGANISER REQUIRED

We are seeking someone to take over this position as soon as possible. This would involve collating adverts from various organisations, businesses and local events; liaising with the advertisers with regards to size and cost; and, in conjunction with the editor, ensuring they are correctly printed in the magazine.

The Hexagon provides valuable communication between the parishes, the profits of which cover benefice expenses. Rev'd Catriona Brinkley has temporarily taken on this task until the position is filled.

For further information please email
revcatrionabrinkley@outlook.com



Westhorpe Live Music Night



Friday 17th April
7:30pm start paid bar

£5 per person

Go to Westhorpe website for ticket details:
westhorpe.onesuffolk.net or call Alison 07972 415205



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email: office.littlewillows@gmail.com
Charity number:1050897

The Benefice of Badwell & Walsham



Roots and Shoots



Sunday 1st February & Sunday 1st March
St Mary's Church - Walsham-le-Willows
10am until 11am

(Just before our family service!)

Everyone is welcome to join us as we
explore faith through stories, songs
and creative activities.

For more information please contact Revd Catriona
on 07525920307 or
revcatrionabrinkley@outlook.com

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Email: hello@robinsonarnold.co.uk

Website: www.robinsonarnold.co.uk

NOTES FROM THE GARDEN

Hello again.

February is the time when bulbs and spring flowers like primroses, wallflowers and pansies come into their own, put a few pots of these plants dotted around your garden to brighten up your winter days.

It is now time to sow your chillies, pepper seeds take a long time to germinate, this can be done late February early March, place them in a heated propagator or on a warm windowsill above a radiator to help germination take place. Now plants and bushes are dormant cut plants down to a lower bud to encourage new and controlled growth. Move and replant ones out of place only if the soil is not frozen. Finish off winter pruning of your fruit trees and bushes. Cut Wisteria sideshoots to three buds from the main trunk, this also applies to a grape vine if you have one, this will encourage more flowers in the spring.

In March things should be moving on now so fork over your beds and borders, incorporating the mulch you applied last year to breakdown the soil ready for planting and sowing. Towards the end of March plant out early potatoes in trenches, your broad beans, onion sets and shallots, which you set earlier in pots, plugs, or toilet roll cardboard inners. Sow parsnips now as they have a very long growing season. Early carrot varieties can also be sown to try and minimise the threat of carrot fly.

Try planting a few strawberry plants in hanging baskets to help birds stop eating them. This is also good for small Hosta plants, to limit slug and snail damage. Now is the time to clean and prepare your pots and containers. To minimise compost use we will empty the top half where the plants grew last year, and place this into an empty pot with crocks and top up with new compost. The discarded compost can be added to your beds or borders or compost bin.

Last year was a challenging one with a wet spring and baking summer. Some plants thrived, some struggled like root crops, but it was a wonderful year for fruits. We learn to adapt as gardeners to get the best out of our soil. The only thing for sure to survive are weeds, so hoe like there's no tomorrow!

Till next time Phillip Bennington



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TOTAL FITNESS (45 mins)

GISLINGHAM VILLAGE HALL-THURSDAYS 6.15PM

GENTLE FITNESS (45 mins)

WESTHORPE VILLAGE HALL-FRIDAYS 10AM

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Becky on 07734 414151 / beckycruickshank@btinternet.com**

WALSHAM LE WILLOWS SPORTS CLUB

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

Regular Weekly Activities

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



Social Events

Sunday night Bingo starts 7pm on
1st and 15th February & 1st, 15th and 29th March

Saturday 14th February **Valentine's Drag Night**

Saturday 21st March. **Irish Night** featuring PADDY'S LEGS
Tickets are £8 each or £10 on the door.

All Welcome

For further information on events see the Sports Club website please contact
Gordon Ross on 07742 111892 or email gordonaross2@gmail.com

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Sam Johnson email: plantandproduce8@gmail.com

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Benefice Walking Group

Thursday 19th February

Meeting at ,St Mary's Church

Badwell Ash



At 10am for 10.15am start.



Walk will take approximately 45 minutes

Refreshments are provided.

All are welcome!

Including well-behaved dogs on leads.

For more information,
please contact Revd Catriona



Are you suffering with anxiety, depression, OCD, PTSD/trauma, low self-esteem, grief, panic, phobias or any other emotional difficulties?

I am a BABCP Accredited Cognitive Behavioural Psychotherapist and EMDR practitioner. I work both in private practice and for the NHS offering evidence-based treatments such as CBT (cognitive behavioural therapy) and/or EMDR (Eye Movement Desensitisation and Reprocessing) treatment. I offer short or long-term therapy. My aim is to help you to regain a sense of enjoyment and wellbeing in your life.

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

SINGER WANTED

Grass Roots, a local band of keyboard and bass guitar, who play occasionally for charity events, is seeking a singer to join them who enjoys an eclectic mix of music.

email: paulwestonarchitect@gmail.com

Mobile: 07860 376592

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@rbmdynamics.com

Pilates Wednesday 9am -10am, 10.15am-11.15am

Contact: Lara at contact@larapepper.com

Coffee shop Thursday (weekly) 10.30am - 12.30pm

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Badwell & Walsham Benefice Lent Group

Wednesdays at 2pm

25th February - Priory Room - Walsham

4th March - URC Chapel, Wattisfield

11th March - Lent Lunch - 12pm until 2pm - Priory Room -
Walsham - Everyone is welcome just come along!

18th March - St Bartholomew's Church - Finningham

25th March - St Margaret's Church - Badwell Ash

1st April - St Mary's Church - Westhorpe

Everyone is welcome to join us as we journey through Lent together. Join us for informal discussions based around the bible, no need to book just come along to either our weekly meetings or the Lent Lunch.

We would love to see you!

For more information, please contact
Revd Catriona by email: revcatrionabrinkley@outlook.com





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Evenings (up to 11.00pm)	£40.00	£30.00
All Day	£100.00	
Hourly	£11.50	

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

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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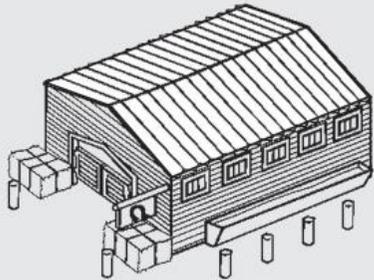
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In Folk Guitar children learn songs to sing accompanied by a variety of plucks and strums on guitar to enable them to perform solo or in a group. My Phoenix group performed all the music for Langham Church Carol Service last Christmas on 12th December 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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Mother's Day CRAFT WORKSHOP

Join us to make gifts for the special people in our lives for Mothering Sunday.

We will be making cards, flower posies, decorating cakes and lots more.

Refreshments will be available.

Please bring an adult to stay and help you craft

14th March 2025

10am - 12pm: The Priory Room Walsham

2pm - 4pm: St Bartholomew's Church,
Finningham

For more information please contact
Revd Catriona on 07525920307
revcatrionabrinkley@outlook.com

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Contact: Karen Frost 01359 250315/Clive Hawkins clive@agenthawkins.plus.com

ART CLASS Wednesday 1315 -1515

Contact: Rod Bastable bury@easterneducatuongroup.ac.uk

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FRIDAY 20TH MARCH

At 6.30pm

(film and meal to be confirmed)

<https://www.walsham-le-willows.org/>

Tickets at £12.50 are available in advance from the Coffee Shop in Walsham Memorial Village hall on a Thursday morning or by emailing walshammemorialhall@gmail.com.

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Walsham le Willows and District WI



December: A Talk on Bell Ringing, by Neal Dodge

What are a Waist, a Fillet, a Stay and a Sally? Members found out when Neal Dodge gave an enthusiastic talk on the history and technique of bell-ringing. We heard about both the religious and the secular importance of bell-ringing and how change-ringing became a popular hobby after the Reformation. Dumbbells for exercise were invented literally as dumb-bells for practice.

There are 200 churches with bells in Suffolk and at a time before the internal combustion engine, church bells were probably the loudest peace-time sound; in 1640 England was referred to as The Ringing Island.

Members were very interested and question-time went on for some time. This was followed by a game of mystery pillowcases which was great fun.

January: Birthday Meal

The members of the W.I. enjoyed a relaxing social evening with drinks and a chance to catch up with friends before a delicious meal prepared by Sarah Cousins, followed by games with much laughter.

Next Meetings:

11th February at 7.30pm Priory Room
A Journey with Glass – Michelle Russell

14th March at 7.30pm Priory Room.
The History of Food & the Great English Tea Ceremony
Talk by Catherine Buchanan

NEW MEMBERS ALWAYS WELCOME to come along and visit.
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A friend's sudden illness has made me reflect on getting my own affairs in order. I've heard about lasting powers of attorney (LPAs), but I'm not sure where to start or whether I really need one at my age.

The key point is that any adult can make an LPA; it isn't only for older people. An LPA lets you appoint a trusted person, such as a friend or family member, to make decisions on your behalf if you ever lose the ability to do so yourself. This might happen due to an illness, accident, or condition that affects your mental capacity.

Conditions that can prevent someone from making decisions include dementia, brain injuries, mental health problems, substance misuse, or side-effects from medical treatment. Setting up an LPA doesn't mean you expect these things to happen, just that you want to be prepared.

There are two types of LPA:

1. Property and financial affairs LPA – This allows someone to manage your finances, such as buying or selling property, handling bank accounts, dealing with benefits, or paying debts. You can grant broad authority or limit it to specific tasks. If you choose a limited arrangement, the document must be drafted very carefully.
2. Health and welfare LPA – This covers decisions about where you live, your daily care, and medical treatment. Unlike the financial LPA, it can only be used once you have lost mental capacity.

You don't need to set up both types at once, but you must make each LPA while you still have mental capacity. Whatever you choose, it's crucial to select your attorney or attorneys with care, as they may one day have significant control over your wellbeing or finances.

To create an LPA, you can either complete the forms online at gov.uk or download them. Each type, property and financial affairs, and health and welfare, requires its own separate form.

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Once the forms are filled in, they must be registered with the Office of the Public Guardian (OPG), and you may need to pay a registration fee. If everything has been completed correctly and no one raises objections after being notified, the OPG will register the LPA. This process can take around 20 weeks.

When registration is complete, the OPG will notify both you and your chosen attorneys, and the LPA can then be used if needed. For more guidance on LPAs and other types of power of attorney, the Citizens Advice website offers clear and helpful information. <https://www.citizensadvice.org.uk/family/looking-after-people/managing-affairs-for-someone-else/>

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 01449676060, 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.

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.

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Wattisfield URC Services

Date	Time	Service details
February 1st	11am	Holy Communion
8 th	11am	Morning worship
15 th	11am	Morning worship
22 nd	11am	Morning worship
March 1st	11am	Holy Communion
8 th	10.45am	Visit to Whiting St URC, Bury St Edmunds <i>No service at Wattisfield</i>
15 th	11am	Mothering Sunday
22 nd	11am	Morning worship
29 th	11am	Palm Sunday – morning worship
April 5th	11am	EASTER SUNDAY - 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 from 10.30am-12.30pm

CrafTea & ScrabbleTeatime: 1-3pm on 2nd & 4th Weds of the month



There will be a reflective Taizé service of music and prayer at Diss URC (IP22 4AD) at 3pm on Saturday 15th February. All are welcome, and there will be refreshments afterwards.

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Third Thursday of the month
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Benefice Services April

1st April		
2pm	Lent Group	Westhorpe
2nd April	Maundy Thursday	
6pm	Reflective Service	Badwell Ash
3rd April	Good Friday	
10am	Easter Egg Hunt	Badwell Ash/Langham
6pm	Lent Evening Prayer	Walsham-le-Willows
5th April	Easter Day	
9:30am	Easter Service	Westhorpe
9:30am	Easter Service	Langham
11am	Easter Service	Walsham



Holy Week

Benefice Services February

1st February	Candlemas	
8am	BCP Holy Communion	Walsham-le-Willows
10am	Roots and Shoots	Walsham-le-Willows
11am	Family Service	Walsham-le-Willows
8th February	2nd Sunday before Lent	
8am	BCP Holy Communion	Walsham-le-Willows
9:30am	Holy Communion	Westhorpe
11am	Songs of Praise	Walsham-le-Willows
15th February	Sunday before Lent	
8am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Finningham
18th February	Ash Wednesday	
11am	Ash Wednesday Service	Walsham-le-Willows
6pm	Ash Wednesday Service	Westhorpe
20th February		
6pm	Lent Evening Prayer	Walsham-le-Willows
22nd February	1st Sunday of Lent	
9:30am	Holy Communion	Badwell Ash
11am	Holy Communion	Wattisfield
3pm	Evensong	Westhorpe
25th February		
2pm	Lent Group	Priory Room - Walsham

Benefice Services February – March

27th February

6pm Lent Evening Prayer Walsham-le-Willows

1st March 2nd Sunday of Lent

8am BCP Holy Communion Walsham-le-Willows

10am Roots and Shoots Walsham-le-Willows

11am Family Service Walsham-le-Willows

4th March

2pm Lent Group URC Chapel, Wattisfield

6th March

6pm Lent Evening Prayer Walsham-le-Willows

8th March 3rd Sunday of Lent

8am BCP Holy Communion Walsham-le-Willows

9:30am Holy Communion Westhorpe

11am Songs of Praise Walsham-le-Willows

11th March

12pm – 2pm Lent Lunch Priory Room - Walsham

13th March

6pm Lent Evening Prayer Walsham-le-Willows

14th March

10am-12pm Mother's Day Craft Session Priory Room - Walsham

2pm-4pm Mother's Day Craft Session Finningham

Benefice Services March

15th March Mothering Sunday

8am BCP Holy Communion Walsham-le-Willows

9:30am Holy Communion Finningham

18th March

2pm Lent Group Finningham

20th March

6pm Lent Evening Prayer Walsham-le-Willows

22nd March 5th Sunday of Lent

9:30am Holy Communion Badwell Ash

11am Holy Communion Wattisfield

3pm Evensong Westhorpe

25th March

2pm Lent Group Badwell Ash

26th March

10am School Easter Service Walsham-le-Willows

27th March

6pm Lent Evening Prayer Walsham-le-Willows

29th March

9:30am Palm Sunday Benefice Service Finningham