
Six Sense

- Metfield
- Weybread
- Mendham
- Stradbroke
- Withersdale
- Fressingfield

A magazine for six villages in North Suffolk

Online at www.sixsensesuffolk.co.uk



September 2026

Church contacts

To contact any of the parish churches, please call the church contacts:

Fressingfield Revd Peter Schwier - 07903 215889, Malcolm Wood - 01379 388981
Mendham Revd Diane Ekins-Powell - 01986 788750, diane1961erica@gmail.com
Toby Hart (PCC Treasurer) - 07891 045140
Metfield Judy Game - 01379 588017, Revd Peter Schwier - 07903 215889
Stradbroke Peter Chetwynd - 01379 384069, Revd Maria Price - 077592 98824
Weybread Mike Nott - 07890 032292, Revd Maria Price - 07759 298824
Withersdale Marj Hudson - 01379 586408, Revd Diane Ekins-Powell - 01986 788750

The deadline for next month's
magazine is Monday 7th September

Distribution takes place from
Thursday 24th September

Editor/Compiler required

Great opportunity for someone to join our friendly,
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For more information, please contact Virginia at
sancroftbeneficeoffice@gmail.com

SIX SENSE needs you. We welcome reports, reviews, profiles,
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Items for inclusion should be sent to editor@sixsensesuffolk.co.uk

AND contenteditor@sixsensesuffolk.co.uk

Advertising queries to advertising@sixsensesuffolk.co.uk

Please ensure you receive an acknowledgement.

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Letter from Revd Maria Price

“And God saw that it was good” (Genesis 1:25).

God’s gaze, at the beginning of the Bible, rests lovingly on his creation. From lands to water, from arable crops to animals that share our common home, everything is loved in the eyes of God, who offers creation to men and women as a precious gift to be preserved.

That’s my statement, as a priest, believing in a loving God that gives us free choice. But even if you don’t have a faith, scientific evidence shows that we have a huge danger that’s growing, a danger that will ultimately affect us all and future generations to come, especially for the most vulnerable amongst us. We, humanity, have caused a climate emergency that gravely threatens nature and life itself, including our own.

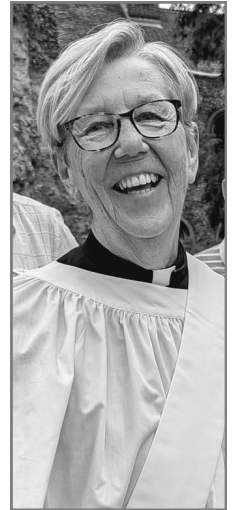
I think this is a hard truth, but what can we do? I think we can do a lot. The vast majority of us don’t travel the globe, being able to fix troubles and offer solutions to drought, famine, stop all the wildfires, stop avalanches – we live in our small villages and lead our lives as best we can, offering support to family, friends and neighbours where we can.

And we can implement loving kindness. In our gardens we can water only where we need to. We can save water in our homes. We can share car journeys, look at our consumption habits. We can knock on the door of a neighbour we might be concerned about. If we can’t get out ourselves, maybe we could pick up a phone “I was just thinking of you and thought I’d give you a call – are you OK?”.

We don’t have to go and live off grid to help our land and climate; loving kindness leads us to what we can do for others and our creation. September 1st is Creation Day and calls for a ‘World Day of Prayer for Creation’. No matter what our physical abilities we could join in on this. A simple “Lord, help me to understand what I can do to help our creation carry on living and grow to a healthy life” and then have a listen.

If each one of us was a tiny, thin thread of prayer, together we could eventually make a whole tapestry of hope for our creation.

Stay safe, Revd Maria



Considering confirmation or wanting to deepen your spirituality as you grow older? We may have just the course for you later this year. Contact Revd Maria to register your interest. tel: 07759 298824 or email: revmariaprice@gmail.com

Fressingfield Local History and Archive Group

On 28th July, 18 members of FLHAG enjoyed a trip to The Long Shed at Woodbridge to see the progress that has been made constructing a full size replica of the Sutton Hoo Ship. What was only a keel last time we visited, has been turned into an almost complete ship! All the more remarkable as the team doing the work are not using any modern equipment but only tools that the original builders would have used.

Our next meeting will be on Tuesday 29th September when Chris Wisken is coming to tell us about the history of firefighting in Harleston and the local area. The meeting is at Chapel Hall Arts, Cratfield Road and starts at 7.30pm. Entrance for members is free and guests pay £3. There will be a chance to ask questions and chat afterwards over tea, coffee and biscuits.

Weybread Ladies' Social Club

We meet on the first Thursday of each month at Weybread Village Hall from 7.30 to around 9.30pm. We are a diverse group, and everybody is welcome. This month we had a sociable evening of 'Cocktails at Kimberly's (house)'. We managed to squeeze about 20 women into the small courtyard garden. There was an evening of cocktails, mocktails, chat and laughter!

In September we have a talk by Susan Whymark and in October, we have an evening of Scottish Dancing.

If you are interested in coming along, please contact Jackie (07837 141586) or Kimberly (07484 291613). The guest fee of £5 will be deducted from the cost of membership. Guests and new members very welcome.

Fressingfield Tennis

Great news! From 2nd August we will be reducing membership by a third. Please see below.

Why not come along and make use of our two well-maintained hard courts off the Laxfield Road which you can hire for a day or you can take advantage of our great membership offers and join for the year.

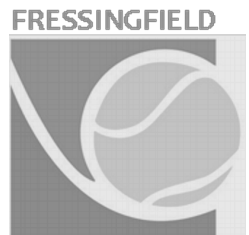
Membership from 2nd August is as follows:

Family/couples £55, seniors £30, over 60s £27, juniors £7.

Full-time education, unemployed and other concessions £10.

Day membership £10.

For further information contact Andy Hall on 07967 278653 or andjam.hall@btinternet.com or fressingfieldtennis@live.co.uk.



St Andrew's Church, Weybread

A Commemoration of the Life and Valour of Sgt Alfred Ablett VC, DCM with a Service of Remembrance on Saturday 5 September, 3pm at St Andrew's Church, Weybread IP21 5TR

We are hosting this event jointly with the Grenadier Guards (Suffolk Branch) and the Royal British Legion (Fressingfield & District). The service will be followed by tea and refreshments, with memorabilia on display. Open to everyone, with donations welcome for the upkeep of the church. Sgt Alfred Ablett was the first man in Suffolk to win the Victoria Cross, for his heroic action at the Siege of Sevastopol, in the Crimean War on 2 September 1855. When he died, he was brought back to Weybread and was buried with a regimental guard of honour on 18 March 1897. Please come! Enquiries: mikenottsuffolk@gmail.com

Fressingfield Produce Market

Saturday 19th September, 10am to 12 noon on the Fox and Goose Green. Lots of stalls with the freshest of produce, plants and crafts. Cakes, pastries, bread, home preserves, local beef, greetings cards, artwork, books, jewellery, stained glass, candles, skincare. Parish council drop-in.

Proper coffee and delicious cakes. Music from folk singers Dave Notman and friends. Interested in having a stall?

Please email fressproduce@btinternet.com Other market dates will be Saturdays 17th October and our Christmas Market on 12th December.



Fressingfield Book Group

Our next meeting will be Friday 2nd October at 10.30am.

We will be discussing the Pulitzer Prize-winning novel by Anthony Doerr, *All the light we cannot see*.

Venue: Harefield Cottage, Silverley's Green, IP19 0QJ.

All welcome. For more information about our village book group, email Shirley Kalinauckas on skalinauckas@gmail.com



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Metfield Community Café

We are having a “Do” for Dunwich!

Saturday 5th September, 10am – 1pm

The fires at Dunwich Heath and Minsmere have affected so many of us who loved and visited those places regularly and here at the Café we want to help fund-raise for the restoration work that’s to come. There will be so much to do to restore this special landscape and its precious wildlife for future generations.

So, our next Café will be really special. We’ll have delicious bacon/egg baps, home-made sausage rolls and lovely home-made cakes – plus great coffee – and all the proceeds from the food and drink will be donated to the Dunwich Heath/RSPB Minsmere funds. We have confirmed that money raised will go there specifically and not to general National Trust funds.

Our lovely stall-holders will be there and we’ll have an extra special bumper raffle with some superb prizes (e.g. food hamper, vouchers from local businesses/restaurants etc.). We’re starting at 10am as usual, but going on until 1pm this time, to give everybody extra time to spend, spend, spend! Come along to Metfield Village Hall on the 5th and bring plenty of money (cash please). Let’s help our wonderful local nature reserve to start again.

Weybread Parish Council. July meeting

The Parish Council meeting was held at the village hall on 21st July 2026. We have now newly elected: Mr John Wall, Mr Martin Soudain (both May Meeting) and this meeting, Mr Paul Fisher.

Items discussed

- * The Cranswick Egg Incubator planning application went to committee to be discussed. The committee voted 4 to approve and 2 to oppose. Work should be starting in about 8 weeks’ time.
- * The Parish Council is tidying up the allotments; the vacant plots have been cultivated and there was a ‘picking up’ session by the Parish Council, picking up stones, wood, glass and metal.

Vacancy. There is still a Councillor vacancy.

Please note the new parish council website <https://weybreadparishcouncil.gov.uk>

This will have parish related information too. If you need to contact the Parish Council, please contact: clerk@weybreadparishcouncil.gov.uk 7



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Fressingfield Parish Council - Report July '26

Fressingfield Parish Council has raised concerns about the Red House building site with the builders, MSDC planning and enforcement departments, and Orwell Housing on numerous occasions. Despite this, there remain considerable issues around public safety on the site.

At the July Parish Council meeting, the following resolution was unanimously passed.... *Fressingfield Parish Council expresses its profound concern at the health and safety risks arising from the uncompleted housing development at the Red House development site off Priory Road, Fressingfield. The Parish Council instructs the clerk to contact all relevant organisations and statutory authorities asking that they take action to remedy the risks identified.*

A meeting has been arranged at the site at the beginning of September to move this forward. Invitees include SCC and MSDC Councillors, SCC Highways, MSDC Planning, Environmental Health, Anglian Water, SCC Fire and Rescue and the relevant building companies. We will report back on progress following the meeting via our website.

Do you have a question for the Parish Council? Questions can be raised by contacting the clerk (clerk@fressingfield-pc.gov.uk)

You can also speak to parish councillors at the regular Produce Markets. Responses to questions might be seeking information. The clerk can usually signpost these responses quickly. Questions requiring council consideration may be considered for a future meeting agenda.

Do you have a question about something on a meeting agenda? The public are always welcome to raise questions on agenda items during the public forum at our full council meetings.

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Saturday 12 September, The Mancunium Consort (choral music)

Saturday 10 October, Piatti String Quartet

Saturday 14 November, Tamsin Waley-Cohen (violin) **and Huw Watkins** (piano)

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The Mothers' Union held its annual fund-raising afternoon tea in the Sancroft Hall on Thursday 6th August.

A big THANK YOU to the members for providing wonderful food and plenty of cups of tea, and to the members and our guests who donated money for their tea, and bought things from the Bring and Buy stall. The total raised on the day amounted to £311 with one or two extra donations promised after the event.

In September our meeting will be a social afternoon without a speaker. A time to pause from fairly frenetic activity, and enjoy being together. It will also be an opportunity to suggest possible speakers for next year.

There will be a Mothers' Union book stall at the September Fressingfield Produce Market. Please come and browse through the books. Hopefully, you'll find some you would like to buy. Meetings are usually on the first Thursday of the month, 2.30pm in the Sancroft Hall, Fressingfield.

Fressingfield Sports and Social Club

Still a bit quiet at the club, with the end of the bowls season, and us getting ready for Autumn events (including an Abba tribute band you will not want to miss). Bingo is picking up again with our monthly session starting up in earnest. Rescheduled to Tuesday 15th September due to a clash with a private event. Eyes down at 7.30pm, and remember, the more people that attend the bigger the prizes. And as ever, don't forget, we are open every Friday night with a fantastic selection of amazingly low-priced beers, wines and spirits, so do come along.

Saturday 19th September, we are hosting a charity event from 3pm in aid of the National Trust Dunwich Heath Appeal for funds to help regenerate the fire-ravaged site. Live singer Lucy Short will be providing the entertainment. The Cabin Food trailer will be on site for food and the new local business, the Sweet Stop pop up shop will be open for the children. Let's support this worthy cause and come together to make a difference.

Mary Newton is returning to the club to repeat her fourth talk on forensic science, murders and other crimes she has worked on. She has revamped the talks she last gave in 2024, so if you'd like to see the fourth one in the series, "Murder Under the Microscope" which includes the Soham murders, and murder cases of Billie-Joe Jenkins and of Sarah Payne, Mary has now announced the next date - Wednesday 30th September at 7.30pm. Tickets will be £3 each and can be bought online at <https://www.trybooking.com/uk/GVDL>

All events are posted on our Facebook page, so if you want to keep posted make sure to visit and to follow the page - <https://www.facebook.com/fressingfieldsocial/>

As ever, the club is available for hire or for events you might like us to run. Do get in touch if you have any suggestions - tony.newton@btinternet.com

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METFIELD PARISH COUNCIL

Our most recent meeting was held on 13th July, the last before the summer recess and we are pleased to welcome Darren Honey to the Parish Council. The meeting was also a chance for us to get to know our new County Council member for Hoxne & Eye, Sally Mittuch.

The work on the playground is virtually completed, and special thanks go to Peter Mortimer and colleagues for their hard work in this regard. All that remains is to add some further rubber chips to the surface and a PC working party will hope to have this completed mid-August.

As mentioned previously in these pages, members of the PC attended the July Community Café to talk about Emergency Planning as a concept and we are pleased to have two volunteers in addition to the two PC members who will look to take this forward over the next weeks and months. With the recent local fires and the probability of more of the same severe weather events in the future, it is becoming more important than ever that we have an Emergency Plan in place for the village.

We have downloaded our first tranche of data from the three SID in Metfield (Harleston Low Road, Halesworth Road and Christmas Lane). Entering the village, vehicles travelling below 30mph are at 72%, 75% and 90% respectively. This supports the perception that the SIDs are helping to reduce speeding. However, there is still an issue heading out from the centre of the village, particularly into Harleston and Halesworth Roads where the figures reduce to 45%. The plan is to continue monitoring the data to assess if matters are improving over time. We will then consider what additional measures might be put in place. Just as an aside, there have been 30 vehicles clocked at 70mph and one at an astonishing 113mph!

Finally, to all those of you (the vast majority) who respect the speed limits, a heartfelt thank you!

The next meeting is on Monday 14th September, 2026.

Chair – Peter Mortimer 01986 785396

Vice Chair – Peter Schwier

**Councillors – Cecilia Pryce, Debbie Fowler, Blake Lee-Harwood,
Christopher Osborne, Paul Smith, John Gadsdon. Darren Honeywood
One vacancy.**

Clerk – Steve Blackburn 01502 575862

Email: clerk@metfieldparishcouncil.gov.uk

Our website: metfieldparishcouncil.gov.uk

NEWS FROM MENDHAM AND WITHERSDALE VILLAGE HALL



THE GOOD AFTERNOON CLUB The next 'Good Afternoon Club' will take place on Thursday 17th September 2pm - 4pm. All welcome to join us for a chat and companionship. Just £1 entrance. Light refreshments available. Full details on www.mwvillagehall.com

A huge thank you to those people attending, helping with activities and cooking for this club. Your support is much appreciated.

BINGO! BINGO! BINGO! A date for your diary - Cash bingo on Saturday 19th September. Full details on www.mwvillagehall.com. Tickets can be booked online, or from Becky on 01379 586739. Book today to avoid disappointment. Doors open 7.30pm. Eyes down at 8pm. Soft drinks and snacks available. BYO alcohol. Hope to see you all at this event.

MULTI USE GAMES AREA MEMBERSHIPS AVAILABLE

Membership forms available online at www.mwvillagehall.com or call Keith on 07968 661029 or Tracey on 07765 085778. for more information. Family memberships and group hires available.

DID YOU KNOW? There are two boules pistes available to use in the grounds at the hall? And also, an outside table tennis table?

These are available FOC! Have fun!

BOOKING THE HALL You can book the hall for your event, party or fundraiser by calling 0800 612 7323 or book online at www.mwvillagehall.com We're on Facebook, Next Door and Instagram too.
([this_is_mendham_suffolk_uk](https://www.facebook.com/this_is_mendham_suffolk_uk))



There are plans to hold another Fressingfield Garden Festival in June 2027. Open gardens, sculpture, scarecrows, flower festival, food. Watch out for more details next month.....

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MENDHAM & METFIELD WI

Our July meeting was our summer social, this year at Victoria's – a lovely evening with great company and amazing food as always which was provided by the members, and a glass of fizz or Pimm's.

Our August meeting was an open meeting held in Mendham Church where we welcomed several visitors who came to hear Janice Brooks very moving account of how she survived the 9/11 attack. It was totally unbelievable how she survived; someone was looking down on her that day – if you ever get the chance to hear Janice, please do go along, her story is surreal.

On Thursday 20th August, we have arranged a trip to Southwold Summer Theatre for a matinee performance to see "Show & Tell" by Alan Ayckbourn. Walking group meets each Friday and book club meet each month. Lunch club will resume again in September.

Our September meeting will be a visit to Fisher Fabrics by kind invitation of Paul and Gail Fisher, to see around the factory and hear about how they came to be there and what they do. We will meet at 6.45pm at Fisher Fabrics for a 7pm start.

Our October meeting will be on Tuesday 6th and will be at Mendham & Withersdale Village Hall when Julie Hadridge from Harris & James chocolatiers in Beccles will be coming along to talk about how they make the chocolate. She will also be bringing along samples and chocolate to purchase – a must for all you chocolate lovers as this is proper chocolate. Visitors are very welcome to attend for which there is a charge of £4. If you would like more details, then please contact Beverley on 07749 733428.

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YOU ARE ALL INVITED TO A CREATIONTIDE SERVICE

Saturday 5th September, 3pm at St Edmundsbury Cathedral

How timely that, as we try to get a handle on the environmental and ecological challenges facing our world, brought into a sharper focus through current drought, wild-fires and floods, that our Cathedral is inviting us to an afternoon of reflection and worship on this theme. Our Diocesan Environmental Team, at work across Suffolk advising and encouraging churches, have put together a service which underlines our responsibility towards creation and celebrates where appropriate action and thoughtful decision-making is providing hope and encouraging community cooperation.

So why not say “YES” to their invitation to join them on Saturday 5th September at 3pm? We ask that you let Andrew and Anna know that you’re coming (lifts can be arranged). They can give you more details about suitable parking in Bury St Edmunds and access to the Cathedral. Thank you.

01379 588389 and andrew.vessey@btinternet.com

UPDATE on ECO-CHURCH in FRESSINGFIELD



**Fressingfield Eco-Church Steering
Group recently presented an update**

on their progress and vision for the future to the church’s Parochial Church Council (PCC). Some of it was about where specific initiatives are taking their agenda, how generous grant-funding has been achieved and an encouraging number of individuals and groups across the village are becoming involved. Other elements of their presentation were those requiring formal permission or approval of funding to enable the exciting momentum to continue.

Such items included

- * an update on new hedging for the churchyard to be planted in November
- * the prospect of saving water off the roofs of the church’s buildings
- * creating a specific wild-flower area
- * and arranging for a part of the churchyard to be scythed later in the year.

In the journey we are on as a church, it is also good to report that helpful leaflets are now available with regard to how we all might better manage our lifestyle. Defined as the ways we each can live that minimises the impact we make upon the earth’s resources and contribute to climate change, the five different leaflets can be picked up from either the Parish Church or from the church’s stall at the Fressingfield Produce Market.

YOUR ECO TIP for SEPTEMBER

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Summer Dining

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Saturday Suppers...

2 courses £29, 3 courses £35

See our website for available dates. Bookings for supper essential, reservations via our website, phone or text.

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booking not required

See our website for Wood Fire Cooking Workshops in June and September

email: judith@fireandfeastsuffolk.co.uk - Phone/text 0777 5706002

www.fireandfeastsuffolk.co.uk



The Secret Garden Pathways

Helping our village hedgehogs

Did you know that our beautiful villages are home to one of Britain's most beloved endangered mammals? As September arrives, the Suffolk countryside undergoes a subtle shift. The long, warm days begin to shorten, and our village gardens hum with the quiet urgency of autumn preparation. For anyone who watches closely, this is the golden hour for one of our most charismatic and deeply cherished local residents: the hedgehog.



September is a crucial month for hedgehogs. Late born summer "hoglets" face a race against time to pack on vital weight before winter arrives, while the adults are foraging tirelessly to build up fat reserves for hibernation. To survive the colder months ahead, a hedgehog must weigh between 450-600gms (about the size of a grapefruit). With natural insects becoming scarce, our village gardens are so important to their survival. Unfortunately, modern village life can present immense hurdles. Neat wooden fencing, impermeable garden boundaries and vanishing green corridors often trap these nocturnal wanderers in isolated pockets, forcing them to brave roads or exhaust themselves searching for food.

Raising awareness across our village communities can make an extraordinary difference. The single most impactful action every homeowner can take is establishing a "Hedgehog Highway". By simply creating a 13cm square gap at the base of your fence or wall, you instantly connect isolated gardens into a sprawling, safe, foraging network, allowing hedgehogs to roam freely between our gardens. Another way to help is to leave a shallow dish of fresh water out each evening and supplementing their diet with a dish of meaty cat food or small dog biscuits which can be a lifesaving boost for juveniles struggling to reach their target hibernation weight. Crucially, avoid leaving out milk, which makes them ill, and always check long grass and bonfire piles thoroughly.

We can leave wild patches untouched providing safe, insulating nesting sites. Every log pile left to decay and every chemical-free flowerbed becomes part of a vital patchwork quilt of conservation. In return, these little nocturnal visitors enrich our gardens, transforming our villages into thriving, breathing ecosystems well worth protecting.

JOIN THE FRESSINGFIELD VILLAGE CAMPAIGN

Let's work together to keep Fressingfield a safe haven for our prickly neighbours. If you would like to get involved, share ideas or help raise awareness across the village, please get in touch:

villagehedgehogs@gmail.com

Mendham Primary School (August 26)



Another busy academic year has come to an end, and we have waved goodbye to our Year 6's who head off to a variety of different high schools, we wish them all the very best and look forward to meeting again. We've welcomed ex pupils back this term to take part in work experience across the classes.

We've had a very busy year with lots of educational opportunities across the school, early years have visited the local camel park, had mini-beasts come to see them in school, drama-tots fun too with Donna. Pine class joined their friends at St Edmunds Primary for some wild encounters this year and have recently been to Bewilderwood for an extended day trip.

Juniper class had a visit from some Roman's plus had an amazing residential at Horstead where they took part in lots of team building games and challenged themselves experiencing new things. They also visited Thetford High Lodge and Beccles gymnastics club.

Sycamore class faced the challenge of SATS amazingly and did really well. They visited Cressingham Hall to learn what life was like as a Victorian child and recently came back from their residential at Bawdsey Manor and enjoyed a glorious week of sunshine, water-based events plus climbing challenges which all embraced.

Bikeability training took place earlier in the year and crucial crew at the end both courses giving important skills about safety.

All classes have enjoyed some damp but fun forest school sessions throughout the whole school year.

Thank you to the staff who made these special memories possible. Talking of special memories, we would like to thank everyone who came along to celebrate Mendham School's 150th Birthday earlier in the year, An amazing turn out and I hope you enjoyed it as much as we did.

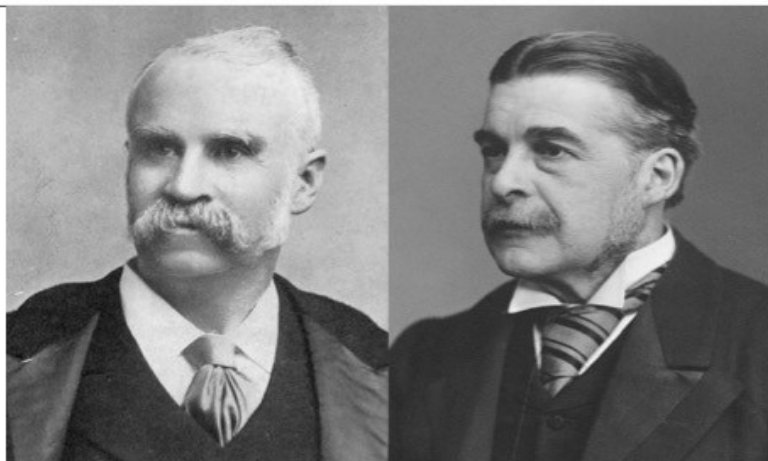
We are busy planning the next academic year now with Mrs Jones moving up to take on the role of Head Teacher for Mendham Primary School. We have some spaces in year groups or nursery so if you would like to visit us in September, please drop us an email and we can schedule a tour. Please keep eyes open for taster sessions for nursery too.

Call 01379852520 or email Mrs Rogers at office.mendham@consortiumtrust.org.uk

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An A to Z of G&S



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Events during September and October 2026

Chapel Hall Arts, Fressingfield IP21 5QD

For more info and to book
visit www.chapelhallarts.com



Thurs 3rd Sept - Classical Café with Fressingfield Sounds, 3pm

Learn more about the Autumn Series of concerts with an informal talk and refreshments. Free but please register your interest at www.fressingfieldsounds.org.uk

Fri 5th Sept - Gong Bath with Notley Yoga

Gong baths promote relaxation, alleviate stress, enhance clarity, decrease inflammation and foster a sense of connection. These benefits may lead to improved sleep and mood.

Sat 12th Sept - Fressingfield Sounds, 7.30pm www.fressingfieldsounds.org.uk

The Mancunium Consort is a professional vocal ensemble of eight unaccompanied singers. This young group, originating in Manchester, will bring a fresh programme of sacred and secular choral music, offering musical gems spanning more than 500 years, bound to delight audiences.

Fri 3rd Oct - The Suffolk Savoyards

An alphabetical romp through the solos, duets, trios and quartets of the wonderful musical world of Gilbert & Sullivan. For tickets please call 01379 384656. *See advert in this issue of Six Sense.*

Sat 10th Oct - Fressingfield Sounds, 7.30pm www.fressingfieldsounds.org.uk

Piatti String Quartet. The Piattis are a widely renowned and prize-winning string quartet and will bring a sublime programme of works by Mendelssohn, Purcell, Dvorák and British composer Edmund Finnis.

Weds 28th Oct - Common Ground Theatre Company

The Phantom of Friar Street - part ghostly tale, part murder mystery, part love story, this production has it all! We are delighted and excited to welcome the fantastic Common Ground Theatre Company to Fressingfield, a real treat to have this wonderful company performing here.

Hatha Yoga with Tanya Bradbury continues on Tuesday morning and Thursday evenings throughout the year.

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Tuesday 15 September 11.30am–12.25pm

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£3 minimum contribution (pay what you can)

An uplifting live concert inspired by themes chosen with local communities, launching the Musical Bridges project.



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for both
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10.30am–12pm

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For all abilities. Create a new song together, inspired by the concert, to be performed at the Celebration Concert.

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CELEBRATION CONCERT

Thursday 12 November 1.30–2.30pm

£3 minimum contribution (pay what you can)

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1st Fressingfield Scouts



As I write this on 31st July, our Annual Summer Camp is coming to a close with tents and kit being packed away after returning from a fun-filled and very active week in glorious weather.

17 Scouts and Explorers with 4 Leaders spent the week at Thriftwood Scout campsite in Brentwood, camping, cooking, developing teamwork, learning new and practising existing skills, trying new things, sharing experiences, having fun.



The last evening of camp rounded off a fantastic week and featured a party with party food, bunting, dancing, joke telling, singing and laughing. The day had been spent at the Theme Park at Adventure Island, Southend, riding roller coasters and other similarly scary things so a fitting end to an annual senior sections camp.

Apart from camping and some cooking the multitude of activities during the week included climbing, kayaking, raft building, tracking, water zorbs, axe throwing, riding an inflatable rodeo bull, obstacle course, and a race to see who could set up then repack a camp stove fastest!

We are not meeting during the school summer break Section Leaders are busy planning their programme, checking kit and updating training for the new term in September. If you fancy being involved in this kind of activity and are interested in finding out more to help keep Fressingfield Scout Group running smoothly and providing a diverse, challenging,



interesting and fulfilling programme, please get in touch with our Group Lead Volunteer at gsl@fressingfieldscouts.com or contact any Leader and we will arrange a taster session.

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For more information on our Neighbourhood Development Plan

visit the SAFE website

www.fressingfieldsafe.co.uk
www.fressingfieldhousing.org



What's on in September at Wingfield Barns

WINGFIELD BARNs

Art Exhibitions (Free, Mon-Sat 10am-3pm)

3rd – 25 Sept - Jo Chapman, Hayley Field - THIS 'N' THAT

Private View: 5th Sept 10-1pm Exploring their shared interest in colour and composition through drawing, painting and ceramic sculpture.

Live Music

5 Sept, 7.30pm, Bowjangles Presents; Classically Untamed (Tickets; Adult £14, Child (12-16) £10) A spectacular mix of upbeat classical music, comedy songs, well-known film, pop and rock tunes, and foot-stomping Gypsy and Celtic favourites.

12 Sept, 7:30pm Night at the Musicals (Tickets; £15)

They will bring you a sparkling selection of your all-time musical favourites! From show-stopping numbers to much-loved classics

15 Sept, 10.30am Britten Sinfonia Quartet Concert (Tickets £3) creating music.

Special Events and Workshops

5 Sept, 10-3.30pm Christine McKechnie Collage Workshop £50 pp

10 Sept, 7.30pm Classic Cinema Ikuru (1952), Director Akira Kurosawa £5

15 Sept - Rural Coffee Caravan 10-12pm – free

19 Sept, Two Heritage History Walks A gentle journey through local heritage – Short Walk: 10am; Long Walk: 2pm

24 Sept, 7.30pm Classic Cinema Sightseers (2012) Director Ben Wheatley £5

What's On Around and About



Harleston Choral Society begin their autumn/winter term on Monday 7th September.

We warmly welcome new members to our sizeable and wonderful choir and are particularly keen to expand our tenor population!

We rehearse at the London Road Church in Harleston IP20 9BH on Monday evenings from 7.30 to 9.30pm.

A date for your diary - our Christmas Concert is on Saturday 5th December when we will be performing Saint- Saëns *Christmas Oratorio* and Cecilia McDowell's *Christus Est* as well as many seasonal favourites. It is sure to be a moving and uplifting evening for all.

Contact Caroline on chair1@harlestonchoralsoc.org.uk or 01986 782545.

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Meetings, Clubs and Organisations

FRESSINGFIELD

1st Fressingfield Scout Group: Squirrel Scouts (4-6), Beaver Scouts (6-8), Tiger and Wolf Cub Scouts (8-10), Adventurer and Pioneer Scouts (10-14), Explorer Scouts (14-17) All at the HQ on Priory Road. Contact Andrew Aalders-Dunthorne on 07908 262623 or gsl@fressingfieldscouts.com

Art Club: Friday, 10am-noon at Weybread Village Hall. Enjoy painting in most mediums with occasional workshops. All abilities are welcome. Contact Ann Jones 01379 588174

Arts and Crafts Circle: Monday, 9.30am-12 noon at Sancroft Hall. Contact Jill Blyth 01379 588489.

Baptist Chapel Toddler Group: 'Friday Fun Time'. Friday term time 9-11 am. Contact: Rachael Lilley 07799 116725

'Epic' Group (School years 1-6) Friday Term Time 6.15pm-7.30pm Contact: Tracey Debenham 01379 586500

Bowls Club: Enjoy an afternoon of weekly, informal lawn bowls (April through September) – arrive 1.30pm for a 2pm prompt start every Tuesday at the Fressingfield Bowling Green IP21 5PT. Wear trainers. For more information call Warren Albers 07930 968602

Brownies: 1st Fressingfield and Stradbroke Brownies (7-10yrs); Held at Fressingfield Scout Group HQ. Contact Candice Steward at stradbrokebrownies@gmail.com or 07795 691051 for details.

Church Bell Ringers: Most Sunday mornings for services and our practice nights on alternate Wednesdays 7-8.30pm. Anyone wishing to ring, or book for weddings etc contact Chris Barber 01379 586217 or chris.barber472@gmail.com

Coffee Break: Tuesdays, 10.30-11.30am at Sancroft Hall. Everyone welcome

Croquet Club: Every Wednesday and Saturday at 2pm on the Fox and Goose Green from Easter until October. New members welcome. For details contact Mike Cox on 01379 588175

Fressingfield Community Gardeners: Sports and Social Club, 3rd Monday of the month. Contact Tony Newton on 07889 860983 or tony.newton@btinternet.com, fressingfieldgardeners@outlook.com or visit the FressingfieldCommunityGardeners' Facebook page.

Fressingfield Shed: Your community workshop and garden. Open hours: Mon 11 am weekly patchwork quilting drop in, 10-12 Tues, Thurs, Friday for workshop and modelling; 2-4pm Thursdays for fabric work/sewing. Thursday evenings for printmaking. Call 07985 905015 for information or visit www.thefressingfieldshed.co.uk

Local History and Archive Group: 4th Tuesday of most months. Contact Ken Rowbottom for further details on 01379 588012

Mothers' Union: 1st Thursday, 2.30pm at Sancroft Hall. Contact Christine Christian 01379 853977

Oily Rag Club: www.forc.org.uk for full details or contact Steve Wyatt 01379 586225

Little Dragonflies: For parents and children 0-5 years, Thursday (term time), 9.30-11.30am at Fressingfield School. Contact Lynette on 07776 432910 or facebook - Little Dragonflies

Royal British Legion: Meet at the Sports and Social Club. 7.30pm on the 3rds Thursday of each month. Contact Richard Passmore on 01379 384000

Sports and Social Club: Friday night is Club Night. 7pm-11pm. Contact Roger Cufley on 07858 559720 or email roger.cufley@gmail.com or email the club - fressingfieldsscemail@gmail.com

Tennis Club: Club Sessions at the Sports and Social Club: Tues 6.30pm, Fri 6.30pm. Coaching available for toddlers, juniors and adults on Saturday am. Contact Andy Hall 01379 586619 or email fressingfieldtennis@live.co.uk

Women's Institute: 2nd Tuesday, 7.30pm at Sancroft Hall. Secretary, Pat Hooker - 07714 321798

MENDHAM

Chi Kung with Mark Atkinson, Wednesdays at 2pm -3.30pm. Call Mark on 01379 586555 or email m.atkinson235@btinternet.com

Good Afternoon Club. 3rd Thursday of every month. Mendham & Withersdale Village Hall. Just £1 entrance. All welcome. Check website for more details www.mwvillagehall.com

Judo: Every Wednesday 6.30pm (term time only). Adults and juniors. Stephen or Helena McPartland on 01379 740929 or email us at harlestonjudo@yahoo.com

Line Dancing: 3 classes 7pm -10.30pm Thursday evenings. Tel: Karen Poll 07979 758545.

MUGA (multi-use games area): At Mendham and Withersdale Village Hall for hire. Low cost memberships, floodlighting. Call Keith on 07968 661029 or Tracey 07765 085778

Mendham and Metfield WI: First Tuesday of the month, location varies. Please contact Beverley Head, email mandmwicommitee@groups.outlook.com or ring 01379 852700.

Mendham Primary and Nursery School 3 years + (paid or 15/30 hours gov funding). Breakfast club for pupils (R-Yr6) 7.45-8.20am. School day 8.30-3.15pm. Extended school 3.15-4.15pm (Mon-Wed), to 5pm Thurs. Contact Mrs Rogers, email office.mendham@consortiumtrust.org.uk, 01379 852520, www.mendhamprimaryschool.org.uk to arrange viewing or for further info.

My Choir Rocks: children's singing group, 7 to 8pm. **Singalong Thursdays**, adult group, 8 to 9pm. Both at All Saints' Mendham. Just turn up! myrockchoir@gmail.com

Pilates: Tuesdays, 9.30-10.30am. Contact: Jo Douglas at greenacres.woodgreen@gmail.com

METFIELD

Acoustic Night: Fourth Friday of every month, 7pm -10pm, Metfield Village Hall, bar open (cash only). Call or email Wayne Brown, 07941 620816, brownster247@yahoo.com. Further info via Facebook page: Metfield Village Hall Acoustic Night

Chair yoga: Fridays, 10am-11am, Metfield Village Hall. To maintain strength and flexibility. £6 per class. Call or email Gemma, 07909 848569, gemmawalpole@hotmail.co.uk

Gentle Yoga: Fridays, 11.30-12.30pm, Metfield Village Hall. Gentle yoga flow to refresh and unwind. £6 a class. Call or email Gemma, 07909 848569, gemmawalpole@hotmail.co.uk

Community Café in Metfield Village Hall. First Saturday of every month. 10am - noon. Pop up stalls available; details Lynda Austin 01379 588170

Knit and Natter: Mondays, 2-4pm at Metfield Village Hall. Entry £2, refreshments provided
Step and Fitness: Wednesdays, 9am-10am in Metfield Village Hall. Contact Jacqui Leyland on 01508 482679

STRADBROKE

Stradbroke Tennis Club: Come and join us for social tennis Monday and Thursday afternoons 1.30 to 4pm. all year through. Three courts available, next to the Community Hall. All ages and standards are welcome. Non-members may also book courts. For further details contact us online at: <https://clubspark.lta.org.uk/stradbrocketennisclub> or email: stcmemb@hotmail.com or call the membership secretary on 01379 388032

WEYBREAD

Coffee Mornings: Third Thursday of the month at Weybread Village Hall, 10am to 12 noon.

Ladies Social Club: First Thursday of the month (excluding January) at Weybread Village Hall, 7.30-9pm. Contact Jackie on 01379 586570/07837 141586 or Kimberley on 07484 291613 for more information

Parkrun: Every Saturday morning at 9am at The Hockey Club. A free community event where you can run, walk, jog 5k, spectate or even volunteer to help. Info at www.parkrun.org.uk

**Could you help
Borderhoppa?**

We're looking for new volunteer trustees to join our board and help guide our charity. You don't need previous trustee

experience – just an interest in supporting your local community. Skills in areas such as finance, HR, fund-raising or marketing are welcome, but not essential.

Board meetings usually held once a month (often less), giving you the chance to make a real difference to people who rely on our services. Interested? Please get in touch.

- * Door to door dial-a-ride service into the local towns
- * Weekly members outings throughout the year
- * Group hires for not-for-profit organisations

September 2026

Tues 1st – Bressingham Garden Centre – Dial-a-Ride

Thurs 3rd – The Chip Inn, Long Stratton – Dial-a-Ride

Mon 7th – Lunch at Earsham Hall Tea Rooms - £8

Wed 9th – Bury Market Day (Diss Area) – £18

Mon 14th – Anglia Retail Park, Ipswich - £18

Thurs 17th – Attleborough Market Day - £15

Mon 21st – Brunch at Wortham Tea Rooms – Dial-a-Ride

Mon 28th – Stowmarket – £15

**To book or for more information please call 01379 854800
or visit our website www.borderhoppa.org**

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Metfield Opposite Church 10.55-11.20
 Syleham Wingfield Road 11.45-11.55
 (Junction with Weybread Road)

Fressingfield Priory Crescent 13.40-13.55
 Fressingfield Primary School 14.00-14.40
 Fressingfield Sancroft Hall 14.45-15.05

Classified ads

GARDENING SERVICES

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R.J.S Property Maintenance

Interior and exterior: carpentry, painting, decorating, sash windows and cords repaired, kitchens, bathrooms, fencing, roofing and tiling. Call Ray or Jackie on 01379 586570, mobile 07880 714476.

Upcoming events

Sat 3rd / Sun 4th October	Art Show - Fressingfield & District Art Club at Weybread Village Hall, 10am to 4pm - parking available, refreshments with home-made cakes. Contact Frances Brittain for further details - 07534 139082
10th Oct, 14th Nov	Fressingfield Sounds, autumn series of concerts. Visit www.fressingfieldsounds.org.uk for full details
Sat 11th Oct	Evensong, 3.30pm, Fressingfield Church
Sat 17th Oct	Fressingfield Produce Market, 10am to 12 noon, Fox and Goose Green fressproduce@btinternet.com
Weds 28th Oct	Fressingfield WI Quiz, sausage and mash evening, 7.30pm
Sat 21st Nov	Weybread Craft and Local Produce Fair, St Andrew's Church and Weybread Hall Farm Barn. 10am to 3.45pm
Sat 12th Dec	Fressingfield Christmas Market, 10am to 1pm

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Baptist Services in Fressingfield

Sunday worship at 11am
Everyone is welcome to join us



Please see our website for details of what else we do,
including Sunday evenings at 6pm, and children's activities.

Pastor Stuart Balmer - 07719 675457
Email: stuart.fressingfieldbaptist@gmail.com

Website: www.fressingfieldbaptist.church

Coffee Shop is open: Wednesday to Friday, 10am to 2pm
(see website for further details)
Please feel free to drop in at any

Methodist Services in Fressingfield

Sunday 6th Sept Dorothy Courtis
Sunday 13th Sept Harvest Festival (led by members)
Sunday 20th Sept Local arrangement
Sunday 27th Sept Rosemary Adams

All services at our chapel are at 10.30am

St Edmund's Roman Catholic Parish - Bungay and Harleston

Parish Priest: Canon Simon Blakesley
07946 390600, email: simon.blakesley@rcdea.org.uk

St Edmund's Bungay
Sunday Mass at 9am

St Thomas More, Harleston
Vigil Mass, Saturdays at 6pm
(confessions 5.30 to 5.50pm)

Parish Church Services for September 2026

Sept 2026			
Sunday 6th Trinity 9 Creationtide <i>Ezekiel 33:7-11</i> <i>Matthew 18:15-20</i>	9.30am	Metfield	The Gathering
	10.30am	Fressingfield	Holy Communion
		Mendham	No service (4 th Sun harvest)
	10.30am	Stradbroke	Holy Communion
Sunday 13th Trinity 10 Creationtide <i>Genesis 50:15-21</i> <i>Matthew 18:21-35</i>	9.00am	Withersdale	HC BCP Harvest
	10.30am	Weybread	Harvest Family Service
	10.30am	Fressingfield	Harvest, bring and share
	10.30am	Metfield	Village Worship Harvest
Sunday 20th Trinity 11 Creationtide <i>Jonah 3:10 – 4:11</i> <i>Matthew 20:1-16</i>	10.30am	Fressingfield	Holy Communion
	9.30am	Mendham	Holy Communion
	10.30am	Stradbroke	Informal
	6.30am	Fressingfield	Celebration
Sunday 27th Trinity 12 Creationtide <i>Ezekiel 18:1-4, 25-32</i> <i>Matthew 21:23-32</i>	10.30am	Fressingfield	Informal all age service
	10.30am	Metfield	Holy Communion
	6.30pm	Mendham	Harvest Service

**Benefice prayers for the vacancy,
Wednesday 2nd September, Metfield Church, 7.30pm**

**Weekly prayers around the benefice:
Mondays, 10am in Stradbroke church
Wednesdays, 10am at the Alfred Munnings Pub. Hot drinks provided**