
Six Sense

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

A magazine for six villages in North Suffolk

Online at www.sixsensesuffolk.co.uk



October 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 12th October

Distribution takes place from
Thursday 29th October

SIX SENSE needs you. We welcome reports, reviews, profiles,
news and pictures from the local community.

Items for inclusion should be sent to editor@sixsensesuffolk.co.uk

AND contenteditor@sixsensesuffolk.co.uk

Advertising queries to advertising@sixsensesuffolk.co.uk

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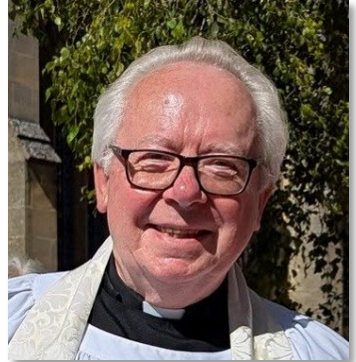
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Six Sense is produced and published by the Sancroft Benefice of churches including the parishes of Fressingfield, Mendham, Metfield, Stradbroke, Weybread and Withersdale. Opinions expressed in this publication are not necessarily those of the editorial board. Six Sense accepts no responsibility for the content and offers on advertisements or flyers.

Letter from Revd Tony Rich

Dear All,

At the beginning of September, our lawn suddenly sprang back into glorious green life as the rainy spells came after weeks of what looked like completely dead grass. I know we've seen it all before, but I still marvel at how quickly the transformation happens. A friend told me recently that even during a drought plants still carry on producing cells that suddenly expand with water when it finally rains. I'm interested to know how it all works, but still can't help but watch in wonder. It reminds me of how the Bible sometimes uses the word picture of a dry and barren desert bursting into new life and blossoming as refreshing waters revive it as a way of speaking about hope - even in the driest, most barren and desperate of times there is always hope trusting in God.



My lawn may have recovered quickly, but I cannot help but feel for our farmers; if only it were as simple for them when we have the kind of severe weather we've had this year. I read recently about one farmer with a crop of potatoes all ready to be lifted, but the ground was too hard and dry to bring the crop in; how frustrating to work hard to produce a crop and yet have it stay beyond reach. I cannot help but admire the resilience of our farmers, how they work round mounting pressures and concerns to provide our food. It's stressful, hard work at the best of times and low yields resulting from extreme weather call for a much to be admired stout-hearted determination to look ahead and plan for next season. If we get the chance, let's thank a farmer and buy local produce if we can.

Every blessing, Tony

Thank you to all our Six Sense deliverers. We really do appreciate the time it takes everyone to deliver all 1200 magazines each month. A special thanks this month to Metfield's Jan and Peter Twiss, and Brenda Eastaugh who, after many years of loyal duty, have retired from their Six Sense duties.

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 very interesting talk from Susan Whymark of Susan Whymark Funeral Services Ltd. We heard about how Susan decided that this was the career for her at the age of 19 and her interesting journey to where she is today. Far from being morbid and macabre, it was lovely to hear how much care is taken of the deceased and how grieving relatives and friends are supported.

Next month we have an evening of Scottish dancing and in November we have a craft evening of Christmas decoration making. 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. We look forward to welcoming guests and new members.

Save the date!

Fressingfield Medical Centre are running their flu clinics on Saturday 3rd and Saturday 10th October at Stradbroke Community Centre.

Please do not contact us regarding the clinics.
The surgery will contact all those who are eligible within the next few weeks.

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



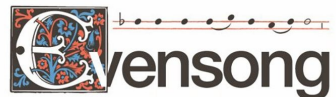
Evensong at Fressingfield

Sunday 11th October, 3.30pm

A feast of St Francis at Fressingfield

To mark the conclusion of the new Creationtide, which coincides with the church's celebration of the life and legacy of St Francis of Assisi, Fressingfield Parish Church is holding a service of BCP Evensong.

Assisted by the choir, there will be well-known hymns and opportunities for the congregation to also sing. While the service is to be led by Revd Andrew Vessey, the preacher is Revd Richard Court, himself a Third Order Franciscan.



Fressingfield Produce Market

Saturday 17th October, 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.



Join us for refreshments - proper coffee and delicious cakes. Music from folk singers Dave Notman and friends. Interested in having a stall? Please email fressproduce@btinternet.com The Christmas Market will be on 12th December, with extended hours, 10am to 1pm.

MEN'S BREAKFAST

A Men's Breakfast on Saturday 7th November, 7.30am at the Sancroft Hall at which we are pleased to welcome our guest speaker Peter Walker who will be talking on **Tax, the stock exchange, prison and disease.**

Come and join us for an English breakfast and great company. Free of charge, donations gratefully received.

Please reserve your place by contacting Rosemary Savage on 01379 586747 or Graham Browne on 07976 182704.

We look forward to seeing you! Organised by the churches of Fressingfield.

Service of Memorial and Thanksgiving (All Souls)

Sunday 1st November, 3.30pm, All Saints' Stradbroke

A gentle service and a time to remember and give thanks for those we have loved, who have died.

We read their names and light a candle in their memory.

Please stay for tea and cake following the service.

All welcome!



Coffee Break Every Tuesday 10.30am to 11.30am, Sancroft Hall

"As I am recently widowed, someone suggested that I should try Coffee Break on Tuesday mornings. This I did and found amazing warmth and friendship. It gave me the courage to do other things as well and I have never looked back. I would urge anyone to give it a go! And, by the way, the coffee's very good too!"

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News and events

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Autumn Series of concerts at
Chapel Hall Arts, Fressingfield IP21 5QD
Concerts at 7.30pm.

Book now and reserve your seats.....

Saturday 10 Oct, Piatti String Quartet

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

Tickets £25, £5 for 25 years and under. To book and for more information, visit www.fressingfieldsounds.org.uk or phone 07900 350117.

Living Confirmation and Deepening Spirituality

Our Autumn Course combines the two.

Join us if you wish to be confirmed. Join us if you wish to deepen your spirituality as you get older. Talking with others and sharing a wide range of lived experiences is always useful.



**Fridays 16th, 23rd, 30th Oct, then 6th, 13th, 20th Nov
10am to 12 noon, in the Lady Chapel, Stradbroke Church**

Contact Revd Maria on revmariaprice@gmail.com or 07759 298824.

Weybread Craft and Local Produce Fair

The annual fair will take place on 21st November 2026 at St Andrew's Church and Weybread Hall Farm Barn, Church Road, Weybread IP21 5TR.

Opening from 10am until 3.45pm. Stalls in the Church and Barn including bags, cards, Christmas gifts, knitted items, painted glass, jams chutneys, marmalade, wooden and stainless steel gifts, pottery, plants, soaps, and Beckview Shorthorns, supplying top quality grass fed beef.

Refreshments in the Barn, local turkey rolls, brie rolls, homemade cakes and shortbread, tea and coffee. Raffle. Free admission and parking.

Contact Sue 01379586434 or email sueofnunnery@btinternet.com

WANTED - a volunteer to take over the organisation of the Fressingfield Church flower rota, please. If you would enjoy working as part of a team to help keep our church looking beautiful, contact Ray Hooker on 01379 588374 or willowwalker4me@hotmail.co.uk We look forward to hearing from you.



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Metfield Community Café

Saturday 3rd October, 10am – 1pm

A HUGE thank you to everyone who came to September's Café and gave so generously towards the fundraising for Dunwich Heath, RSPB Minsmere and the Rapid Relief Team after the devastating fires.

Thank you to all the individuals and local businesses who donated prizes for our bumper raffle, a beautiful oil painting for auction, cash donations and gorgeous cakes. The Village Hall waived our rent for the morning and all the proceeds of food and drink sales and stall rental were given to the fund. And our volunteer helpers worked really hard! The total amount raised was an amazing £1,109.62 so thanks again to everyone involved.

This might not be the moment to say that our October Café is our annual fund-raiser for Macmillan Cancer Support so we need you to be generous once more. This is the 28th year we have supported Macmillan in Metfield and for the last two years we have sent them £1000. Let's see what we can do this year.

All our lovely stall-holders will be at the Café, as well as a home-made cake stall. So, we look forward to seeing you on Saturday 3rd October for delicious breakfast baps and good coffee, lively conversation and plenty of opportunities to spend money in a good cause. See you there!

Weybread Parish Council

There was no meeting in August, but we have one in September.

Our website weybreadparishcouncil.gov.uk is progressing well for additional parish content. We now have a Councillor appointed who will be working on these articles for you.

Please contact martin.soudain@weybreadparishcouncil.gov.uk to upload your articles. If there is news that needs to be included, he will be happy to do this too.

October 2026 has no meeting

November 2026 meeting is 17th

Any queries/concerns, please contact clerk@weybreadparishcouncil.gov.uk
weybreadparishcouncil.gov.uk

The Future of Weybread Coffee Mornings

Monthly Coffee Mornings have been held in Weybread Village Hall for the past 11 years but sadly we have seen a marked decrease in attendance this year. We recognise that people have busy lives and we know that they do now clash with other events but obviously we cannot continue holding them if numbers continue to be so low.

We have decided that, as from October, we will hold them on the second Thursday of the month (rather than the third Thursday) to see if a different time of the month works better. We have looked at other options such as a different day of the week but this is difficult due to our other commitments and other Hall bookings. If attendance does not improve then sadly we will have to cease holding them. This will be very disappointing as it is the only daytime free to access community event being held. However it is not sustainable to continue to put our time and effort into holding them, and for the Parish Council to apply for a grant from the District Councillor's Locality Budget to cover the £30 monthly Hall Hire Fee, if they are not being supported.

Coffee Mornings for the remainder of the year will be on **Thursday 8th October, Thursday 12th November and Thursday 10th December.**

Whether they continue next year is entirely in your hands. If you've not been along to the Coffee Mornings before then please try and join us for a cup of coffee (other drinks are available), a biscuit or two and a good old chinwag. All ages, from mums with new babies to silver seniors, receive a friendly welcome. As stated attendance is free but we are grateful for any donations made which are put towards the costs of the refreshments.

Look out for the pink noticeboard to remind you. Feel free to drop at any time between **10am and 12 noon**. We look forward to welcoming you.

Janet Blair-Haynes and Sue Hardy



Fressingfield Parish Council September 2026 report

The Parish Council met with Mid Suffolk Head of Planning, our District Councillor, Lavinia Hadingham and representatives from Orwell Housing and Suffolk Highways at the Red House building site on 8th September. The purpose of the meeting was to discuss the various safety concerns raised by the Parish Council in July. Orwell Housing own part of the site and will be developing their properties in the coming weeks. Work is currently being carried out to clear the blocked drainage system. The remainder of the site is the property of Barwood Capital Ltd and it is anticipated they will be working here in the autumn. A meeting involving the site owners, MSDC Planning, District Councillor and Parish Council will be scheduled to address the issue of the attenuation pond. Suffolk Highways have arranged for the hole in the pavement in front of the site to be repaired. This has been done. Our MP, Adrian Ramsey, attended the site on 4th September to see first hand the concerns raised by the Parish Council. He is ready to offer support should the situation regarding site safety not improve. The Parish Council will continue to pursue this matter and share information as we obtain it.

Remembrance Sunday, 8th November

Please note new timing.....

The Fressingfield and District Branch Royal British Legion are this year changing the format for Remembrance Sunday on the 8th November. The change will take into consideration the requests from local parishes and organisations to chime more closely with national commemorations that occur at 11am. Hence the church service at St Peter & St Paul in Fressingfield will this year commence at 10am, and it will be a shorter service than in previous years. The congregation will then make their way to the village War Memorial for 10.55am (and we hope other residents, congregations and visitors to Fressingfield) in order to complete the short but poignant Act of Remembrance at 11am.

The roads past the memorial will be closed from 10.40 to 11.20am.



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At our meeting in September, we were delighted to welcome three new members. We now have 33 members from across our benefice.

We didn't have a speaker on this occasion but had invited Clare and Penny from Ipswich to bring the MU merchandise that they sell at MU events around the Diocese. This proved very popular and there were brisk sales of cards, calendars, diaries etc.

Christine also updated us on all we have been doing for the 150th anniversary year. This has included knitting 300 squares to make 16 knee blankets, growing the £5 seed money we had been given to £168 with a cake stall at Metfield Market and organising a Take Over Service in Mendham. One member has challenged herself to make 150 Cross in my Pockets! So far she has made 100 which have gone to Hollesley Bay Prison, Weybread Church and individuals in hospital or sick at home.

We also plan to link with the Eco-church project in Fressingfield and have two planters made to stand outside the Sancroft Hall to supply herbs to the community. Our next meeting will be on 1st October when, once again, we will be making Christmas cards for distribution in our prisons.

Meetings are usually on the first Thursday of the month, 2.30pm in the Sancroft Hall, Fressingfield.

Fressingfield Sports and Social Club

October is going to be busy - plenty of events for you to attend.

Bingo is on the 10th from 7pm. Eyes down at 7.30pm, and remember, the more people who attend, the bigger the prizes. Then we have a fabulous Abba Tribute band on the 17th (tickets at <https://www.trybooking.com/uk/GVRT>)

Followed by a pre-Halloween disco with new local DJ Yogi Bizzle (yes, really!), tickets at <https://www.trybooking.com/uk/GWOQ>.

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. And finally, Mary Newton's fifth forensic science related talk, entitled, "Rape - Short Word, Long Sentence" focuses on the science behind catching serial rapists and includes some notorious examples she or her teams worked on. This talk is on Tuesday 27th October at 7.30pm, and you really need to get booking, the last two talks have sold out quickly, leaving many people, even regulars, disappointed.

Tickets will be £3 each and can be bought online at <https://www.trybooking.com/uk/GXSX> or use the QR code - 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/>

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



METFIELD PARISH COUNCIL

Over the summer months some of you may have noticed the repairs and ~updates that have taken place in the Metfield play area. The Parish Council were lucky to have secured some funding which will hopefully keep it open and functional for several years to come, but we do ask if you notice any issues that you report them to the Clerk so they can be addressed promptly.

On a similar vein it's that time of the year when the days draw in and walking the roads can become rather dangerous without high viz. We would ask that all landowners with hedges that border roads take a good look at them. A well-trimmed hedge is a healthy hedge but that gap between the road and the hedge is also vital for walkers who don't want to get squashed. If you have an unruly hedge and would like some assistance in taming it, the Parish Council may be able to put you in touch with a friendly local farmer who can help.

Please think of others and get ready for winter – you may want to also clean any road signs in your vicinity because, unfortunately, gone are the days when local authorities cared or had the budget to do any of these things. Finally, a very big thank you to Peter Twiss – one of Metfield's unsung heroes. Peter has given notice that he is retiring his lawnmower and hanging up his shears and we would like to all thank him for the many years of mowing and cutting he has done to keep the village and surrounding areas manicured.

As a Parish Council with a very small precept, we must make a little go a long way. To achieve this and to be able to live in a great place, we are lucky to have villagers, like Peter, who give their time and skills on a completely voluntary basis. Have you ever wondered who mows the grass around the village and keeps places like the Millennium Wood ship shape and welcoming? The answer is volunteers and we are looking for new individuals to step forward to share some of the village maintenance jobs. If you want to help maintain the village and give something back, please contact one of the parish councillors. The jobs are varied but one of the next will be the cutting of the cemetery hedge and the more the merrier with that job.

Chair – Peter Mortimer 01986 785396

Vice Chair – Peter Schwier

**Councillors – Cecilia Pryce, Debbie Fowler, Blake Lee-Harwood,
Christopher Osborne, Paul Smith, Darren Honey, John Gadsdon**

Clerk – Steve Blackburn 01502 575862

**Email: MetfieldParishCouncil@outlook.com or
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SOUP & ROLL



THURSDAY 22ND OCTOBER

11am - 1pm

Fressingfield Methodist Church

All welcome, please drop in.

Donations, Cash only please.

NEWS FROM MENDHAM AND WITHERSDALE VILLAGE HALL



THE GOOD AFTERNOON CLUB

The next 'Good Afternoon Club' will take place on Thursday 15th October, 2pm - 4pm. All welcome to join us for a chat and companionship. This month's session will have an autumn theme. Also, please bring your ideas to the meeting with plans for our Christmas gathering. (Accumulated funds from previous meetings will be utilised on a celebration of your choice). As usual it's just £1 entrance. Light refreshments available. Full details on www.mwvillagehall.com

PUBLIC INCLUSION SESSIONS

As detailed in a previous Six Sense, the first 'Public Inclusion Session' will be in October. If you have any suggestions, fundraising ideas, offers of help, or queries etc, you are invited to come along at 7pm, the 2nd Monday of the month. For the first 15 minutes of the meeting, the floor will be yours. This will enable any urgent matters to be dealt with promptly, immediately after the public session.

Alternatively, anyone can contact the committee at any time by email info@mwvillagehall.co.uk or by calling 0800 612 7323.

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Fressingfield Local History and Archive Group

FLHAG has no meeting in October but we are looking forward to welcoming The Halesworth Ukelele Band who are coming to entertain us at our Annual pre-Christmas party on 24th November. Look out for posters nearer the time and details about admission and time in next month's Six Sense.

Back in time, when every village was a working village as opposed to a dormitory, there would be several ponds from which the life of each community was sustained. Ponds for horses to be watered or waggon wheel rims to be tightened, ponds providing water for sluicing the abattoir, or washing the front step, collected in pails from the pond just as water was collected from the pump for cooking and drinking.

We have an historic pond at the heart of Fressingfield, near to the former medieval Guildhall (now the Fox and Goose), the Victorian Stables and the top of the large churchyard in which sits the ancient parish church. The pond was certainly there in 1885, identified on the OS Map of that year, but, as would be the case for many villages across the land, the indications are that it is of a much earlier origin.

A decision has been taken to, yet again, try to bring our pond into a better condition, a project for which grant applications have been made and relevant skills harnessed. This time, in addition to draining and carefully de-silting, the emphasis is on identifying the reasons for poor water quality, installing appropriate structural support for parts of its banks and carrying out regeneration of the vegetation and plants within the railings around it.

By supplying all of the above benefits, it is hoped that our pond will attract more wildlife both within and on its water. We intend to include a duck ramp and have a permanent floating aerator. A small area set aside for people to come and overlook a much more attractive feature, will also benefit from newly painted railings and some bench seating.

The Eco-Church Steering Group, which is managing this project on behalf of the parish church, is delighted at the way this scheme provides us with the opportunity of working with others in our community who wish to see a better world, environmentally, ecologically, ethically and morally. Not just a replenished pond then, but a vital contribution to the future. We aim to keep you in touch with our progress but, in the meantime, please read about our work on the eco display board found in the church, open during daylight hours. Thank you.

ECO TIP *Don't be too tidy! Autumn's leaves turn into spring's fertile mulch and fallen tree branches rot down to provide homes for many creatures. Both natural processes provide nutrients for the turf and soil below. Leave a pile of twigs and some small branches at the back of a flower bed or in a corner of your garden area to encourage a variety of wood boring beetles and other invertebrates. These will then be slowly dragged by worms into the soil for food.*



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thank you!

The Tipi has now closed for the Summer season - we have loved seeing all our visitors this summer - both regulars and new customers - thank you for your support. We open again in May 2027.

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MENDHAM & METFIELD WI

In August a group of us went to see Show & Tell at Southwold Summer Theatre which was a very enjoyable afternoon. The weather had just broken and we had had some rain but it was a very sunny day in Southwold.

Our September meeting took us into Harleston and we visited Fisher Fabrics by kind invitation of Paul and Gail Fisher. We were given a tour of the unit and how Fisher Fabrics had evolved over the years supplying curtains all over the world, to designers, retail shops and now to the general public by developing their unit to incorporate a retail area for those interested in getting curtains and upholstery made to go and select fabrics etc. A really interesting meeting.

Our October meeting will be on Tuesday 6th and will be at Mendham & Withersdale Village Hall at 7.15 for 7.30pm, where 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.

Our November meeting will be on Tuesday 3rd November at Metfield Village Hall where it will be our Annual Meeting followed by us all making a woven willow Xmas decoration with Mary Thompson.

Visitors are very welcome to attend for which there is a charge of £4. If you would like more details, please contact Beverley on 07749 733428.

FRESSINGFIELD WI

After a hectic summer of trips to gardens and the theatre, we had a wonderful September meeting with members bringing in significant items to show and tell. We loved the format and learned so much about each other. Our October talk, on Tuesday 13th October, 7.30pm, Sancroft Hall, welcomes member Jane Passmore telling us stories about her life as a vet. See p 25 for our Quiz and Supper event.

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Coming to a playing field near you in the summer of 2027

The Fressingfield Playing Field Management Committee (FPMC) has exciting plans afoot for the re-imagination of our playing field. Earlier this year we surveyed the village with our ideas and have tweaked the plan according to that feedback. Now we need input from our village to help get this plan into reality.

We felt that since the demise of the football club, the field has been an untapped resource for the village. We started with adding some gym equipment following on from the very successful and popular renovations of our playground but thought we should dream bigger.

The new plan is multi-faceted to provide something for everyone across our diverse community. The backbone is a MUGA (multi-use games area) which we are aiming to make free at point of use, and which will have floodlights for year round functionality. This will be complemented by a shelter built in the style of a Suffolk cart lodge in keeping with our farming heritage. In this there will be seating areas, and storage for sports equipment – like table tennis bats!

Biodiversity is a crucial part of the plan, something our village is already progressive in. We will be planting an orchard, native trees and wildflower areas – all while maintaining a marked out grass 5-a-side pitch with new nets and enough mown area to continue to hold village events on the field. We are hoping to partner with the school, the Church and the Baptist Chapel in this part of the project so that ongoing projects can complement each other.

The plan opposite shows the current outline we are working towards.

If you have any skills that we could use, for example in planning applications, grant applications, publicity, getting quotes for the necessary work, we would love to hear from you. Or if you just want to get your boots dirty, planting with us, then the more the merrier!
<mailto:fressingfieldmuga@gmail.com>

Exciting new plans for Fressingfield Playing Field

The plan illustrates the layout of Fressingfield Playing Field, including a large green rectangular area, a multi-use games area (MUGA) with two basketball courts, a parking area, a building with a red roof, and a curved path labeled 'Fressingfield (Route 1000 or 1001)'. The field is surrounded by a line of trees, and there are various smaller structures and landscaping elements throughout the site.

Connected by nature: Why biodiversity matters in our six parishes

Biodiversity refers to the entire variety of life on earth. It includes every living thing, from tiny soil bacteria to giant oak trees, and the complex ecosystems they form together. In our small, rural villages, biodiversity is not just an abstract environmental concept. It is the visible, living fabric that shapes the landscape, regulates the local environment, and defines the community's character.



Every species in a habitat acts like a single thread in a woven tapestry. When you remove threads, the entire structure begins to fray. The loss of a village meadow to housing provides a clear example of this decline. The rough grassland and scrub are not just empty space; they are a complex hunting ground filled with field mice, voles, and shrews. When this habitat is destroyed, the food source vanishes, forcing the local barn owl to abandon the area. This disruption creates a cascading effect throughout the local food chain. Similarly, the destruction of mature trees does more than just alter the view. Trees serve as a vital infrastructure for rural wildlife. They offer nesting sites, shelter from predators, and a steady supply of insects for food. The sudden silence of the morning bird chorus is a direct warning sign that these essential systems have been broken. Without places to nest and feed, songbirds simply cannot survive.

Protecting and restoring local biodiversity is critical for the future of our villages. Healthy ecosystems provide free, essential services that engineering cannot easily replace and without it directly impacts human well-being. A thriving natural environment fosters a strong sense of place, peace and connection to the seasons. Protecting the remaining native trees and creating wildlife corridors will help our villages restore these broken links. Revitalising local habitats ensures future generations can experience a living, breathing countryside, rather than a silent landscape.

Progress is natural, but unchecked development costs a small village its soul and its wildlife. When concrete replaces fields, the quiet balance of our local surroundings breaks down. Developers need to do much more. They should be creating green and blue networks, planting native hedging and leaving gaps in fences to allow species like the hedgehog and amphibians to move more safely between rural landscapes. Build natural ponds, install built in bird bricks, bat boxes, pollinator-friendly wildflower verges which directly support local wildlife feeding and shelter. Protecting the remaining wild edges where we live is essential to ensure our native wildlife survives.

Because our parish magazine bridges six distinct communities, we have a unique opportunity to create a massive, connected network of nature-friendly havens. We do not need expensive tools - just a few shared habits and developers who share this green vision.

Debra Simpson



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Wildlife Trust

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**Thursday 29th
October 2026**



10:30am-12pm



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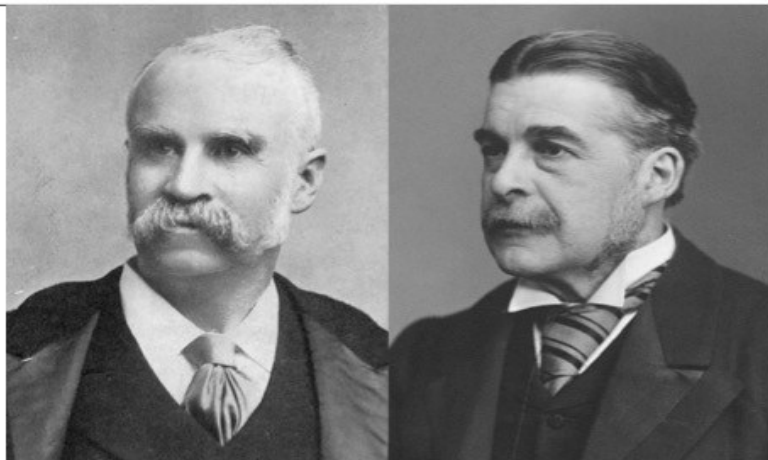
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present

An A to Z of G&S



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of Gilbert & Sullivan.**

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7.30pm Saturday 3rd October

Tickets £10. Box office: 01379 384 656

THE SUFFOLK SAVOYARDS present An A to Z of G&S. The concert features five singers and a keyboard player in an alphabetical romp through the solos, duets, trios and quartets of the wonderful music of Gilbert & Sullivan. Beautiful melodies, witty lyrics and a host of wonderful characters combined to make G&S musical comedies among the most popular shows ever staged. Excerpts are taken from HMS Pinafore, The Mikado, The Gondoliers, Lolanthe, The Pirates of Penzance, The Sorcerer, Yeomen of The Guard and Princess Ida. The audience are invited to join in for a sing-along, and to vote on which is the worst ever of Gilbert's puns.

Events during October 2026

Chapel Hall Arts, Fressingfield IP21 5QD

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

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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1st Fressingfield Scouts



We returned to Scouting after the summer in early September at the same time as the schools. Other than summer camp, we didn't meet during the school summer break but Section Leaders were busy planning their programme, checking kit, updating training and tidying the HQ and grounds for the new term.

At the start of term, our younger Sections (Squirrels, Beavers and Cubs), have been making use of the light evenings for outside games and activities.

This early autumn, Scouts have been bringing their camping season to a close with Pioneers Scouts joining with 2nd Diss Scouts for an Activity camp at Eaton Vale Activity Centre. Everyone had a great weekend with activities including, crate stacking, climbing challenge, kayaking, archery, pedal go karts, obstacle course and bivouac building. The joint camp and activities gave plenty of opportunity to renew friendships from last year and meet new people. We had visits from both the County Lead Volunteer and our District Lead Volunteer who presented a Gold Award (the highest award for our age group) to one of our members.



The same weekend was "Norfolk 24", 24 hours straight of activities such as canoes and kayaks on the river, climbing, cinema, disco, archery, air rifle shooting, craft area, tomahawk throwing, inflatables, cinema, cooking, team-work challenges, pioneering (building structures from ropes and poles), whittling (carving green timber) and cooking without utensils. The wet weather on Sunday made the day a challenge for both sections and although overnight activities were cancelled at Explorer 24, the joint activity camp ran almost as planned although both troops have a lot of tents and equipment to dry!

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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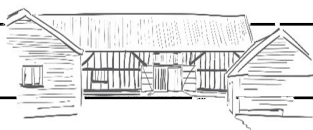
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What's on in October at Wingfield Barns

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Email: office.manager@wingfieldbarns.co.uk

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

1 Oct – 24 Oct - Elaine Nason - Close Encounters

Private View: 31 Sept 6–8pm Elaine spent 36 years teaching in Suffolk while developing her artistic practice across oils, lino and monoprint, inspired by the everyday world.

Live Music

9 Oct, 7.30pm, Classical Music – Gainsborough Quartet (Tickets £17) Members of the Gainsborough Quartet join Alfie Harries and Andrew Leach for Schubert's *Trout Quintet*, a Vivaldi aria and two toe-tapping Piazzolla tangos.

10 Oct, 7.30pm, Contemporary Folk – Hannah Scott (T £14) Suffolk-born Hannah has captivated audiences for over 15 years with heartfelt songwriting & a distinctive voice, performing at major festivals & alongside leading artists including Madeleine Peyroux.

Theatre

24 Oct, 7.30pm – Flamenco Express 30th Anniversary Tour *Flamenco Express* has celebrated flamenco's living heritage across Britain, presents the hypnotic artistry of *Titi Flores*, joined by *La Joaquina*, guitarist *Chris Clavo* & vocalist *Antonio El Pola*.
(Tickets £15, under 16s £13)

4 Nov, 7.30pm – The Lover & Landscape: An Evening of Harold Pinter performed by Open Space Theatre (Tickets £12.50) Pinter's witty and unconventional comedy explores marriage, infidelity and deception, alongside *Landscape*, his classic study of communication and emotional distance.

Classic Films

15 Oct, 7.30pm Classic Cinema *Eyes without a Face* (1960) Dir, Georges Franju **£5**

23 Oct, 7.30pm Classic Cinema *The Corpse Bride* (2005), Director Tim Burton **£5**

Community and Workshops

The Barn Shop at Wingfield Gifts, crafts, drinks, snacks. Monday - Friday 10am - 3pm

7 & 21 Oct & 4 Nov, 9.30am & 10.30am Britten Sinfonia Quartet Workshops (£3)

20 Oct / 17 Nov - Rural Coffee Caravan 10-12pm – free

29 - 30 Oct, 10-3pm Workshop - Monster Puppet Making Ages 7-12, **£40pp**

6 Nov, 7pm Artefacts from WW1 – A Talk by Gary Alderton A fascinating journey through 55 years of First World War collecting
7 Nov, 10-1pm, Painted Leather Purse Workshop with Rosanna Clare – **£50pp**

7 Nov, 7.30pm Christmas Quiz Night Nibbles included **£5pp**

12 Nov, 1.30pm Musical Bridges Celebration Concert - Tickets £3

What's On Around and About

Harleston Players

Autumn 2026 Production 'Listen very carefully, I shall say this only once ...'
'Allo 'Allo 2 - 'The Camembert Caper' directed by Sara Curtis

Based on the hugely popular TV comedy series, this sequel to the popular stage production of 'Allo 'Allo continues the adventures of reluctant resistance hero and harassed café owner Rene Artois, in German-occupied war-time France. General Von Klinkerhoffen demands a fortune in francs in recompense for the loss of the infamous painting of 'The Fallen Madonna with the Big Boobies' and Rene is expected to come up with the cash.

But nothing is ever easy! The cash, a set of forged notes and a bomb all end up hidden in identical camembert cheeses. What could possibly go wrong?

Performances at Harleston Sancroft Academy on 23, 24, 29, 30 and 31 October.

AUDITIONS October 2026

To celebrate their 100th anniversary next year, Harleston Players will be putting on that enduring and best-loved musical, **GUYS AND DOLLS**!

Guys and Dolls takes us from the heart of Times Square to the nightspots of Havana, Cuba and even into the sewers of New York, but eventually (hopefully!) everyone ends up right where they belong.

Because this is a bigger show than usual, we are casting early and will start work on the songs and choreography from May 2027. Performances will be in October 2027, and the show will be directed by Cathy Edwards-Gill, with Musical Direction by Andrew Wheeler.

There are plentiful roles for men and women.

The central characters need to be strong singers, but there are multiple roles for people who can sing a bit, as well as for good dancers. If you don't see yourself as either a singer or a dancer, come along anyway - there will be plenty to get stuck into! We need a big ensemble of gamblers, missionaries, policemen, dancers, street vendors, bartenders and the people of New York!

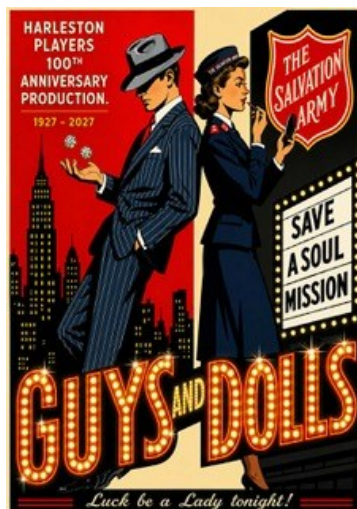
Auditions will take place in the main hall at the Sancroft Academy, Wilderness Lane, Harleston on

Sunday 11 October 9am - 12pm

Sunday 18 October 9am - 12pm

Sunday 25 October 10am - 4pm

If you have any questions please contact Cathy Edwards-Gill at cannonballgirl@rocketmail.com or on Facebook Messenger. Keep an eye on the Harleston Players website for a full list of roles.



What's On Around and About



Harleston Choral Society have now started rehearsals for their Christmas Concert, which will take place on Saturday 5th December when they will be performing Saint-Saëns Christmas Oratorio and Cecilia McDowell's Christus Est as well as many seasonal favourites.

See www.harlestonchoralsociety.org.uk for details of rehearsals.

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What's On Around and About

RoughCast Theatre Tour of *The Seagull* by Anton Chekhov

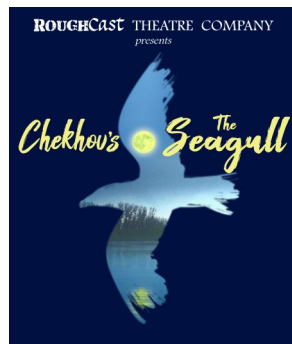
19th –28th November 2026

"We are all fools in love—and even bigger fools
in art."

Anton Chekhov wrote comedies, bittersweet comedies about our dreams and human failings. Set on a country estate where everyone is in love with the wrong person and convinced their life is a tragedy, RoughCast's typically fast-moving production and clear storytelling bring out all the humour and poignancy of Chekhov's enduring, endearing masterpiece.

*Diss Corn Hall 19th Nov *Fisher Theatre, Bungay 20th Nov
*The Cut, Halesworth 21st Nov *Chapel Hall Arts, Fressingfield 26th Nov
*Southwold Arts Centre 27th Nov *Wingfield Barns 28th Nov.
Performances start 7.30pm. Tickets £13/£7 (students)

For further information visit www.roughcast.co.uk or tel 01379 586745.



Fressingfield Garden Festival

proposed for

Sat 12th and Sun 13th June 2027

with

Open gardens

Scarecrow trail

Sculpture trail

Flower festival

Country Life market

Festival food

More information in the November Six Sense.

In the meantime, to log an interest,
please email

fressgardenfestival@gmail.com

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**Could you help
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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

Mon 1st – Notcutts, Norwich - **£15**

Thurs 3rd – Stoke Ash White Horse – Dial-a-Ride

Mon 12th – Hillcrest Nurseries, Stanton - **£10**

Thurs 15th – Bungay Market Day - **£10**

Mon 19th – Thetford Town and Garden Centre - **£15**

Mon 26th – Longwater Retail Park and Lunch
at The Copper Beech - **£18**

Thurs 29th – Taverham Garden Centre - **£18**

**To book or for more information please call 01379 854800
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Upcoming events

Sun 8th Nov	Remembrance Services in all villages (see change of time)
Sat 14th Nov	Fressingfield Sounds, autumn series of concerts. Visit www.fressingfieldsounds.org.uk for full details
Sat 21st Nov	Weybread Craft and Local Produce Fair, St Andrew's Church and Weybread Hall Farm Barn. 10am to 3.45pm
Sun 6th Dec	Turning on of the Fressingfield Christmas tree lights, 4pm
Sat 12th Dec	Fressingfield Christmas Market, 10am to 1pm
Sat 12th/Sun 13th June 2027	Fressingfield Garden Festival

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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 4th Oct	Mr Land
Sunday 11th Oct	Partnership service
Sunday 18th Oct	Local arrangement
Sunday 25th Oct	Dorothy Courtis

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 October 2026

Sunday 4th Oct Trinity 18 End of Creationtide <i>Isaiah 5:1-7, Matt 21:33-end</i>	9.30am	Mendham	Village service
	9.30am	Metfield	The Gathering
	10.30am	Fressingfield	Holy Communion
	10.30am	Stradbroke	Holy Communion
Sunday 11th Oct Trinity 19 <i>Isaiah 25:1-9</i> <i>Matthew 22:1-14</i>	9.00am	Withersdale	Holy Communion BCP
	10.30am	Weybread	Family service
	10.30am	Fressingfield	Informal
	10.30am	Metfield	Village worship
	3.30pm	Fressingfield	Evensong
Sunday 18th Oct Luke the Evangelist <i>Isaiah 35:3-6</i> <i>Luke 10:1-9</i>	9.30am	Mendham	Holy Communion
	10.30am	Fressingfield	Holy Communion
	10.30am	Stradbroke	Informal
	6.30pm	Fressingfield	Celebration
Sunday 25th Oct Bible Sunday <i>Nehemiah 8:1-4a, 8-12</i> <i>Matthew 24:30-35</i>	10.30am	Fressingfield	Informal all age service
	10.30am	Metfield	Holy Communion

Benefice prayers for the vacancy

Wednesday 7th October, Stradbroke Church, 2.30pm

Weekly prayers around the benefice:

Mondays, 10am in Stradbroke church

Wednesdays, 10am at the Alfred Munnings Pub, Mendham

Hot drinks provided

Thursdays, 9.30am, Sancroft Hall, Fressingfield