Six Sense

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

A magazine for six villages in North Suffolk

Online at www.sixsensesuffolk.co.uk



See back page and inside for Remembrance Service time changes

November 2026

PARISH 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 9th November	Distribution takes place from Thursday 26th November

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
Please ensure you receive an acknowledgement.

Flyers - These need to be supplied (**A5 only**, max 170gsm) and pre-booked at editor@sixsensesuffolk.co.uk
Distribution (per village): £3 church/charity or £5 commercial.

Visit us online at www.sixsensesuffolk.co.uk

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Letter from Revd Diane Ekins-Powell



But this I call to mind and therefore I have hope.
The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness. Lamentations 3:21-23

As I write, I cannot help think of the dismal reputation this month has, summed up in Thomas Hood's poem – 'no sun, no birds, no butterflies, no leaves, November' which can also result in a feeling of 'no hope.' Yet for Christians there is always hope – the word not quite having the same meaning as in its everyday use which describes optimism or the feeling indicated by the crossing of fingers. Christian hope stems from an ultimate trust in God and God's love.

It is this Christian hope that enables a new start every morning as found in the words quoted above, interestingly from a book of the Old Testament concerned with lament and a time of suffering. This hope through faith that death is not the end, comforts when we remember those who have died this month on All Souls and Remembrance Sunday. The hope of God for his creation will accompany us as we hear the experts on the film of the emergency climate briefing *(page 5)*.

However, the hope of God does not mean we are *not* required to act, and to act with others in our communities. Christian hope does not prevent grief for those we see no longer or in times of difficulty, doubt and depression. It is the belief that throughout it all, God is there and God's promise symbolised by the rainbow remains.

This year, the last Sunday in November begins the new church year, the season of Advent in which we prepare for the coming of Light into the darkness, the birth of Jesus central to the Christian faith. And as we approach a year since Revd Canon Susan Loxton retired, an interview has recently taken place for a possible new Rector, as we take the next step on our journey as a benefice of six parishes.

With love

Revd Diane

If you live in Metfield and your Six Sense magazine is no longer delivered, we would be very grateful if you could pick it up from the shop. It will be waiting!

Weybread Ladies' Social Club

Weybread Ladies' Social Club meets 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 an evening of Scottish dancing. One of our members teaches Scottish dancing and she had her work cut out with us; what we lacked in talent, we made up for with enthusiasm! A great evening was had by all (but possibly not Hilary)!

Next month we have a Christmas craft evening, where we will be making willow angels. In December, we will be going for our Christmas meal, complete with secret Santa.

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.

Stradbroke November update



Weds 11th, Christmas Cash Bingo, 7 for 7.30pm start at the Community Centre. Licensed bar. Raffle. Also, Christmas Hamper draw.

Saturday 21st, from 8.30am, we are holding a Jumble Sale with Books and Jigsaws and Cake Stall, in Stradbroke Church. Also selling Christmas Hamper raffle tickets.

Sunday 29th, Advent lights in the churchyard with live music from Stradbroke Radio, from 4pm. Church open with refreshments and children's activities. All welcome!

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. All welcome, wherever you live. 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!



Emergency Climate Briefing Screening

Saturday 14th November
10am at Saints' Mendham Church
Come and decide for yourself as we listen to leading UK scientists and experts speak about the climate and nature crisis in a non-partisan way. Afterwards, talk about how we can take action as individuals and as a community. The 50 minute screening is being put on by All Saints' Gold Eco-church team and refreshments will be provided. Over 16s only.

ACCOMMODATION WANTED
during December in Mendham



Mary, Joseph and their donkey will be travelling through Mendham and they are seeking overnight lodgings.

Households are invited to sign up to this village posada as we begin our Christmas preparations. To volunteer for this community activity, contact Kate Bradly, email: kate.lamorn@gmail.com or call 07921 626921.

Tearfund Big Quiz

Saturday 14th November
Fressingfield Baptist Church

See page 17 for full details

Weybread Craft and Local Produce Fair

Saturday 21st November

See page 9 for full details

November's Eco-tip

Concerned about our individual effect on the environment? Check your carbon footprint using the World Wildlife Fund Calculator www.footprint.wwf.org.uk

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Fressingfield Local History and Archive Group

On November 24th we will be holding our annual pre-Christmas party. This year we will be entertained by the Halesworth Ukulele Band.
All are welcome and entrance for members is free, guests pay £3. Wine and soft drinks are provided, and you may wish to bring a small plate of seasonal snacks to share. The event is at Chapel Hall Arts in Cratfield Road, Fressingfield, and starts at 7.30pm.

FRESSINGFIELD SOUNDS

The last of the Autumn Series of concerts
Chapel Hall Arts, Fressingfield IP21 5QD
7.30pm.

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

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

Fressingfield Book Group



Fressingfield Book Group's next meeting will be on Friday 4th December, 10.30am at Priory House, Priory Road, Fressingfield.
We will be discussing *The Artist* by Lucy Steeds.
For more information on Fressingfield Book Group, contact Shirley Kalinauckas at skalinauckas@gmail.com

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JAMES REGINALD KENT



Tracey Tompkins, Gary Kent and their families, would like to thank everyone for all the messages of condolence received, following the passing of their father, James Kent, aged 88 years, on 6th September. Jimmy lived and farmed in Mendham for more than 87 years.
He was well known to many in the farming world and to many more within the Six Sense parishes and beyond. It is Jimmy's cattle you would have seen when passing through Mendham; a wonderful sight on the marshes both sides of Mendham Bridge.

Grateful thanks to friends and family, Fressingfield surgery, St Elizabeth Hospice, nurses from Eye and Kingsley Health Care for their support over the past few months.

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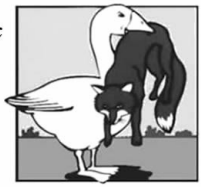
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Remembrance Sunday, 8th November

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.
The church service at St Peter & St Paul in Fressingfield will this year commence at 10am, and it will be a little shorter than previously. The congregation will then make their way to the village war memorial for 10.55am, and we hope other residents, congregations and visitors, 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.

William Sancroft's Sunday



A SERVICE OF HOLY COMMUNION
according to the Book of Common Prayer, in honour of the life and witness of William Sancroft, 1617-1693
Sunday 15th November, 10.30am
in Fressingfield Parish Church.

Our benefice is named after him, his family home is known as Ufford Hall and his tomb is in Fressingfield churchyard. We are planning to commemorate the man who became not just a priest or a Dean or even a Bishop but who became the Archbishop of Canterbury, in a special Communion Service on Sunday 15th November.

Among the tasks that William Sancroft was asked to undertake, was editing the revised version of the Book of Common Prayer, finally in 1662. Appropriately therefore, on the Sunday closest to his anniversary, we shall use that same service book for our worship. The text is included in our regular benefice service book but usually now confined to the monthly early morning Holy Communion services at Withersdale Church. On the 15th November however, we will include hymns and readings chosen especially for such an occasion, together with a short commentary around some of the less familiar elements. Come and help us celebrate Fressingfield's most famous son who would have worshipped here, at St Peter and St Paul, at intervals throughout his life.



Metfield Community Café

1st Saturday of the month; 10-12 noon

A massive thank you to everyone who came along to our annual Macmillan Coffee morning last month. It was the second month running we have asked you to dig deep for a good cause and you didn't disappoint. We were able to send £1000 to Macmillan Cancer Support.

This month, Wakelyns are coming to our 'Information Corner' with details of all the different things happening at their organic agroforestry farm, from veg growing to willow and hemp production and Silva's bakery, among other various enterprises. Our usual stall-holders will be with us, plus Debbie and Frankie, who both have lovely hand-crafted items to sell. There will also be a 'Granny's Attic' stall, with all things vintage to tempt you. Our raffle will be on behalf of the Village Hall, who have a large bill on the horizon to fill up their oil tank, so we'd like to help them out.

So please come along on Saturday, 7th November, for delicious breakfast baps, cakes, good coffee and conversation. And please make a note in your diary that our December Café/Christmas Fayre, will be on the second Saturday – the 12th, as in previous years. Lorraine will be making her wonderful fresh-foliage door wreaths and she will be taking orders at the November Café, for collection at the Christmas Fayre.

As a footnote, the hedgerows are groaning with sloes and rose-hips at the moment, so if you intend to enter the Liqueur class at next year's Produce Show, now is the time to get picking!

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Fressingfield Sounds Funds New Choir at Fressingfield Primary School

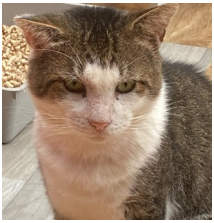


Fressingfield Primary School is delighted to have begun a new collaboration with Fressingfield Sounds, celebrating music and performance.

The project has started with the launch of a new school choir, led by Mrs Rayner from Suffolk Music Service and funded by Fressingfield Sounds. The choir got off to a brilliant start in October, with fun singing games alongside work on more ambitious pieces for future performances. Wednesday lunchtimes at Fressingfield Primary are now further proof that singing is good for the soul!

The school year will culminate in a performance at Snape Maltings as part of the Schools' Music Celebration. We'll be taking our choir, alongside two classes of clarinettists, to perform a selection of pieces on the theme of cats. We can't wait. Meow!

Logan is missing



from New Street, Fressingfield. Please check your sheds and garages. He is gentle and timid and probably won't let you get near. He was adopted by Karen in July, settled down well but has now disappeared. If you have seen him or know anything of him, please call Karen, 07762 653065.

Christmas in Fressingfield



Sunday 6th Dec - Turning on the lights on the village Christmas tree (donated by the RBL), with carols, mulled wine, mince pies, craft activities for children. Join friends and neighbours at 4pm at the Sancroft Hall.

Also
Saturday 12th December - Fressingfield Christmas Market with over 30 stalls with fresh produce, gifts, decorations, seasonal food and refreshments, music to entertain us, the Scouts' Barbecue and Santa Run, the RBL Christmas Draw. Still time to book a stall on fressproduce@btinternet.com

See December's Six Sense for details of all the Christmas services in each church. You are very welcome to join us for one or all and to come carol singing too. Dates and details soon.



Beginners Yoga

Laxfield village hall Thurs 9.30 - 10.45am

(starts 29th October)

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WEYBREAD PARISH COUNCIL

We met on 15th September 2026. Items that were discussed were:

* Speed Indicator Device (SID) 1 stats will be uploaded to the website.
* There is work still being done on the allotments, but they are looking amazing. New plots available soon in two sizes.
* The website is being updated with parish related information. If you wish to have something added, please contact Cllr Martin Soudain martin.soudain@weybreadparishcouncil.gov.uk

We will be looking at the budget in the November meeting. Please look at https://weybreadparishcouncil.gov.uk/

Date of next meeting 17th November 2026 7.30pm.

Since the meeting: We now have agreement for the second location for the Speed Indicator Device on The Street, this will be installed soon.

CAFF have processed a Judicial Review Order on Cranswick which will prolong the start of the building works.

METFIELD PARISH COUNCIL

At the Parish Council meeting in September, a majority of councillors were present and Mr Darren Honey's place on the council was confirmed. Our county and district councillors attended and presented their respective reports.

As ever, a number of issues pertinent to the village were discussed and decisions made accordingly. Our new county councillor agreed to look into the state of the village and road signs which have fallen into disrepair.

The playground refurbishment is now almost complete with the replacement of the basketball board. Thank you to all those who have assisted in upgrading the playground and special thanks to the district councillor, Lavinia Hadingham, for the funds she provided towards this village asset.

With the darker nights now, please take care; ensure that you can be seen when out walking and cyclists and motorists check your lights.

On Sunday 8th November, we will remember those parishioners who gave their lives fighting in war. The parish Remembrance Service will take place in the village church at 10.30am. Many members of the parish will also be remembering Private Robert Riseborough, 3rd Battalion, Queen's Regiment, who was accidently killed aged 24 yrs in 1988 during a live training exercise in Westmoreland, following service in Northern Ireland, as he is not named on our village memorial.

The next Parish Council meeting will be held on Monday 9th November in the village hall.

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 mail: MetfieldParishCouncil@outlook.com or clerk@metfieldparishcouncil.gov.uk

Cards for prisoners

Our Mothers' Union meeting in October was a workshop making Christmas cards for prisoners. We have done this for a few years and it is always a very busy and sociable afternoon. After the usual business and service, Di Barker and Sue Norrington, two MU members, explained what we were going to be doing. Used Christmas cards are collected and the art work is trimmed to size to reuse on these new pre-printed cards.

It was a very chatty meeting enjoyed by the 23 members present. We made around 370 cards during our session, which was a very satisfying outcome to a meeting different to our usual format.

Our next meeting is on Thursday 5th November when we will be welcoming Linda Ginn to talk about Taking care of our clergy.

Mothers' Union meetings are usually held on the first Thursday of the month, 2.30pm in the Sancroft Hall, Fressingfield. The Fressingfield Branch covers all six parishes in our benefice.

Fressingfield Sports and Social Club



November is here, and we have several events on at the club, starting with an evening with medium, Sue Hind, on the 3rd.
Tickets at trybooking.com/uk/GWOR
Then we have a great local band called MTM on the 14th *(tickets at trybooking.com/uk/GXTS),* and we have food van Get me to the Greek selling super Greek food.
On the 28th we have a return visit from The Anyones *(trybooking.com/uk/HBFG).* We have a burger van for this evening too, so even more reason to come out.
And finally, on the 25th, Mary Newton returns for her 6th and final forensic talk, Catch Me If You Can - tickets on sale on the trybooking site.
For details of all events, follow us on facebook
https://www.facebook.com/fressingfieldsocial/



7.15 for 7.30pm
Saturday 14th November 2026
Baptist Chapel, School Lane, Fressingfield

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You can still donate even if you are not able to attend. Just visit **tearfund.org/quiz** and click on **Donate**.

tearfund

NEWS FROM MENDHAM AND WITHERSDALE VILLAGE HALL

THE GOOD AFTERNOON CLUB

The next 'Good Afternoon Club' will take place on Thursday 19th November 2pm - 4pm. All welcome to join us for a chat and companionship. We would welcome more help and input, to keep this club thriving. As usual it's just £1 entrance. Light refreshments available. Full details on www.mwvillagehall.com.

VOLUNTEER CARETAKER

We are looking for someone who would be able to call in on a regular basis to check on the hall and to show prospective hirers around. This role would ideally suit someone who lives quite near hall. If you think you could help in this way, please give us a call on 0800 612 7323.

ATTENTION PLEASE! DOG POO!

We are sorry to have to bring this subject up yet again, but it is totally unacceptable the number of piles of dog faeces left on the Withersdale playing field. There are TWO dog poo bins nearby. Please use them. We have CCTV on the premises. Future offenders will be reported. This area is maintained by volunteers. Children play here. Please do the right thing. PICK UP YOUR DOG'S POO!

MULTI-USE GAMES AREA AND OTHER FACILITIES AT WITHERSDALE

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The Silent Heros - Remembering the animals of war



Throughout history, millions of animals have served alongside humans in times of conflict. They did not choose to enlist, nor could they understand the political motivations behind the battles they were thrown into. They acted out of loyalty, instinct, and rigorous training, ultimately giving their lives in service. To fully respect our history, we must remember these forgotten veterans who paid the ultimate price without ever having a voice.

Horses and mules carried the crushing physical burdens of war. During World War 1 alone, over eight million horses died while transporting heavy artillery, ammunition, and wounded soldiers through thick, unforgiving mud. Dogs served on the front lines as scouts, trackers, and sentries. They used their sharp senses to detect incoming enemy troops or hidden landmines, saving thousands of human lives at the cost of their own.

Among the most extraordinary yet overlooked heroes were the war pigeons. In an era before radio communication, these birds were a vital lifeline. Dropped behind enemy lines or released from sinking ships, pigeons flew through heavy gunfire, toxic gas and extreme weather to deliver critical messages. One famous bird, Cher Ami, successfully delivered a message that saved 194 stranded American soldiers despite being shot in the breast and losing a leg. Another pigeon, Winkie, flew 120 miles home across the freezing North Sea after her bomber crew ditched in the ocean, allowing rescue teams to locate the downed airmen.

Animals provided more than just tactical utility; they offered vital emotional support. In the grim reality of the trenches, a dog, a cat, or bird brought comfort and a sense of normalcy to traumatized soldiers. They provided unconditional affection in environments stripped of humanity.

Despite their immense contributions, these animals had no choice in their sacrifice. They experienced the same terror, pain, and loss as human soldiers, yet they could never ask for peace. Today, symbols like the Animals in War Memorial in London and the Purple Poppy remind us of their quiet bravery. We must continue to share their stories to ensure that their involuntary sacrifice is never forgotten, honouring them as not as mere tools of warfare, but as true heroes of our history.

So, remember, the pigeons are not wild invaders but descendants of abandoned veterans living in the concrete environments we forced them to adapt to. Let's all wear a Purple Poppy for them. **Debra Simpson**



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Welcome to the New Academic Year at Mendham Primary School

As we look ahead to a new academic year, Mendham Primary School is delighted to welcome new and returning families to our friendly school community. We currently have spaces available across all year groups, including Nursery, making this a wonderful opportunity for families looking for a nurturing, welcoming environment where children can learn, grow and thrive in our small rural school.

Our school is proud to offer a caring and supportive setting where every child is encouraged to develop their confidence, curiosity and love of learning where they can shine. We offer all our pupils a positive start to their education journey through to preparation for high school.

Christmas Stay & Play with Dramatots: We would like to invite children who are turning 3 or have turned 3-4 years of age to our Christmas-themed Stay & Play with Dramatots on 9th December, 11.30am to 2pm. This will be a lovely opportunity for children to enjoy some festive fun, meet other children and families, and experience a Christmas Picnic followed by Dramatots with Nikki. These sessions are for parents and their child/ren who are looking for either a nursery placement or Reception 2027.

If you are considering Mendham Primary School for your child, please contact Mrs Rogers to arrange a viewing. We look forward to showing you around; you can meet members of the school team and find out more about life at Mendham. Contact: office.mendham@consortiumtrust.org.uk

We look forward to welcoming you and your family to Mendham Primary School and sharing everything our school community has to offer.



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News from Adrian Ramsay, your Member of Parliament for our Waveney Valley Constituency



In September, I visited north Suffolk as part of my village tour and spoke to many residents from Fressingfield, Mendham and Stradbroke. I held a public meeting, drop-in sessions, a surgery and met the parish council at Sancroft Hall. Stradbroke and Fressingfield residents' spoke of a wide range of local and national issues, from transport and youth services to the local economy. In Mendham, I heard from residents about the issues affecting the village, including drainage and flood management.

I have been taking your issues to Parliament. Recently, I spoke in favour of bringing water back into public ownership and asked the Government about free bus travel for young people in education or training. The lack of a bus service in Fressingfield is exactly the kind of problem I want to see fixed. I have also been asking what is being done to prepare for floods and what funding is available to protect against them. These are among many matters I am pressing ministers on for Waveney Valley.

If you would like to book an appointment to meet with me or to contact me about an issue, please do get in touch. My contact details are: Phone 01379 830 200, Email waveneyvalleyoffice@parliament.uk

Best wishes, Adrian



1st Fressingfield Scouts

Our solar panels and battery system have been very effective since April with the bright weather. Our electricity bills have been very small and we have earned an income and the surplus will offset the increased winter costs. Thank you again to our grant givers who supported the project. It has made a big difference to us!

We've been able to enjoy the outside space at our HQ on evenings in September as the weather has been suitable. However, now with the changing season the evenings will be too dark so we will be mainly indoors. There will be badges to progress, cooking skills to work on, teamwork to develop, practical skills to practice and for the Leaders ongoing programmes to plan and organise.

Activities so far this term have included Warrior Beavers going out around the village and working on their road safety badge, Tigers Cubs had a couple of sessions on first aid and pizza making. Our youngest members in Squirrels have made a bug hotel and learned about making 999 calls and a little about emergencies. Warriors Beavers have lit fires and toasted marsh mallows.

Our camping season has finished for younger sections and is drawing to a close for Scouts and Explorers. Pioneer Troop Scouts have just completed their annual Back to Basics in the Middle of Nowhere camp where they camp without access to electricity, running water, gas stoves and flush toilets. This year they camped in a different, much larger, wood in Horham and again slept in tents for the first night and built bivouacs for the second night. They were taught how to butcher a deer for an excellent Saturday evening deer casserole. Other activities included firewood preparation, fire lighting, food preparation and cooking on a fire. Food storage options without buildings and electricity were considered taking account of the risk of scavenging animals getting interested in the next day's breakfast! Explorers have been practising the survival skills for a one-night Survival camp in mid-October which will take place after this piece is written. They've covered fire lighting without matches, bivouac building and butchery of squirrel so are getting well prepared.

Look out for information about our annual Santa Run on the morning of Saturday 12th December, starting at the Scout HQ on Priory Road and finishing at the Christmas Market at Sancroft Hall where we will be running a barbeque.

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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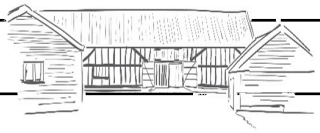
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What's on in November at Wingfield Barns

WINGFIELD BARNS

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Art Exhibitions (Free, Mon–Fri 10am–3pm)
NEW – Just added 31 Oct – 21 Nov 'This is what you wanted, this is what you're going to get' (Sat 12-3pm).
Opening Reception: 31 Oct 2-4pm A group exhibition of 27 artists curated by 303 projects Lowestoft, bringing together a rich mix or practices, ideas and perspectives.

Live Music
12 Dec, 7.30pm, Live Band and Dancing – The Bandemics (Tickets; £5) back after a sellout gig in March… an electric five-piece covers band from the local area bringing their Americana sound to the stage!
19 Dec, 7.30pm, Christmas Special – Jackie Oates and John Spiers (T £19) Christmas Folk Music concert - Two of Britain's most celebrated folk musicians, come together for a beautiful evening of traditional winter music, festive songs and storytelling.

Theatre
4 Nov, 7.30pm – The Lover and 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.
21 Nov, 7.30pm – MEAT by James McDermott - Magic Floor Productions (£15) historical drama exploring identity, desire and sexuality through the true story of 17th century Diss tailor, Robert Carleton, and his secret relationship with apprentice Jon Lincoln.
28 Nov, 7.30pm - The Seagull by Anton Checkov – RoughCast Theatre Company The Seagull follows a cast of characters in love with the wrong people, a fast-moving production bringing out the humour and poignancy of this enduring masterpiece.

Classic Films
5 Nov, 7.30pm Classic Cinema, An American Werewolf in London (1981) £5
19 Nov, 7.30pm Classic Cinema, Sherlock Jr (1924) Buster Keaton's silent masterpiece
17 Dec, 7.30pm Classic Cinema, The Apartment (1960) Director Billy Wilder £5

Community and Workshops
The Barn Shop at Wingfield Gifts, crafts, drinks & snacks. Monday - Friday 10am - 3pm
4 Nov, 9.30am & 10.30am Britten Sinfonia Quartet Workshops (£3)
17 Nov / 15 Dec - Rural Coffee Caravan 10-12pm – free
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
20 Nov, 6.30pm Adnams Wine Tasting; Old World Vs New World £20pp incl nibbles
5 and 6 Dec, Wingfield Barns Christmas Market 10-4 pm FREE

Open Space Theatre Company

are touring with Harold Pinter's The Lover, also featuring Landscape, in an evening of Harold Pinter plays.

Wednesday 4 November at Wingfield Barns

Thursday 12 November at Diss Corn Hall

Thursday 5 November at Fisher Theatre Bungay

Friday 13 November at Laxfield Village Hall

Friday 6 November at Southwold Arts Centre

Saturday 14 November at The Cut Halesworth

Tickets £12.50 | Book direct with the venue, or visit openspacetheatre.org





HARLESTON CHORAL SOCIETY

We are delighted to be performing Saint- Saëns Christmas Oratorio, Cecilia McDowall's Christus Natus Est, as well as many seasonal favourites for our Christmas Concert this year on Saturday 5th December at Harleston Sancroft Academy, Wilderness Lane IP20 9DD at 7.30pm. For the first time, we are selling tickets online and are offering a limited number of EARLY BIRD tickets at £12. Full price tickets will be £15. (Click the QR code to buy tickets online.)

Take a look and a listen at our website for rehearsal information, or to book online, www.harlestonchoralsociety.org.uk
or contact Caroline@rodbourne.org.uk

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park radio
Your Station. Your Music

AUDIENCE FIGURES SHOW LOCAL RADIO STATION BURGEONING

Park Radio, local radio for the Waveney Valley, broadcasting from brand new, industry-leading studio's from the Corn Hall in Diss, continues to demonstrate how it is going from strength to strength as, this week, it releases new audience indicators.

Listeners figures have increased by over 15% per show over the last two months, including the specialist music/evening shows, which offer broadcasting choices of reggae and ska; soul music, rock and new music, from 7pm each evening, and which have traditionally struggled to get the audience they deserve. Park Radio's overall listening figures have shown to have increased by over 10%!

James Grint, Park Radio's Station Director said of these latest trends 'Whatever we are doing, we need to keep doing it as we are smashing the figures. With a line-up offering well-known, local broadcasting luminaries such as Jonathan Woodward, Nigel Rennie, Paul Stephen and Jono Abel, it is perhaps hardly surprising that we continue to grow our audience. And with new presenters joining the station, such as Karina Monahan, Chad Norwood, Daniel Jones and Sally Campion, it seems that our future is secure'.

Park Radio broadcasts locally to the Waveney Valley, on 105.2FM in Harleston and 107.6FM in Diss and Eye; and is available anywhere on your smart speaker or the free-to-download Park Radio app.

Further information or media interviews please contact James Grint, Station Director by email james@parkradio.co.uk or on 01379 210000 or 07510 808600.

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Mon 2 The Foundry Garden Centre, Tasburgh, £8
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Mon 9 Cherry Lane Garden Centre, Pulham Market, Dial-a-Ride
Mon 16 B&M and Beccles Town, £15
Thu 19 Goodies Breakfast and Farm Shop, Dial-a-Ride
Mon 23 Blackthorpe Barns Christmas Shop/Tea Room, £15
Mon 30 Tea, Cakes & Savouries at The Pennoyer Centre, Pulham, Dial-a-Ride

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



Suffolk Mobile Libraries

Tuesday 10th November

Metfield Opposite Church	10.55-11.20	Fressingfield Priory Crescent	13.40-13.55
Syleham Wingfield Road	11.45-11.55	Fressingfield Primary School	14.00-14.40
(Junction with Weybread Road)		Fressingfield Sancroft Hall	14.45-15.05

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Upcoming events

Sun 6th Dec	Turning on of the Fressingfield Christmas tree lights, 4pm, Fress
Sat 12th Dec	Metfield Community Café/Christmas Fayre, 10am to 12
Sat 12th Dec	Fressingfield Christmas Market, 10am to 1pm
Sat 12th/Sun 13th June 2027	Fressingfield Garden Festival

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.

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

Fressingfield 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, 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 mandmwicommittee@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/stradbroketennisclub 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

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Fressingfield

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Baptist Services in Fressingfield

Sunday worship at 11am
Everyone is welcome to join us

Fressingfield **Baptist Church**
School Lane, FRESSINGFIELD IP21 5RU

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 1st Nov	Partnership Service
Sunday 8th Nov	Remembrance / parish church
Sunday 15th Nov	Local arrangement
Sunday 22nd Nov	Julia Awty
Sunday 29th Nov	Advent—Partnership Service

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 November 2026

Sunday 1st Nov **All Saints' Day** *Psalm 34:1-10* *Matthew 5:1-12*	9.30am	Mendham	Village Service
	9.30am	Metfield	The Gathering
	10.30am	Fressingfield	Holy Communion
	10.30am	Stradbroke	Holy Communion
	3.30pm	Stradbroke	Service of Memorial (All Souls)
Sunday 8th Nov **Remembrance Sunday** *Micah 4:1-5* *1 Corinthians 15:50-58* 	9.00am	Withersdale	Holy Communion BCP and Act of Remembrance
	10.00am	Fressingfield	Remembrance Service followed by Act of Remembrance at memorial, 10.55am
	10.30am	Metfield	Village Worship/Act of Remembrance
	10.30am	Weybread	Family Service/Act of Remembrance
	10.50am	Mendham	Act of Remembrance, war memorial
Sunday 15th Nov **2nd before Advent** *Psalm 90:1-8,12* *Matthew 25:14-30*	9.30am	Mendham	Holy Communion
	10.30am	Fressingfield	Holy Communion
	10.30am	Stradbroke	Informal
	6.30pm	Fressingfield	Celebration
Sunday 22nd Nov **Christ the King** *Ezek 34: 11-16, 20-24* *Matthew 25:31-46*	10.30am	Fressingfield	Informal all age Service
	10.30am	Metfield	Holy Communion
Sunday 29th Nov **Advent Sunday** *1 Corinthians 1:3-9* *Mark 13:24-37*	10.30am	Weybread	Benefice Holy Communion

Benefice prayers for the vacancy
Wednesday 4th November, Withersdale Church, 2.30pm

Weekly prayers around the benefice:
Mondays, 10am in Stradbroke church
Wednesdays, 10am at the Alfred Munnings Pub, Mendham
Hot drinks provided
Fridays, 9.30am, Sancroft Hall, Fressingfield