#### The Benefice of Badwell & Walsham

Rector: Rev'd Catriona Brinkley 07525920307

revcatrionabrinkley@outlook.com

Reverend Jill Walker jill.walker@me.com

Reverend Jay Price 07752 867388 jsgprice@aol.com

Benefice Reader: Ian Jackson 07971007147

Benefice Elder: Marion Bell 01449 782072

Benefice Elder and Safeguarding Officer:

Tracey Gorzelak 01359 258529

## The Benefice of Badwell & Walsham



Hexagon
October - November 2025

#### ST MARY'S CHURCH WALSHAM CHRISTMAS FAYRE and TREE LIGHTING

Saturday 29th November from 2.00pm



The School Choir
The Walsham Male Voice Choir
Raffle Stalls
Children's Christmas themed craft making
Refreshments Mulled Wine
Real Ale

#### FREE ENTRANCE

#### TREE LIGHTING 3.45pm RAFFLE DRAW 4.00pm

A wonderful way to start the Christmas Festivities!

#### **CHANGE AND COMMEMORATION**

As I'm writing this the trees and hedgerows are already starting to change for the new season. Autumn is a season of remarkable beauty. The trees glow with rich colours of gold and crimson, the hedgerows are heavy with fruit, and the air carries that crisp freshness that reminds us the year is turning. It is a time to pause and take in the wonder of creation, even as the days grow shorter and the evenings darker. Autumn holds together joy and transition between seasons. The splendour of life alongside the gentle reminder that all seasons must change as do we!

October marks the closing of our wonderful harvest celebrations. Thank you to everyone who celebrated with us, those who decorated our churches so beautifully and those who donated items for the Stowmarket Foodbank This is always a time of thanksgiving, as we reflect on the goodness of God's provision. Yet this year, we are especially mindful again of how hard it has been for many of our farmers with unpredictable weather, rising costs, and uncertain markets. Their labour is demanding, and yet through their work we are fed and sustained. Harvest reminds us of our deep dependence on one another, and of our call to care for creation and for those who work the land.

From this season of thanksgiving, the Church's calendar gently leads us into a season of remembrance. At the start of November, we keep All Souls, when we hold before God those we have loved and lost. We will be holding a special service in Wattisfield this year, where we will be lighting candles for all those, we have said goodbye to this year and those we still miss greatly. If you would like a loved one remembered in our service, please do get in touch.

Soon after comes Remembrance Sunday, when we gather as a nation and as communities to honour those who gave their lives in war, and to pray for all who suffer the effects of violence and conflict today. Wreaths are laid, names are read aloud, and silence is kept. In those moments we glimpse both the weight of sacrifice and the longing for peace that is still every present across the world and in our everyday lives.

The falling leaves remind us that endings are part of life's rhythm, yet they also enrich the soil for what is yet to come. So too, in Christ, our remembering is not only about looking back but about looking forward in hope. As God promises through the prophet Isaiah: "See, I am doing a new thing! Now it springs up; do you not perceive it?" (Isaiah 43:19)

As we journey through these autumn months, may we be people of gratitude, remembrance, and hope, trusting in the God who holds all life in love.

God Bless, Revd Catriona

#### FROM THE REGISTERS

#### **WEDDINGS**

Felicity Simper and Steven Rooney 02/08/25 Westhorpe

#### **FUNERALS**

Fredrick Largent	18/07/25	Interment of Ashes	Badwell Ash
Shirley Hale	29/07/25	Burial	Wattisfield
Robert Farrow	04/08/25	Internment of Ashes	Walsham-le-Willows
Robert Austin	05/08/25	Internment of Ashes	Badwell Ash
Dennis Seeley	14/08/25	Burial	Walsham-le-Willows
Carol Farrow	29/08/25	Internment of Ashes	Walsham-le-Willows
Olive Smart	08/09/25	Burial West	Suffolk Crematorium

THE BENEFICE OF BADWELL AND WALSHAM

#### **BIBLE DISCUSSION GROUP**

St Bartholomew's Church Finningham Tuesday 26<sup>th</sup> October 2pm Tuesday 25<sup>th</sup> November 6pm

Everyone is welcome to join us as we explore the bible and faith together in an informal group.

No need to book just come along!



#### Friends of Finningham will be holding A Christmas Cheer Concert An Afternoon with Kristina Bee.

## On Sunday 30<sup>th</sup> November 2025 3pm in the church.

Kristina who performed at the VE Day Celebrations back in May will once again perform for us. This time she will be singing a range of songs, from Musicals, Opera and some of our Christmas favourites.

So come along for some merry tunes and Christmas cheer.

Tickets: Adults £5.00 (includes refreshments), children free.

Available from: Mary Webb, Kimberley, Gislingham Road, Finningham . Tel: 07904875361

Marion Bell, Riverwood, Gislingham Road, Finningham. Tel: 07504779748



#### Ear We Go

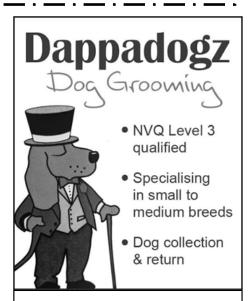
Mobile Ear Wax Removal Microsuction & Irrigation

My name is Georgie

Please call text or email for an appointment

07921 550958

Earwego12@gmail.com



Contact Vicki Money Telephone 07974 369159

22 Woodward Avenue, Bacton, IP14 4LS

## At St Bartholomew's, Finningham All Ages welcome – Come and Join Us

#### Stir-Up Sunday:

23rd November at 11am

Come and stir up your Christmas Pudding with your Christmas Spirit!



Ingredients provided - come and join in the fun

Refreshments during and after the service

#### Christmas Cheer Concert:

with the beautiful voice of Kristina Bee

Sunday 30th November 3pm - 5pm





Popular songs of Christmas, the Musicals and more!

Delicious refreshments and a raffle

Tickets £5 - children free

There is more information in this magazine



Contact Marion on 07504 779748 for further information

#### **HEXAGON AVERTISING ORGANISER REQUIRED**

Judith Harlow has been organising the Advertising for the Hexagon for 10 years for which we are very grateful. She has decided to step down in 2026.

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

The Hexagon provides valuable communication between the parishes, the profits of which cover benefice expenses. Unfortunately the magazine may have to cease publication if this position is not filled.

For further information please email <u>judithharlow@outlook.com</u> or <u>revcatrionabrinkley@outlook.com</u>

### WESTHORPE HOSTS: A QUIZ FOR ALL



Saturday 11<sup>th</sup> October 2025 7:00 FOR 7:30PM START



£6 per person

Enter as a team (max. 6) or individually

For ticket details visit:

westhorpe opesuffolk net

westhorpe.onesuffolk.net or call Alison 07972 415205



WESTHORPE VILLAGE HALL WITH BAR AND RAFFLE

### WALSHAM MEMORIAL HALL PICTUREHOUSE PRESENTS

#### A Cinema Evening with Fish & Chip Supper Friday 3<sup>RD</sup> October at 6.30 pm Fisherman's Friends

Fisherman's Friends is a 2019 British comedy-drama film directed by Chris Foggin from a screenplay by Nick Moorcroft, Meg Leonard and Piers Ashworth. The film was inspired by a true story about Fisherman's Friends, a group of Cornish fishermen from Port Isaac who were signed by Universal Records and achieved a top 10 hit with their debut album of traditional sea shanties.

## A Cinema Evening with Lasagne & Garlic Ciabatta (vegetarian option available) Friday 21st November at 6.30pm No Reservations

Kate is a terrific chef at a Manhattan restaurant, sent to therapy by the restaurant owner because she is cold, unyielding, rule-bound, and a pain in the neck. Kate's world is flipped over when her only sister dies and her ten-year-old niece, Zoe, comes to live with her. As Kate struggles to be a parent to a grief-stricken child, the one world she used to control - the restaurant kitchen - is changed utterly by the restaurant's hiring a second chef, the loose, operatic, Italian-trained Nick, who claims it's an honour to work in Kate's kitchen but who she suspects wants to replace her. Can the music of Puccini and the taste of good pasta soften Kate's heart?

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

## Little Willows Rre-School Open term time - Monday to Friday 8.45 - 2.45

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Please contact us for more information

Phone: 01359258702

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



#### **HEXAGON**

Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine to the Editor: Debbie on 01359 259686 or debbielicata33@gmail.com

COPY DEADLINE Last date for items for inclusion in the next issue is Friday 7th Nov 2025

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

#### **Advertising Rates**

FULL PAGE single issue £33 3 issues £66 6 issues £127 HALF PAGE single issue £22 3 issues £44 6 issues £83 QUARTER PAGE single issue £17 3 issues £34 6 issues £55



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IN THE PRIORY ROOM

NEXT TO ST MARY'S CHURCH

ON THE CAUSEWAY

Drop in for tea (or coffee), toast and a chat. Pop in after school drop-off. There will be activities and toys to keep little ones busy.

> FOR MORE INFORMATION CONTACT REVD CATRIONA - 07525920307 REVCATRIONABRINKI FY@OUTLOOK COM

## WALSHAM History Group



## SONGS OF THE SEA

An evening of sea shanties and the stories behind them. By **The Orwellermen**.

#### WEDNESDAY 15TH OCT AT 7.30PM

PRIORY ROOM, WALSHAM-LE-WILLOWS

Members Free Visitors £ 5.00 Refreshments

A warm and friendly welcome awaits you at



#### The 4C's



Coffee, Cake, Company and Chat (bring your own craft too if you wish)

#### Friday 17 October & 21 November

from 10:00 til noon At Badwell Ash Village Hall

There is a small charge for refreshments and from time to time we hold raffles for nominated charities. Donations for prizes are welcomed.

For more information contact Sue Morgan 01359 258983





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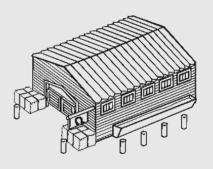
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#### GREAT ASHFIELD & BADWELL ASH WI COFFEE MORNING & CRAFT STALLS

SATURDAY 18<sup>th</sup> OCTOBER 10am To 1pm LORD THURLOW HALL GREAT ASHFIELD IP31 3HN

EVERYONE IS WELCOME ~~
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All enquiries to 01359 259399



#### GISLINGHAM PLAYGROUP

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Breakfast Club 8.00am - 8.45am Morning 8.45am to 11.45am Lunch Club 11.45am to 12.45pm Afternoon 12.45pm to 3.45pm

"Children arrive with a 'spring in their step' and are welcomed by friendly staff. They immediately join in with their friends and explore a well resourced and fun environment." Ofsted, May 2022.

Please visit our website www.gislinghamplaygroup.com or phone us on 01379 788934



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#### CITIZENS ADVICE



**Understanding Your Payslip** – a guide for those returning to work

If you've recently returned to work after some time away, you might find your payslip a bit confusing. You're not alone – it can take a little time to get used to the different sections and terms.

By law, employers must give you a payslip (on paper or online) showing what you've been paid and what's been deducted. It's a good idea to keep your payslips for up to six years, just in case you need them later.

Your payslip should include your employer's details, your name, and possibly an employee number. You'll also see a **payment date** (when your pay reaches your bank) and a **tax period**. The UK tax year starts in April, so tax period 01 is April, 02 is May, and so on.

You'll also see your **National Insurance (NI) number** – this is your personal number used to record your NI contributions, which help you qualify for state benefits like the pension.

Next is your **tax code**, set by HMRC. This usually includes numbers and a letter. The numbers show how much of your income is tax-free; the letter reflects your situation. You can check what your tax code means at https://www.gov.uk/tax-codes/what-your-tax-code-means. If you're on an 'emergency' code (ending in W1, M1 or X), you might be paying too much tax, so it's worth checking.

Your **gross pay** is what you earn before anything is taken off. This might include your basic pay plus extras like travel allowance. If you're paid by the hour, the rate and hours worked should be shown. If holiday pay is included with your wages, it should be listed separately.

**Deductions** may include tax, National Insurance, pension, or student loan payments. These are added up, and what's left is your **net pay** – the amount that goes into your bank.

You might also see **taxable pay**, showing how much of your income has been taxed so far this year.

If anything doesn't seem right, it's best to speak to your employer.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contactus. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

#### **Lamberts Service Station Ltd**

Shop Green, Bacton, Stowmarket, IP14 4LG, Tel: 01449 781260 Mobile: 07834 778116 www.lambertsservicestationItd.com Email: lamberts.1@btconnect.com



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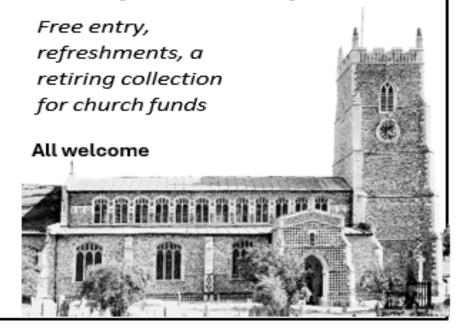
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## MUSIC AT ST MARY'S WALSHAM LE WILLOWS

## Saturday 18<sup>th</sup> October 7.30pm Voice Squad

An evening of music from a new generation of rising stars



## Beginners Guitar Ricky Wilkinson MBE <u>ricky5844@aol.com</u>

Learning Folk Guitar for children year 2 and up.



Hi. My name is Ricky Wilkinson and I live in Westhorpe.

Until lockdown I was teaching guitar in Guildhall Feoffment Primary School in Bury St Edmunds. I also run Phoenix Children's Folk Group based in Bury St Edmunds. Members learn to play and sing plugged in to our sound system for charities, festivals and various concerts.

In Folk Guitar children learn songs to sing accompanied by a variety of plucks and strums on guitar to enable them to perform solo or in a group. My Phoenix group performed all the music for Langham Church Carol Service last Christmas on 12<sup>th</sup> December 2021.

If you know a child who would like to learn to play guitar and sing so they can perform, please email me for further details. I can give private lessons in your home or if there are 6 or more wishing to learn I can use Westhorpe village hall at a suitable time after school which would be much cheaper than individual private lessons. I am DBS checked to teach guitar and run the Phoenix group. Parents are always welcome to stay and watch.



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#### The Benefice of Badwell & Walsham

## Roots and Shoots

Sunday 19th October and Sunday 16th November St Mary's Church - Walsham-le-Willows 10am until 11am

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

If your child or children are school age, they can be dropped off and collected.

For more information please contact Revd Catriona on 07525920307 or

revcatrionabrinkley@outlook.com





We invite you to enjoy a

### WINE TASTING EVENING

Come along to taste, learn & enjoy seven selected wines from around the world by Compère Robert Stopp. In partnership with Suffolk Green Punch.

TICKETS £22.00 EACH

DATE: Friday 24th October DOORS OPEN: 7:00 PM EVENT STARTS: 7:30 PM

WHERE: Badwell Ash Village Hall, IP31 3DG

Live interval entertainment by the Wesley Ukulele Band

Book individual tickets or groups, with a maximum of six people per table.

Complimentary sharing platter included with ticket. Contact Chloe: badwellashvh@btinternet.com

Event kindly sponsored by



Registered Charity No. 279997 | A Village Hall Community Event

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or

■ Email: wattisfieldcc@gmail.com

#### **POTS Gardening Club**

Enjoying gardening and wildlife

POTS Gardening Club meets at Coney Weston Village Hall in the evening of the last Thursday of the month. **Entry £2 for members and £4 for guests**; this includes refreshments. Doors open at **7 p.m**. Everyone is welcome.

Our speaker on October 30<sup>th</sup> is Neil Dickinson who will talk about Japanese Gardens. The peace and reflective calm of Japanese gardens and garden style is admired across the world, but what are the elements that contribute to this style, why do they feature and how are they used and maintained?

On November 27<sup>th</sup> our speaker is Jim Payne who will take us on a Grand Tour of Botanical Gardens.

For more information about our club please contact: Penny Black penny.black54@gmail.com 01953 681506

or

Rex Thornborough <u>rexthornborough@btinternet.com</u> 07889 789567

#### Westhorpe Art Club & Craft Group Present

## EXHIBITION, SALE & CAFE

10am-4pm Saturday 1st Nov. Westhorpe Village Hall



See what we've been creating

2026 Westhorpe calendars for sale

**Free Entry** 



#### **THE PRIORY ROOM**

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All Day	£90.00	
Hourly	£10.00	
Afternoons (up to 6.00pm) Evenings (up to 11.00pm) All Day	£35.00 £35.00 £90.00	£25.00

#### **WESTHORPE VILLAGE HALL ACTIVITIES**

YOGA Monday (weekly) 10:45am-12:15

Contact: Juliet Wright. Tel: 07503 212670 jujuyoga39@gmail.com

ART CLUB Monday (fortnightly) 2:00-4:30pm.

Contact: Paul Weston. Tel: 07860 376592. paulwestonarchitect@gmail.com

LINE DANCING Monday (weekly) 12.45-1.45pm

Contact: alisonweston25@hotmail.com Tel: 07972 415205

CARPET BOWLS Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 jeffmoore297@hotmail.com

John Gladders 01449 780365 dijongladders@gmail.com

CRAFT CLUB Tuesday (fortnightly) 10:00am-12:00

Contact: Lynda Cotgrove. Tel: 01449 780142 / Rosemary Mees. Tel: 01449

780394

SINGING FOR PLEASURE Wednesday (three weekly) 10:00am-12:00

Contact: alisonweston25@hotmail.com Tel: 07972 415205

**FITNESS** Friday 10.00 - 10.45am

Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

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

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#### Walsham le Willows and District WI





#### August: Jonathan Houseago, How to Help Hedgehogs.

Hedgehogs are Britain's favourite natural species, yet we have lost half the population in the last 25 years. Jonathan Houseago gave a very interesting talk on how we can help the hedgehogs (and other wildlife) in our gardens. From what food to give them, to taking extreme care before using a strimmer, leaving 'untidy' patches in the garden, always providing water and how best to create 'Hedgehog Highways.'

Afterwards there was a quiz and a sales table of home produce.

On Saturday 16<sup>th</sup> August a group of members greatly enjoyed a trip to the Theatre Royal in Norwich to see 'Fiddler on the Roof'.

#### September: Viv Newman, Women on the Land in WWI

Dr. Viv Newman, a very knowledgeable historian and author told us about the amazing individual women and organisations that supported the war effort and kept the country going in this difficult time. The first one was the Army Remount Service that trained and supplied 600,000 horses and mules to the army in France. Many upper-class women with horse experience were taken on. The Women's Forage Corps was set up in early 1915 to provide feed for the army's horses. They travelled the country in gangs of 6 along with 3 soldiers. It was hard physical work to harvest or collect the hay and cereals. They needed practical uniforms including a khaki overall, hat, boots and the item that shocked many, including the Daily Mail – breeches! The Women's Forestry Service or 'Lumber Jills' provided wood for the army, for example to make props for the trenches and paper. They often needed some mathematical ability to measure and construct. By 1917 Britain was running out of food supplies due to the Germans sinking the merchant navy. The Women's Land Army was formed to replace the male farm workers. They worked very hard and developed skills like driving the new tractors to feed the nation. We were interested to find out about all these women that history has largely forgotten.

#### **Next Meetings:**

8<sup>th</sup> October 7.30pm Priory Room Gin Talk & Tasting - Heart of Suffolk Distillery

12<sup>th</sup> November 7.30pm Priory Room. The Life of Leaonard Cheshire - Barbara McElrou

NEW MEMBERS ALWAYS WELCOME to come along and visit.

Ladies are able to attend 2 meetings free of charge before joining

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

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

Fitsteps Monday 9.30-10.30 am

Contact: Marie 07917 733655 / airstreamtattoo@gmail.com

Community Lunch 12.45 pm (second Monday of each month)

Contact: Shirley White tel 01359 258532

Self Defence Class Tuesday 6.30pm

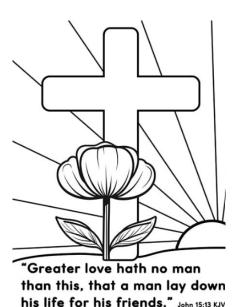
Contact: Andy at info@rbmdymamics.com

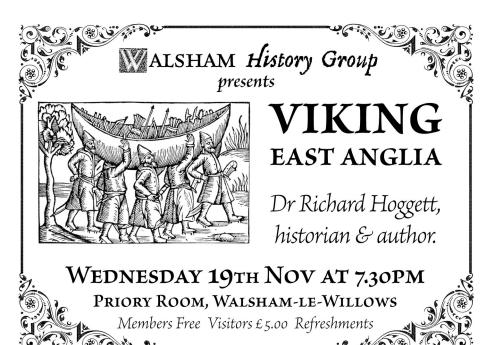
Pilates Wednesday 9am -10am, 10.15am-11.15am

Contact: Lara at contact@larapepper.com

Coffee shop Thursday (weekly) 10.30am - 12.30pm Home-made cakes and savouries, teas, coffee and cold drinks. All welcome

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## CHRISTMAS FAYRE

Saturday 22<sup>nd</sup> November 11:00am to 3:00pm

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## WESTHORPE HOSTS: Lynn Whitehead The Making Of A Miracle



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Saturday 22nd November 2025

7:30pm £8 per person
Go to Westhorpe website for tickets:
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or call Alison 07972 415205

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

**GENTLE FITNESS (45 mins)** WESTHORPE VILLAGE HALL-FRIDAYS 10AM

#### **COME AND GIVE THEM A TRY!**

For more info about classes or personal training please contact Becky on 07734 414151 / beckycruickshank@btinternet.com

#### **NOTES FROM THE GARDEN**

Hello again.

As the days are getting shorter and cooler, October is a good time to plant spring bulbs such as crocus, daffodils and fritillaries to give us something to look forward to the other side of winter. These can be planted in pots, beds, containers or lawns.

Towards the middle of the month lift canna lily plants out of beds and borders and pot up, place with the ones already in pots in a cool dry, but frost free area. The banana plants that we have in the garden are too big to lift, so I tidy up the leaves bringing some down to cover the stem, while making sure that the top is not liable to trap water as this along with frost could kill off the plant. A piece of fleece can be wrapped around the stem if cold weather persists. The tree fern is quite hardy, but I will pack the crown with straw and make sure it doesn't get wet.

Collect seed from hardy perennials such acheilia's Astrantia and sow straight away. Cut back shrub roses to prevent wind rock over winter, empty your hanging baskets, pots and containers of plant material potting up the ones you wish to keep in a cool greenhouse, cold frame, or conservatory. Place spent compost into bags for use in bottom of pots next year, or spread on raised beds or borders. Plant out garlic in a well-drained sunny spot, also sow broad beans and peas at regular intervals outside for earlier crops next spring.

November is a good time to plant tulips and alliums deep so the keep moisture in your pots and borders. Dig over as much as you can of your raised beds and borders, adding compost or manure at depth in your trench. This will allow frost and winter weather to make it more manageable next spring. Digging any time on a crisp sunny day is a warming way of keeping fit and healthy.

The poly tunnel has amazed my wife Angie and myself, on how much produce it provided in its first year and at a rapid rate of growth, we had 100 cucumbers of a good size from 10 plants. These went down well with our ever hungry guinea pigs, and saved money by not buying them from the shops. This alone paid our allotment fee, along with peppers, kale and spinach, which we are still harvesting. Potatoes stored along with dried onions, shallots, (which we will pickle for Christmas and beyond) leeks are still growing for winter harvesting. Beetroot didn't do very well outside this year, as it has been far too dry for most root crops.

Now is the time to clear the tomato plants and all the summer plants from the poly tunnel and prepare the ground to grow winter months crops. I will plant winter lettuces, spring greens, swiss chard and perpetual spinach beet. I have also planted left over beetroot, leeks, and sown radish, rocket and spinach, to grow under protection in the poly tunnel.

Finally, I would like to thank all you wonderful people who came round on the open garden weekend in August. Especially for all your nice comments on our own special place, talk about plants, swap ideas and gain knowledge in the gardening world.

Till next time Phillip Bennington



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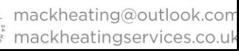
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## Walsham Arts & Crafts Exhibition

29th, 30th November, 1st December 10.00am till 5.00pm The Priory Room (next to the church) Walsham le Willows IP31 3AB

Gillian Crossley-Holland, Alison Dane, Helen Dougall, Joff Duck, Chris & Hilary Evans, Mandy Jaggard, Sharon Laslett, Jenny Portlock, Phil Stern, Mary Jane Toulson Rob Wheeler

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#### WALSHAM LE WILLOWS SPORTS CLUB

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

#### **Regular Weekly Activities**

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



#### **Social Events**

Sunday night Bingo starts 7pm on 5th and 19th October & 2nd, 16th and 30th November All Welcome

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Tel: 07974 142 240 Website: <a href="mailto:www.larapepper.com">www.larapepper.com</a>





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#### UK CARE SECTOR

Question – I have an elderly relative who lives several hundred miles away from me and we rely mainly on phone calls to keep in touch, but apart from me, she has little contact with anyone else. Someone mentioned that the Silver Line is a support service for older people in her situation, what do they do?

**Answer** – The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. The following comes from their website:

We offer friendship, conversation, and support to older people aged 55 and over. Whatever the day or time, you can pick up the phone and speak to one of our friendly Silver Line team members. Whether you'd like to exchange a quick "Good Morning" with someone, fancy a chat about how your day has gone, or need a trusted listening ear to share your thoughts and feelings with, we're here to talk. Calls are free on <u>0800 470 80 90</u>

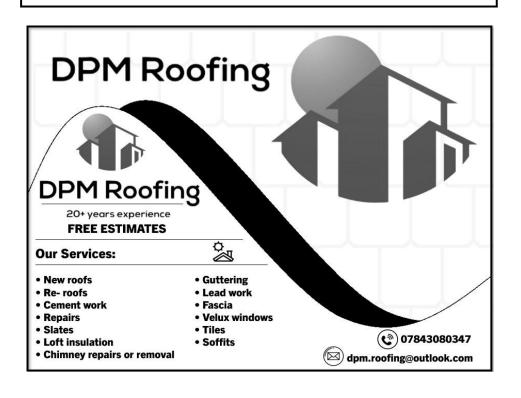
#### Question - Will Age UK help an older person with debts?

Answer - Yes, Age UK can help older individuals struggling with debts. They offer a free Advice Line and have specialist advisors at local Age UK branches who can provide support and guidance. The free Advice Line telephone number is **0800 678 1602**, **Open 8am-7pm**, **365 days a year**, and you can get help with debt and other financial issues.

Question – I feel I have a hearing problem but cannot afford to purchase hearing aids. Can I get them for free from the NHS? I am a pensioner.

Answer – The first step to take is to visit your GP who can refer you to a hospital or a local audiology service for a hearing test and assessment. In some NHS areas, if you are over 55 you can directly refer to the audiology service. If you are assessed as needing hearing aids, then the NHS will provide. If you have NHS hearing aids, you can get free replacement batteries from any hospital audiology or ENT department. There are often waiting lists for the audiology service. There is also the opportunity to purchase hearing aids privately if you are able to.







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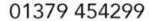
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#### WALSHAM COMMUNITY FOOD BANK

Food donations can continue to be placed in our benefice churches and these will then be collected and delivered to Stowmarket.

In future if you would like to make a monetary donation, you can make a one off or regular donation directly to Stowmarket foodbank - Barclays bank, Stowmarket. Sort Code: 20-82-75 - Account number: 33867331 Quoting ref: FOODBANK.





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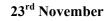
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#### **Benefice Services October - November**

5 <sup>th</sup> October		
8.00am	BCP Holy Communion	Walsham-le-Willows
11.00am	Harvest Festival	Walsham-le-Willows
_		
12 <sup>th</sup> October		
9.30am	Benefice Service – Finningham Installation of Catriona as Rector by Archdeacon David	
19 <sup>th</sup> October		
8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Badwell Ash
10.00am	Roots and Shoots	Walsham-le-Willows
26 <sup>th</sup> October		
8.00am	BCP Holy Communion	Walsham-le-Willows
11am	Songs of Praise	Walsham-le-Willows
3pm	Hymns and Pimm's Wattisfield	
3pm	Evensong Westhorpe	
and a s		
2 <sup>nd</sup> November		
8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Finningham
11am	Family Service	Walsham-le-Willows
3pm	All Souls Service	Wattisfield

#### **Benefice Services November**

9 <sup>th</sup> November	Remembrance Sunday	
10.50am	Remembrance Service Walsham-le-Willow	
10.50am	Remembrance Service Westhorpe	
10.50am	Remembrance joint Service Wattisfield with URC	
10.50am	Remembrance Service	Badwell Ash
10.50am	Remembrance Service Finningham	
11 <sup>th</sup> November		
10.50am	Armistice Day Service	Walsham War Memorial
16 <sup>th</sup> November		
8am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Westhorpe
10am	Roots and Shoots Walsham-le-Willows	



8am	BCP Holy Communion	Walsham-le-Willows
11am	Songs of Praise	Walsham-le-Willows
11am	Stir Up Sunday Service	Finningham



#### **Benefice Services November - December**

#### 30<sup>th</sup> November

8am BCP Holy Communion Walsham-le-Willows

9.30m Holy Communion Badwell Ash

3pm Evensong Westhorpe

7<sup>th</sup> December

8.00am BCP Holy Communion Walsham-le-Willows

11.00am Family Communion Walsham-le-Willows

3pm Carol Service Wattisfield

#### FINNINGHAM LPG COMMUNITY BUYING GROUP UPDATE

Further to my recent open letter in the village newsletters, inviting interested households to join the group, I thought it would be of interest to give an update.

There has been a very positive response, the Group now represents 16,000 litres per annum, with two further households about to provide their details. The first member of the group has just negotiated a new two year contract at 45p per litre and reduced tank rental, saving £296 in year one.

We are a community service group. There are no fees, commission or annual membership. To join you just need to provide details of your current supplier, the price you pay and your contract renewal date. Any information you provide is confidential within the group and is used for price comparison to assist in negotiations.

Interested in how we can help you save money please contact grahamdavie@mail.com 07765 863200 or glenda.shepherd2@btinternet.com

#### Wattisfield URC Services

Date	Time	Service details
October 5 <sup>th</sup>	11am	Harvest Thanksgiving* (see below)
12 <sup>th</sup>	11am	Holy Communion
19 <sup>th</sup>	11am	Morning worship
26 <sup>th</sup>	10.45am	Visit to Diss URC -no service at Wattisfield
November 2 <sup>nd</sup>	11am	Holy Communion
9 <sup>th</sup>	10.50am	Remembrance Sunday – united service at St Margaret's Church ( <i>No service at the URC</i> )
16 <sup>th</sup>	11am	Morning worship
23 <sup>rd</sup>	11am	Morning worship
$30^{\text{th}}$	11am	Morning worship
December 7 <sup>th</sup>	11am	Holy Communion

Our Harvest Thanksgiving/Flower Festival weekend will start on Saturday 4<sup>th</sup> October with cream teas in our beautifully decorated church from 12md – 4pm. We would love to welcome you!

Then our Harvest Thanksgiving service on Sunday 5<sup>th</sup> October will be followed by a soup and roll lunch to raise money for the Royal Agricultural Benevolent Institution. If you would like to stay to lunch, please let Jo (07808 487844) or Mary (01379 898233) know. The fresh produce from the harvest display will be distributed for donations during the lunch. The non-perishables, if not taken on the day, will be sent to the Stowmarket food bank.

The PUDDLE DUCK CAFÉ is usually open on the 3rd Saturday of the month from 10.30am-12.30pm

25<sup>th</sup> October (4<sup>th</sup> Saturday), 15<sup>th</sup> November, 13<sup>th</sup> December (2<sup>nd</sup> Saturday) which is . . .

CHRISTMAS PUDDLEDUCK 11am – 1.30pm with Christmas Brunch, Christmas Emporium, Music & Quizzes!

CrafTea & ScrabbleTea: 2<sup>nd</sup> & 4<sup>th</sup> Weds 2-4pm in October/1-3pm in November

Please contact Mrs Jo Patel our Local Leader (07808 487844) for more information about any of our services or activities