

TOGETHER

Summer 2026

June to August
Distributed free within the Benefice

Helmingham, Debenham

Framsden, Kenton

Pettaugh, Aspall

Winston



THE BENEFICE OF
DEBENHAM & HELMINGHAM

Reflection by Rev'd Keith Rengert

Well, the holiday season will soon be upon us once again, and once again we are left wondering where this year is going?

When it comes, the 6 week Summer Break has much to live up to. If you are a teacher or have school aged children/grandchildren then the whole summer could be judged by the weather of these 6 weeks or so of summer holiday.

A well-known Chocolate Bar used to have the phrase (and maybe still does), 'Take a break!'

Rest & Relaxation, or 'R&R' are a vital part of staying physically, mentally, emotionally & spiritually healthy & hopefully happy. The Bible tells us that Jesus regularly took 'time out' for himself & his disciples.

It seems to be a phenomenon of the 21st Century with its 24 hour satellite communication, Smart Phones and Social Media that more & more of us take our technology away with us on holiday. In essence we are in danger of doing the same stuff on holiday as we do the rest of the year. This is not in itself bad as doing the same stuff in a different & maybe more pleasing environment can be therapeutic in itself. But watching the TV, playing games on our gadgets or reading a book are completely different from keeping tabs with what's going on at the office or our place of work when we are supposed to be on holiday. Holidays, for many, are one of the only occasions that we get to spend quality time with our families, we should not waste such valuable time being 'at work' when we are away. It's just possible that our work colleagues are also enjoying a break - from us! - which they can't do if we're 'away' but on the phone or email checking up on them all the time.

On the plus side our technology enables greater communication than ever before, but on the downside it has deluded us into thinking that we are indispensable because we can be always contactable.

Whether you have £100's worth of the latest gadgetry or a £10.00 mobile phone they all have 1 thing in common – an 'off' switch. Ask yourself this question what situations are there really at your place of work that others cannot cope with until you return? It might be that you will realise that you are not as indispensable as you think and that empowering & enabling others in your absence might ultimately be to the good of your work environment.

Debenham and Helmingham Benefice Church Services
June 2026

Sunday 7th June	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
Sunday 14th June	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Framsden	Morning Prayer
Sunday 21st June		Helmingham	Holy Communion
	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Pettaugh	Holy Communion
Sunday 28th June		Kenton	Morning Prayer
	6.30pm	Winston	Evening Prayer
	9.30am	Debenham	Holy Communion
	11.00am	Winston	Holy Communion
		Pettaugh	Morning Prayer

If you are taking a break, I hope you have a relaxing & refreshing holiday.

Benefice Choir

If you would like to join the Benefice Choir please contact Peter Holmes on peterholmessound@mac.com or 07929 722819. The Choir sings at Benefice Services and other special services, normally including an anthem. This year the extra services include Easter Sunday (Debenham), Harvest Festival Family@Church, Remembrance Sunday (Debenham), Advent Carol Service (Debenham), plus Crib Service and Christmas Day services at Debenham. You don't have to be able to read music, though music will be provided. Male singers especially welcome!

HELMINGHAM

On a lovely spring morning, though a chilly wind, the informal Easter Family Service was led by Veda Berriman as she reminded the congregation of the symbolism of the Easter Egg and emphasising new beginnings with both

the resurrection and the new life that spring brings.

Helmingham Primary School & Nursery

Our Topic this term is all about Robots! KS1 Squirrels class will focus on how technology has developed and progressed in the home, learning about everyday inventions and how they have changed daily life over time. KS2 Foxes class are learning key historical inventors and their contributions, examining how these innovations have shaped society. Nursery and Reception in Hedgehogs class are exploring how robots move and designing their own robots using different objects and materials – bending squashing, twisting and stretching.

The new term sees exciting events coming up for the children with Foxes Class commencing their Swimming programme at Framlingham College, an Outing to Rendlesham Forest for Hedgehogs and Squirrels and then Foxes to enhance their outdoor learning sessions. Hedgehogs and Squirrels have filled their marble jar and are ready for their ‘treat!’ – apparently they want a Disco !!

Summer also sees the return of Bikeability, sessions for Pupil Parliament, Yr 6 Crucial Crew, KS2 Performance and an opportunity to welcome a Y11 to our school for work experience. Another busy term!

Our after school clubs have started with two new sessions – Monday Craft Club with Mrs Cross and Tuesday Cookery Club with Mrs Runacres. Alongside this we have our regular Friday Lego Club kindly run by the Friends of Helmingham School. A huge thank you also for the re-painting/designing of our playground. A super opportunity for the children at break/lunch times to play games together thereby forging those friendships we know are so important.

We have spaces for 2 year olds in our Hedgehog Morning Sessions (8.30 – 11.30). Nursery places also available (half or whole day with a hot lunch for your child 3-5 years). Perhaps your looking for a place in KS1/ KS2 then give us a ring and arrange a visit. Before and After School sessions can also be booked as needed. We are a friendly, small and dynamic rural school looking to share our enthusiasm ‘where every child counts’.

Check out our website, facebook page (you can look over our school from the drone film taken) or contact the office and speak with our new

Debenham and Helmingham Benefice Church Services
July 2026

Sunday 5th July	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
Sunday 12th July	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Framsden	Holy Communion
Sunday 19th July		Helmingham	Morning Prayer
	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Pettaugh	Holy Communion
		Kenton	Morning Prayer
Sunday 26th July	6.30pm	Winston	Evening Prayer
	9.30am	Debenham	Holy Communion
	11.00am	Winston	Holy Communion
		Pettaugh	Morning Prayer

Admin Assistant Miss Phoebe Dixon 01473 890267 or 01473 355452 or email office.helmingham@consortiumtrust.org.uk.

PETTAUGH

Another warmer than usual start to the year and all the blossom has come so early. We have been treated to a wonderful array of different spring colours in the churchyard. Sadly we have had very little rain and already there are warnings that the rainfall is going to struggle this year. Although we had plenty of rain over the winter months the ground appears to have soaked it up. However, the grass continues to grow in the churchyard and we thank all those who have helped to keep it looking so well. It is hard work mowing around all the headstones and any offers of help with this are always welcome. Please contact the Church Warden, Sheila 01473 890883.

Easter Services were held at all the Benefice churches, plus the Sunrise Service at Crow's Hall at 6.00am. I understand the Sunrise was truly

wonderful for those who managed to rise early. The Easter service at St. Catherine was well attended and the church looked beautifully decorated with many spring flowers.

The Soup lunch held at St Catherine on the 11th April was busy with 29 tickets sold. It was a pleasant gathering and a thank you to all who attended and all who helped to produce the food for the event. Everything was homemade, including the rolls!

Don't forget the **Parish Pantry** which is open every Wednesday from 10am to 11am in Debenham Church just £3.50 for a bag of groceries. The Parish Cafe is open every Wednesday 10am to 11.30am in Dove Cottage. Also **family@church** services are held in St. Mary's on the first Sunday of every month with a light breakfast at 9.30am with the service to follow at 10am. All welcome.

The **Annual Ride & Stride for Suffolk Historic Churches** will be held on **Saturday 12th September**. Anyone wishing to take part can contact our local organiser, Ruth Crane (01473 890526) for details and sponsorship forms.

Dates for your diary:-

- Sunday 29th September 2026 - Harvest Festival Service 11am.
- Saturday 3rd October 2026 - Cheese & Wine 7-9pm. (Details to be confirmed.)

WINSTON

Sincere Condolences to the Family and Friends of Gary Tooke, whose funeral was held at Winston Church in February.

A warm welcome Winston to Rebecca, Phillip, Zachary and William at Church Cottage. We hope they will be very happy living in Winston.

We wish Jim and Alison every happiness in their new home following their move from Winston Green and thank them for all they have done for Winston.

The Annual Winston Quiz in March was great fun, as always, and it was lovely to welcome some new quizzers this year and the usual teams. £316 was raised for schoolroom funds. Many thanks to Lynn and Richard for organizing the Quiz, to Kim & Livvy for the half-time yummy cakes and to Sandra for the Raffle.



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SAT 20th: 10.30am-6.00pm

SUN 21st: 11.00am-4.00pm

(music and drinks FRI 6.00pm-8.00pm)

FREE ADMISSION!

www.stmarysartex.org.uk

The Easter Sunday Service was well attended. Thank you to Rev Susan for taking the Service and to all the flower arrangers who decorated the Church.

We are planning the **Winston Fête** on **Saturday 13th June**, 2pm in and around the Schoolroom. We would be very grateful for offers of cakes etc for the refreshments and cake stall. If you are having a clear-out please think of us for white elephant items and books and if you have any spare plants for the plant stall. If she hasn't seen or spoken to you yet, Sandra has draw tickets to sell, still only £1 PER BOOK and she will write them for you, if you let her know, 01728 860040, Please bring cash to the Fête

as we have no card machines. **FREE PARKING AND ENTRY.** Thank you.

We look forward to a concert in the church by the **Black Barn Singers** on **Friday 17th July.**

Looking further ahead we have

- Historic Churches cycle ride, Ride and Stride on Saturday 12th September.
- The Pet Service on Sunday 20th September.
- Harvest Festival on Sunday 27th September.
- And Early Bird Christmas Market in November.

The Schoolroom needs lots of building repair work. As I write this, ew

Debenham and Helmingham Benefice Church Services
August 2026

Sunday 2nd August	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
Sunday 9th August	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Helmingham	Holy Communion
Sunday 16th August		Framsden	Morning Prayer
	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Pettaugh	Holy Communion
Sunday 27th August		Kenton	Morning Prayer
	6.30pm	Winston	Evening Prayer
	9.30am	Debenham	Holy Communion
	11.00am	Winston	Holy Communion
Sunday 30th August		Pettaugh	Morning Prayer
	10.00am	Debenham	Benefice Communion

have had meetings with a builder and structural engineer and like everything nowadays, is going to cost *a lot of money*. We will be looking into what possible grants are available to help us with this work. It would be such a shame to lose this vital asset, not just to the village, but beyond. If anyone has any suggestions for fund raising, please let me know. *Sandra*

DEBENHAM

Parish Pantry

Every Wednesday morning, 10am to 11am in the church. Collect a bag of groceries for £3.50.

Parish Café

Every Wednesday, 10am to 11.30am in Dove Cottage. Hot drinks, cake and chat, for a donation only.

Family@church

A family friendly service for the young and not so young. On the first Sunday of each month, 9.30am breakfast, 10am service.

The Corner Café

Open every Thursday from 4-6pm (ages 11-17). Venue: Dove Cottage, Debenham. Serving a range of different drinks including coffees, iced coffees, bubble tea. Different flavours of muffins, doughnuts and other snacks available at affordable prices. A cosy chill place to hang out with your mates or even to just relax alone. Wifi available. Now with air hockey table!

Debenham United Reformed Church

Tuesdays Drop in coffee morning anytime between 10:00—11:30.

Sunday Services at 10.45am.

Cakes and Choruses on the last Sunday of the month at 3pm.

Friends and Neighbours 2pm-4pm monthly on Thursdays.

For services see www.urcstowmarketandvillages.com.

Forge Community Church

Meeting in Debenham Sports & Leisure Centre: 9am & 11am every Sunday

Online at www.live.forgechurch.com Sundays @ 4pm.

Catch up: <https://forgechurch.com/talks/> Also available on YouTube:

@ForgeChurch. Kids & youth programmes each Sunday at 11am only:

Tots Street (0-3's), Little Village (pre school), Uptown Kids (yr1-5),

Transit

(Yr6-8). Motion (Yr 9-13) meets Monday evenings

One of the initiatives of the Forge Church is **The Moses Project** which supports families in need. “As demand continues, we are in need of several key items to help us keep this vital work going. We would be so grateful for donations of: Moses baskets and stands; Muslin squares; Baby lotion; Cotton wool; Nappy cream; Liquid talc. Every item donated makes a real and immediate difference to a family navigating a difficult season. Whether you're able to give one item or several, your generosity helps us bring comfort, dignity, and care where it's needed most. If you would like to contribute, please get in touch (info@forgechurch.com) or drop your donations off at the usual place (Debenham Leisure Centre) on a Sunday. Thank you.

Waveney Foodbank

A collection box for Waveney Foodbank is in the church porch. Debenham Co-op also has a box for collections (Stowmarket Foodbank), as does the Forge Community Church.

Meet up Mondays

10am-2pm in Dove Cottage. Lots of activities including jigsaw puzzle exchange, refreshments, games, crafts and books. Dogs welcome.

Debenham Project

The Debenham Project was founded in 2009 to support those with dementia and, in particular for those members of their families who love and care for them.

Lynden Jackson, who was the founding father of the Debenham Project, is stepping down as chair and trustee at the end of June. Together with his wife Sue, they have been the lynch pins of the project, effectively volunteering to work full time and making themselves available by 'phone or a knock on their door.

They will both continue to support the project as volunteers and in particular the exercise club which Sue will still run. They will leave a huge void which the Trustees and volunteers, upon whom the whole depends, must fill and plans are already in place to do so, with Lynden still being available, with his knowledge and experience, to offer support.

Since 2009 they have selflessly served the project and the community but during that time have taken no holiday nor significant time off. This will hopefully be the opportunity to care for themselves as they have cared for others.

From Dr Paddy Fielder, Chair of the Trustee Board, reprinted from Debenham Parish Magazine)

Debenham Library

Our Monthly Book Group starts at Debenham Library continues on the first Wednesday of each month. To register your interest in joining, please contact Maureen on 07507 802360 or ask at the library.

Reading Quest returns for Summer 2026 with a new theme and illustrations. Local children's book author and illustrator, Matt Robertson, has created a set of six Curious Creatures for Summer 2026. Our six animals

HOO HALL

Open Garden and Concert

A concert of Baroque chamber music with works by Albinoni, Bach and others in Hoo Church at 3pm with a retiring collection

Sunday 14th June 2026 2pm-5.30pm

at Hoo Hall, Church Lane, Hoo, IP13 7QT

Teas, coffee and cakes, plus raffle

Admission - £5 In aid of Hoo Church

are detectives or villains and are looking for fun in the library this summer—we aim to encourage families to set their own reading goals and take part in fun activities. Families can collect their Case File book when they sign up for Reading Quest and can visit the library as often as they like across the summer to collect stickers for their book. Case files will be available from 18 July and like the reading challenge, Reading Quest will run during the summer holidays and will formally finish on 31 August.

Books, DVDs, WiFi, Computers, Printing/photocopying/scanning, A4 Laminating, CDs, audiobooks, downloadable music/audiobooks/eBooks, free reservations, drinks for sale. The room is available for hire outside opening hours.

School Corner, Debenham IP14 6PL (next to the Primary School). Opening hours:

Tuesday: 0930 am – 1300 pm Wednesday : 1500 – 1930 pm

Saturday: 0900 am – 1300 pm Sunday: 1200 – 1600 pm

Tel: 01728 587102 Email: debenham.library@suffolklibraries.co.uk

www.suffolkcommunitylibraries.co.uk/libraries/debenham/



The village needs you to volunteer to be a councillor!

Helmingham Parish Council is a Local Authority; the lowest tier of Local Government - funded by You, through your council tax.

Helmingham Parish Council ...

- works to improve the quality of life in the village by engaging with the District and County Councils and the police, on areas such as roads, footpaths, planning applications and crime prevention - putting forward Helmingham's views, comments, needs and objections. Our District and County Councillors attend our meetings, listen to the views the Council and give us a 'heads up' on local issues.
- is consulted on a wide range of local plans, including health provision, bus services, libraries and public areas. We request action, help and advice from other organisations when needed.
- monitors and reports any issues on the local footpath network.
- has assisted local residents with a variety of private issues, helping them to access relevant support organisations.

We could do more! But we need you!

- Helmingham Parish Council should have 7 Councillors, drawn from village residents. We currently only have 4 councillors (**only 1 of whom is a local resident, the others are District Councillors brought in to enable the Parish Council to function**), meaning that many voices and ideas are not being heard.
- Although it has "Parish" in its name, the Council is not associated with the church, this is just a historical reference to the time when administrative powers for civil matters were separated from the church to elected bodies in 1894
- **For more information please contact us through**
<https://helminghamparishcouncil.gov.uk>

Facebook: @DebenhamLibraryandFriends

Suffolk Community Libraries: Mobile Library Routes (every 4 weeks)

Aspall Church, Thursdays 1145-1210

Framsden Village Hall, Thursdays 1400-1415

Pettaugh, Old Bull, Fridays 1535-1555

See www.suffolkcommunitylibraries.co.uk/visit/mobile-libraries for more information.

Debenham Shed

Debenham Shed, now eight years old, is housed on the 2 Fields Community Supported Farm site on Low Road, continues to serve about 40 members aged between 18 and 92 from Debenham and nearby villages and towns.

In the past year we have completed many community projects including the following:

- Eye Bank theatre: stage surround, pelmet and side pillars; external noticeboards, 2 sign enclosures, replacement radiator panels
- Bench from Debenham lake and Woodland (Jim Long): refurbish and install
- Mill Green noticeboard repairs and reinstallation for Stonham Aspall Parish Council
- More chairs reupholstered for Framsden Village Hall

We are now working on constructing ten owl boxes for a Suffolk Bird Group project funded by East Suffolk Council Sizewell C mitigation grant and may be constructing up to another 40.

Our rear extension for welding and other hot work has been completed with the help of MSDC and SCC locality budgets. We also bought a second-hand farrier's portable forge, so we are now equipped for welding, angle grinding and blacksmithing—and perhaps small metal casting in the future. The next capital project will be a concrete pad outside for some repairs on cars and motorbikes.

Our AGM is on Friday 5th June at 4pm at the Shed, to which all are invited (only members can vote). We have vacancies for a Chairman and Trustee member, also an additional member of our Steering Group (i.e. committee).

The Corner Cafe

Open every Thursday during term-time from 4-6pm (ages 11-17)

Venue: Dove Cottage, Debenham

Serving a range of different drinks including coffees and ice coffees

Different flavours of muffins and other snacks available at affordable prices.

A cosy chill place to hang out with your mates or even to just relax alone.

Wifi available.

What is Debenham Shed? A place to make things by yourself, with guidance or with others. It could be in metal, cloth, wood or plastic. We have lots of tools and sourcing materials. You may want to repair or make new—the limit is your imagination. It is also for social connecting and friendship building, sharing skills and knowledge, and of course a lot of laughter. Debenham shed is open to all.

Debenham Shed is at 2 Fields Farm, Low Road (IP14 6BJ). We are open



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on Monday mornings 9am-12pm, Fridays 10am-5pm and normally the second Saturday morning of each month. Membership by the year, half-year or PAYG. Chairman: Rob Davies 07952 556152 Treasurer: Tony Hutt 07906 614328. Visit our website at www.debenhamshed.org.uk (sign up to newsletters on the Contact page) Email info@debenhamshed.org.uk. Like our Facebook page at www.facebook.com/DebenhamShed. Registered Charity 1212367.

Debenham Green Team

On the first Saturday of each month, outside The Lion from 9am-11am, we collect Tetrapak cartons, plastic flower pots and contact lens packaging, We have containers for dental products and corks at the back of the church. Also old candles for recycling. River sampling takes place monthly.

Join the mailing list at debenhamgreenteam@gmail.com or look at the website <https://www.debenhamgreenteam.co.uk>. See the events coming up at www.facebook.com/DebenhamGreenTeam..

Debenham History Society

See <https://thedenhamarchive.net> for the current monthly series of programmes, as well as an extensive archive of information, photographs, publications, etc and to join their mailing list. Publications now archived include Debenham Parish Magazine and this magazine. The Graveyard Survey of all gravestones in the church and churchyard is available here, and graves in Debenham cemetery.

Editor's notes

The Copy deadline for the next *Together* magazine (September to November) is **25 July**, and is normally published about two or three weeks later. Quarterly, A5 format. 700 copies are printed and collated on Rizo-graph stencil copier, distributed free by members of Winston church. Send copy to the editor by email, email attachment (Word or MS Publisher formats preferably); Adobe PDF format may be suitable. Photographs do not reproduce well but graphics are usually OK. If you can't do any of these send the copy in the post.

Editor: Tony Hutt, Email: tony@tonyhutt.co.uk Tel (01728) 860173. 19 Priory Lane, Debenham, Stowmarket, Suffolk, IP14 6QD.

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page for £20 p.a. (4 issues); ¼ page
for £40 p.a.; ½ page for £80 p.a.
Send advertising enquiries and ad-
vertising copy to Tony Hutt.

This magazine is published online
at [www.achurchnearyou.com/
debenham](http://www.achurchnearyou.com/debenham) and earlier copies are
available at
<http://thedebenhamarchive.uk>.

Debenham Parish Magazine
can also be viewed at
<http://thedebenhamarchive.uk>.

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Useful links

Debenham website and PC

Framsden PC

Framsden village

Helmingham School and Nursery

Winston website and PC

Pettaugh website and PC

Framsden Baptist Church

Forge Church (Debenham)

Debenham United Reformed Church

www.debenham.onesuffolk.net

www.framsden.onesuffolk.net

www.framsden.org.uk

www.helmingham.suffolk.sch.uk

www.winston.onesuffolk.net/parish-council

www.pettaugh.suffolk.cloud

www.facebook.com

www.forgechurch.com

www.urcstowmarketandvillages.com



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WHO'S WHO IN THE BENEFICE

Rector Revd. Susan Taylor 07990 959593 revsusantaylor@icloud.com
(Please note, my usual day off is a Friday and every third Saturday of the month.)

Chaplain Debenham High School and Associate Priest

Rev Keith Rengert 07990 959593 revdkeith@gmail.com

Ministry Team

Mrs Veda Berriman 01728 861363 veda.berriman@btinternet.com

Note: Ministry Team phone number: **07990 959593**.

Website: www.achurchnearyou.com/debenham

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Churchwardens

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Mr Mark Trevitt 01473 890568 mail@wheelertrevitt.co.uk

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Mr Brian Branch 01728 861004 cmcbranch@btinternet.com

Winston Schoolroom

To hire, contact Kate Branch on 861004, The Red House, Winston IP14 6LG or email cmcbranch@btinternet.com.

Dove Cottage

To hire, contact: Ray Watts, 70 High Street, Debenham IP14 6QP Tel 01728 860255 or wattsdebenham@aol.com