

# The Badwell Broadsheet

Issue 95 - August / September 2023

## A note from the Chair



It was this issue, a year ago, that was the first in the new format.

Thank you to all the contributors, distributors and those behind the scenes who make each issue happen.

I'd like to extend my thanks to the Revd Philip Merry, who retires from the Parish in August. Everyone from the Parish Council wishes you much happiness in a well-deserved retirement.

In the middle of July, just as this issue was being put together, there was an enormous field fire over the back of the village. The fire got scarily close to Badwell Hall, but luckily a change in wind direction meant the Hall was kept safe.

We don't often get to thank our unsung heroes, the fire brigade, but they deserve a mention here.

Our sympathy also goes to the farmer who lost a huge amount of crops - hard at the best of times, but even more so when resources are stretched, and we're in the middle of a cost-of-living crisis.

In happier news, the village continues to grow and develop - and it's great to see so many people supporting local events. The recent quiz, yard sale and event at the hall made for one very fun weekend!

Thank you to Holistic Therapy by Bernadette Pickering for sponsoring this issue.

If you have anything you'd like to submit to the next issue, the deadline is 16th September 2023 - badwellash@hotmail.co.uk. We're especially looking for pictures for the front cover or anything else you think might gain interest from your fellow villagers.

Wishing you all the best,

Richard Morris  
Chair, Badwell Ash Parish Council



Photo credit: Deborah Ashford, taken locally for submission to the Badwell Broadsheet



**Shopping Evening** - 20th Oct.  
7pm onwards. Village Hall

**Quiz Night** - 18th Nov.  
7pm. Village Hall

**Festive Christmas event** - 2nd Dec.  
10am to 2pm. Village Hall

For events at the church, please contact  
Stephen Rose - 07714 273 669

or village hall events and the yard sale, please  
contact Caroline Morris  
cdv\_11@hotmail.com | 07843 248411

**Church Open Day** - 26th Aug. Church

**Summer Fayre** - 2nd Sept.  
2pm - 8pm. Village Hall

**Jumble Sale** - 14th Oct. Church

The Parish Council has made every effort to ensure the accuracy of the information within this newsletter was correct at time of publication. The Parish Council does not assume and hereby disclaims any liability to any party for any loss, damage caused by errors or omissions. The views within the newsletter are not necessarily those held by the Parish Council.

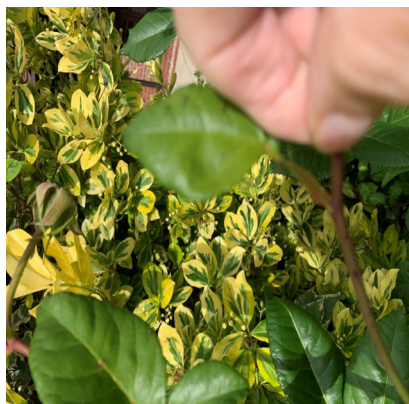
## In the garden

Janet de Vries

I can't believe how quickly the summer is going, giving us gardeners lots to do all the time.

We've had a really good crop of cucumbers this year, and the tomato plants are big and strong with lots of fruit. It seems as though all the vegetables are doing well, with various varieties of potatoes yielding a good crop. The main thing is to keep consistent watering throughout the summer, especially if you have hanging baskets.

Their secret is deadheading and watering daily. If it's hot and windy, which will dry them out very quickly, they need to be looked at twice a day to maintain a good display into the autumn.



I'm not sure if it's anything to do with our cold winter, but the roses have been magnificent. Again these need constant

deadheading - cutting back to a leaf and not just breaking off the head. It's easy to do when walking around the garden - try to take your secateurs with you and it can help keep them looking tidy and continue flowering.

As your summer bedding starts to go over, it's time to think about planting containers for autumn with cyclamen, heathers, and heucheras. Also, don't forget to prepare for spring colour by planting wallflowers, pansies and forget-me-nots so you have colour in the garden all year round.

It's a good time to collect seeds from dry plants like foxgloves, placing the head of the plant in a paper bag and shaking the seeds out, using the same principle for aquilegia ready to sow in the spring.

It's also time to start thinking about your spring bulb planting, including crocuses, daffodils, hyacinths and snake's-head fritillaries. September is the best time to plant, making sure you plant them at a good depth. However, don't plant your tulips until November. We'll include more info on that in the next issue.

If you have grown sunflowers, then leave the heads for the birds to eat the seeds. Trim your hedges, especially conifers that can easily get out of hand, tidying the garden ready for the autumn.

If you have put your houseplants outside during the summer, then as we get into

September, bring them in before the temperatures start to drop, as you don't want to lose any.

There's still time to sow salad crops to harvest in the coming weeks but sow in sheltered spots outdoors or grow in pots. It's also a good time to think about growing broad beans which means plants can establish over winter and crop earlier the following spring, but you'll need to cover the plants with fleece during hard frosts or snow.

If you're partial to radishes, these mature in just a couple of weeks, so it's worth sowing a batch of seeds now. The warm soil and mild conditions will ensure they mature in time for autumn salads.

Garlic can be planted from September. Make sure you plant the cloves 2.5cm deep and 25cm apart in well-prepared, fertile soil. Shoots should appear before autumn and over winter, then put on fresh growth in the spring.

This is just a snapshot of what you can still be planting before the onset of the colder, wetter months, but before then, enjoy your garden during the last months of summer, and although it's a continuous job, always make time to sit down with the glass of something to enjoy all your hard work.

Until the next article covering jobs for the autumn, enjoy the rest of your summer.

**WALSHAM le WILLOWS  
OPEN GARDENS WEEKEND  
'The Original Open Gardens Event'  
Bank Holiday Sunday and Monday  
27<sup>th</sup> and 28<sup>th</sup> of August 2023  
11.00am to 6.00pm**

**£8\* per head for the two days with 25 children  
under 16 FREE**

**A great day out with over 40 Gardens, a  
Flower Festival in the Church, Music, Art,  
Village Market, Vintage Cars, Lovely Lunches  
a big BBQ and very very Scrummy Teas  
Go on spoil yourselves it's the best value in  
the whole of the eastern region.....**

[www.walsham-le-willows.org/annual-events/open-gardens/](http://www.walsham-le-willows.org/annual-events/open-gardens/)

\*To enable us to claim GIFT AID the charge includes a voluntary contribution of 10%.  
Visitors can elect to pay the standard £7 entrance fee without the donation.

c/o John Stebbing, 2 Vine Cottages, The Street, Walsham Le Willows,  
SUFFOLK IP31 3AZ  
home 01359 259061  
work 01284 704546  
[john@architectatwork.co.uk](mailto:john@architectatwork.co.uk)

## Walsham le Willows foodbank

A few years ago, with the help of the Stowmarket Foodbank, the Walsham Le Willows Memorial Village Hall started to run a Food Bank serving the local community.

It has grown over the years to such an extent that the workload has made it impossible to run solely with the help of volunteers. Add to that the current demand far outstrips the supply of food being received, and monetary donations have been making up the difference, but this could not continue indefinitely.

Consequently, after much consideration, the painful decision was taken to close the Walsham Food Bank but with the agreement that the main Stowmarket Food Bank would try to cover as much of the area presently covered by the Walsham Food Bank.

In addition, the monthly Pop up shop has also ceased to be run as this was also suffering from the lack of products.



## Village Hall update

Clive Hawkins - Chairman of Trustees

Since our last article in the Broadsheet, the committee has held two meetings to continue the ongoing business of the village hall. There's always something to do, but satisfying none the less.

Unfortunately, we've lost the services of two of our Trustees - Bim Patel, who was instrumental in reforming the hall committee, and Maciej Siarkowski, whose input was most valid.

We now seek to fill these vacancies.

Please see our advert below.

We're pleased to tell you that further improvements have been made to the hall. All of the remaining old wooden external doors and windows have now been replaced with more efficient units.

Furthermore, the old heating units in the small hall have been replaced with more modern efficient units. What's more, the heaters in the main hall are now tested and are in full working order. All are ready for

the forthcoming seasons ahead.

That said, our Events Committee are still pursuing ways of raising the all-important funds for continued improvements to the hall.

The last event, a Quiz Night, once again proved to be successful and popular.

Please keep supporting the hall to make it a popular venue or all to use.

### YOUR COMMUNITY NEEDS YOU!!!

Badwell Ash Village Hall is a registered charity (No.279997) and is administered by a committee of volunteer trustees which is elected annually. The aim of the charity at present is to organise a number of community events at the village hall throughout the year whilst also planning and implementing a phased programme of improvements to the village hall premises.

The committee currently has **two trustee vacancies** and extends an invitation to you to consider joining their enthusiastic 'band'. Whether you are new to the parish or have lived here for some time, if you feel the following details might be 'right up your street' and you'd like more information, please contact us to find out more - we'd love to hear from you. Being a trustee only involves a few hours of your time each month including attendance at the monthly trustees' meeting.

The first person we are looking for may ideally have a financial or business-related background who can discuss and liaise with grant-bodies regarding the financing of village hall improvement projects. The second person may ideally have a practical background with an interest in DIY to help us with agreeing specifications for ongoing development projects and also with routine maintenance issues.

Are you missing the buzz of being involved? .... Then this could be for you.....!

If you have an interest in either of the above and would like more information to explore further, please contact the Chair of Trustees, Clive Hawkins by email - [clive@agenthawkins.plus.com](mailto:clive@agenthawkins.plus.com) or by phone 01359-259399. We'd love to hear from you!

## Village Hall events

Caroline Morris - [cdv\\_11@hotmail.com](mailto:cdv_11@hotmail.com) | 07843 248411

Please **Save The Date** for our Summer Fayre on Saturday 2nd September. We've got inflatables, arts and crafts, a bar and a bbq. Adam Thomas and Route 66 are playing. We have lots of stalls, games and competitions with lots of great prizes. It's 2pm until 8pm. We can't wait to see you there and have a wonderful afternoon with family and friends.

## Cemetery fundraiser

A massive thanks to all the yards that took part in the Yard Sale - and for all those that braved the rain and walked or drove round finding treasures that were for sale. Despite the weather we raised £172.

Add to that thanks to everyone who came along to the event at the Hall. We raised £1,000.

We had loads of fun with classic cars being discussed and admired. All the cakes and sausage rolls were delicious!

To find out more about the fundraising efforts, or to donate, visit <https://gofund.me/ba82927b>



# From the Parish Council

Parish Clerk: Carole Rose. badwellashpc@outlook.com | Visit the villages' website: badwellash.suffolk.cloud

## Long Thurlow Gates 20mph...



A very big thank you at the end of a Parish Council project to the following people:

- Councillor Andy Mellen for the contribution of a Locality Grant last year.

- Lee Bailey for making and erecting the gates and for re-siting the 30mph signs to fit them afterwards.

- Roy Woodfine and Sue Garrod for painting them.

We hope the residents of Long Thurlow are pleased with their original request for the village gates.

## The Bus Shelters



The Parish Council is delighted to tell you that we are undertaking a mini project in our villages, updating and improving the two bus shelters in Badwell Ash and Long Thurlow.

You may have already noticed the new bus timetable cases and inserts, which were last done back in 2017(!).

The Parish Council have also agreed to repaint the inside of the bus shelters, covering up the existing graffiti, which will brighten them up. When this is done, we will install a bench in each to benefit all residents waiting for a bus or just resting en route.

We're extremely grateful to our County Councillor Andy Mellen for letting us have some of his Locality Budget to cover the costs. We do hope you will appreciate this improvement.



Along with many other Parish Councils in Suffolk and further afield, there is a campaign to

reduce the speed limit within village boundaries to 20 mph. Your Parish Council is very happy to endorse and progress this action if you, as residents, wish us to give it your backing. In addition to the existing Speed Indicator Devices we have at both ends of the village, we are planning to explore what other traffic calming measures might be possible and affordable. The Parish Council is going to discuss this again at their September meeting so if you wish to comment or support this plan of action, please let the Clerk know.

This Photo by Unknown Author is licensed under CC BY-SA

## Rights of way

There have been many comments regarding the footpaths in our Parish, which are attracting a lot of criticism.



For clarity, the Parish Council can confirm we have an arrangement with Suffolk County Council to cut five of our legal PROWs (Public Rights of Way) twice a year in March and at the end of July.

Outside those times, I'm afraid the vegetation will inevitably grow back.

Our local Area Rights of Way Officer encourages all walkers and ramblers to have a pair of secateurs in their pockets. Trimming the errant bramble or branch along the way is perfectly acceptable.

Any major overgrowth requiring machinery still needs to be reported on the SCC

Report It website. The Parish Council hopes everyone will do their best in helping to keep these footpaths open and useable – please do your bit and don't just leave it to others.

Footpaths are a very valuable asset to our mental and physical health, so please take care of them.

This Photo by Unknown Author is licensed under CC BY-NC-ND

## Weeds

When updating the noticeboard in Long Thurlow with the latest Parish Council minutes, I was disappointed to see the defib and litter bin surrounded by stinging nettles, weeds and brambles, which took me 20 minutes to clear.

Having spent a significant sum of money on this solar-powered defibrillator last Autumn for the village, could the residents of Long Thurlow not take turns to cut the vegetation back occasionally? It would only take 5 or 10 mins and be so much easier for anyone needing to use the defib in an emergency?

Before:



After:



# Colour me in...



## Carpet Bowls

Clive Hawkins

On Sunday 16th July, the Bowls Club entered a team in the Bury League Finals Day. Hoping to build on their success earlier in the year, the members played in the fours competition.

The team - Sheila Bird, David Tobin, Clive Hawkins, and skip Rob Parnell, beat four opposing teams in the knockout series to reach the final. Their opponents were the team from Stanningfield, but despite Badwells best endeavours, it was not to be their day. As runners-up, the four each received a garden voucher.

Nevertheless, once again, the club had made it through to a final and long may their successes continue.

Well done, team!

## Quick Quiz

We've gone round the world this issue. Simple quiz... hopefully not too hard. Name the capital cities of these countries.

1. What is the capital city of...Germany?
2. What is the capital city of...Egypt?
3. What is the capital city of...Japan?
4. What is the capital city of...Belgium?
5. What is the capital city of...Argentina?
6. What is the capital city of...Denmark?
7. What is the capital city of...Mexico?
8. What is the capital city of...Australia?
9. What is the capital city of...Canada?
10. What is the capital city of...Thailand?



Photo by CHUTERSNAP on Unsplash

## Badwell Ash History Society

Pat Monk, Chair of Badwell Ash History Society

**BADWELL ASH  
HISTORY SOCIETY  
EXHIBITION**

SEPTEMBER  
**9<sup>TH</sup>**



Come and celebrate the  
**10th anniversary**  
of Badwell Ash  
History Society

Pub History • World War I & II  
Home Guard • Village maps over time  
Local Postcards • Tower Tours  
Recorder Books • Village Footage  
St Mary's Church & Windmill Information  
Refreshments, Raffle and lots, lots more!

For more information please contact  
Stephen Rose 07714273669

**ST. MARY'S  
CHURCH  
BADWELL ASH**

**10am  
- 4pm**

**ENTRY  
FREE**

The Badwell Ash History Society will be having an Exhibition on 9th September in St. Mary's church to celebrate our 10th Anniversary. This day will be part of the Suffolk Heritage Open Days and the Suffolk Historic Churches Ride and Stride, so we hope for a good attendance.

We look forward to seeing you there!

## St Mary's Church

### Badwell Ash Parochial Church Council

After six years being the Benefice priest for the Walsham and Badwell Benefice, the Revd Philip Merry has decided it is time for him to retire. His last day in the Benefice is the 5th August after which he will be moving to Beccles. We wish him and his wife, Denise, all the best in their new home.

The Diocese will be arranging for a new Benefice priest to be installed to the Benefice. However, due to current existing vacancies within the Diocese and the inevitable delay caused by a shortage of ordained ministers, it seems very unlikely that a new priest will take up this role for at least 12 months.

During the Interregnum, the period when the church will be without a priest, services will be organised for St Mary's Church by Stephen Rose as Churchwarden. If anyone has any queries or requires any information about the church or the services including baptisms, weddings and funerals, would you please contact Stephen Tel: 07714 273669 Email: sjrose.surfacing@btinternet.com

### Services

9.30am Holy Communion 13th August  
9.30am Harvest Festival 24th September

Saturday 9th September Suffolk Historic Churches 'Ride and Stride.' Would anyone like to sit in the church for a one hour shift (or more) to greet and sign in participants. Further information from Philip - Benefice Priest

**Nearly New  
Sale**

FREE  
ENTRY

**Saturday 16 th Sept**

**11am - 2pm**

The Blackbourne, Elmswell IP30 9UH

If you have anything to sell, please contact us via email [elmswell.nns@gmail.com](mailto:elmswell.nns@gmail.com) to register as a seller.

25% of sale fees go to Elmswell Toddler Group  
We would also welcome any donations of goods.

**Elmswell Baby and  
Toddler Group**

 @nearlynewsale

**Toys, Books & Baby Equipment  
School Uniforms & Clothes 0-9 yrs  
& much more.**



**Traditional Music Day**  
Stowmarket  
September 2nd 2023  
[www.eatmt.org.uk](http://www.eatmt.org.uk)

On 2nd September, we'll bring East Anglian Traditional Music and Entertainment to the centre of Stowmarket. Expect concerts, workshops, music sessions, talks, exhibitions, storytelling, puppet shows, music-related stalls and step dance. Morris Dancers will set the town ablaze with colourful costumes and performances along and around the High Street.

There's a choice of 18 exciting and interesting ticketed events. Tickets are on sale on EATMT website or from The John Peel Centre.

On Friday 1st September, our first ticketed event is a ceilidh to the music of the Hosepipe Band in the John Peel Centre. We're also offering Free Events. Throughout the day, there'll be opportunities to sing, play in music sessions, or just listen to local musicians.

A full programme can be found on our website, [www.eatmt.org.uk](http://www.eatmt.org.uk). We're a registered charity. If you wish to email or speak to us, details are [info@eatmt.org.uk](mailto:info@eatmt.org.uk) - 07495 054669

# The Great Fire of Badwell Ash

## The Great Fire of Badwell Ash

It is believed that in 1723 there was a "great fire" in Badwell Ash that destroyed a significant amount of the original medieval village. There was a "report" in the Suffolk Mercury Newspaper of July 15<sup>th</sup> 1723 which read as follows:

*On Sunday the seventh inst. a dreadful fire happened at a place called Badwell Ash, within eight miles of Bury St Edmunds in Suffolk, which consumed almost the whole town, leaving only ten houses standing, whereby 388 families are brought into deplorable condition, being reduced to the utmost extremity. This unhappy accident was occasioned by two boys that were employed to scare birds from the fruit etc. and these boys it seems had made a key gun (i.e. the pipe of an old key of a door) with which they intended to fright the birds, but it so happened that one going to call the other on Sunday after dinner, they both strove who should have the gun, upon which one of them having a firebrand in his hand put it to the touch-hole of the gun, which immediately discharged itself, and 'tis supposed the flash, together with the paper that was rammed into it catch'd hold of the cobwebs, and then of the thatch of the house which kindled such a flame that it could not be extinguished till the whole town was almost laid to ashes. The damage is computed at about 2,000L.*

SUFFOLK MERCURY July 15<sup>th</sup> 1723



It happened on 7th July 1723. A great fire burnt through the village of Badwell Ash, leaving only 10 houses standing. Dramatic? Just a bit, but it happened. Let's be honest, 300 years ago, there weren't many houses in the village. It was tiny compared to the place we know today.

But it's a timely reminder that fires can start quickly and be devastating.

Walking around the fields the day after the fire, an empty bottle of Jack Daniels was lying on the floor. Physics lesson, anyone? Sunlight and glass can equal fire.

Can we please remember to pick up and take litter home? Not only is it unsightly and potentially dangerous to wildlife, it can have absolutely catastrophic ramifications.

# Green Dilemmas - the People's plan for nature

Richard Winch – [richard@winchmail.net](mailto:richard@winchmail.net)

If you're interested in environmental issues, it's hard to know how to keep up with the mass of available information. If you're only going to read one thing this year, then consider reading the People's Plan for Nature. This report has been drawn up by a hundred ordinary citizens of the UK.

The People's Plan for Nature is part of the Save Our Wild Isles Project, a partnership between the WWF, the RSPB and the National Trust. A major TV series narrated by David Attenborough was broadcast in early 2023.



The concept behind the People's Plan for Nature is based on the idea of citizens' assemblies. If you get a representative group of citizens together (in this case, 100), provide them with the necessary knowledge and facilitate debate, you'll get good decisions representing the community's views.

The People's Plan for Nature has 26 Calls to Action, the most urgent and influential actions that need to be taken to protect and restore nature.

These actions cover generic issues such as policy making and the use of evidence and areas like marine protection, waterways management, farming, food production and consumption and local access to nature.

Most of the Calls to Action are directed towards the Government as they have the power to drive political, regulatory and legislative change. A few Calls to Action are explicitly directed to local government, charities, businesses or farmers.

Here are a few examples of the Calls for Action:

- All commercial and policy decisions should take into account the impacts on nature. This would mean National Governments, Local Government, Food Businesses & Charities and NGOs should build an 'Impact on Nature Assessment' into their tendering and procurement processes, with scores allocated based on how well nature is valued and protected by the applicant.

- The current subsidy arrangements for farming should be completely overhauled to provide incentives to farmers who farm sustainably and commit to rewilding land which is non-productive whilst penalising those who harm the environment by not farming sustainably
- Finally, here is one to really think about. There needs to be a national conversation across the UK to explore, advise and encourage people on the need to change their diet. This would educate people on the impact of our food choices on nature and our health. Ultimately, the aim would be for the majority of people to significantly change their diet to a more plant-based diet and to reduce meat, dairy and fish consumption by at least 25% by 2030.

No one is going to agree with every Call To Action, but the People's Plan for Nature shows when you present the evidence to a random group of citizens, they are clear we need to move bolder and faster to restore nature.

([peoplesplanfornature.org](http://peoplesplanfornature.org))

## Polite parking request

I'm more than aware that, due to different circumstances, people need to park on the road. Whether that's because you don't have a drive, have more cars than allocated parking spaces or roadworks closing access (currently a common issue in some areas of the village).

However, if you need to park on the road,

please remember your highway code and **don't park** next to, opposite, or on a junction. It's dangerous, and larger vehicles can't easily manoeuvre around.

You should be at least 10 metres (32 feet) away from the junction.

Photo: where **not** to park...



# Great Ashfield & Badwell Ash WI

Midge Hawkins - 01359 259399

We're now more than halfway through the year, having yet again experienced very hot weather, lots of wind and some rain. In the last couple of months, some new members have joined us, bringing our numbers up again. We've been looking forward to 2024 and planning our Centenary year.

We're looking forward to having a lively and interesting 100th year. We're holding a Christmas fair on Saturday 11th November in the Lord Thurlow Hall in Great Ashfield. We're renting out tables, and if you're interested, please contact me on the number above to register your interest in booking a table.

Our speaker for our June meeting was Tony Strowger, a Jeweller from Bury St Edmunds. He spoke about how he had travelled the world to indulge his passion.

He showed us some beautiful pieces of jewellery he had made in his state-of-the-art workshop. He explained how he made the very intricate pieces and the time taken to do so. He also carries out all

manner of repairs or alterations to customers' specifications.

A very enjoyable and interesting evening.

Our July meeting was an outing to the gardens of Moat House, Little Saxham and was well attended. It turned out to be a lovely afternoon. The gardens of Moat House are beautiful, and we spent several hours wandering around enjoying its tranquillity. The owners, Mr & Mrs Richard Mason, served us tea and delicious scones with jam and cream. It was a very relaxing way to spend an afternoon.

Our next four meetings – all listed below, are to be held in the Lord Thurlow Hall at Great Ashfield at 7.30pm unless otherwise stated. Our meetings are held on the second Thursday of each month. Afternoon meetings – December 2023, January and February 2024 are 2.30 to 4.30pm

10th August – afternoon 2.30 to 4.30pm - is our Garden Meeting held on the grounds of a member's garden. The venue has yet to be confirmed.

14th September at 7.30pm – Our speaker for the evening is Robert Halliday talking about Suffolk Calendar Customs.

12th October at 7.30pm – We have Norma Howells, who will be talking about Medical Detection Dogs. This talk promises to be extremely interesting as this charity is at the forefront of innovative and pioneering research into a dog's ability to detect the smell of human diseases.


9th November at 7.30pm – This is an Open Meeting, and our speaker is Geoffrey Kay, who will give a talk on Crystal Palace and the Great Exhibition. This meeting is open to all, and we ask all visitors to pay £3 which includes tea & refreshments and a raffle ticket.

11th November – Christmas Fair in The Lord Thurlow Hall Great Ashfield with tables at £10 each. Time to be confirmed.

We welcome any new members to join us. We are not a huge group but a very friendly one, and we invite you to come and see what we are all about. All new visitors have one free meeting and then pay £3 for each of the next 2 meetings before deciding whether or not to join. This includes a raffle ticket and refreshments.

Please ring for further information. My best wishes to you all.

## This issue is sponsored by:



### Holistic Therapy by Bernadette Pickering

#### REIKI, REFLEXOLOGY & INDIAN HEAD MASSAGE

To book contact Bernadette on 07500 966074  
\* Indian Head Massage will be available from  
August 2023

Email: [pickering192@btinternet.com](mailto:pickering192@btinternet.com)

#### Holistic Therapy

*Reiki is an alternative complementary therapy encouraging both emotional & physical healing. Assisting in relaxation and overall calmness of both the body & mind.*

*Reflexology is the application of gentle pressure to the feet similar to acupuncture. It works on the energy pathways promoting relaxation, relieving stress & tension and assists with overall well being.*

*Indian Head Massage is a massage therapy in which your back, arms, head & neck are massaged with various techniques to relieve tension, fatigue, insomnia & headaches.*

*Based from my private studio in Badwell Ash, Suffolk.  
Home visits maybe possible, please enquire.*

60 Minute treatment £50  
45 Minute treatment £45  
30 Minute sampler session £35

To book contact Bernadette on 07500 966074

Email: [pickering192@btinternet.com](mailto:pickering192@btinternet.com)

\* Indian Head Massage available from August 2023