

## The Benefice of Badwell & Walsham

Reverend Jill Walker [jill.walker@me.com](mailto:jill.walker@me.com)

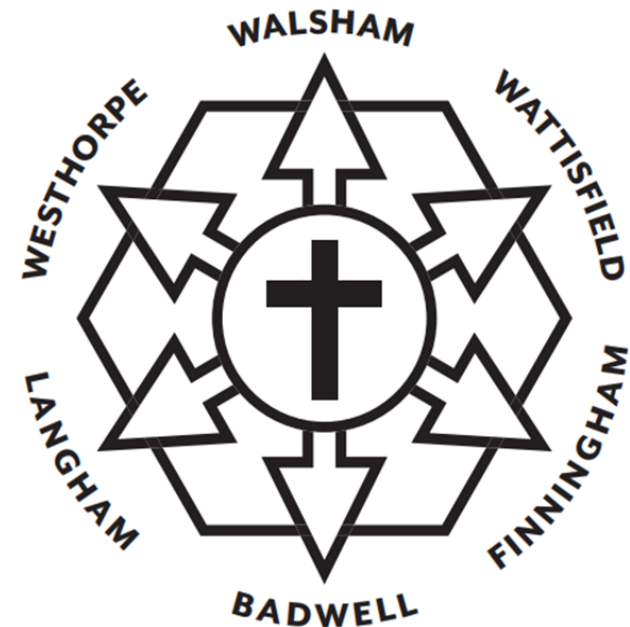
Reverend Jay Price 07752 867388 [jsgprice@aol.com](mailto:jsgprice@aol.com)

*Benefice Reader:* Ian Jackson 01449 781392

*Benefice Elder:* Marion Bell 01449 782072

*Benefice Safeguarding Officer:*  
Tracey Gorzelak 01359 258529

# The Benefice of Badwell & Walsham



## Hexagon

April — May 2024

## 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 [debbiewatson2916@gmail.com](mailto:debbiewatson2916@gmail.com)

**COPY DEADLINE** Last date for items for inclusion in the next issue is Friday **3rd May 2024**

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

We have not raised our prices since 2015, but regretfully have had to make a small increase this year.

### 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

Contact Judith on 01359 258251 or [judithharlow@outlook.com](mailto:judithharlow@outlook.com)

## HEXAGON MAGAZINE

We are seeking someone to take over as the 'Advertising Organiser' for the Hexagon. This would involve collating adverts from the various companies/organisations for inclusion in the Hexagon. Liaising with the advertisers with regards to size and cost of the adverts and in conjunction with the editor ensuring they are the correctly printed in the magazine.

For further information please email Judith Harlow at [judithharlow@outlook.com](mailto:judithharlow@outlook.com)



## THE PRIORY ROOM

Available to hire for private functions, suitable for children's parties. To book please contact:

John Boulter 07908 010555  
[johnboulter@yahoo.com](mailto:johnboulter@yahoo.com)

## HIRE CHARGES (2024)

	Occasional Users	Regular Users
Mornings (up to 1.00pm)	£35.00	£25.00
Afternoons (up to 6.00pm)	£35.00	£25.00
Evenings (up to 11.00pm)	£35.00	£25.00
All Day	£90.00	
Hourly	£10.00	

# TIME FOR YOU™

DOMESTIC CLEANING

**Are you tired of cleaning?**



We have the right cleaner waiting to help you.

**Regular - Weekly - Cleaner**

01359 258991

Typically £16 per hour

[www.timeforyousuffolk.co.uk](http://www.timeforyousuffolk.co.uk)



FHT IHBC IHHHT

Facials Massage Waxing  
Manicures & Pedicures Lash & Brow Tinting

Highly Experienced Therapist offering professional, classic treatments from a bespoke treatment studio, set in private, tranquil surroundings, in Wortham.

For more information or to book your treatment please contact Louise 07711 524019  
[www.loualexanderbeauty.co.uk](http://www.loualexanderbeauty.co.uk)  
[loualexanderbeauty@gmail.com](mailto:loualexanderbeauty@gmail.com)



## COUNTRYSIDE, CONSERVATION & TREE SERVICES

**Peter Kerry**

01359 230100  
07792 995483

[peterkerry2018@gmail.com](mailto:peterkerry2018@gmail.com)

[www.cctrees.co.uk](http://www.cctrees.co.uk)



### SPECIALISTS IN

Tree surgery  
Hedge management  
Fruit tree pruning  
Landscape projects  
Fencing



£5,000,000 public liability insurance

## EMBRACING NEW BEGINNINGS: FAITH, UNITY, AND COMMUNITY SUPPORT

Just as Easter has brought us Good News, so we too bring good news! As Easter approached the dedication of PCC's and community representatives ensured that the appointment of a new incumbent priest, was a thoughtful and prayerful decision made for the benefit of the entire community. We are absolutely delighted to be welcoming our new Curate in charge, Revd Catriona Brinkley, husband Kevin and their family to the Badwell Ash and Walsham le Willows Benefice'. Welcome!

Over the last eight months so many people have given of their time and talents, held huge fund raising events, cleaned, cooked and caretaken and supported their neighbours, friends and churches. It was through such dedication that we managed to navigate the vacancy with faith, resilience, and a commitment to supporting one another. By caring for one another we have echoed Jesus' teachings for a purposeful and fulfilling life.

The arrival of the new priest and her family marks a new beginning and also a continuation of the faith, love, and sense of community that has been demonstrated in our benefice, thus far, as we carry forward the values of compassion, support, and unity on our journey into the future together.

Amen

### FROM THE REGISTERS

#### FUNERALS

Ann Elisabeth MacDonald	2/2/24	Memorial	Walsham
Oscar Charles Vatcher	16/2/24	Memorial	Walsham

WHATEVER THE SHAPE OR SIZE  
WE CAN HELP YOU SELL YOUR HOME



CONTACT US TO BOOK A FREE VALUATION

01359 234444

mail@allhomes.uk.com . allhomes.uk.com

**allhomes**  
town and country



## COMMUNITY YOGA FOR HEALTH

Walsham Community Yoga on Thursdays  
in the **Priory Room** from 7.15 to 9.15pm.

Newcomers always welcome and no experience required

Please contact Julia (British Wheel of Yoga) 07980476140

dunncliffej@hotmail.com

## STONE IN HIS POCKETS By Marie Jones



Westhorpe Village Hall

Friday 12th April, 7.30pm

Tickets: £15 full price, £12 (ages 12 – 25)

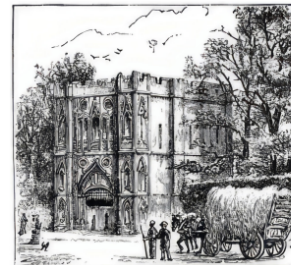
Bar available

Book through Eastern Angles on 01473 211498 or easternangles.co.uk

Two actors. Fifteen characters. One rip-roaring comedy. Venture across the Irish Sea to County Kerry this Spring as Eastern Angles presents *Stones In His Pockets*. This award-winning tragicomedy follows the filming of a Hollywood epic in a small village in rural Ireland, with just two actors taking on all 15 characters involved.

**W**ALSHAM *History Group*

presents



## REGENCY LOWLIFE IN BURY ST EDMUNDS

*True stories of misdemeanours, crimes  
and punishment taken from the Bury  
Court records. A talk by Kevin Pulford.*

**Wednesday 17th April at 7.30pm**

*Priory Room, Walsham-le-Willows.*

*Members Free Visitors £5.00 Refreshments*

The  
**Old Tea Room**  
Veterinary Surgery

For a professional caring service

Tel: **01359 241761**

Station Road,  
Elmswell, IP30 9HA

[www.elmswellvets.co.uk](http://www.elmswellvets.co.uk)



Independent practices with a personal approach

**Stowmarket**

Stowe Veterinary Centre  
01449 613 130 • [stovevets.co.uk](http://stovevets.co.uk)

Stowe Farm and Equine Centre  
01449 776 201

**Ipswich**

Ipswich Veterinary Centre  
01473 555 000 • [ipswichvetcentre.co.uk](http://ipswichvetcentre.co.uk)

**Bury St. Edmunds**

Moreton Hall Veterinary Centre  
01284 747 000 • [moretonhallvets.co.uk](http://moretonhallvets.co.uk)

**Needham Market**

The Mustard Pot Veterinary Surgery  
01449 722 198 • [needhamvets.co.uk](http://needhamvets.co.uk)

**Elmswell**

The Old Tea Room Veterinary Surgery  
01359 241 761 • [elmswellvets.co.uk](http://elmswellvets.co.uk)

## Life Drawing Workshop in Walsham Le Willows

The Priory Room was the venue for a life-drawing workshop on the rainy morning of 18<sup>th</sup> February. Katie Shipton, our teacher and Beth, the model had braved the torrential downpour and were all set up and waiting for us as we arrived.

The two-hour session was a great introduction to life drawing. Katie, a local artist, was able to give us lots of helpful direction in looking for light and shadow, vertical and horizontal lines that could be imagined running through the model's body and angles and spaces that we could see within the pose.

Each member of the group produced a selection of drawings to take away. I was really pleased with my work. I have never had the opportunity to do life drawing before and I know that I have not mastered it by any means but, through Katie's guidance, I achieved much better results than I thought I would.

It was a most enjoyable morning. Coffee, tea and home made cake were on offer to fortify us, and I think we all left the session feeling that we had produced work that we could be proud of.

Look out for further workshops. We all asked Katie if she would be doing another session and she said she hoped to organise another one soon.


Contact Katie Shipton for workshop information at [thetradingpoststudio@gmail.com](mailto:thetradingpoststudio@gmail.com).

### Shine n Clean

Residential and commercial window cleaning.

A reliable window cleaning service using the latest pure water and reach & wash cleaning systems, leaving glass sparkling clean for weeks, no mess, no smears and no harmful chemicals.

01359 259376



**Amanda Braham**  
 Maker of hand made Curtains, Blinds &  
 Soft Furnishings.

Willowcroft, Langham Rd,  
 Badwell Ash, Bury St Edmunds,  
 Suffolk IP31 3DS

01359 259752  
 07952883790

## SM PEST CONTROL SERVICES

Pest Control for your home and business

Local and experts in dealing with: Rats, Mice, Squirrels, Cluster Flies, Fleas, Moles, Rabbits, Bed Bugs, Carpet Beetle, Moths, Woodworm, Wasps, Hornets and Bees

Free Advice with all treatments  
 BPCA Member  
 Fully Insured

19 Richer Close Badwell ash  
 01284 544842  
 info@smpestcontrol.co.uk  
 www. smpestcontrol.co.uk



## DSR PROPERTY MAINTENANCE

### GENERAL BUILDING AND PROPERTY REPAIRS

*New builds, Extensions, Garage, Room conversions, Roof repairs  
 Concreting, Patios, Walls, Re-pointing, Brickwork,  
 Gutter repairs, Fencing, Sheds,  
 Wall and Floor Tiling  
 Painting and Decorating*

*For free estimations call Dean on 07968 483055 / 01359 242438*

## Vintage Tea Party

Friday 19th April from 2-4.30pm

Come and join us for cream teas, cheese scones, sandwiches and delicious homemade cakes

Dietary requirements catered for

Raffle and Tombola

Venue - 1 Church View Cottage Garden

£5 per person Donations welcome

All proceeds to - Bury St Edmunds Women's Aid

Please ring Jeannie to book 258596



### Suffolk Wedding and Pet Photographer

**Natural and creative photography that captures all your beautiful moments.**

Hi, I'm Martin and live in Finningham, I have a purpose built home studio where I specialise in capturing forever memories of your beloved pets. I am confident we can create lovely images of any dog, regardless of how well they might behave for a photo shoot!

I absolutely love a wedding so if you are getting married and would like relaxed, natural images that tell the story of your day.. let's chat!

Check out my reviews on Google or my website to see what people say about me!

Tel or Whatsapp Martin Roper on 07792 032030 or  
 email [martin@martinroper.co.uk](mailto:martin@martinroper.co.uk)

Take a look at my website [www.martinroper.co.uk](http://www.martinroper.co.uk)

## **Lamberts Service Station Ltd**

Shop Green, Bacton, Stowmarket, IP14 4LG, Tel: 01449 781260 Mobile: 07834 778116  
[www.lambertsservicestationltd.com](http://www.lambertsservicestationltd.com) Email : lamberts.1@btconnect.com



### **Car Service, MOT Testing and Repairs**

We have a fully equipped workshop where all manner of repairs can be undertaken. An MOT testing station and a Body Shop where we can undertake Insurance accident repairs, general repair work and re-sprays. We also operate a Recovery service which includes Home Starts. We are one of the few remaining rural Petrol Filling stations and offer forecourt attended services.

**Please visit our website for full list of services.**

#### **WORKSHOP**

Service all Makes and Models  
Air Conditioning  
Engine Diagnostics  
Fault Finding  
Engine Management Lights  
Exhausts  
ABS

#### **MOT TESTING**

MOTS while you wait -  
By Appointment  
Petrol  
Diesel  
Electric  
Hybrids

#### **BODYSHOP**

Accident Work  
Body Work Repairs  
Paint Work  
Re-Sprays  
Welding

#### **FORECOURT SERVICES**

Petrol and Diesel  
Tyre Pressure and Levels  
Checked  
Bulbs Fitted While You Wait  
Antifreeze Check

#### **ITEMS STOCKED**

Tyres  
Batteries  
Wiper Blades  
Bulbs  
Calor Gas

#### **RECOVERY SERVICE**

Home Starts  
Breakdown  
Accident Recovery



**Competitive prices on Tyres - Quotes given  
Free no obligation Estimates on work needed**

## **Finningham Flower Festival**

is being held in the beautiful  
St Bartholomew's Church  
On

**Saturday 4<sup>th</sup> May 2-5pm**

**Sunday 5<sup>th</sup> May 11-5pm**

**Monday 6<sup>th</sup> May 11-5pm**



**Join us afterwards in the church for  
Songs of Praise  
on Sunday 5<sup>th</sup> May at 5pm**

**Our theme this year is  
"COME TO THE MOVIES"**

**with over 25 flower displays to view**



**In the Marquee, enjoy shopping from the various produce  
stalls, buy a plant and have fun on the numerous stalls:**

**The Big Raffle, Name and win a Beautiful Ballerina Mouse,  
Fun Tombola, and much more.**

**Throughout the weekend we will be serving delicious  
homemade cakes and goodies so please pop in to see us in the  
"Tea Room on The Green"**

**If you can donate cakes, jams, plants or prizes please contact  
Marion Bell 07504779748 - Thank you**

## Langham Clinic.



01359 258 700

[www.langhamclinic.co.uk](http://www.langhamclinic.co.uk)

[info@langhamclinic.co.uk](mailto:info@langhamclinic.co.uk)

Manicures & Pedicures  
Alexander Technique  
Waxing  
Ear microsuctioning  
Yoga therapy  
Nutrition  
Massage  
Aromatherapy  
Skin tag removal  
Counselling  
Red vein treatment  
Facials  
Reflexology  
Oncology massage  
Pilates  
Hot stone massage  
Electrolysis  
Dr. Hauschka Treatments



**C**arberry  
**P**lumbing &  
**H**eating Ltd

Free quotations  
Oil boiler servicing  
Boiler replacements  
Underfloor Heating  
All aspects of domestic plumbing  
& heating  
Complete bathroom installations  
Professional and friendly service

Call Jonny 07506 706121

[carberryplumbing@gmail.com](mailto:carberryplumbing@gmail.com)



## TankChange Ltd.

### Suppliers & Installers of Oil Tanks

Family Business with Over 40 Years Experience

Steel & Plastic Oil Tanks available

Fully Insured OFTEC Registered Engineers.

**Tank  
Change  
Limited**

Telephone: 01449 781210  
(Out of Hours: 01449 781498)  
Mobile 07899 898720

Email: [Terry@tankchange.co.uk](mailto:Terry@tankchange.co.uk)

Visit our Website@: [WWW.tankchange.co.uk](http://WWW.tankchange.co.uk)

*Discounts available to Parish Magazine readers*





## CHIMNEY SWEEP

### ECO SWEEP CHIMNEY SERVICES

- NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES
- INDUSTRIAL HEPA FILTERED VACUUM
- FULLY INSURED
- INSURANCE RECOGNIZED CERTIFICATES ISSUED
- SPOTLESS, RELIABLE AND FRIENDLY SERVICE
- ALL CHIMNEYS, WOODBURNERS, AGA, BOILER FLUES SWEPT

**TEL: (01359) 232335**

**ADRIAN SAYER  
OIL HEATING SERVICES  
EST. 1999**

**BOILERS AND  
COMPLETE SYSTEMS**

**SERVICED AND  
REPAIRED**

**BREAKDOWNS  
ALWAYS A PRIORITY**

**01359 220119  
07956 094433**

## OVENBIZZ

**Professional Oven Cleaners  
Serving the Bury St Edmunds  
and Stowmarket areas**

- Ovens
- Rangemasters
- Aga's
- Hobs
- Extractors

**Tel: 07837 540816**

**£5 off if you quote this  
advert**

## JW AMPS LTD

Offering service and repairs to all types and makes of garden machinery, ATV's, compact tractors etc. Machinery bought and sold  
Over 15 years experience –  
factory trained by Briggs & Stratton, Stihl, Westwood and Countax.  
Collection and delivery service available.



Contact Simon on 07974 430366  
E-mail: [simonamps@btinternet.com](mailto:simonamps@btinternet.com)



## Stuart Walker Decorating, Painting and Refurbishments

**A locally based company offering an honest and reliable service.**

Painting—Decorating—Refurbishments—Repairs  
All work considered indoors and out!  
Fully insured and free quotations provided

Please contact Stuart on: 07711606464 or [stuma1@hotmail.co.uk](mailto:stuma1@hotmail.co.uk)



**R Servicing      R MOT      R Upgrades**  
**R Repairs      R Diagnostics      R Sales**

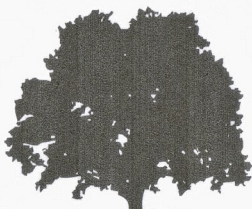
**BOOK NOW**

☎ 01359 789 089    📞 07712 287 242    📧 [service@rlautomotivesuffolk.co.uk](mailto:service@rlautomotivesuffolk.co.uk)

📍 Unit 2, Lodge Works, Gt Ashfield, B.S.E, IP31 3HA

# ARBORICULTURAL AND LANDSCAPE SOLUTIONS

ALL ASPECTS OF TREE SURGERY  
SOFT AND HARD LANDSCAPING  
MAINTENANCE AND LAWN CARE  
DOMESTIC & COMMERCIAL CONTRACTS  
FULLY INSURED  
NPTC QUALIFIED



## GREEN SCENE

CONTACT FOR FREE QUOTATIONS AND ADVICE

**01359 298141 / 07866 866880**

**INFO@GREENSCENETREESURGERY.CO.UK**

### BECKY CRUICKSHANK FITNESS PERSONAL TRAINING AND CLASSES

#### PILATES

COTTON VILLAGE HALL- MONDAYS 7.20PM  
GISLINGHAM VILLAGE HALL-WEDNESDAYS 9.15AM AND 10.15AM  
THURSDAYS- 7.10PM  
WESTHORPE VILLAGE HALL- WEDNESDAYS 12.15PM

#### TOTAL FITNESS

GISLINGHAM VILLAGE HALL -THURSDAYS 6.15PM

#### GENTLE FITNESS

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**



## NOTES FROM THE GARDEN

Hello, now I am no Monty Don (just a little younger) but I am looking forward to writing about gardening and sharing my experiences in the future. I feel lucky I was in a time with my dad when the family garden was a very important part of life. Money was short so when we moved into a house with a large back garden, dad set about providing produce for the family table with four children to feed.

I was about 12 years old when dad taught me how to dig, double digging was my first experience going down two spits (spade depths) so as to really turn over the soil. Also adding rotten manure from the farm up the road transported by me and my brother by a wheelbarrow which then was put into the trench. My dad showed me how to do this and corrected me when it was not right....or straight. A memory I will never forget. Setting up the garden like this and rotating crops was key to success. Making seed beds but not stepping on the soil was a great learning curve.

When I was at Beyton secondary school we had a rural studies department, it was a wonderful experience and was run by Mr Charles Foat. We learnt how to look after the soil, plant and harvest crops which were sometimes used in the school kitchen, chickens and other animals were studied as well. Sadly this is no longer a school subject, nowadays some primary schools are getting children involved by planting raised beds etc. Getting the children involved in nature with its wonders and fresh food, which they have grown also encourages them to eat healthy produce.

Life today is different, many people have not the time or the garden space to be taught what my dad showed me, but there is always the allotment (another story). Now is the time to look into the garden in your pots and baskets to find self seedlings from your previous plants, put these in some compost to see what grows (pot luck!). Divide perennials and grasses for free plants too. By the time you read this things will be moving on in the garden (if the rain ceases) and another garden adventure begins. Until next time.

Phillip Bennington

 **HARRIS HEATING SOLUTIONS**  
*Oil Boiler Specialists*

- Boiler Servicing, Breakdowns and Repairs
- Central Heating Installations and Repairs
  - Hot Water Cylinders
  - New Boiler Installations
- General Plumbing Works

10 years  
experience  
on all makes  
and models of  
oil fired  
boilers

To book an appointment or for a free quote  
call Michael on 07523 736212  
Email: [HarrisHeatingSolutions@outlook.com](mailto:HarrisHeatingSolutions@outlook.com)  
Facebook: Harris Heating Solutions

Fully insured, All parts and labour guaranteed.  
2 Honeymoon Cottage, Norwich Road, Barham

**nexusheat**

01379 671168  
[info@nexusheat.co.uk](mailto:info@nexusheat.co.uk)

WOOD &  
MULTIFUEL  
STOVES &  
ACCESSORIES



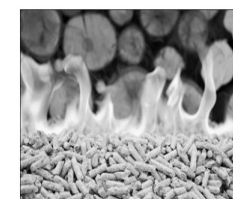
AIR SOURCE  
HEAT PUMP  
SERVICING &  
MAINTENANCE



OFYR & BASTARD  
OUTDOOR  
COOKING RANGE  
& ACCESSORIES



BIOMASS BOILER  
SERVICING &  
MAINTENANCE



Maltings Barn, Hinderclay Road, Wattisfield, Suffolk, IP22 1NF  
[nexusheat.co.uk](http://nexusheat.co.uk)  
Facebook/Nexus Heat

**DJS BLINDS**

- ✓ ROLLERS
- ✓ VERTICALS
- ✓ VENETIANS
- ✓ ROMANS
- ✓ SHUTTERS
- ✓ CURTAINS

A vast range of fabrics to choose from.  
All made to measure.  
**FREE measuring service**  
Fitting also available

Contact Dave: 07723354601

[djsblinds@outlook.com](mailto:djsblinds@outlook.com)

[www.djsblinds.co.uk](http://www.djsblinds.co.uk)



**Holistic Therapy**  
By Bernadette Pickering

**Reiki, Reflexology & Indian Head Massage**

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

60 minute treatment £50  
40 minute treatment £45  
30 minute treatment £35

To book contact Bernadette 07500966074  
Email: [pickering192@btinternet.com](mailto:pickering192@btinternet.com)





**M A Heating Services**



- \* Oil, Gas and LPG boiler servicing, replacements and repairs
- \* Repairs to central heating system faults i.e. pumps, programmers and cylinders
- \* Servicing and repairs to Rayburn, Aga Stanley and Esse's
- \* Landlord's Certificates

**Telephone: 01379 783427**

Wickham Gate, High Street, Gislegham, Suffolk, IP23 8JD

**Walsham le Willows and District WI  
March 2024**



Three lovely ladies were already installed when members arrived but we didn't know if they were Bronte sisters or Jane Austen's neighbours? Turns out both' as the specific years that Sarah and James have made their special study reached both.

We marvelled Sarah's patience needed to create the gowns including some strange under garments when bottoms were big! But we were glad we don't have to cope with a trip to the loo in these. Truth is they didn't, for this was the era of the chamber pot well hidden beneath the extravagant skirts.

It was a fascinating picture of life in those times and it was not surprising that James and Sarah were back in Walsham by popular demand. Padding was eventually replaced by the skimpy muslins of the empire line, Paris was as ever leading fashion. Warning ladies the padding may be coming back with the popularity of the Brazilian Bum!

Next month April 10<sup>th</sup> we will create a little piece of spring together come and join us!

Jill Newell

**PROGRAMME OF EVENTS  
In Priory Room at 7.45pm**

April 10 - Spring Floral Arrangement

May 8 - Annual Meeting

NEW MEMBERS ALWAYS WELCOME

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



**cuttin  
room.com**



**unisex hair salon  
&  
tanning booth  
01359—251083**



**job vacancies available  
for experienced, professional stylists**



**PAUL MITCHELL**  
PROFESSIONAL SALON PRODUCTS

**BED HEAD**  
TIGI

**MATRIX**  
IMAGINE ALL YOU CAN BE





Unit 13, Tomo Estate, Stowmarket, IP14 5AY

WE ARE A SMALL FAMILY OWNED BUSINESS WHO SPECIALISE IN DELIVERING FRESH MILK IN GLASS BOTTLES TO OUR CUSTOMERS DOORSTEPS, DELIVERY IS FREE



We deliver fresh milk and many other products to your door 5 days a week, you can change your order at any time by leaving your milkman a note, telephoning us or emailing; payment can be made by leaving cash or cheques for your milkman or using online banking.

Visit our Website [www.suffolkdairies.co.uk](http://www.suffolkdairies.co.uk) to see our full range of products

If you would like to arrange a delivery or discuss your requirements

Contact us on

Telephone 01449 676746  
Email [milk@suffolkdairies.co.uk](mailto:milk@suffolkdairies.co.uk)

No order too small

# JIGSAW FESTIVAL

**18th - 19th May 2024**  
**10am - 4pm**

**PARK FARM**  
**WYVERSTONE**  
**IP14 4SP**

Over 1000 Jigsaw Puzzles on display and for sale

**Bacton Community Workshop Demonstration**

**Raffle**

**Tea & Homemade Cakes**

**£2 Entrance**

**Children under 16 free**

**Contact Penny Black**

**01449 781913**

**Proceeds to Wyverstone Village Hall & Church**

THE  
**LOG BURNER BARN**

01379 454299




- ↳ Full installation service
- ↳ Hetas registered engineer
- ↳ Eco Design clearSkies 5
- ↳ British and Danish made stoves
- ↳ Energy Efficiency Class A+
- ↳ Free survey & Quote

Show room open Tues-Fri 10-5 Sat 10-1 visit:  
Aldridges Farm Fressingfield Road Laxfield IP13 8EN  
[www.thelogburnerbarn.co.uk](http://www.thelogburnerbarn.co.uk)

**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.



**FLOWER ARRANGING CLASSES**

Mondays from 2.00 – 4.00p.m.

At the U.R.C. Wattisfield

Suitable for all abilities,  
including complete beginners.

Please call Jean Minter **01359 251396**

**WESTHORPE CAFÉ**  
**SATURDAY 18th MAY 2024**  
**Westhorpe Village Hall**  
**10am to 1pm**



**Homemade Cakes and Drinks**

# Pawfect Moments

## Dog Walking and Petcare

(Badwell Ash and surrounding villages)



I am available to walk your dog/dogs, provide doggy day care, pet sitting and home visits for feeding, medication and toileting.

I appreciate that all pets are different and have a variety of needs. Therefore I always start each new relationship with a free initial home visit. I am fully insured, have attended a Canine First Aid course and am currently studying with the British Canine College for a Diploma in Professional Dog Walking.

I'm looking forward to hearing from you.....



Caroline Morris: 07843 248 411  
cdv\_11@hotmail.com

Web address: pawfectmoments.co.uk  
Facebook: Pawfect Moments Pet Care

## HAUGHLEY HOOFERS

Haughley Hoofers are a group of local North West Clog Dancers performing traditional dances from North West England, the Isle of Man and the Outer Hebrides. Formed in the early 1980s we have performed at a variety of local events and festivals, both here and abroad.

Practice sessions again in Haughley Village Hall on Sunday evenings  
7.30-9 pm from 17<sup>th</sup> September 2023.

If you would like to come and have a go, we would be delighted to see you.

Musicians are welcome too (portable acoustic instruments).  
For more information ring Sue on 01449 766747 or Gill on 01449 673518  
See Haughley-Hoofers on Facebook



# Paul Parsons Electrical

Finningham, Stowmarket, Suffolk

From a new socket to a rewire  
A professional service at a reasonable

Tel: 07786 558 510

Part P

## Little Willows Pre-School

Open term time - Monday to Friday 8.45 - 2.45

Wrap around care available - Breakfast Club 8am - 8.45 and  
After School 2.45pm - 4.30 or 5.30pm  
Experienced, qualified, dedicated staff,  
offering childcare and  
education to children aged 2 - 5 years  
Ofsted inspection rating - GOOD  
Please contact us for more information

PRIORITY IS GIVEN TO FUNDED CHILDREN

Phone: 01359258702

email: [sarah.littlewillows@googlemail.com](mailto:sarah.littlewillows@googlemail.com) or  
[office.littlewillows@gmail.com](mailto:office.littlewillows@gmail.com)  
Charity number:1050897

# TOMLINSON GROUND CARE



Horticultural & Garden Machinery Suppliers

Sales Service Parts Repairs Toys

Ride on mowers to suit all areas

Walk behind petrol & battery mowers

Strimmers, hedge cutters, blowers, chainsaws etc

Garden tools, paddock & turf machinery

Service & repair all makes



**Set in over 20 acres - Try before you buy**

**Established in Buxhall since 1991 - We hope to see you soon**

Brettenham Road, Buxhall, Stowmarket IP14 3DL  
01449 736060 [www.tomlinsongroundcare.co.uk](http://www.tomlinsongroundcare.co.uk)

**AL-KO EGO ECHO WEIBANG**

## MADE TO MEASURE

Curtain making

Roman Blinds

Cushions

Fabric Samples available

Over 30 years' experience

**Call Dena on 07842 110240**

## CITIZENS ADVICE

citizens  
advice Mid Suffolk

**My council tax bill is coming out in March, and I am dreading opening it as it always goes up. My income has stayed the same but everything else seems more expensive and I have hardly anything left over - how will I cope if my payments for this year go up?**

Many of us are feeling overwhelmed as we see our basic bills and essential costs go up. You're not alone in finding things difficult and, crucially, there's support available.

First off, there are discounts available to some people depending on their circumstances. You can check your bill or contact your council to find out if you might be eligible for an automatic reduction to your council tax.

If you're not getting a discount, you might still be entitled to one. It depends on who lives in the property. So, if you're the only adult in your home, you'll get a 25% discount on your council tax bill.

When working out how many people live in a property, some people aren't counted - they're called 'disregarded people' and include under 18s, a student nurse or someone on an apprenticeship scheme and many more. Checking the government website (<https://www.gov.uk/council-tax/who-has-to-pay>) for more details. If everyone who lives in the property is disregarded, you will still receive a council tax bill, but it will have a 50% discount. However, if everyone in your home is a student or severely mentally impaired, you won't pay any council tax.

Additionally, if someone has moved out, tell the council as this might change your eligibility. If you are entitled to a discount as a result, it will be valid from the date when the person moved out, even if you told the council after the event, and the reduction may be backdated.

If you think you might be eligible you should apply to your local council for a discount as soon as possible. You can find your council's contact details via <https://www.gov.uk/apply-for-council-tax-discount>

You mention that your income hasn't increased. If you are on a low income, you might be able to get your council tax reduced. If you get benefits or have other people living with you, this might affect how much your council tax is reduced by.

Your local council will ask you details about your income and your circumstances, so they can work out if you're entitled to a council tax reduction. They will then calculate your new bill and tell you how much council tax you need to pay.

cont>






**ANDY'S  
OIL BOILER  
SERVICES**

*Oil Fired Pressure Jet Boiler  
Servicing & Plumbing*

**ANDY BACOS**

☎ 07775 751303

✉ andy.bacos@ntlworld.com

📘 Andy's Oil Boiler Services

**WATTISFIELD  
COMMUNITY  
CENTRE**

Anyone wishing to hire the hall  
or for further information  
please visit

[www.wattisfield.org.uk](http://www.wattisfield.org.uk)

or

Email:  
[wattisfieldcc@gmail.com](mailto:wattisfieldcc@gmail.com)

<cont

If you have other people living with you who are aged 18 or over, you might all be responsible for paying council tax. Only one of you needs to apply for a council tax reduction. The council will make a decision and reduce the amount of council tax you have to pay accordingly.

You may also be eligible for additional support if you've reached State Pension age which you can check on the government website via <https://www.gov.uk/state-pension-age>. If you're under State Pension age, the 'working age rules' apply and if you've reached State Pension age, it depends if you or your partner get certain benefits.

The working age rules still apply if you've reached State Pension age and you or your partner get:

- Universal Credit
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Income Support

If you've reached State Pension age and don't get any of these benefits, the 'pension age rules' apply.

Even if none of the reduction criteria applies to you, your local council can still reduce your council tax bill or cancel it altogether, this is called 'discretionary reduction'. They'll normally only do this if you can show that you're suffering severe hardship and can't afford to pay council tax.

If you're in this situation you should ask your local council for help. You'll need to show them evidence of your circumstances. If your immigration status doesn't let you claim public funds, you can still apply for a discretionary reduction. A discretionary reduction doesn't count as public funds.

We know that times are incredibly tough and council tax is a priority bill so it's important to keep in contact with your council if you can't keep up payments. Citizens Advice is here to help you find a way forward, without judgement, working with you side by side.

*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/contact-us](http://midsuffolkcab.org.uk/contact-us). Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.*

**JD HOME RENOVATIONS**  
Making Your House a Home

**Can we help you with:**

- Home repairs
- Kitchen fitting
- Bathroom fitting
- Plumbing
- Electrical
- Painting & decorating
- Glazing
- General maintenance
- Interior design & colours

**FREE ESTIMATES**

Contact us by email:  
[enquiries@JDHomeRenovations.co.uk](mailto:enquiries@JDHomeRenovations.co.uk)  
or leave a message at: **07864 901042**  
[www.JDHomeRenovations.co.uk](http://www.JDHomeRenovations.co.uk)



**EAST ANGLIAN  
MAINTENANCE SERVICES**

**CARPENTRY//DECORATING//PLUMBING  
REPAIRS//HOME IMPROVEMENTS//ETC.**

**CALL PAUL: 07879 538836**  
[EASTANGLIANMAINTENANCE@GMAIL.COM](mailto:EASTANGLIANMAINTENANCE@GMAIL.COM)  
[FACEBOOK.COM/EASTANGLIANMAINTENANCE](https://www.facebook.com/EASTANGLIANMAINTENANCE)





**Local Caring Independent  
Funeral Service**

24 Hour Personal Service \* Private Chapel  
\* FREE Parking

[www.andrewbingham.co.uk](http://www.andrewbingham.co.uk)

**01449 771666**

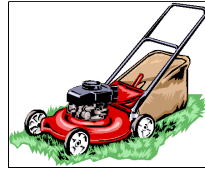
The Nutshell, Milton Road South, Stowmarket,  
IP14 1EZ



**Golden Charter**  
Funeral Plans



**GRAHAM  
STAFF**



**LAWNMOWER  
SERVICING AND  
REPAIRS**

EXPERIENCED ENGINEER  
QUICK TURNAROUND  
Walsham-le-Willows  
Tel 01359 259650



**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***

**Dappadogz**  
Dog Grooming




- NVQ Level 3 qualified
- Specialising in small to medium breeds
- Dog collection & return

Contact Vicki Money  
Telephone 07974 369159

22 Woodward Avenue, Bacton, IP14 4LS

**SUFFOLK**  
AGRI - CENTRE LTD  
**GROUND CARE**

**WE NOW STOCK**  
**CALOR GAS**   
**CALOR**

**SUPER DEALS ON....**

**LAWNMOWERS, STRIMMERS,  
CHAINSAWS AND HEDGE CUTTERS**

**ATCO COUNTAX STIGA**

Lawnmowers, Chainsaws, Strimmers and Hedgecutters

**CALL IN TODAY OPEN MON-FRI 8-4.30**

**Suffolk Agri Centre Ltd, Fen Road, Pakenham, Bury St. Edmunds, IP31 2JS**

**Tel: 01359 232155**

***Service you can count on!***



**REASONABLY PRICED SERVICING**

Our set service **ALL** makes  
Walk behind **£100** inc vat  
Ride-ons up to 30" **£175** inc vat  
Lawn Tractors over 30" **£215** inc vat  
Cylinder Grinding also available



@pambo.eco

**Pambo®**

Unbleached Bamboo Toilet Tissue

**GREAT FOR SEPTIC TANKS**



SCAN ME

Bamboo Benefits:

Biodegradable - Safe for all sewage and septic systems

Fewer Carbon Emissions - Safer for the planet

Hypoallergenic - No harsh chemicals or dyes

Soft, strong and Sustainable

**TREE & PLASTIC FREE**

Extra long rolls



Join the rollvolution!



# Pearce's Pins

Opening Times: Tues - Fri 8:30am - 5pm Sat 8:30am - 4pm

## DRESSMAKING, ALTERATIONS & REPAIR SPECIALISTS

DRY  
CLEANING,  
LAUNDRY  
SPECIALIST  
& SHOE  
REPAIRS

32/34 High Street, Ixworth, Bury St Edmunds  
Suffolk IP31 2HH

• 01359 233017 • pearcespins@btinternet.com  
• www.pearcespins.co.uk @pearces.pins

A warm and friendly welcome awaits you at



## The 4C's



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

**Fridays 19 April and 10 May**

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

### \*\*\*\*\* GISLINGHAM PLAYGROUP \*\*\*\*\*



We provide a safe, warm friendly and caring setting for children aged 2-5 years, in a brand new purpose-built building on the same site as Gislingham CEVP School, with whom we work closely to provide an excellent education.

Breakfast Club 8.00am – 8.45am  
Morning 8.45am to 11.45 am

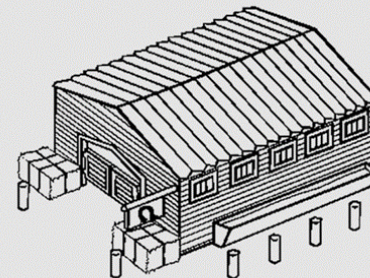
Lunch Club 11.45am to 12.45pm  
Afternoon 12.45pm to 3.45pm

*“The well-qualified staff have a good knowledge of how children learn. They carefully organise the indoor and outdoor learning environment so that children enjoy free access to a wide range of toys and resources”  
Ofsted December 2015*

Please visit our website [www.gislinghamplaygroup.com](http://www.gislinghamplaygroup.com) or phone us on 01379 788934

## CHURCH FARM Walsham-le-Willows SELF STORAGE

### Coming Soon!



Local family owned and operated.



Secure units from just £100 per month.



State-of-the art 24hr CCTV surveillance.



Easy access with on-site parking.



Convenient location, in the village centre.

**Interested?** Please contact:  
George Thomas, 07970 549011,  
[georget@sentry.co.uk](mailto:georget@sentry.co.uk),  
or Joseph Light, 07970 549019,  
[joseph.light@sentry.co.uk](mailto:joseph.light@sentry.co.uk)



# MACK HEATING SERVICES LTD

OIL FIRED PLUMBING & HEATING SPECIALIST

- Boiler replacement
- Oil tank replacement
- Boiler Servicing
- General plumbing & heating
- Breakdowns
- AGA Servicing



07931 900036



mackheating@outlook.com  
mackheatingservices.co.uk

## ROOFLINE –



## PLUS

Look Up!

**BUILDING & ROOFING CONTRACTOR**

**CHIMNEYS REPOINTED/REBUILT/REMOVED**

**HOUSE/WALL REPOINTING**

**GUTTERING/FASCIA REPAIRS/ROOF REPAIRS**

**30+ YEARS EXPERIENCE – ALL WORKS GUARANTEED  
FOR FRIENDLY ADVICE AND A FREE CONSULTATION CALL**

**01449 763218 – 07500 823292**

## TRANSPORT NEEDED?

**The Rickinghall & District Community Bus** is available for hire to readers of this publication. Typical journeys include - shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits.

The bus is also available for visiting friends and relatives, in fact pretty well anything you need. Door to door service, any help a pleasure. Wheelchairs no problem.

Please telephone Gordon on 01379 897 109 (24/7 ansaphone).

We continue to fund raise for a new bus. Donations of clothing, shoes, belts, jewellery, handbags and bric-a-brac can be left at:

The Corner Bungalow, Hinderclay Road, Wattisfield IP22 1NF  
or  
telephone Irene Gumm 01359 251221 for collection.

## UPLANDS RESPITE AND DAY CARE

**Pottery Hill, Wattisfield IP22 1NH**

If you are a Carer for an elderly relative, caring for someone with dementia and you need a break, Uplands Respite and Day care provide a home from home environment with exceptional, professional and qualified carers to look after your loved ones. We provide activities for all abilities, companionship, a hot lunch and lovely friendly atmosphere. We are open on Tuesday, Wednesday and Thursday from 9.30am – 2.30pm (extended hours can be provided if needed).

We are fully insured, DBS checked and Social Services Accredited.

For any further information call Laura on 07504086420

Or email: [daycareuplands@yahoo.com](mailto:daycareuplands@yahoo.com)

# REWTS

Trees & Gardens

**Tree surgery:** from light pruning to large tree take down, surveys and stump removal.

**Garden landscaping:** patios, fencing, decking, pergolas, gates, stone driveways, water features, turfing and seeding new lawns, borders and planting designs.

**Garden maintenance:** hedge cutting, pruning, weeding, strimming, grass cutting, tidying.

Tel: 0782 5253 720

info@rewtstreesandgardens.co.uk

www.rewtstreesandgardens.co.uk



**Discount Pet Supplies  
Wild & Caged Bird Feed  
Equine Supplies  
Free Range Eggs & Flour  
Porridge Oats, Coffee and more!**

Monday to Friday 8.30 am – 5.30 pm  
Saturday 8.30 am – 1.00 pm

01359 230277

[www.pakenhamwindmill.co.uk](http://www.pakenhamwindmill.co.uk)

info@pakenhamwindmill.co.uk



## **If you suffer with anxiety, depression, PTSD disturbing/traumatic memories, or other emotional or difficulties.**

I am a BABCP accredited Cognitive Behavioural Psychotherapist and EMDR practitioner. I work both in private practice and for the NHS offering evidence based treatments such as CBT (cognitive behavioural therapy) and/or EMDR (Eye Movement Desensitisation and Reprocessing) treatment. I offer short or long term therapy. My aim is to help you to regain a sense of enjoyment and wellbeing in your life.

**If you need help please contact Jayne for further details  
on: 07983648702 Website: [emdrandcbtserives.co.uk](http://emdrandcbtserives.co.uk)**

## 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 1 - 2pm  
Senior Football (over 50's) Tuesday 2 - 3pm  
Otago (chair based exercise) Wednesdays 11.30 -12.30  
Indoor bowls Wednesdays 2.30 – 4.30pm (Oct-Apr)  
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 **14th & 18th Apr, 12th & 26 May**

**Music Nights start 7.30pm**

10 May Gemma B & 24th May Jo Manning

**Family Fun Day**

Saturday 26th May 2pm start

Childrens' races, face painting, Assault Course, Bouncy Castle & more

Evening Disco with Bertie Bassett

**FREE ADMISSION**

For further information and to check for any at/time changes for events please visit our website <https://walshamsportsclub.co.uk> or contact Jan 07874898825.

This trade since 1976

Domestic appliance repair, supply and installation

AN APPLIANCE OF SERVICE

**Doug Aiken**

No VAT

Telephone 01449 781599  
Mobile 07596 744682

Hilldrop, Wickham Road, Finningham, Stowmarket, Suffolk IP14 4HT email. [dougaiken28@gmail.com](mailto:dougaiken28@gmail.com)

## LOOPEE LOO TOILET HIRE LTD

### Servicing the Bury St Edmunds area

Introducing Loopee Loo portable toilet hire service within Bury St Edmunds and the surrounding area. \*

We will deliver and collect to your required location, on a short or long term hire\*\*, furthermore ensuring they are maintained and cleaned regularly with amenities replenished including toilet roll and hand sanitiser.

Call or email for further details.

\*Within a 20-mile radius  
\*\*Minimum 4 week hire charge



**Loopee Loo Toilet Hire Ltd**  
**Tel: 01359 270100**  
**Email: [info@loopeeloo.co.uk](mailto:info@loopeeloo.co.uk)**



Unit 15 Woodlands Business Park, Rougham Industrial Estate, Bury St Edmunds, Suffolk, IP30 9ND

## MTP LANDSCAPES

**No Garden Too Big Or Small**

**(07920152095)**

**(Email: [morganparsons177@gmail.com](mailto:morganparsons177@gmail.com))**

**All Aspects Of Hard And Soft Landscaping  
And Garden Maintenance**

## WESTHORPE VILLAGE HALL ACTIVITIES

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

Contact: Juliet Wright. Tel: 07503 212670 [jujuyoga39@gmail.com](mailto:jujuyoga39@gmail.com)

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

Contact: Paul Weston. Tel: 07860 376592. [paulwestonarchitect@gmail.com](mailto:paulwestonarchitect@gmail.com)

**LINE DANCING** Monday (weekly) 12.45-1.45pm

Contact Rosie Macro Tel: 07748 563926 [rosemary.macro@yahoo.co.uk](mailto:rosemary.macro@yahoo.co.uk)

**CARPET BOWLS** Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 [jeffmoore297@hotmail.com](mailto:jeffmoore297@hotmail.com)

John Gladders 01449 780365 [dijongladders@gmail.com](mailto:dijongladders@gmail.com)

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

Contact: Lynda Cotgrove. Tel: 01449 789142 / Rosemary Mees. Tel: 01449 780394

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

Contact: [alisonweston25@hotmail.com](mailto:alisonweston25@hotmail.com) Tel: 07972 415205.

**PILATES** Wednesday 12.15-1.15pm

Contact: Becky Tel: 07734 414151 [beckycruickshank@btinternet.com](mailto:beckycruickshank@btinternet.com)

**GENTLE FITNESS** Friday 10.00 - 10.45am

Contact: Becky Tel: 07734 414151 [beckycruickshank@btinternet.com](mailto:beckycruickshank@btinternet.com)

Please check the village website at [westhorpe.onesuffolk.net](http://westhorpe.onesuffolk.net) for details,  
or contact Alison Weston on 07972 415205 or [wvhbooking@hotmail.com](mailto:wvhbooking@hotmail.com)



**Carl Goldsworthy**  
Proprietor

☎ 07429 819666

✉ [info@worthyflooring.co.uk](mailto:info@worthyflooring.co.uk)

🌐 [worthyflooring.co.uk](http://worthyflooring.co.uk)

Complete Service From Start to Finish  
Domestic and Commercial Flooring  
Mobile Showroom  
Free Estimates

# Upstairs Downstairs

## A PREMIER CLEANING SERVICE

.... Bringing a sparkle into your home

Regular Housework  
Trained Personnel  
Safe, Secure and Fully Insured  
No hidden administration charges

**Tel: Gigi Wadham-Smith  
on 07580314010  
or email: [gigi@upstairsdownstairs.biz](mailto:gigi@upstairsdownstairs.biz)**

Timber Lodge Rookery Lane Walsham-le-Willows Suffolk IP31 3BD  
Visit us at: [www.upstairsdownstairs.biz](http://www.upstairsdownstairs.biz)

**Graeme Green**  
electrical services ltd



Local qualified electrician with 20 years of experience, offering a friendly and reliable service.

Residential • Commercial • Industrial  
Fully Insured.

Available for any sized job.

For a free quote contact Graeme.

☎ 07950 335 966

✉ [graemegreenelectrical@gmail.com](mailto:graemegreenelectrical@gmail.com)

📍 Suffolk • Norfolk • Essex

## Architectural Plans

Surveys

Site Plans Drawings

Improvements

Planning

01449 780144/07894 455479

Architectural Technician

Derek Irish



**M. J. Hardwick  
Motor Repairs Ltd.**

**Kerrys Farm Lane, Cow Green, Bacton IP14 4HJ**

**All Vehicle type repairs and Maintenance, including:**

**MOT Prep and Arrangement  
Servicing**

**Diagnostic Fault Reading  
Breakdown and Recovery**

**Air Conditioning**

**Tyres, Batteries and Exhausts**

**Welding and Bodywork**

**Restoration Projects**

**Tel: 01449 781927 07801989357**

**[MJHardwick@BTconnect.com](mailto:MJHardwick@BTconnect.com)**

## Beginners Guitar Ricky Wilkinson MBE [ricky5844@aol.com](mailto:ricky5844@aol.com)

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.

30+  
YEARS  
TRADING

# WILLOWSERVE LTD

Plumbing, Heating & Building Refurbishment Services

Bury St Edmunds

For a Professional, Reliable service & quality workmanship you can trust.

- \*All types of Heating Installed
- \*Replacement boilers / Hot water cylinders
- \*Specialist boiler servicing & Repairs
- \*Worcester Bosch Accredited Installers offering up to 12 year Guarantee.
- \*Wet & Electric Underfloor heating
- \*Bathroom's & Wetrooms Designed and installed.
- \*Disabled Adaptations
- \*Ceramic, Porcelain & Natural stone floor and wall Tiling.
- \*All types of flooring
- \*Painting & Decorating Inside & Out.
- \*Carpentry
- \*Fully Fitted Kitchens Supplied & Fitted
- \*Plastering
- And Much More.....

Visit our website today for the full list of the services we provide.



Checkatrade.com

WWW.WILLOWSERVELTD.COM

TEL: 01359 259886

## WALSHAM - LE - WILLOWS MEMORIAL VILLAGE HALL

Walsham le Willows Memorial Village Hall is available for hire contact Sarah Cousins email sarah@octopusadmin.co.uk or tel 01359 259698 There are also a variety of activities happening at the hall:

**Sosa** (Start of Something Amazing!) Monday 9.30-10.30 am  
Contact : Sam on 07410. 978335 / samfitz@hotmail.co.uk

**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@rbmdynamics.com

**Pilates** Wednesday 9am -10am, 10.15am-11.15am & Friday 2pm-3pm  
Contact: Lara at contact@larapepper.com

**Coffee shop** Thursday (weekly) 10.30am - 12 noon  
Home-made cakes and savouries, teas, coffee and cold drinks. All welcome

**Post Office Van** Thursday (weekly) in the village hall car park  
11am - 12 noon.

Music in St Mary's Walsham

May  
Wednesday 15th of May: 12.30pm  
Jill Crossland, piano recital.  
*Free entry, refreshments. A retiring collection for church funds*

June  
Sunday 23<sup>rd</sup> June:  
Carol Kellmann, pupils' recital



  
**M.K. Auto's**  
 MOT Centre LTD


**MOT CLASSES 4 & 7**


- CLUTCHES
- SERVICING
- BATTERIES
- TRACKING
- CAMBELTS/TIMING CHAIN
- WHEEL BALANCING

Mkautosmotcentreld@gmail.com  
 MOT: 01359 241158/244421    REPAIRS: 01359 245998

 The workshop  
Grove lane  
Elmswell  
IP30 9HN

Please note as of February  
2023 D A Bevan has been  
taken over by MK Autos

Find us on  
Facebook.

W  
E  
L  
D  
I  
N  
G  
•  
T  
Y  
R  
E  
S  
•  
B  
R  
A  
K  
E  
S

•  
E  
X  
H  
A  
U  
S  
T  
S  
•  
D  
I  
A  
G  
N  
O  
S  
T  
I  
C  
S

### Wattisfield URC Services

Date	Time	Service details
April 7 <sup>th</sup>	11am	Holy Communion
14 <sup>th</sup>	11am	Morning worship
21 <sup>st</sup>	11am	Morning worship
28 <sup>th</sup>	<b>10.45am</b>	<b>Visit to Diss URC – no service at Wattisfield</b>
May 5 <sup>th</sup>	11am	Holy Communion
12 <sup>th</sup>	<b>10.30am</b>	<b>Visit to Thetford URC – no service at Wattisfield</b>
19 <sup>th</sup>	11am	Pet Service in the Chapel Garden (See below)
26 <sup>th</sup>	11am	Morning worship
June 2 <sup>nd</sup>	11am	Holy Communion

Please contact Mrs Jo Patel our Local Leader (07808 487844) for more info  
 The PUDDLE-DUCK CAFÉ is open on the 1st & 3rd  
 CraTea Time & Scrabble Time: 2-4pm on 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays

### CHRISTIAN AID WEEK

**PET SERVICE** We are going to try a new venture for our four-legged friends . . . a village Pet Service! A request came along and knowing that this happens in many villages, we thought we'd see if our furry friends would like to join us one Sunday! The date is set for Sunday 19<sup>th</sup> May at 11am, outside in the chapel garden, when hopefully the sun will shine on us and we can enjoy a short service to say thank you for our pets, followed by refreshments for all! It will be a Christian Aid service as it comes at the end of Christian Aid week, and funds raised are used by the charity to buy sheep, goats and cattle.

**SALE** Adrian Black will once again be holding a verge sale outside his home in Hopton at the junction of Nethergate St and Fen St, where he will sell anything and everything! From baking to bric-a-brac, from preserves to plants – you name it and Adrian will probably be selling it – so please pay him a visit between 12<sup>th</sup>-18<sup>th</sup> May, have a chat and support Christian Aid. And don't go away empty-handed!



## Elite Fencing & Landscaping

**JUST 10 MINUTES AWAY FROM YOU**

All types of outdoor work undertaken—small or large

For **FREE ESTIMATES** call Trevor on:  
 01359 221128 or 07761651567  
 Email: [trevor@elite-fencing.co.uk](mailto:trevor@elite-fencing.co.uk)  
 Web: [www.elite-fencing.co.uk](http://www.elite-fencing.co.uk)

**"Brave Moves"  
United Christian Music Festival 2024  
Wattisfield Community Council**

**Date: 27th May 2024**

**Day: Bank Holiday Monday**

**Time: 2:00pm - Early Evening**

**Venue: Wattisfield Hall & Recreation Ground  
Live Bands, Folk Music, Inspirational Speakers**

**Join us for an uplifting celebration of faith and fellowship!**

**For more information, visit**

**<https://www.facebook.com/Wattisfield/>**

- **All Welcome!**
- **Free Admission**
- **Parking Available**
- **Barbecue & Hot Frog Bar**

*Event details subject to change.  
Please check Facebook for updates*

**GAMES ON FINNINGHAM GREEN  
ROUNDERS TOURNAMENT**

Please come and join us for an afternoon of games on the green, Sunday 23<sup>rd</sup> June starting at 2.30pm. There will be a food van and some music – but no bar so bring your own drinks, maybe a picnic and something to sit on.

We will be holding a knock-out rounders tournament with teams of 8, it is hoped that other villages will put forward a team. The winning team will receive a trophy. If you can't make up a team of 8 just come along, teams can be formed on the day – or if you would just prefer to watch we look forward to seeing you.

To round off the afternoon there will be a tug of war competition.

There is no entry fee – but a donation to Friends of Finningham on the day would be much appreciated.

If you would like to take part please contact Ian Armstrong, phone 01449 780215 (or email [ianbacton@aol.com](mailto:ianbacton@aol.com))

**MUSIC IN ST MARY'S WALSHAM**

With their tall, airy open spaces, and sound-reflecting stone walls, churches are wonderful places to play music. We are especially lucky in Walsham that St Mary's has particularly fine acoustics, as well as a full-voiced organ and a graceful grand piano, so musicians love to come back and perform here for us time and again.

The Music at St Mary's team are assembling an exciting 2024 programme as I write, and I can already give you some dates for your diary, with more soon to follow.

We kick off on the 15th of May with a lunchtime piano recital from visiting virtuoso pianist Jill Crossland.

On the 23<sup>rd</sup> June local music teacher Carol Kellmann holds her pupils' recital - a great event for any parents who may want their children to start music lessons, or adults with a long-held dream of learning an instrument.

We are delighted to welcome back the Baroque ensemble Rococo and also Neil Carlson and James Thomas on oboe and keyboard. Both of them have given very popular lunchtime recitals for us before, and they will be playing on 1st August and 24th September respectively.

Our last definite fixture is a musical pot pourri of talent assembled by Alistair Blay for the evening of the 12th October. You will also be able to hear Alistair playing Schubert on the piano in the Church at Gardens Weekend.

We hope to round off the year with a brass quintet accompanying the traditional Nine Lessons and Carols.

We still have some dates to fill, and some very exciting performers interested in playing, and we plan to publicise the whole year's programme once complete. Meanwhile, follow the Hexagon and the Walsham Observer for more details.

cont>



## Pilates



**Badwell Ash Village Hall:**  
Mondays 12noon – 1pm

**Walsham Le Willows:**  
Wednesdays 9 - 10am  
Wednesdays 10:15 - 11:15am  
Fridays 2 – 3pm

FREE TASTER CLASS. Classes will be mixed ability, and exercises can be adapted as needed. Please contact me on the details below to secure a place, or to register your interest.

I also offer **Sports Massage** and **Nutritional Therapy**.

**Contact:** Lara Pepper  
**Tel:** 07974 142 240

**Email:** [contact@larapepper.com](mailto:contact@larapepper.com)  
**Website:** [www.larapepper.com](http://www.larapepper.com)

<cont

The format of the musical events remains unchanged. Admission is free, and we even provide some post-performance refreshment. Contributions to the retiring collection are used to support the music in the church for future years. The atmosphere of the concerts is relaxed and informal. Our musicians are not asked to provide a programme beforehand. They choose the music they want to play and tell us about it. This means we often hear some quite unusual and interesting pieces. Our players always enjoy a chat over a cup of tea and a slice of cake afterwards. Questions from younger listeners interested in playing any of the instruments have been welcome.

If you would like to be on our mailing list for the concert series, please contact [garthharlow@outlook.com](mailto:garthharlow@outlook.com). We very much hope you will enjoy supporting Music at St Mary's 2024

## West Suffolk Counselling

[www.westsuffolkcounselling.co.uk](http://www.westsuffolkcounselling.co.uk)

### PROFESSIONAL COUNSELLING SERVICE

Confidential counselling service to help with relationship problems, anxiety, depression, day to day difficulties or any personal issue you may be facing.

Registered member of the United Kingdom Council for Psychotherapy

Walsham-Le-Willows  
Bury St Edmunds  
IP31 3BD

Phone: 07792 635057  
Email: [westsuffolkcounselling@gmail.com](mailto:westsuffolkcounselling@gmail.com)



**WALSHAM History Group**  
*presents*



### **CAPTURING & CONVICTING THE BRIGHTON BOMBERS**

*A personal insight, by Paul Jordan, retired  
Forensics Officer with the Met. Police.*

**Wednesday 15th May at 7.30pm**

*Priory Room, Walsham-le-Willows.*

*Members Free Visitors £5.00 Refreshments*



*Strands*



**HAIR SALON**

**IXWORTH**

I Have Over 30 Years' Experience In Cutting & Styling Ladies & Gents Hair

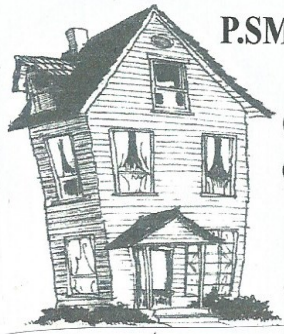
**OPENING HOURS**

Tuesday 8.30am – 5.00pm Wednesday 8.30am – 5.00pm

Thursday 8.30am – 7.00pm

For A Professional & Friendly Service Telephone Sarah on

**01359 230300**



**P.SMITH PROPERTY MAINTENANCE  
HANDY MAN**

Carpentry, Windows, Doors, Fencing,  
Gutters, Plumbing, Plastering, Ect.

For all your property needs

Large or Small

Over 30 years experience

Free Estimates CRB/DBS & Public liability certificate

available on request

Call Paul on

07961 838256

**Saturday 18th May  
9am – 1pm**

**PLANT  
SALE**

**St Mary's Church  
Badwell Ash**

**Garden & House Plants  
Tombola & Refreshments**

due to wifi limitations this is a cash only sale

**Fundraising for St Mary's Church.  
For more information, contact Stephen Rose  
on 07714273669**

## Benefice Services April - May 2024

### 7<sup>th</sup> April

8.00am	Holy Communion	Walsham
11.00am	Songs of Praise	Walsham
11.00am	Holy Communion	Langham

### 14<sup>th</sup> April

8.00am	Holy Communion	Walsham
11.00am	Benefice Communion	Finningham
3.00pm	Evensong	Westhorpe

### 21<sup>st</sup> April

11.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell

### 28<sup>th</sup> April

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe

### 5<sup>th</sup> May

8.00am	Holy Communion	Walsham
11.00am	Songs of Praise	Walsham
11.00am	Benefice Communion	Wattisfield

### 12<sup>th</sup> May

08.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham
3.00pm	Evensong	Westhorpe

## Benefice Services May - June 2024

### 19<sup>th</sup> May

11.00am	Benefice Communion	Walsham
---------	--------------------	---------

### 26<sup>th</sup> May

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell

### 2<sup>nd</sup> June

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Songs of Praise	Walsham
11.00am	Morning Service	Langham

