

## The Benefice of Badwell & Walsham

*Rector :* Rev'd Catriona Brinkley      07525920307

*revcatrionabrinkley@outlook.com*

Reverend Jill Walker      jill.walker@me.com

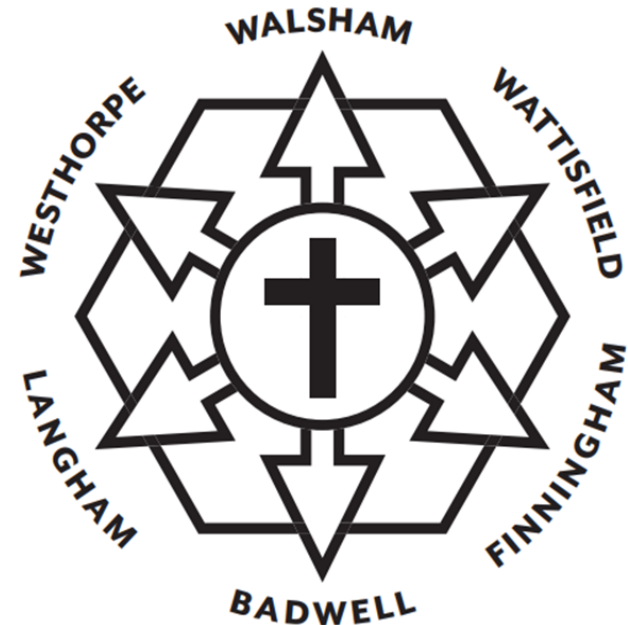
Reverend Jay Price 07752 867388      jsgprice@aol.com

*Benefice Reader:* Ian Jackson      07971007147

*Benefice Elder:* Marion Bell      01449 782072

*Benefice Safeguarding Officer:*  
Tracey Gorzelak      01359 258529

# The Benefice of Badwell & Walsham



## Hexagon

December 2024 - January 2025

## HEXAGON

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

**COPY DEADLINE** Last date for items for inclusion in the next issue is Friday **10th January 2025**

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)

## THANK YOU

Thank you to everyone who has helped with the production of the Hexagon throughout the year. From the people who submit items, those who print over 1780 copies, the collators and everyone who delivers a copy to every house in the benefice. The magazine would not exist without you.

We are always in need of volunteers especially collators on the last Thursday of the following months:- March, May, July, September, November & January.

Seasons Greeting from the Editor

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## **The Journey from Advent to Epiphany: Following the Star**

As the days shorten and we find ourselves hurrying through the bustling month of December, life can feel busier than ever. Shops are aglow with twinkling lights and calendars are filled with festive plans. This year as we journey together through Advent, we are focusing on following the star towards Christmas and beyond. The star that shows us the way to the light that brings us all together: the light of Christ, born to be the hope of the world.

Just like the shepherds who left their fields and hurried towards the manger in Bethlehem we, too, are on a journey - one that leads us toward celebration, communion, and the beginning of a new year. The journey toward Christmas can feel overwhelming, but it is also interspersed with moments of hope, peace, and togetherness. There is deep joy in gathering with loved ones, in sharing time with friends and family, and in coming together as a community.

We start our journey with our Stir Up Service making Christmas puddings together; throughout the month our carol services offer a chance to lift our voices in song. The traditional Nine Lessons and Carols take us from ancient words of prophecy to the radiant joy of the Nativity, unfolding the story that has changed the world forever.

For families and young hearts, our Crib Service is a special moment to witness the story of Jesus' birth with awe and wonder. On Christmas Eve and Christmas morning, we prepare our hearts with the quiet, sacred moments of Christmas Communion, reflecting on the miracle that God came to dwell among us as a humble child. All of our services are listed in this month's edition, we would love for you to join us, everyone is welcome across the benefice.

Even as we gather around our tables and share Christmas feasts, the journey does not end. As we enter January, the season of Epiphany arrives, shining with the arrival of the wise men, who followed the star to worship Jesus and bring gifts fit for a King. We are delighted to be once again joined by the Epiphany Singers, whose music will help us mark this extraordinary time of celebration.

<cont

The journey into 2025 may bring its own challenges and demands, yet we carry with us the light we have encountered. Let us follow the star beyond the familiar celebrations and into our daily lives, holding fast to the promise that Jesus brings us together, unites us in love, and shines as our everlasting light.

May this season be one of joy, peace, for you and all those you hold dear. As we walk toward the heart of Christmas and beyond, may we each be blessed with the hope and love that only Christ can give.

God bless, Revd Catriona

### FROM THE REGISTERS

#### BAPTISMS

Margaux Amelia Jane Taylor	26/10/24	Badwell Ash
Henry George Spink	26/10/24	Langham

#### FUNERALS

Ruth Elizabeth Frost	15/10/24	Walsham	Burial of Ashes
Jenny Blackburn	18/10/24	Walsham	Burial
Jill Newell	28/10/24	Walsham	Memorial
Pauline Argles	02/11/24	Finningham	Burial



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## WESTHORPE VILLAGE HALL ACTIVITIES

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

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

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

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

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

**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 780142 / 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)

## NEIGHBOURHOOD WATCH

With the darker nights, please ensure that your vehicle lights are in good working order and that number plates are clean.

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Previously we have helped with funeral costs, books for students, travel expenses and heating costs.

If you or someone you know needs help, do please get in touch with the Trustees who will consider your application in absolute confidence.

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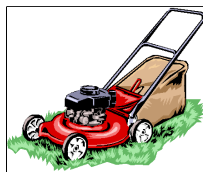
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**Self Defence Class** Tuesday 6.30pm  
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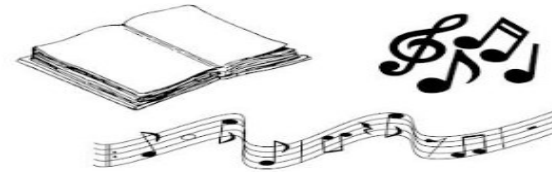
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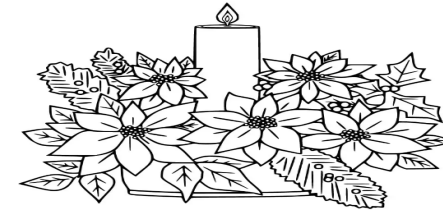
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## JIGSAW SALE IN AID OF THE MS SOCIETY

We raised an amazing £720 at the Jigsaw sale on 12 October 24 which was donated to the Multiple Sclerosis Society.

Thank you to everyone who donated jigsaws (there were over 200). Walsham le Willows Memorial Hall Committee who contributed the money raised from the toy sale and assisted with the setting /clearing up. To those who made such delicious food for the refreshments and my gallant band of helpers on the day.

A very grateful Debbie Licata



### 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.

## MTP LANDSCAPES

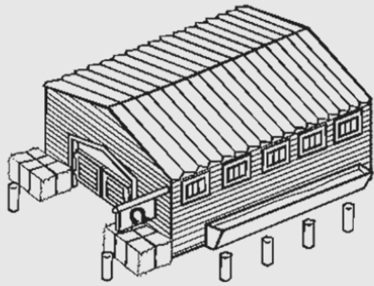
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## UK CARE SECTOR

**Question – I have heard on the media that many older people are entitled to but are not claiming Pension Credit. How do I find out about it?**

**Answer –** The simplest way is to Google ‘Pension Credit – How to Claim’ which will give you all the information around eligibility and claiming. If you do not have access to the internet, you can call the Pension Credit claim line on 0800 99 1234 and they can fill in the application for you over the phone (lines are open Monday to Friday, 8am-6pm).

**Question – A friend has mentioned that I may be able to claim a Carers Allowance as I look after my elderly mum who has health problems. Where can I find out details and how much. is the weekly benefit?**

**Answer -** The simplest way is to visit the Gov.UK website and search for Carer’s Allowance. Eligibility details and how to claim plus further information can be found there. You could receive £81.90 a week if you care for at least 35 hours a week and your mum is in receipt of certain benefits.

**Question – I think I could benefit from a wheelchair. Can I get one on the NHS? Do I have to pay for maintenance and if it needs repairing? How long does it take to get one and how do I find out if I am eligible?**

**Answer –** Wheelchairs from the NHS are free and maintained and repaired by the NHS at no charge. They do however, remain the property of the NHS so cannot be handed on.

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The first step to see if you can get a prescription for a wheelchair is to visit your GP and explain your needs. The waiting time can vary from a few weeks to three-four months.



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## Walsham le Willows and District WI



*November: Sue Ryder.* Talk by Barbara McElroy

This month's talk was fascinating. The life of Sue Ryder was full and eventful. Her father was a partner of the Tetley brewery business and Sue was the youngest of nine children. She lied about her age at the start of the Second World War as she had to be 17 years old to volunteer, so she added a year to her age. She spent the war years volunteering with the Red Cross Yeomanry and the SOE; working up from North Africa through Italy driving across snowy mountains at night, and helping send off agents on their missions.

After seeing the horrors of Bergen-Belsen aged just 21, she decided to help the young men who had been released from the camps but had nowhere to go as their homes had been destroyed and Europe was chaotic; she opened several homes in many countries, and later in life was made Baroness Ryder of Warsaw as the Polish nation were so grateful to her. Sue married Leonard Cheshire in 1959 and together they founded the Ryder Cheshire Foundation.

The next meetings are:

**11 Dec 24** Craft Workshop & **13 Jan 25** Birthday Party

**NEW MEMBERS ALWAYS WELCOME to come along and visit.**

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

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## WALSHAM LE WILLOWS SPORTS CLUB

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Senior Football (over 50's) Tuesday 2 - 3pm  
Otago (chair based exercise) Wednesdays 11.30 -12.30  
Pétanque Thursday 2pm  
Walking Football Thursdays 2-3pm  
Yoga Thursday 1.15- 2.15pm  
Cardio Tennis Friday 12 – 1pm



### Social Events

**Sunday night Bingo starts 7pm on  
1st & 15th December, 5th & 17th January  
15th December will be Christmas Bingo Special**

### **Walking Sports Christmas Party**

**Friday 6th December**

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For further information and to check for any at/time changes for events please visit our website <https://walshamsportsclub.co.uk> or contact Gordon 07790564674.



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## DIGITAL SWITCHOVER

**The UK's telephone networks are changing from analogue landlines to digital connections. Find out what this means for you.**

### What is the digital switchover?

The digital switchover was a decision made by the telecoms industry in 2017, due to the existing landline networks being outdated and difficult to maintain. The original completion date was set to be 2025, but this has now been pushed back to January 2027 due to concerns about supporting vulnerable people.

### What does this mean for me?

For most people this transition between old and new will be straightforward. Your network provider (e.g. the company that provides your telephone line such as Virgin, Sky or BT) is responsible for the work, and for supporting you. They will contact you to arrange the work, or discuss options with you if you have any concerns.

### What if I have a service that relies on a landline?

Certain services need a landline to operate. These could include:

- Telecare services such as pendant alarms for falls
- Fire alarms that link to services
- Burglar alarms.

New digital versions of these are available, and if you are worried about something you have, you should speak to your network provider in the first instance. You may also wish to speak to the provider of your service (e.g. your telecare provider). They will be able to support you to understand your options and their plans for the transition to a digital service.

### What if I am worried about a vulnerable individual?

Ofcom, the independent regulator for telecoms, has worked with network providers to make sure that vulnerable people are not put at risk due to this change.

Ofcom says that providers need to take steps to identify people at risk and ensure they are protected throughout the upgrade process.

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Network providers agreed a charter with Ofcom in which they have committed not to switch people to a digital network unless they are protected.

For telecare users, they have also committed to:

- Additional checks to make sure that people who rely on telecare have not been switched and put at risk
- Not to change people to digital unless they have confirmed a digital telecare solution is in place.

If you believe you or someone you know is vulnerable or depends on a landline, you should notify the network provider so that they can support you.

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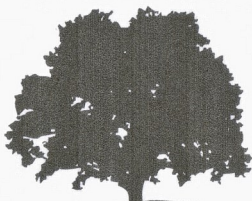
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## NOTES FROM THE GARDEN

Hello again, normally December and January are months where gardening jobs are put on the back burner, but recently winters have been a lot warmer. Last year I was digging up the allotment over these months, although it is not a good idea to dig when the soil is frozen. A nice crisp sunny day is a good time to tidy up your plots, when you have finished for the winter clean off any soil from your tools and any wooden handled tools will benefit from a good rub of a cloth with either Danish or teak oil this will help them to last longer.

When the frosts and the snow comes avoid walking on your lawn as this will damage your grass below. Christmas is a time for decorations, there are plenty to be found in your garden, collect brightly coloured stems such as the dogwood family, seedheads and ivy too. If you are lucky enough to have a holly bush in your garden prune a few stems of berried branches (before the birds eat them) its nice to bring parts of your garden into your house this time of the year.

The shorter days and longer nights gives us time to reflect on how the garden and allotment performed this last year, how somethings flourished, or did not, could you have done things differently to improve things, make notes as to what you can try next year. Put different plants in new places, it may or may not work, but it's fun trying. This is also the time to dust off your seed catalogues and garden reference books to plan ahead for your next year's plants, whilst doing so next to a warming fire and a glass of your favourite tippie it will help you choose well.

I hope you have a very happy Christmas and  
good new gardening year.

Till next time. Phillip Bennington

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## CITIZENS ADVICE

citizens  
advice Mid Suffolk

The festive season can be a financially challenging time, and often borrowing money or using a credit card to fund Christmas can seem like your only option. But there are steps you can take to keep your spending under control and avoid falling into debt.

The first thing to do is make a budget and stick to it. Consider who you're buying gifts for, what other seasonal expenses you have, and how much you can realistically afford to spend. Always keep receipts, or ask for gift receipts, in case you overspend and need to return something. And remember that household bills may be higher during this period due to colder weather and spending more time indoors.

If you've built up debt, please don't ignore bills or letters. Speak to the organisation you owe money to, as they may let you pay smaller amounts.

Pay 'priority debts' first, like rent, mortgage arrears, council tax, and energy bills. For other types of debt like credit cards or loans, gather all the information on what you owe, create a budget and contact your creditors to set up an affordable repayment plan. This might seem scary, but it's an important first step.

If your budget just doesn't add up and you need help to afford essentials like bills and food, see what cost of living support is available on the Citizens Advice website.

It's especially important to check if you're eligible for the Winter Fuel Payment, which will now only be paid to those who receive Pension Credit or other means-tested benefits. If you make a claim for Pension Credit by 21 December, you might still receive the Winter Fuel Payment.

If you do find yourself struggling financially during or after the holidays, don't panic. Support is out there, and Citizens Advice can help you understand what's available. We're here to help you find a way forward.

*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.*



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## WALSHAM COMMUNITY FOOD BANK

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

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



## CHRISTMAS EVE FISH PIE WITH SOUFFLE TOPPING

### Ingredients

50g/1¼ oz butter, plus extra for greasing, 1 leek thinly sliced  
50g/1¼ oz flour, 600ml/20fl oz hot milk  
2 tbsp chopped fresh dill, 2 tbsp lemon juice  
350g/12oz fresh haddock, skinned and cut into evenly sized cubes  
350g/12oz smoked haddock, skinned and cut into evenly sized cubes  
3 hard boiled eggs cut into 4 or 8 wedges

### Souffle Topping

1 small white loaf (400g/14oz) about 2-3 days old  
50g/1¼ oz full fat cream cheese, 75g/2 ½oz butter,  
75g/2 ½oz mature cheddar, grated  
1 large egg white, salt and black pepper



### Method

Grease a 1.5lt/2 ½ pt shallow wide based overproof dish with butter.  
To make fish pie, melt the butter in a saucepan, add the leeks and gently soften until tender but not coloured. Sprinkle in the flour and stir over a high heat for a minute. Gradually pour in the hot milk, stirring until the sauce is smooth, thick and comes to the boil. Remove from heat add the chopped dill, lemon juice, fish and season with salt and pepper. Cook for 2 minutes, remove from heat. Spoon into overproof dish, arrange the eggs on top of the sauce and press in gently. Set aside until cold, cover with cling film and chill in the fridge for about an hour until firm.

Preheat the oven to 200c/180c Fan/ Gas 6

To make the souffle topping, remove the crusts from the bread and discard, Cut into five slices then cut into small cubes. Add the cream cheese, butter and cheddar to a saucepan, melt over a low heat until runny. Set aside.

In a clean bowl, whisk the egg white until stiff peaks form, fold the egg whites into the cheese mixture. Season with salt and pepper and carefully stir. Mix in the bread cubes so that they are all coated in the mixture. Spoon onto the top of the chilled fish mixture.

Bake in the oven for 25-30 minutes until golden-brown and bubbling.  
Leave to stand for 5 minutes.

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## MOT CLASSES 4 & 7



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

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## Benefice Services January - February

### 19<sup>th</sup> January

8.00am	Holy Communion	Walsham
11am	Joint Holy Communion with URC to reaffirm our covenant together	Wattisfield URC Chapel
3pm	Evensong	Westhorpe

### 26<sup>th</sup> January

9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Finningham

### 2<sup>nd</sup> February

8.00am	Holy Communion	Walsham
11am	Candlemass Communion	Walsham



## Wattisfield URC Services

Date	Time	Service details
<b>December 1<sup>st</sup></b>	11am	Holy Communion
8 <sup>th</sup>	11am	Morning worship
15 <sup>th</sup>	11am	Carols & Christingles for Christmas followed by refreshments
22 <sup>nd</sup>	10.45am	United service at Diss URC <i>no service at Wattisfield</i>
25 <sup>th</sup>	10-10.45am	Short Christmas Day service everyone welcome!
29 <sup>th</sup>		<i>No service</i>
<b>January 5<sup>th</sup></b>	11am	Morning worship
12 <sup>th</sup>	11am	Morning worship
19 <sup>th</sup>	11am	Holy Communion – Service of Reaffirmation
26 <sup>th</sup>	11am	Morning worship
<b>February 2<sup>nd</sup></b>	11am	Holy Communion

Please contact Mrs Jo Patel our Local Leader (07808 487844) for more information

The PUDDLE DUCK CAFÉ is open on the 2<sup>nd</sup> Saturday of the month in December (14<sup>th</sup>) for a special Christmas Brunch from 10.30am-1.30pm with the Christmas Emporium, music, quizzes & food! Please let Mary (01359 898233) or Jo know if you would like to come.

In January we will be reverting to the usual 3<sup>rd</sup> Saturday of the month, i.e. 18<sup>th</sup> from 10.30am-12.30pm

CrafTea Time & ScrabbleTea Time is from 1-3pm on 2<sup>nd</sup> & 4<sup>th</sup> Weds of the month

A WARM WELCOME TO ANY (OR ALL!) OF OUR ACTIVITIES

## Benefice Services December

### 1<sup>st</sup> December

8.00am	Holy Communion	Walsham
11.00am	Stir Up Sunday Benefice Service	Finningham

### 8<sup>th</sup> December

8.00am	Holy Communion	Walsham
9:30am	Holy Communion	Badwell Ash
9:30am	Holy Communion	Westhorpe
11.00am	Songs of Praise	Walsham
2pm	Carol Service	Langham

### 15<sup>th</sup> December

8.00am	Holy Communion	Walsham
3pm	Carol Service	Wattisfield
3pm	Carol Service	Finningham
3pm	Evensong	Westhorpe

### 18<sup>th</sup> December

2pm	School Christmas Service	Walsham
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### 19<sup>th</sup> December

6pm	Carol Service	Westhorpe
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### 22<sup>nd</sup> December

4pm	Nine Lessons & Carols	Walsham
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## Benefice Services December - January

### 24<sup>th</sup> December

3pm	Crib Service	Walsham
5pm	Carol Service	Badwell Ash
11:30pm	Midnight Mass	Walsham

### 25<sup>th</sup> December

9:30am	Christmas Communion	Finningham
11am	Christmas Communion	Walsham

### 29<sup>th</sup> December

8.00am	Holy Communion	Walsham
9:30am	Holy Communion	Westhorpe

### 4<sup>th</sup> January

7.30pm	Epiphany Singers Concert	Walsham
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### 5<sup>th</sup> January

8.00am	Holy Communion	Walsham
11am	Epiphany Eucharist	Walsham

### 12<sup>th</sup> January

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
11am	Songs of Praise	Walsham