

GREAT FINBOROUGH NEWSLETTER



**APRIL 2016
ISSUE 467**

VILLAGE DIARY – APRIL 2016

7	7pm	Candlestick Club, Buxhall Village Hall
11	7.30pm	Parish Council Meeting, Pettiward Hall
12	9.30-11.30	Coffee Morning, Chestnut Horse
12	7.30pm	Annual PCC Meeting, St. Andrews
14	7.30pm	Garden Club, Pettiward Hall
17	2.30pm	Onehouse Ramblers, Trinity Hall Car Park
23	9-11am	Editors Workshop, Bacton Village Hall

VILLAGE DIARY –May 2016

9	7.30pm	Annual Parish Council Meeting, Pettiward Hall
10	9.30-11.30	Coffee Morning, Chestnut Horse
12	7.30pm	Garden Club, Pettiward Hall

PARISH COUNCIL MEETINGS 2016

11 April and Annual Parish Meeting
9 May.
7.30pm in Pettiward Hall

The Newsletter is produced by Great Finborough Parish Council, printed by Gipping Press, and distributed to all households in the village free of charge. Claims made have not been verified. For these the newsletter disclaims responsibility.

Editorial

Great news! The clocks have gone forward, the daffodils throughout the village are flowering and the days are getting warmer. At long last it seems that spring is actually upon us.

We wish a warm farewell to Robin Fisher as he settles into his new life in Haughley and say thank you to him for his continued hard work as a Parish Councillor.

The village is planning to celebrate the Queens ninetieth birthday with an event in the village car park area so make sure you read the newsletter for further details. We are hoping to encourage participation from all age groups so come along and get to know your fellow villagers. Various other events aimed at encouraging village harmonization and interaction are in the pipeline so keep reading the newsletter for future updates.

The Parish Council are looking at ways in which to improve the Valley Lane sports pitch area and you will have a chance to have your say when we conduct a survey in a future edition of the newsletter. The newly repaired playground continues to be well used by resident family's and surrounding villagers.

We are always looking for new additions to the newsletter so if there is something that you would like to contribute or see included please let me know. We are still looking for a permanent editor and there is a free of charge editors workshop being run by Gipping Press, see inside for details.

If you know anyone leaving the village or moving in please let me have their details so we can give them an official village welcome or send off. The 15 April is the deadline for inclusions for next months newsletter so please contact Simon Tarabella or Peter Turner or drop in to Maple Lodge, the kettles always on.

And finally, congratulations to Ken and Betty who celebrated their diamond wedding anniversary last month. Awesome!

Simon Tarabella

News from the Parish Council

At the meeting of the Parish Council on Monday 14 March the following items were discussed and decisions made:

- Planning – No new applications to consider, decisions noted.
- Reports from County and District Councillors.
- Allotment hedge – Agreed to height reduction.
- Planting of tree by car park – Agreed.
- Village newsletter – Consultation on electronic version.
- Valley Lane sports pitch – Consultation on future usage.
- New local business – Agreed 2 month free advertising.
- Queens 90th birthday – Agreed to sponsor event.
- Dog fouling – Agreed to continue to actively pursue offenders.

Great Finborough - Community Preparedness

Although Suffolk County Council has responsibilities for snow clearance and gritting alongside the Highways Agency, they do not have unlimited resources and are unable to provide clearance of snow on every pavement or road in Suffolk. The County Council's position is that sensible self-help is to be encouraged.

Great Finborough Parish Council arranges for the provision of Salt Grit piles and boxes around the village and we rely on the generosity of those residents who spread the grit when necessary for the benefit of others. There is however a public misconception that getting involved with spreading grit and snow clearance can leave individuals accountable if someone slips on an area they have cleared. However, if volunteers have registered with their Parish Council they will be covered under County Council insurance

We need to keep a list of volunteers, so if you would be happy to spread salt grit from the piles provided at times when the roads are icy, please let me know. I can add you to my register and you will be covered under Suffolk County Council insurance scheme.

The next meeting of the Parish Council is on Monday 11 April at 7.30pm in Pettiward Hall. You are welcome to attend.

Paula Gladwell

News From Your County Councillor

BUDGET

As expected the county council has agreed the level of council tax on 11 February. With a recommendation to have a 2% increase to cover cost of increase in adult social care. This is equal to a rise of £22.50 for a band D. There remains a freeze on general council tax. There is also proposal for reducing the funds to the Martlesham Park and Ride which could result in its closure.

COMMUNITY BUS SERVICE

The new contracts have been agreed. The new service for Mid Suffolk area is to be run by ASPIRE.

SCHOOLS ADMISSIONS

The applications for school admission for the coming year is now closed. Across the county 97.7% received an offer on 1 of 3 of their preferred schools. The council agreed at cabinet to not give preference to school staff (this is all staff not just teachers).

FOSTER CARERS

There is to be another campaign to get more foster carers in Suffolk.

NEW CHARGES AT RE-CYCLING CENTRES

There is to be new charges for some building materials.

SPEED LIMIT PANEL

On Monday 14 March I will be speaking to get the speed limit on Finborough road upgraded to 30mph. The officer is recommending only to 40mph. I may have to accept that if that is the best that can be achieved.

Update – It has now been agreed that the speed limit on Finborough Road from Stowmarket to the Shepherd and Dog will be reduced to 40mph.

Penny Otton

If you volunteer to produce a publication for your community, church, club or society then you are invited to our

Editor's workshop



**On Saturday 23rd April 2016 from 9-11am
at Bacton Village Hall (IP14 4LN)**

There are many unsung heroes in our area who spend hours creating community magazines, books and programmes. With over 35 years of experience in magazine production we are offering a FREE workshop to help these volunteers. Advice and guidance will be given on how to prepare effective publications, which tools to use and how to achieve the best quality on a limited budget.

**A FREE
COMMUNITY
VOLUNTEER
SUPPORT
EVENT**

This workshop is offered free-of-charge to anyone who wants to hone their layout and production skills, aid contributors and improve their publications. If you have achieved successful results already then please come and network with others so they can learn from you.

The aim is simple - to support our volunteer editors as they continue to serve their community.



For more details and to register for this event please contact Danny or Jonathan at Gipping Press. Telephone 01449 721599 or email enquiries@gippingpress.co.uk.

This is NOT a sales event. After 35 years of business we simply want to give something back to our local community.

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News from your District Councillor

Tree Planting

Special news and thanks this month to everyone who has donated trees over the last few years. With half a dozen helpers I was able to plant 65 native trees at the Museum of East Anglian Life recently. A few of these replaced ash trees I helped to plant a few years ago but which were affected by disease. The remainder will grow into a hedge to shelter the museum's pigs at the bottom of the field near the chapel. Thanks also for the donation of tree guards and stakes which will keep the young saplings safe from rabbits and deer. More trees in pots will be welcome this spring, so keep a look out when digging over the vegetable plot.

East Anglian Devolution?

Since last autumn representatives of all the councils in the region have been meeting Government to discuss possible devolution of some government powers to Combined Authorities, for example trunk roads, flooding, and skills and apprenticeships. In September the Government considered a proposal by the 7 districts of Suffolk, then extended the negotiation to the councils of Norfolk, and then in the New Year announced that Cambridgeshire should also be included (27 councils in all). This negotiation has remained behind closed doors while repeatedly changing tack at Government insistence. By the time of publication, a final deal may have been announced but I and the vast majority of other councillors have not been asked our views on the matter. If you would like to know more, please ask and I'll provide as full a briefing as I can of this complex situation, and also my own views on the subject should you wish to hear them! Alternatively, check out the local press for updates.

Litter Picks

It is heartening to know that so many local people are this spring tackling the litter that blights our country highways and byways. Whether you are responding to the plea to "Clean for the Queen" or a supporter of "Republicans Against Rubbish" your contribution is welcome.

John Matthissen

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Great Finborough & District Garden Club

The weather this month has been drier, brighter and warmer so that the spring flowers are blooming beautifully and it has been warm enough to get out and about in the garden.

Our March meeting was an illustrated talk by Colette Barrere about Alan Bloom and his passion for perennials which led to the foundation of the lovely gardens at Bressingham and her time spent working with him on that project.

The club also had a chance to view a candle stand for St. Andrew's church before it was handed over to Rev. Chris. It will be dedicated at the Easter Eve service and be used for the Paschal candle. The club donated the funds to purchase the English Oak and the turning and construction was done by Ian Cameron.

The next meeting will be held in the Pettiward Hall on Thursday 14 April at 7.30pm when Rainhild Raistrick will be speaking to us. Born in Tanzania she is now a noted botanical Illustrator who has travelled widely to paint rare and exotic species in their natural settings as well as native plants around her home in Suffolk.

The 2016 Village Open Gardens will be held on Sunday 3 July in aid of a Charity to be decided at our April meeting. If you would be interested in opening your garden to help us in our efforts, we would be delighted to hear from you. For details of how to volunteer to open your garden please contact John Davey.

Finally, if you are interested in joining the garden club or would like to join us for any event you will be very welcome. Membership is only £15.00 per household per year or £2.50 per person for a single meeting. For further information contact either John Davey or Judith Cameron (see who's who).

Judith Cameron

From the Rectory

The Gospel Reading for Sunday 13 March (John 12.1-8) records the time when Mary Magdalene anointed Jesus' feet with an expensive oil. Judas, the treasurer to the group, is reported as suggesting that it was a terrible waste and that the money could have been better used.



There we have the dichotomy which most of us face in daily life; undoubtedly we do as churches, and certainly we do as a nation. What someone sees as waste is another persons' benefit.

Whatever our views, the point here is that sometimes we all need to think seriously about the use of our time and money. Doing something that will improve the lot of others or even another, bringing reconciliation, putting back together that which is broken – or even more likely, improve that which already exists, is not waste. Not everything can be reduced to a financial balance sheet in this world – where increasingly it seems that the price of everything is known but not the value.

We are in the season of Easter. Good Friday showed us what some thought of the values of Christ and the Kingdom he came to show. Easter Day brought new life and hope but was only enabled by the 'wasting' of one man's life. The fact he rose from the waste and lived confirms for many the truth of what he stood for.

I wonder if all too often we are caught up in the mind-set that to do something extra for others or even within our families and friends is a waste because it doesn't accord with the world's mind-set?

With all good wishes,

Rev Chris

The grateful thanks of the whole parish of Gt Finborough are due to the Garden Club and especially Ian Cameron for his wonderful craftsmanship shown in the new Paschal candle stand made and presented to the church recently. It will be dedicated on Easter Eve, the 26 March, at 4pm – please come and see and join us in worship. Buxhall are experimenting with an Evening Service once a month as we appreciate Sunday

mornings can be crowded with other events. All are welcome into this warm church. I hope there will be a good congregation for the visit of the Dean to Lt Finborough on the 10 April at 6.00pm which has resulted in the cancellation of Gt Finborough's Evensong. I also draw your attention to the first visit of Bishop Martin to the Deanery when he preaches and presides at Holy Communion at Stowupland on 24 April at 6.30pm. If you need a lift, please contact your Churchwardens who will be happy to organise. Can I thank all those who have managed the arrangement of flowers in the parishes over Easter? The Lent Course has been oversubscribed this year and we will be running a further course in May – details next month. And if anyone is interested in Confirmation please speak to Rachel or me as we will be beginning meetings in June.

Rev Chris

The Pettiward Hall "Little Ernie"

The winners in the March draw were Jenny Lucas and Linda Freeman, each receiving £8.75. There is still time to join the new Lottery scheme starting in April. If you can complete the form in last month's newsletter and return it to me by 31 March with your payment, you will be entered in the April draw. If you need another copy of the form, please let me know on 771360.

Calendar

Now the weather is improving, don't forget to take your camera with you when you are out and about in the village as we need some photographs to include in a calendar to be sold in aid of village hall funds. Information about submitting your photos for consideration will be given in a later edition of the newsletter.

Access

You may have noticed that we have installed handrails at the Valley Lane entrance to the hall. We hope that these will make it easier for those that are less mobile to access the building. Grateful thanks go to Cllr John Matthissen for giving us a grant from his Locality Award for this work. In addition, a portable wheelchair ramp is now available in the side lobby which can be used on the steps.

Mary Preece

Help Wanted

Please can someone help a few of our more senior citizens to understand a little bit more about using their computers. Finding information, communicating and learning some of the terms used in the computer world is what's required, not how to do a spread sheet or use colour graphics or any of the other uses needed in an office. The simple everyday skills to help people who already have a very basic knowledge to be more confident that when they switch the thing on its not another journey across a minefield.

Three or four sessions is all that is required with times and venue to be agreed among the group.

If you can help please contact Norman on 07930338580

Norman Venditelli

PARISH REGISTERS

Baptism

We welcome into the family of Christ's Church
At St Andrews, Great Finborough
6 March 2016, Imogen Denise Lloyd
13 March 2016, Logan Anthony Nolan Clarke



Great Finborough Parish Council Needs You!

We are looking for a new Newsletter editor and
volunteers to help out with the speedwatch
team.

Want to know more? Contact Peter Turner or
Paula Gladwell (see who's who) for more info.





Grand Book Sale and Coffee Morning

Saturday 7 May 2016
10.00am – 12 noon
St Mary's Church, Buxhall

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Torticas De Navidad (Cuban Cookies)

This recipe was sent over by Cuban Women for the Women's World Day of Prayer. Easy to make and very tasty.

Makes 36 cookies (I used a cup which held 10 fluid ounces)

1 cup butter, 1.25 cups sugar, 2 eggs, 1 teaspoon vanilla extract, 2.5 cups self raising flour, 1 teaspoon baking powder, 0.5 teaspoon bicarbonate of soda, 2 cups corn flakes lightly crushes into smaller pieces, NOT crumbs, 1 cup chopped nuts (do not use if there is a possibility of allergies) 1 cup raisins or sultanas, 1 cup glace cherries.

Preheat oven to 190degC/Mark 5, line a baking sheet with parchment.

Cut 18 of the cherries in half and set aside. Chop the remainder.

Cream the butter and sugar together in a small bowl (with wooden spoon or electric mixer)

Gradually add the eggs and vanilla.

Sift together the flour, baking powder and bicarb.

Add these dry ingredients to the creamed sugar and mix well.

Gently fold in the nuts, raisins and chopped cherries.

Take a teaspoon of dough and roll it in the cornflakes.

Place the cookies on a baking tray (I put 12 on a tray) place a cherry half in the centre of each cookie.

Bake for 14 minutes, (depending on how your oven cooks, they all vary) then cool on a rack.

Enjoy!

Carole Hearn

Forthcoming Events

There will be a celebration of the Queen's 90th birthday in the village on Saturday 11 June . We will have entertainments for children, a barbecue and memorabilia and much more.

On Saturday 9 July there will be a Barn Dance in Boarded Barn, our usual venue, with a caller, refreshments and a punch.

Please see next months' newsletter for full details.

Norman Venditelli

St Andrew's Church Coffee Morning

The next coffee morning at the Chestnut Horse will be on Tuesday 12 April. £1.50 for cake and tea or coffee with a raffle and tombola. A warm welcome to everyone guaranteed. Proceeds to St Andrews church and British Heart Foundation.

Irene Bugg

Finborough Flyers

A very cold Sunday morning last month saw the inaugural ride of the Finborough Flyers. Six of us braved the elements and had an enjoyable ride completing loops around Felsham and Bretenham of 12 and 16 miles depending on our fitness levels. A further ride is planned for some time in April with distances of approx. 10 and 25 miles with a break in the middle for a cuppa and a chat. If you want to get a flavour of the first ride go to YouTube and type in Finborough Flyers. For more information, please contact me, details on back page.

Simon Tarabella



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Flower arranging demonstration
come and have a go - with Rosemary Roe!

Saturday 14 May 2016
10.00am – 12 noon
St Mary's Church, Buxhall



In the run-up to the 2016 Flower Festival, Rosemary will demonstrate the horizontal arrangement – and we can join in! Trays and oasis provided, you just bring your chosen flowers

Refreshments available, to book a place and for more information, phone Lesley on 01449 737991 by 7 May

Fraud Alert!

The National Fraud Intelligence Bureau is warning people to beware of fraudsters who turn up on your doorstep and ask for your signature. The Proactive Intelligence Team debriefs convicted offenders to identify emerging fraud trends and has found that your signature is one part of a puzzle that the fraudsters are putting together. Your signature could be the final piece - once they get hold of it they can drain your bank account or commit identity crime.

A convicted fraudster who was recently interviewed said: "If we want to get someone's signature it's really easy. All we do is put on a fluorescent coat or vest, knock on the door and ask the person to sign for a letter or a flyer. They don't need signing for, but nobody ever questions why and we don't hang around for a chat! Once we have the signature we can make changes on their bank accounts and authorise fraudulent money transfers."

How to protect yourself

Not expecting a delivery? Be suspicious.

Question what you are signing for and look for official identification. If you do sign, just print your name.

Check your bank and financial statements carefully and report anything suspicious to the bank or financial service provider concerned.

Criminals commit different frauds depending on the type of the personal information they manage to steal. Your identity is a precious commodity; you should take every precaution to ensure that it isn't abused or stolen. If you believe that you have been a victim of fraud, you can report it online at www.actionfraud.police.uk/report_fraud or by telephone on 0300 123 2040.



Onehouse Ramblers

The next walk will be on Sunday 17 April for a walk of about 4 miles along local footpaths. Meet in Trinity Hall car park at 2.30pm.

Derek Ames (613328)

Great Finborough Church Primary

The Spring term has seen the children enjoying the outdoors and learning about the living environment around us. Green and Red class returned to school one evening for a 'Dark Walk' to Woodpecker Hill. This enhanced their work on nocturnal animals and habitats, and inspired creative writing. Regular welly walks have also continued to take place in Green class. You may have noticed the Squirrel garden being dismantled on the front playground. This has been relocated to the courtyard area; many thanks to the parents who helped to build new sleepers over half term. Gardening club is set to resume next term, so look out for any produce on sale shortly. The old garden site will be re-developed as a quiet area for pupils during playtimes.

The Sporting calendar has once again been hectic. Pupils have taken part in additional sports clubs and tournaments for football, dodgeball, athletics, trampolining, badminton, basketball, multisports, gymnastics, swimming, netball and rugby. Year 5 & 6 boys' football team were successful in the Stowmarket School Sport football tournament and made it through to the area finals. Year 5 & 6 girls' football team made it through to the County Finals which were held on a very cold Saturday morning. This is the first time our girls' team has made it through to the County Finals, we are all very proud of them. Year 5 & 6 children enjoyed participating in the Dodge Ball Tournament organised by the Stowmarket School Sport Partnership. A Bronze was achieved at that event! The Indoor Athletics tournament held at Stowmarket High School brought us further success with a Silver place on the podium! Gold at the Under 11 Basketball tournament means that our pupils are now through to the area finals. Most recently, our two year 5 & 6 hockey teams achieved gold and silver in the school sports partnership competition, meaning both teams are through to the area finals!

We have been supporting Sport Relief this term with two events. On 7 March we welcomed GB Paralympic footballer Roy Turnham to the school. The children all energetically completed a sponsored fitness circuit as well as a chance to join a talk and question session with Roy. On 18 March we supported Sport Relief with a 'look sporty' and wear your football shirt non uniform day.

Melony Mayhew

Great Finborough Lent Lunch

A huge thank you to everyone who came on March 9. We raised £185 for Project Goa Outreach, thanks to the generosity of the soup makers and eaters and our hosts, Simon and Jacqueline. We had a most enjoyable time with good food and good company.



Nigel and Bernice Brown

A woman with long brown hair, wearing a short-sleeved top with a colorful abstract pattern and light pink leggings, is standing and looking down. She is positioned on the left side of the poster.

Spring Fashion Show

And shop till you drop!

with Style@stow on

Thursday 21st April 2016

7.30pm onwards

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Suffolk Walking Festival 14 May - 5 June 2016

The 2016 Suffolk Walking Festival kicks off on Saturday 14 May and continues for three weeks until Sunday 5 June. The varied programme of 77 themed walks across the county range in length from a gentle stroll of one mile, to a challenging 60 miles in 24 hours and will take place along Suffolk's glorious coast, through scenic, gently undulating countryside and around our medieval towns and villages.

The annual walking festival is a partnership project supported by all of Suffolk's local authorities and is spearheaded by the Discover Suffolk project at Suffolk County Council. This year's festival launch, which is sponsored by Suffolk Coastal District Council, takes place at RSPB Minsmere on the Suffolk coast. The event will also mark the launch of Suffolk's Year of Walking, which starts in May 2016 and ends in May 2017.

There are three lots of challenge walks planned, which have been sponsored by the Suffolk Coast & Heaths Area of Outstanding Natural Beauty (AONB). The Mega Challenge, for the ultra fit, is a walk which will be undertaken over a 24 hour period, covering 60 miles from Lowestoft to Felixstowe. The Classic Challenge, a firm favourite among regular festival goers, is made up of five walks of between 11 and 14 miles each. As with The Mega Challenge, the route goes from Lowestoft to Felixstowe, but will be at a rather more sedate pace and spread over five days. The Mini Challenge consists of three walks of around nine miles each: Oulton Broad to Beccles, the 'Trimley Loop' and a walk ending with refreshments at the National Trust's Sutton Hoo, near Woodbridge.

Other walks include two stress-relieving mindfulness walks; a 'prambling' walk for parents with prams; photography, birdwatching and Pilates walks; a gentle stroll for sufferers of dementia and their carers, a walk which includes views of early marsh orchids, a speed-dating ramble and the ever-popular 'Horrible History For Families' in Ipswich.

Some include a cream tea or other refreshments and all are an informal and sociable way to explore the county, meet like-minded people and to indulge in a leisure activity which benefits both body and soul.

To view the full walks programme and book tickets, visit the festival website www.suffolkwalkingfestival.co.uk. Brochures will be available from Suffolk tourist information centres.

Karina Coghlin

Church Annual Meetings

You are all encouraged to come to your parish Annual Meetings to hear about the work of the church, ask questions, enjoy refreshments and elect Churchwardens and Councillors. They are all in the Parish church at 7.30pm except where noted otherwise. Formal Notices are displayed in the parishes

Monday 4 April, Buxhall

Thursday 7 April, Combs (where there will be a presentation by the Deanery Youth Committee)

Tuesday 12 April, Gt Finborough

Wednesday 13 April, Lt Finborough

Thursday 14 April, Harleston at Dapplelight

Monday 18 April, Shelland

Wednesday 20 April, Onehouse , Trinity Hall (Church Room)

Rev Chris

Advertise for Free

In order to support new local business initiatives, the Parish Council would like to offer village residents (households receiving a hard copy of the newsletter) 2 months of free advertising within the village newsletter. In order to take up this offer please contact any of your Parish Councillors or the Editor with details of your business and any promotional advertising that you have produced.

Parish Council

East Anglian Air Ambulance

We are still collecting stamps, ink cartridges, mobile phones and old or foreign coins. We have had a problem with passing on ink cartridges since the end of November. The collecting point we use is St Peter's & St Mary's Parish Church in Stowmarket and from November to January it was filled with Christmas Trees, so no ink cartridge bins were out. Since then the church has been redecorated and again the bins were not available. The decorators have now finished and the ink cartridge collecting point should be available once again.

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**Country & Western
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Saturday 14th May 7.30pm - 11.30pm

Live Music from
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£12.00 Adults
£6.00 under 14's

A Charity Event for Chernobyl Children's Lifeline Reg Charity No: 1014274

Buxhall and Great Finborough Candlestick Club

Well the winter is nearly over and for the over 60's the opening meeting is only a few days away. Easter will also be over and we shall be on British Summertime with lighter evenings. Our opening meeting is on Thursday 7 April at 7.00pm in Buxhall village hall. We have acquired the services of an entertainer and the committee will lay on a few nibbles. Janet will be collecting the subscriptions, which we are keeping the same as last year, at £6 per person.

The first outing of the year is on 11 May and takes the form of a mystery tour. The coach will be leaving Great Finborough Old Chapel at 9.45am, Buxhall village Hall at 9.50am and then on to Harleston at 10am. A more comprehensive outing list will be available at the April meeting. Please support our over 60's club, we are always looking for new members. Anyone requiring a lift on 7 April please let Keith know on 736598.

Keith Proctor



'Frocks' and Flowers

**In St Mary's Church, Woolpit
On
Saturday 9th April 10 am to 5 pm
and
Sunday 10th April 2016 10 am to 5.30pm
followed by Songs of Praise**

Admission £2.50 - children under 12 free

A display of Dresses and Floral arrangements.

**PREVIEW with PIMMS and MUSIC
FRIDAY 8TH APRIL 6-7.30PM
Tickets £5**

A chance to see some of the lovely "Frocks that have been hidden away including Bridal wear and fashions from the 40's, 50's, 60's and 70's and some even earlier

Refreshments throughout the weekend

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For more information contact : Mary Hughes 01359 240811 or
Jennifer Baker 01359 240119



OLD NEWTON CRICKET CLUB



RECRUITING NEW MEMBERS

**We are a warm and welcoming club
playing our first year of League Cricket
along with a mix of friendly and T20 Games.
Now recruiting new Junior and Adult members.**

For Membership Enquiries Contact:

*Kevin Swinburne: 077333 10240 / k.swinburne@talk21.com
or George Ryding 07891 401105 / george.ryding@btconnect.com*

**Adult and Under 15
Nets every Friday
starting 8th April
18:00 to Dusk**

**Junior Nets (7-15 incl.)
6.00-7.30pm every Tuesday
starting 12th April
Contact Kevin: 077333 10240
Members FREE • Non members £2 per session**



@OldNewtonCC



www.facebook.com/groups/oldnewtoncc



www.pitchero.com/clubs/oldnewtoncc

Old Newton Cricket Club

The 2016 cricket season is only three weeks away, with matches for both senior and junior forms of the game. Let's hope the weather will be kind to them. It's the clubs first year in a league so your support will be appreciated. Why not sponsor a match ball for £10. How about sponsoring a player for the season for 1p a run to a maximum of £20. Join the 25-1 club for £20 a season with a monthly cash prize. Contact Andy Colgan andy.colgan@hotmail.com

Dates for the Diary

Junior Nets start Tuesday 12 April 6-7.30pm

Senior Nets start Friday 8 April 6pm until dusk

Home Games

Sunday 24 April - Adult friendly Stansfield 1pm

Monday 25 April - U15's Suffolk Cup against Worlington at 6pm

Come and support Old Newton village team in their opening matches, you might need to wrap up warm though.

Liz North

Stowmarket and District Camera Club

On 22 February Roger Hance FRPS AFIAP BPE5* gave a very informative talk entitled Speed and Action. His fabulous photographs were of athletics, white water canoeing, Brands Hatch superbikes, motocross, rugby, boxing and other sports. He gave us lots of tips regarding camera settings and places where these activities take place. He also told us the best places to stand and the best angles to capture the best shots from. I think we all learnt a lot.

Next meetings:

Apr. 11 – Colin Stubly shield for portraiture and the Audio Visual trophy: Judge Vic Hainsworth ARPS DPAGB

Apr. 25 - Open Competition (5) incorporating the Len Backhouse trophy for the best PDI on the night and the Cyril and Mary Hall salver for the best print on the night: Judge George Buxton.

Regular meetings are held at Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD, usually on the 2nd & 4th Monday of the month

between September & June. We start arriving at around 7:00pm for a 7:30pm start. We'd love to see you there, so why not join us?

For more information see our web site

www.stowmarketanddistrictcameracub.onesuffolk.net

Make your Will at a reduced cost in aid of St Elizabeth Hospice

St Elizabeth Hospice's Wills Month returns in May and the local charity is inviting you to make or amend your Will at a reduced cost.

Throughout May, local solicitors will generously offer their time and expertise free of charge to provide a number of appointments for anyone to make or amend their Will at a reduced cost, in return for a suggested donation to St Elizabeth Hospice. St Elizabeth Hospice is extremely grateful to the solicitors and will writers who have generously offered to give up their time and expertise. Taking part in Wills month are; Attwells; Prettys Solicitors; Watkins, Stewart & Ross; Ross Coates Solicitors; Wills Plan Ltd; Haywards Solicitors; Fairweather Stephenson & Co; Blocks Solicitors; and Bates Wells & Braithwaite.

Having an up to date Will is also important to ensure the people and charities you care about are looked after in the future. Felicity Rook, St Elizabeth Hospice's Head of Fundraising, said: "Last year we raised over £5,000 through our Wills month and we hope that more people will take the opportunity to make their Will at a reduced cost this May, whilst supporting the work of the hospice by making a donation.

"We are hugely grateful to the local solicitors and financial advisor offering their time free of charge to support the hospice. Leaving a gift to the Hospice in your Will is a great way to ensure that we can continue to make a difference not only now, but in the future."

You can make or amend a basic Will, joint or mirror Will or Codicil an existing Will. Appointments will need to be booked in advance.

Find out more about Wills month and booking an appointment at www.stelizabethhospice.org.uk/willsmoth

Samantha Catling

Dennis Green



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Karen Finch RHAD FSHAA FRSA

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USE IT OR LOSE IT

Wild Bird Seed

The next order will be placed on 15 April and will be available for collection from Abbey Farm Cottage, Buxhall Rd. Great Finborough by about Wednesday 20 April.

If you would like to place an order please let me have your requirements together with a cheque to "Great Finborough Garden Club", it is also essential that I have your telephone number so that you can be advised when the seed is ready for collection.

Orders may be posted to or dropped off at Abbey Farm Cottage (IP14 3AU), or if it's more convenient dropped off at either 1, Valley Lane, Gt. Finborough or 8, High Rd and must be received before Thursday 14 April.

Product	Weight	Price	
Wild Bird Mix	20 kg	£9-50	
W.B.M. Premium	20kg	£11-50	
W.B.M No Wheat	20kg	£13-50	
W.B.M NEW High Energy	12.75 kg	£12-00	
W.B.M. No Mess	15kg	£14-50	
W.B.M Robin & Songbird	12.75 kg	£13-00	
Finch Mix	20 kg	£11-50	
Mixed Corn	20 kg	£8-00	
SUPER Poultry Mix	20kg	£9-00	
Peanuts (superior quality)	25 kg	£26-50	
Peanuts (half sack)	12.5 kg approx	£14-00	
Black Sunflower Seed	15 kg	£11-50	
Sunflower Kernels	20 kg	£22-50	
Sunflower Kernels	10kg approx	£12-00	
Nyjer Seed	20kg	£26-00	
Nyjer Seed	10kg approx	£13-50	
Fat Balls (any quantity)	Price each	11p	

The next seed order will be placed in June

John Davey

Keeping an elderly relative out of hospital

Keeping an elderly relative out of hospital is a really important goal. Neither you, nor your loved one wants to make that dreaded trip to the hospital. A set back that causes a relative to go into hospital can have more complications meaning their condition could decline rapidly, both mentally and physically.

We are not saying avoid the hospital at all costs, because a trip to hospital is often necessary to receive medical care. However, no one wants to have a stay in hospital if they can help it so My Care at Home have provided some tips on how you can avoid that trip to the hospital:

- Follow the doctor's orders – listen to the GP's advice, they are professionals and know what is best for your relative
- Don't ignore symptoms – If something seems to be causing your relative some pain or they don't feel quite right, encourage them to visit their GP and get it sorted early to avoid the condition getting worse. It might be nothing, but it's better to get it checked out.
- Reduce the risk of falls and accidents – keep your elderly relatives home tidy and clutter free to avoid any potential trip hazards and ensure hallways and stairs are well lit.
- Physical and mental activity – try to keep your relative as active as possible in order to keep the simple tasks much easier, the heart and brain are like muscles and need to be used to prevent deterioration.
- Healthy Diet – This will keep blood pressure and cholesterol low reducing the risk of any circulatory problems.
- Keeping Fluids up – please ensure your relative has plenty of drinks during the day and is drinking plenty. Dehydration can lead to urine infections which can cause confusion. Urine infections are the most common cause of hospital admission

Following those simple tips will help to keep a relative out of hospital and help keep them at home where they want to be.

Claire Bewley

THE SOUTH SUFFOLK SHOW

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And

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7.30-9.30pm:

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Bats & balls provided. £2 per session including refreshments.

We welcome new players.

Give me a ring for further details.

Derek Ames (613328)

CHURCH SERVICES IN THE BENEFICE FOR APRIL 2016

Sunday 3 April

Holy Communion
Sung Eucharist
Reflective Morning Prayer
Matins
Holy Communion
Worship and Messy Church

The First Sunday after Easter

Little Finborough 9am
Buxhall 9.30am
Shelland 9.30am
Harleston 9.30am
Great Finborough 11am
Combs 11am

Sunday 10 April

Holy Communion
Holy Communion
Matins
Holy Communion
Holy Communion
Evensong

The Second Sunday After Easter

Harleston 9.30am
Shelland 9.30am
Buxhall 9.30am
Onehouse 11am
Combs 11am
Little Finborough 6pm

Sunday 17 April

Holy Communion
Matins
Morning Worship
Family Communion
Morning Worship
Holy Communion

The Third Sunday After Easter

Little Finborough 9am
Shelland 9.30am
Buxhall 9.30am
Combs 11am
Great Finborough 11am
Onehouse 11am

Sunday 24 April

Holy Communion
Holy Communion
Holy Communion
Holy Communion
Morning Worship
Deanery Eucharist

The Fourth Sunday After Easter

Buxhall 9.30am
Harleston 9.30am
Combs 11am
Great Finborough 11am
Onehouse 11am
Stowupland 6.30pm

Sunday 1 May

Holy Communion
Sung Eucharist
Reflective Morning Prayer
Matins
Holy Communion
Messy Church

The Fifth Sunday After Easter

Little Finborough 9am
Buxhall 9.30am
Shelland 9.30am
Harleston 9.30am
Great Finborough 11am
Combs 11am

We meet for

Morning Prayer 10am on Saturdays at St Mary's Combs (Lady Chapel)
Holy Communion 9.30am on Wednesdays at St John the Baptist, Onehouse
Midday Prayer 12noon on Tuesdays at St Mary's Buxhall
Evening Prayer 4.30pm on Thursdays at St Andrew's Great Finborough

All Welcome!

*Whether you are a regular worshipper or a visitor to our churches this Sunday,
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WHO'S WHO IN GREAT FINBOROUGH

Chair, Parish Council	Peter Turner	674407
Clerk, Parish Council	Paula Gladwell finboroughparishclerk@gmail.com	01284 828112
District Councillor	John Matthissen councillor@matthissen.net	771742
County Councillor	Penny Otton penny.otton@councillors.suffolkcc.gov.uk	737870
Newsletter Editor	Simon Tarabella simon.tarabella@great-finborough.suffolk.gov.uk	672072
Priest in Charge	Rev. Chris Childs <i>Combs Rectory, 135 Poplar Hill, IP14 2AY</i> revcchilds@aol.com	673280
Curate	Rev. Rachel Cornish <i>The Rectory, Onehouse, IP14 3HL</i> rev.rachelcornish@gmail.com	257622
Chair of the F&P Committee	John Kendall	736264
Church Warden	Nigel Brown	675344
Church Warden	Paul Goodchild	401185
Pettward Hall Management Committee	Mary Preece mary.preece1@btinternet.com	771360
Lettings/Keyholder	Delia Prior deila.prior@btinternet.com	07513 140072
Great Finborough & Buxhall Under 5s	Gail Jarrett	674538
Great Finborough & Buxhall Brownies	Mary Smyth	672533
Allotments Association	Keith Proctor	736598
Candlestick Club	Judith Cameron judyandian@btinternet.com	672978
Great Finborough & District Garden Club	Jane Dolan	736160
Buxhall Women's Institute	John Davey john@abbeyclassics.co.uk	674401
Neighbourhood Watch Co-ordinator	Nigel & Jeannette Edwards	612274
Chaplin's Newsagent	Jennie & Andrew Craine	612298
The Chestnut Horse	Stephen Dodd	613208
Head teacher, Great Finborough	headteacher@greatfinborough.suffolk.sch.uk	
Primary School	PCSO Ryan Brunning	101
Police (Elmswell)		
Stowmarket High School		613541
Stowmarket Health Centre		776000
Combs Ford Surgery		678333
Stowmarket Library		613143
Village website: www.great-finborough.co.uk		
Church website http://www.standrewsgtfinborough.co.uk/		
Primary School website: www.greatfinborough.suffolk.sch.uk		