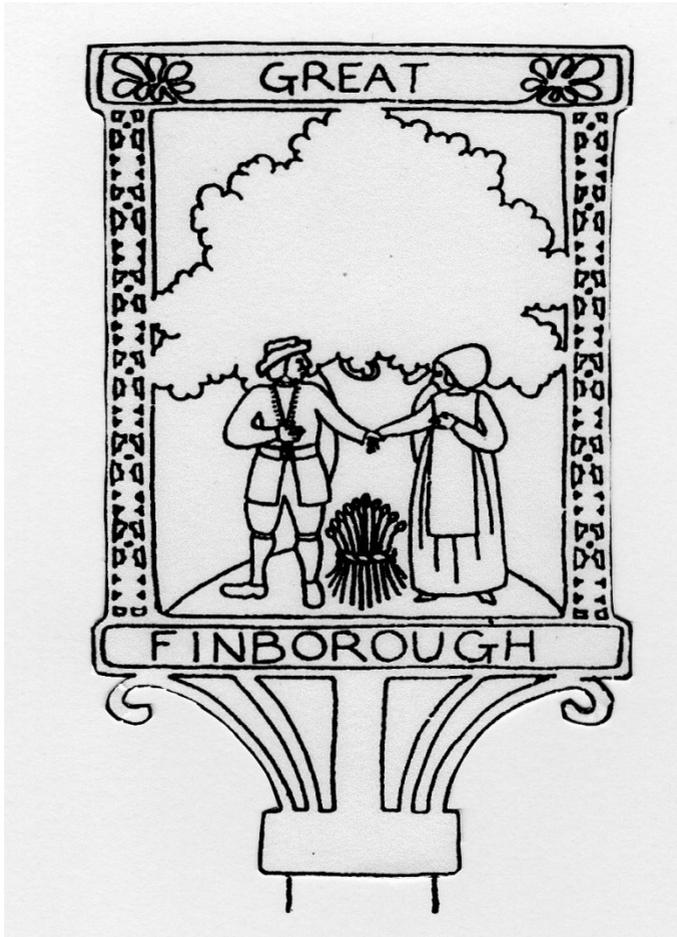


GREAT FINBOROUGH NEWSLETTER



**FEBRUARY 2016
ISSUE 465**

VILLAGE DIARY – FEBRUARY 2016

1	6pm	Brownies, Pettiward Hall
8	6pm	Brownies, Pettiward Hall
9	9.30-11.30	Coffee Morning, Chestnut Horse
9	6pm	Pancake Party, Trinity Hall (Church Room)
11	7.30pm	Garden Club, Pettiward Hall
13	7pm	Mega Fun Quiz, Trinity Hall (Church Room)
17	7.30pm	Buxhall WI Meeting, Buxhall Village Hall
28	2.30pm	Onehouse Ramblers, Trinity Hall (Church Room)
29	6pm	Brownies, Pettiward Hall

VILLAGE DIARY – MARCH 2016

7	6pm	Brownies, Pettiward Hall
8	9.30-11.30	Coffee Morning, Chestnut Horse
9	12-2pm	Lent Lunch, Maple Lodge
10	7.30pm	Garden Club, Pettiward Hall
14	7.30pm	Parish Council Meeting, Pettiward Hall

PARISH COUNCIL MEETINGS 2016

14 March

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

We would like to start this editorial by wishing you all a very happy 2016. Next, the Parish Council extends its heartfelt thanks to Sally, the outgoing editor, for all of her hard work, dedication and enthusiasm that she has shown during the last seven years producing a highly professional village newsletter. The Parish Council are editing the newsletter in the interim period until a new editor / editors can be found. So, if you have a sound knowledge of MS word and an interest in desktop publishing, why not give the editors job a go. If you want to see what is involved, please give Simon a call or drop into Maple Lodge. Alternatively, contact Paula Gladwell (see who's who) with your details. It would be good to have more than one editor to cover for periods of absence. 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. At the start of the year we would like to thank all the regular and occasional contributors to the newsletter. Thank you also, to all our advertisers whose sponsorship enables the Parish Council to make it freely available to residents and to the willing volunteers who distribute the newsletters each month.

The 15 February is the deadline for inclusions for next months newsletter so please contact Simon Tarabella or Peter Turner or drop in to Maple Lodge, as Sally would have said, the kettles always on. Finally, don't forget this month has an extra day as it's a Leap Year!

Simon and Peter



Newsletter Aims and Ethos

The Great Finborough Newsletter will have a new production team in 2016. The Newsletter will continue to report events of general interest taking place in the village including individual items of particular interest. The aim of the Newsletter is to support individuals and groups by publicising activities and initiatives that assist them. In event of a dispute or conflict over items submitted for inclusion in the Newsletter the production team will refer such items to the Parish Council which will, at all times, act as the final arbiter.

Great Finborough Parish Council

News from the Parish Council

Planning

There were no applications to consider this month. Don't forget councillors are here to represent your views, not just their own, so if you have material planning concerns about any application please ask for the parish council's support. If you have installed a QR Scanner on your smartphone then you can use this QR code for access to Mid Suffolk District Council Planning Pages on their website right now and see if anything pending might affect you.



Speeding

We have managed to track down the Speed Gun equipment that was shared with Bildeston and Hitcham as part of the Community Speedwatch Scheme here in Great Finborough some years ago. Council are committed to getting the scheme up and running again as we are receiving more and more complaints regarding speeding through our village and Community Speedwatch has time and again in rural parishes proved to be an excellent way to bring down the speed of vehicles. The initiative allows members of the community to address the issue of speeding by becoming actively involved in road safety, monitoring speeds at safe locations with speed detection equipment. It addresses the problem of speeding through the joint work of the police, local community, parish councils and other partners.

The aim is not to catch as many speeding drivers as possible but to reduce speed in areas of concern.

In order to progress this we urgently need some more volunteers so if you have concerns about traffic speeding along the High Road and would like to try and make a difference you can help by volunteering a few hours a month so please get in touch. Call me on 01284 828112 or email finboroughparishclerk@gmail.com or contact any of your parish councillors.

All residents are welcome to attend Parish Council meetings where a time is set-aside at the beginning to give you the opportunity to speak to the council on any matter relating to the village. Please come along and raise any issues of concern, make a statement about local matters or draw issues to council's attention. Each meeting commences promptly at 7.30pm unless otherwise stated. All meetings are advertised on the village notice board with a copy of the agenda. District Councillor John Matthissen and County Councillor Penny Otton attend meetings regularly so if you have any issues you think they could help with as part of their District and County responsibilities don't hesitate to come along and question them, they would be pleased to meet you. **Paula Gladwell**

Christmas Trees

We would just like to say a big thank you to all the people from our villages that bought a Christmas tree from us this year.

On Friday the 4 December we had 140 trees, by Tuesday the 15 we only had one tree left and people still came knocking at the door. Due to your wonderful generosity we have been able to donate £800.00, some to the five Churches in our Benefice, and the rest to deserving causes including six young families who would have found it tough this Christmas. Once again thank you. **Ray & Janice Taylor**

Buxhall Quiz Night

Another fun quiz night will be held in Buxhall Village Hall on Saturday 19 March at 7.30pm. Entry fee £3.00 per person, please bring your own drinks and nibbles. To book you or your team in please contact Mim / Keith on 736598 by 18 March. Proceeds in aid of Village Hall funds, any draw prizes greatly appreciated. **Mim Proctor**

Our New Year Resolution

Many of us have started 2016 with a New Year Resolution; ours at St Andrew's is to bring the toilet/kitchenette project to fruition in the coming year! We now have water within the boundary wall, we have plans drawn up, verbal approval from the church authorities and we now await the views of the Victorian Society.

After that – and once extensive roof repairs are completed (anticipated in late spring) – it will be 'full flush ahead'. Meanwhile we shall continue to try and persuade some generous donors/ grant givers to top up the funds we need to make the facilities tip top and – who knows – if you are taken short while singing carols next Christmas the long awaited facilities will be available!!

Sadie Watts



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News from your District Councillor

Locality Awards Scheme

I am pleased to say that local organisations submitted proposals which have enabled me to award all of the £5000 provided for the year 2015/16. Of course, these sums are only a contribution towards the more major projects, but will help. I will certainly be asking that the awards scheme is repeated in 2016/17, but there is no certainty about that. Meanwhile, Mid Suffolk's Communities officers do have limited funds for capital and revenue support for local organisations, several of which have received grants in the last couple of years.

Onehouse, Harleston & Shelland Good Neighbour Scheme	£250
Finborough Play Area repairs	£1000
Finborough Pettward Hall improvements	£1000
Harleston Village Green maintenance	£750
Buxhall speeding sign	£429
Buxhall Village Hall new tables	£400
Onehouse, Harleston & Shelland Trinity Hall extension	£1171

Finborough Hall School – Community use of Sports Hall

Planning permission for the sports hall included a condition that local groups within the 5 villages of Great Finborough, Onehouse, Buxhall, Harleston and Shelland would have the opportunity of use of the hall. This would be at a cost sufficient to cover expenses such as heating and lighting only. Now that the hall is up and running, I need to convene a meeting of interested groups, together with the school, to see what can be arranged for the coming year, around the school's own use of the hall. Please remember that existing community halls need to be well-used to balance their income with costs, while considering this new opportunity. Please contact me in the first instance.

Recycling and waste schedule for 2016

This information is available on the MSDC web site at :
<http://www.midsuffolk.gov.uk/assets/UploadsMSDC/Environment/Waste-Delivery/MSDC-Calendar-2015-2016.pdf>

The council can no longer afford to distribute these door-to-door, but I have a few paper copies available for those without internet access, and

they are also available by calling 01449 778678. Parish clerks also have a few copies, and other outlets include Libraries, Tourist Information Centre, Leisure Centres, NHS Doctors surgeries, Post Offices, Council Offices, Co-ops and the Rural Coffee Caravan

John Matthissen

Mid Suffolk District Council

Waste and Recycling Collection Calendar 2016

December 2015						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2016						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2016						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

March 2016						
Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2016						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2016						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2016						
Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2016						
Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2016						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2016						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2016						
Mo	Tu	We	Th	Fr	Sa	Su
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

November 2016						
Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- Recycling collected this week
- Rubbish collected this week
- For Christmas and New Year weeks (25th Dec – 9th Jan please refer to the Christmas & New Year schedule)
- Bank Holiday Week - everyone's collection will be a day later. For Christmas and New Year weeks, please refer to the Christmas Schedule.

Recycling Sites

mixed textiles & clothes

mixed glass bottles & jars

newspapers & magazines

cartons

Visit Recycle Now
www.recyclenow.com
 to find your nearest recycling banks

Waste Helpline: 01449 778678

From the Rectory

Gt Finborough Church School marked the feast of Epiphany with their traditional procession to the church led by 3 small Kings from Green and a 'star bearer' from Silver classes. We dutifully followed – all 147 children and about 20 adults.....It provided a spectacle and none of the held up drivers complained!



Generally, we think of Stars as good things – bright and exuding light. Some children are given them for good work and many more aspire. But astronomers might tell us a different story about what they really are. King Herod, whose story we heard from Matthews Gospel said that he and all Jerusalem were nervous. Certainly special stars have been noted at times of crisis for example the eruption of Mt Vesuvius in 79 AD and over 'Sussex' in 1066. Look what followed from those events.....

The carol has it that the Star stayed over the place where the baby Jesus was born. He became a great 'star' in his own right.

The business writer Rosabeth Moss has written:

'success and failure are not events, they are trajectories'

But they have to start somewhere and the question for all of us personally and our world is, are we on a trajectory to good? The birth of Jesus started it. Do we, like Herod and possibly Harold, have any reason in our lives to fear the star that heralded the child Jesus, or are we on the trajectory for good with him as our guide?

Thank you to Sally for being editor of the Great Finborough News for 7 years and for taking it to a higher level of professionalism. Some of us got used to having phrases rewritten - for better understanding(!), all of us were grateful for the acknowledgment of articles received and the genuine interest she always showed in everything that happens in Great Finborough. With best wishes also, to the incoming editor. **Rev Chris**

Join the Big Hospice Sewing Bee

St Elizabeth Hospice is looking for local crafters to join the Big Hospice Sewing Bee and compete to turn a used item of clothing into a cutting edge masterpiece. The competition will run from Friday 12 February to Monday 14 March, giving you just over a month to perfect your upcycled garment. You can change the item into a completely different garment, or upcycle it, transforming it with embellishments, or adding/taking away pieces of material and haberdashery accessories.

The finalists will be chosen by a panel of experts at an awards event and those with the best designs will then compete live on Saturday 19 March to win the overall title of the Big Hospice Sewing Bee Champion – and a fantastic prize! All the money raised from the Sewing Bee will help go towards improving life for local people living with a progressive illness such as cancer, motor neurone disease or heart failure in East Suffolk. Entry is £10, with £5 of that given back to you in voucher form to spend at one of St Elizabeth Hospice's 26 shops to buy the material to upcycle.

Sign up for the Big Hospice Sewing Bee online now at www.stelizabethhospice.org.uk/sewingbee or to request a paper form, please call 01473 723600 or email fundraising@stelizabethhospice.org.uk

Fiona Ginn

Buy your heating oil through a community Bulk Buying scheme

Community Action Suffolk (CAS) can save domestic households an average yearly saving of £74 on heating oil, and higher volume users such as community groups and rural businesses, an average yearly saving of £181. The heating oil is purchased in bulk twice a month (once in December) and deliveries are planned to provide an environmental benefit, with one tanker making a single trip to several customers in a village on the same day. Individual orders can also be made if a bulk deadline is missed. The scheme provides a hassle free process and membership is open to all, starting at just £20 per year with the option to place orders online, by email, by post or by phone.

Visit **www.communitybuying.org.uk** or call **01473 345400** for details.

Thank You's from St Andrew's.....

To all those who decorated the church so skilfully for Christmas, rang the bells, organised and lead our services, sung in the choir played the organ and poured the drinks.

To the great multitude who appeared on Christmas Eve as usual for the Crib and Carol Service with special thanks to Ant and Claire as readers.

To the 61 children and 101 adults who came to the Christingle on 6 December and enjoyed an uplifting service with children and church school Governors taking part. £185 was raised for the work of the Children's Society. Thanks to Jamie as Chair of Governors who read the lesson.

To Finborough School for the generous provision of the excellent new carpet in the Nave of the church. The old carpet laid in 1975 came to the end of its natural life some years ago and this, in bright blue, certainly lifts the spirits of us all. See elsewhere for progress on the Loo and Kitchenette.

And finally to the happy band who voluntarily maintain the Churchyard, clean the church and unlock it every day. **Rev Chris**

PARISH REGISTERS

Funeral Service

At St Andrew, Great Finborough

9 December 2015 Philip George Pewzey, died 13 November, aged 77



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.

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News from Great Finborough Primary School

The wintry weather has been popular with many of the children, and they have also had a chance to learn about this season with some classes learning about hibernation, migration and adapting to different environments.

The children have been working very hard in their sporting activities and matches with great success being achieved. Eleven of our Year 6 children passed their RYA Level 1 Youth Sailing qualification and a further eleven Year 5 children passed their BCU Paddle Power Level 1 qualification by the end of last term. Our Years 5 and 6 girls football team are through to the County finals, a fantastic achievement. Our two Years 3 & 4 boys football teams were successful in their matches against Finborough school last term, and other teams have had various fixtures in Contact Rugby and Hi 5 Netball too. Two teams of Years 5 and 6 pupils entered a dodgeball tournament at the leisure centre, with team 2 winning the bronze medal. You may have noticed children running around parts of the village during our after school cross country club, and they have certainly put our Head teacher, Mr Dodd, through his paces!

The beginning of term saw the whole school parade to St Andrew's church following the star and 3 Kings to the Epiphany Service, bringing an end to our Christmas celebrations at school. On Shrove Tuesday pupils will be taking part in our 'Great Pancake Race'. Cooking club has also resumed this term, along with splat club and a range of sports clubs.

We are pleased to share that our school has a Local Education Authority Green RAG (Red, Amber, Green) Rating, the highest standard in this system. Congratulations to everyone in our school community who continues to contribute to our thriving village school with this continued success.

Melony Mayhew

St Andrew's Church coffee morning

Come to our Shrove Tuesday coffee morning on 9 February at the Pub. Meet friends and enjoy their company in the warmth of The Chestnut Horse. 9.30am until 11.30am. £1.50 for tea/coffee and cake and pancakes. As always, our thanks to Jennie and Andrew for providing such a welcoming environment.

Irene Bugg

Are you a budding Sir Bradley Wiggins's or Laura Trott?

It has been suggested that the village has enough enthusiastic / up and coming road cyclists, to start a social cycling club. So if you would be interested in joining other like minded people a couple of times a month for a ride out together please get in touch. We hope to cater for all levels and be a fun and friendly group of riders, stopping off for the occasional refreshment along the way. A great opportunity to meet others in the village and stay healthy at the same time. If you are interested, please contact Simon Tarabella (see who's who).

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Lent Groups, Pancakes and Soup Lunches

I hope to see you at one or both of the **PANCAKE PARTIES** at Onehouse on the right day and Combs a week later to coincide with Half Term. You will be very welcome wherever you live. Rumour has it that there will be Pancakes at the Chestnut Horse that morning too. Similarly, the **SOUP LUNCHES** at Buxhall and Gt Finborough for charity are detailed elsewhere. Please support if you can.

Our LENT GROUPS will be held at Onehouse Rectory, Woodland Close at 2.30pm on Monday 15, 22, 29 February and 7 and 14 March. Also, at Combs Rectory 135, Poplar Hill on Tuesday 16 and 23 February and 1, 8 and 15 March. Each will last for an hour and be followed by light refreshments. Each session stands alone. We follow once again the York Course entitled

'The Psalms Prayers for Todays Church'.

The ancient poems we call Psalms are over 2000 years old. They were written in very different times from our own when humans could travel at the speed of a camel - not at the speed of sound. But these songs have stood the test of time for they address many of the problems we still face: violence, injustice, anger - and bewilderment. Why do the wicked prosper? Where is God when we suffer? In this 5-session course, Bishop Stephen Cottrell - a prolific and popular author - reflects on the psalms in general (and five psalms in particular). He invites us to join him as he does so. You will be very welcome, any queries to Revd's Chris 673280 or Rachel 257622.

But then turning to Easter

Donations towards flowers for the church will be happily received by Brenda Grimaldi at Great Finborough (612440), Lesley Steed for Buxhall, Carol Hearn for Onehouse, Katie Ellis for Harleston and Rosemary Roe for Shelland. Donations can be left at either Rectory, suitably marked with the church for which they are meant.

St Mary's Combs is now happily able to run a **Sunday school** on the 2nd and 4th Sunday of each month which compliments the 1st and 3rd second Sundays when the worship is very child friendly. All welcome wherever you live.

Rev Chris

Charity Soup Lunch

**Come and join us for a charity lunch at
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Derek Ames (613328)



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Community Transport

Suffolk County Council is planning to change the way it tenders for Community Transport services in Suffolk. These services provide essential door to door services for disabled and elderly people and those isolated in rural areas to be able to get to their appointments (particularly hospital and doctor's), go shopping, visit friends and family, go to the library or the theatre, and whatever else they wish to do.

We understand that Suffolk County Council will be reducing the funding to community transport by 50% over the next 5 years and will be tendering for community transport services on a district by district level. This is likely to mean that the services will become commercialised and subject to cuts. Many of you use the Community Car, Dial A Ride and Links services so you know how important they are to disabled people in Suffolk.

You can help by signing a petition that is being organised by the Suffolk Labour Group of Councillors. The link is below, you can read more about it and sign the petition.

<https://www.change.org/p/suffolk-county-council-save-our-community-transport>

Please help so that Suffolk County Council gets the message that their plans are of great concern to disabled people in Suffolk. Please also forward the link on to your contacts and members so that they can sign it too.

Suffolk Consortium of User Led Organisations

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Onehouse Ramblers

Our next walk will be on Sunday 28 February, for a walk of about 4 miles around local footpaths. Meet in the Trinity Hall car park at 2.30pm.

Derek Ames (T: 613328)

Men's Breakfasts

Last month, John Biles gave an interesting and sometimes humorous talk on the history of the British Legion and the work done locally. This provoked several questions and comments.

The next Men's Breakfast will be held on Saturday 12th March, with Thomas Jewers as speaker. Further details in next month's magazine.

Derek Ames

Pancake Party

A Pancake Party will be held in Onehouse Trinity Hall/Church Room on Shrove Tuesday 9 February at 6pm. There will be Pancakes to eat and games to play so please join in the fun with us! No charge but donations will be gratefully received. If you would like to attend please contact Carole on 736025.

Women's World Day of Prayer

A service will be held at Buxhall church this year on Friday 4 March at 2.15pm. This Service is not just for ladies, everyone is welcome. The service has been compiled by the Women of Cuba this year. Refreshments will be served after the service.

Buxhall W.I.

Buxhall W.I. celebrated the festive season with a meal at the The River Bistro in Stowmarket, and a Christmas party at the Village Hall. Thank you to all those involved in making the events such a success.

Our February meeting on 17th Feb is tantalisingly called 'Who loves Chocolate?'

We meet on the 3rd Wednesday of each month at 7.30 at Buxhall Village Hall. New members and visitors are always welcome. **Jane Dolan**

Mid Suffolk District Council Report

County Council Budget

This is being scrutinised; as the chancellor has said councils can put 2% rise in council tax to pay for extra cost of adult care this will be considered as part of the budget process, I am concerned at the possible reduction in funds for the library service; 11% over 2 years, which may impact on the mobile service. There is a proposed cut of 30% for culture, Heritage and sport services and £12.0million adult care including for those with learning disabilities. Some consultation is taking place with some district councils and SALC

Devolution Proposals

This continues to rumble on. Leaders have met with government and final document will have to be approved by all Suffolk councils after the leaders meet on 7 December. The government has now suggested joining with Cambridge. There is also the suggestion that there would need to be an elected mayor.

Highways

The salt barns are full and the public can find out about gritting and how to order a grin bin from the winter gritting page on the SCC web site.

Rail Franchise

A conference was held on 4 December and councillors and MPs will be lobbying government as the new tenders have to be submitted by 17 December this year

A14

I have forwarded a letter re the proposed work on the junction 47a.

Changes to the Speed Limit

I have Again asked the Gt Finborough and Finborough road proposals are to be considered.

Penny Otton

February is National Heart Month

Tips from the British Heart Foundation for keeping a healthy heart.

Cut down on your salt intake!

Too much salt can cause high blood pressure, which increases the risk of developing coronary heart disease. Avoid foods like crisps, salted nuts, canned and packet soups and sauces, baked beans, and ready meals.

Watch your diet.

A healthy diet can help to reduce the risk of developing heart disease and can also help increase the chances of survival after a heart attack.

Get Active!

The heart is a muscle and it needs exercise to keep fit so that it can pump blood efficiently around your body with each heartbeat.

Manage your weight.

The number of people who are overweight in Britain is rising fast. Carrying a lot of extra weight as fat can greatly affect your health and increases the risk of life-threatening conditions such as coronary heart disease and diabetes. If you are overweight or obese start by making small, but healthy changes to what you eat and try to become more active.

Get your blood pressure and cholesterol levels checked by your GP.

People with high blood pressure run a higher risk of having a stroke or a heart attack. High levels of cholesterol in the blood - produced by the liver from saturated fats - can lead to fatty deposits in your coronary arteries that increase your risk of coronary heart disease, stroke, and diseases that affect the circulation. You can help lower your cholesterol level by exercising and eating high-fibre foods such as porridge, beans, pulses, lentils, nuts, fruits and vegetables.

Check your family history.

If a close relative is at risk of developing coronary heart disease from smoking, high blood pressure, high cholesterol, lack of physical activity, obesity and diabetes, then you could be at risk too.

Make sure you can recognise the early signs of coronary heart disease.

Tightness or discomfort in the chest, neck, arm or stomach which comes on when you exert yourself but goes away with rest may be the first sign of angina, which can lead to a heart attack if left untreated.

Claire Bewle

St Mary's Combs Presents.....
By Popular demand..... the Return of the

CURRY NIGHT

(BYO DRINKS)

On Friday 4th March 2016

At 7.30pm

West End Farm Mill Lane Combs

(By kind permission of Jill and Stuart Scarff)

(In Aid of Church Funds)

Tickets £10

available Jill 613489 Joy 678452 Wendy 673280

The Pettiward Hall

Little Ernie

The winners in December were Michel Morel and Connie Morel and in January, Gerry Squirrel and Mari Green. They each won £8.75.

Give as you Live

We have discovered a new easy way that we can raise money for the hall that does not involve you parting with extra cash or extra time. If you sign up at <http://www.everyclick.com/great-finborough-village-hall> our charity will benefit from a donation each time you shop online with thousands of retailers. Please consider supporting us in this way.

Mary Preece

Great Finborough Lent Lunch



Please join us on Wednesday 9 March from 1200 at Maple Lodge, High Road, the home of Simon and Jacqueline Tarabella

You will be most welcome

Your generous donations will go to our chosen charity

Mega Fun Quiz

Hosted by Shelland Church

7:00pm Sat 13th Feb – Trinity Hall

(Onehouse Church Room)



Jacket potato
supper & choice
of fillings
included



Please bring your own drinks

Teams of up to 6 people – individuals are invited
to join together to create teams on the night

Tickets £8.00 per person

From: Tea Cups Tea Rooms, Woolpit
Lisa Hicks: 01359 245013
lisa.hicks@live.co.uk
John Kendall: 01449 736264
Rosemary Roe: 01449 736591

All proceeds to Church
Funds in aid of a new loo!



Trinity Hall, Forest Road, Onehouse, Stowmarket. IP14 3HU

Wonderful Winter Woodland Walks in the Heart of Suffolk.

Two of the best things about Suffolk, for both local people and visitors, are the peace and quiet, and the countryside.

We have put together a selection of ideas for Woodland Walks in the area, which can be explored in the Winter. Some are privately owned; Vicarage Plantation at Mendlesham and Rookyard Farm, Old Newton. Others are managed by the Woodland Trust; Hoggs Kiss Wood, Debenham and Northfield Wood, Onehouse. Still more are looked after by the Suffolk Wildlife Trust; Combs Wood, Stowmarket and Coopers Copse at Elmswell. Those that are easily accessible include Thornham Walks and Needham Lake.

Winter is a great time to explore both old and new woodland. From Hoxne to Pakenham, and Tostock to Henley, you can find ancient trees, nuts and berries, animal tracks and signs any many different birds.

Pop in to the Tourist Information Centre for more information or inspiration. We have a range of maps and books for walking in the area.

Sue Green



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Great Finborough & District Garden Club

The past Garden Club year has been very busy, as the members were encouraged to plant and grow by presentations from a wide ranging group of speakers. The social side of the club started with Open Gardens and the now traditional "Presidents lawn" BBQ, followed by the Club members BBQ at "The Little House". Our final social event of 2015 took place in the Pettiward Hall on 3 December. The Christmas quiz over nibbles and mulled wine was another resounding success with many club members enjoying an evening of garden related quizzes, good food and good company. There was no Committee feature this year, instead there was a return visit by our October speaker, Tom Tyler, who reduced many to tears of laughter at his Christmas related tales. The horticultural aspect of the club was maintained by a variety of talks, and assistance to the Allotment Association. The charitable side of the club's activities focused on the organization of Open Gardens to raise money for St. Andrew's church maintenance and loo fund, provision of a park bench and picnic table in the village and various other small donations.

The Club opens 2016 with the meeting on 11th February, to be held as usual in the upper room of the Pettiward Hall at 7:30pm. Our speaker is to be Karen Kenny who is going to tell about those perennial bugbears of gardeners;" Weeds". Why they exist, how they propagate and survive, what if anything they do for us and perhaps more importantly to most of us, how to get rid of them. If you have a particular problem, come along and find out.

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 session for visitors. For further information contact either: John Davey on 674401 or john@abbeyclassics.co.uk or Judith Cameron on 672978 or judyandian@btinternet.com.

Judith Cameron

Wild Bird Seed

The next order will be placed on 12 February and will be available for collection from Abbey Farm Cottage, Buxhall Rd. Great Finborough by about Wednesday 17 February. If you would like to place an order please let me have your requirements together with a cheque to "Great

Finborough Garden Club". I must 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 or at either 1, Valley Lane or 8 High Rd and must be received before 11 February. The next seed order will be placed in April.

John Davey

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	

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Stay well during the cold weather

Take some simple precautions to keep healthy in the cold weather, and don't forget to look out for others.

Get a flu jab - it's not too late to get a flu jab. Everyone aged 65 and over, younger people with certain medical conditions and pregnant women are entitled to a free flu jab.

Be prepared- making sure you stock up on some essentials that can help you and your family cope with common conditions such as colds, coughs, stomach upsets, flu and earache, will mean that you are better prepared. Your medicine cabinet should include:

- Paracetamol
- Anti-diarrhoeal medicine
- Rehydration mixture
- Indigestion remedy
- Plasters

You should also keep a stock of tinned and non-perishable food items that you can use should the weather conditions prevent you from getting out and about.

Wash your hands –Make sure your children get into the habit of regular hand washing and always wash your hands after using the loo and before cooking and eating.

Look out for others – remember to keep an eye out for elderly relatives, neighbours and friends. The cold weather means many people are unable to get out and about, so spare a few moments if you can to pop round for a chat.

Keep your home warm – your main living room should be between around 18-21C (65-70F). You could also use a hot water bottle or an electric blanket (but not both at the same time) to keep you warm while you're in bed.

Keep active and eat well - move around at least once every hour and

don't sit down for long periods of time. Try to have hot meals and warm drinks regularly throughout the day. Food is a vital source of energy and will help to keep your body warm.

Wrap up well - wrap up well when you go out in the cold. Wear lots of thin layers - clothes made from cotton, wool and fleecy fibres are particularly good and help to maintain body heat.

Know what to do should you need help – remember that NHS 111 is a free 24/7 medical advice line. Trained advisors will be able to give you non-urgent advice on a health condition affecting you or your family.

Suffolk's Warm Homes Healthy People service operate a local rate helpline number 08456 037 686. Offering free home energy surveys, emergency winter fuel payments, temporary loan of heaters and dehumidifiers and general advice. Eligibility criteria apply. Call the helpline for more information.

Your local pharmacy - don't forget your local pharmacist is a great source of help and advice and can advise on the best over the counter medicine for your condition.

For more information on Staying Well This Winter visit <http://www.nhs.uk/staywell/>

Dr Mark Shenton

Stowmarket and District Camera Club

The last meeting in 2015 was a talk given by Jane Goodall ARPS, called 'The Beautiful Light'. Jane gave a wonderful talk and showed us many of her fantastic landscape photographs. She gave us a lot of practical tips about shooting landscapes. She also gave tips to ensure personal comfort when going out to shoot them – eat before you go, take snacks and don't get hungry, take a warm hat, take wellingtons, take a small torch if going out at night. She maintained that if you are not hungry, cold or wet then you can concentrate on your photography. Words of wisdom, indeed.

Next meetings:

Jan. 25 - Tripod Competition against Wymondham and Framlingham:
Judge Brian Carlick LRPS

Feb. 8 – Ray Giffin Tankard for Wildlife: Judge Phil Chatfield

Feb. 22 –Talk 'Speed and Action': Speaker Roger Hance FRPS AFIAP
BPE5*

Mar. 14 - Open Competition (4): Judge Dennis Lumkin LRPS

New members are always very welcome at the club. All you need is a camera – any camera and a real interest in using it. Our members use DSLRs, mirrorless, compacts and bridge cameras.

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.stowmarketanddistrictcameraclub.onesuffolk.net

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CHURCH SERVICES IN THE BENEFICE FOR FEBRUARY 2016

Sunday 7 February

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

Wednesday 10 February

Holy Communion

Sunday 14 February

Holy Communion
 Holy Communion
 Matins
 Holy Communion
 Holy Communion
 Evensong

Sunday 21 February

Holy Communion
 Morning Worship
 Matins
 Family Communion
 Morning Worship
 Morning Worship

Sunday 28 February

Holy Communion
 Holy Communion
 Holy Communion
 Holy Communion
 Holy Communion
 Evensong

The Next Sunday before Lent

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

Ash Wednesday

Onehouse 9.30am

The First Sunday in Lent

Harleston 9.30am
 Shelland 9.30am
 Buxhall 9.30am
 Onehouse 11am
 Combs 11am
 Little Finborough 3pm

The Second Sunday in Lent

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

The Third Sunday in Lent

Buxhall 9.30am
 Harleston 9.30am
 Combs 11am
 Great Finborough 11am
 Onehouse 11am
 Little Finborough 3pm

CHURCH SERVICES IN THE BENEFICE FOR MARCH 2016

Sunday 6 March

Holy Communion
Sung Eucharist
Family Service
Matins
Family Service and Baptism
Worship and Messy Church
Family Service

The Fourth Sunday in Lent

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

We meet for

Morning Prayer 10am on Saturdays at St Mary's Combs (Lady Chapel)
Holy Communion 930am on Wednesdays at St John the Baptist, Onehouse
Midday Prayer 12noon on Tuesdays at St Mary's Buxhall
Evening Prayer 430pm on Thursdays at St Andrew's Great Finborough

All Welcome!

Whether you are a regular worshipper or a visitor to our churches this Sunday, you will find a warm welcome at any of our services.

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WHO'S WHO IN GREAT FINBOROUGH

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