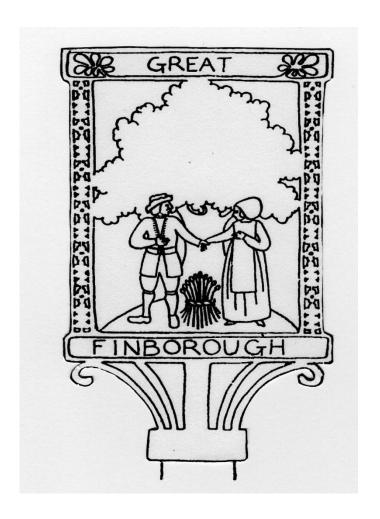
GREAT FINBOROUGH NEWSLETTER



May 2016 ISSUE 468

VILLAGE DIARY - MAY 2016

1	2.30pm	Onehouse Ramblers, Trinity Hall Car Park
11	9.45am	Mystery Tour, Candlestick Club, Buxhall Village
		Hall
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

VILLAGE DIARY –JUNE 2016

13	7.30pm	Parish Council Meeting, Pettiward Hall
14	9.30-11.30	Coffee Morning, Chestnut Horse

PARISH COUNCIL MEETINGS 2016

9 May, Annual Parish Council Meeting 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

The first grass cutting of the greens around the village always makes it look so much tidier. Those that use the play area will have noticed the Dogwoods have been coppiced and the area generally given a spring clean. Combined with the recent village litter pick, Gt Finborough is in good shape going into late spring. You may have also noticed a new addition on the green at the entrance to Middlefield Drive, a flowering Cherry tree has been planted by the Garden Club to mark Ken and Betty Bottomley's diamond wedding. Three cheers to them both.

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 to take on the Newsletter. Anyone willing to take it on would have plenty of help and assistance and the Parish Council would take on the editing duties in the event of holidays or any other absence.

A fond farewell to Jennie & Andrew Craine who leave The Chestnut Horse, but a big welcome to **Julian Authur**, new landlord.

If you know anyone leaving the village or moving in please let me have their details so we can give them an official welcome or send off.

The 15 May is the deadline for inclusions for next month's newsletter, so please contact Simon Tarabella or Peter Turner or drop in to Maple Lodge, the kettle's always on.

Great Finborough Annual Parish Meeting

The Annual Parish Meeting will be held in Pettiward Hall on Monday 9 May 2016 at 7.00pm.

This meeting is a chance for all residents of the parish to get together to discuss issues affecting the village and to hear reports from the various organisations and groups which serve the community about their events of the past year.

News from the Parish Council

The April meeting began as usual with reports from our County Councillor Penny Otton and our District Councillor John Matthissen and valuable input from residents who attended to voice comments, suggestions and concerns.

Community Speedwatch

We are receiving more and more complaints regarding speeding through our village. We have now resurrected the Community Speedwatch Scheme, which has time and again in rural parishes proved to be an excellent way to bring down the speed of vehicles and once the speed gun is calibrated sessions will begin.

The more volunteers we can muster to take this scheme forward and ensure that it successfully reduces the speed of vehicles travelling through our village the better so if you can spare a couple of hours a month to help out we would very much like to hear from you.

Please contact myself or any of your councillors for more information and to get involved.

Valley Lane Facilities – Please make sure you complete and return the consultation form to let us know your views on how to improve the facilities at Valley Lane. Your opinions, suggestions and comments are very important to us and will ultimately lead the way in any project the parish council undertakes.

Planning – The Parish Council are statutory consultees on planning applications within the parish and this means that they are expected to consider each application, take on board any residents' comments and formulate a response to Mid Suffolk District Council based on relevant material planning considerations. The planning officer then hopefully takes these

comments into consideration when determining the Mid Suffolk District Council's final decisions.

This month we looked at Application Nos. 0797/16 erection of a two storey and single storey extensions, Danescroft, High Road and Application no. 1141/16 addition of two new dormer windows to front elevation as part of loft conversion to existing dwelling, Hilmic, High Road We did not receive any representations from members of the public and after careful consideration it was agreed that the following response will be sent to MSDC for both applications— "Great Finborough Parish Council have NO OBJECTION to this application based on the information available"

The following MSDC decisions were noted: 0377/16 Change of use of agricultural land to increase the size of the residential garden at East House, High Road – GRANTED and

0373/16 Erection of single storey rear extension. (Following demolition of existing conservatory) Installation of 3 new dormer windows to front and 1 new dormer window to rear. Extensions to roof to form gables ends (hip to gable conversion) render finish applied to existing external walls and installation of roof lights to rear roof elevations – GRANTED

Issues and problems

Our meetings are a chance to highlight any minor maintenance issues around the village including slippery bridges, potholes and damage to street furniture. If you have any similar concerns or you see maintenance issues on your travels around the village please let me know and I will be happy to report them to the relevant local authority for consideration.

Alternatively you can easily report problems on the roads, like potholes, online using this link http://www.suffolk.gov.uk/report-a-highways-problem or contact customer services for Mid Suffolk District Council and Suffolk County Council on 0345 606 6067 they are usually very quick to help.

Paula Gladwell

A successful litter pick - how sad is that?



This stack of rubbish was removed from the roads, verges, hedgerows, footpaths and ditches of Great Finborough on the weekend of 19/20 March when 17 volunteers (3 on Saturday and 14 on Sunday) gallantly armed themselves with high visibility vests, stout gloves, plastic sacks and "litter-picking pincer sticks" and scoured the environment of Great Finborough. They removed bottles, paper, cans, fast-food wrapping, old tyres, old hubcaps and various other items discarded by those who could not care less about the environment, dangers to health and damage wrecking the beautiful countryside. "Dog poo" is still a problem in our lovely village with its attendant health dangers to children in particular. Dog owners **PLEASE** make sure that you pick up your dog's contribution to nastiness on our footpaths and verges. There are plenty of "dog poo bins" sited around the village for you to use and your thoughtful action in disposing of the nasty mess will be greatly appreciated by everyone (remember that you can be fined for not clearing up the dog mess),

Finally - THANK **YOU** to all those who helped to clean up the village and **WELL DONE**. **Rob Nurton**

Men's Breakfast at Pettiward Hall.

The next men's breakfast at Pettiward hall will be held on **Saturday 14 May 8am.** After breakfast Canon Chris Andrews will speak from his extensive knowledge of Christians in Cairo, Egypt who are under pressure from all sides. Canon Chris has visited Cairo many times and has very recently returned from his latest visit. There will be opportunity to purchase goods made in Egypt to help the Christian cause there. As usual please contact Derek Ames on 1449 613328 to book your meal. Full English or continental breakfasts are available.

Christian Aid Week

Sunday 15 – Saturday 21 May 2016. Mosquito nets cost £5 each. Malaria still kills 1000's of people across the world. Think how many lives could be saved at very little cost. Please give generously this year. Thank you

Derek Ames



Advertise 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

Sports Field Questionnaire

The parish council are considering ways in which we could improve the sports field facilities currently used as a five a side pitch at Valley Lane. We would appreciate your views in order to ensure that any improvements made are in keeping with the wishes of the village residents and regular visitors and add quality to village life.

You can help by completing the short questionnaire included in your newsletter and returning it to Maple Lodge, Great Finborough, IP14 3AT or emailing to s.tarabella@btinternet.com. An electronic version of this document can be found on the village website at http://greatfinborough.onesuffolk.net. Alternatively, if you contact any of your Parish Councillors, we can arrange to pick up your completed questionnaire.

Your help in this matter is greatly appreciated. The results of this survey will form the basis of the next round of discussions with a view to holding a public consultation on the way forward.

Parish Council

Boarded Barn, City Lane

9 July 2016 7-11pm

Adults £8; Children £5

Supper & punch included

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Great Finborough & District Garden Club

The lovely mild and sunny weather is now set to become cooler and unsettled, typical April weather really, however they do say that gardeners are never satisfied. However do not forget that a late frost is still possible so remember to protect those vulnerable new plantings.

The April meeting was a well-attended, illustrated talk given by Reinhild Raistrick. She showed us how she produces her beautifully detailed and delicate watercolour botanical paintings and the recording that is required so they can be used as a research source by Kew Gardens and other botanists. The members at the meeting also voted to make St. Andrew's church the recipient of the proceeds raised by the 2016 Open Gardens; this will be donated to help fund improvements, specifically the new toilet facility.

We also celebrated the Diamond wedding of Ken and Betty Bottomley and the marriage of Susanna Ward to James Spencer with delicious cakes to accompany our coffee. On Saturday 16th April we also planted a flowering cherry tree at the green end of Middlefield Drive to commemorate Ken and Betty's anniversary.

The next meeting will be the AGM with a Bring and Buy Plant Sale and Social on May 12th at 7.30 PM in the Upper Room of the Pettiward Hall. So pot on all those extra seedlings and cuttings and bring them along to find them a new home. Perhaps you will find yourself some plants that you have not grown before, didn't think to grow this year or replacements for those lost over the winter.

There is always room for new committee members to help keep the club buoyant and prevent the old stagers from stagnating! If you would like to help with running the club, put your name forward at the AGM it's not onerous and can be very enjoyable.

Here is another reminder of the 2016 Village Open Gardens. This will be held on Sunday 3rd July. If you would be interested in opening your garden to help us in our efforts we would be delighted to hear from you. It is not necessary to be a member of the Club to participate and receive an invitation to the prestigious "Presidents Lawn BBQ".

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, due in May. For further information contact either: John Davey on 674401 or Judith Cameron on 672978.

Judith Cameron

From the Rectory

The **Lent Charity Lunches** organised by the churches were all especially successful. Shelland raised £81 for Stowmarket Food Bank, Buxhall £185 for Action against Hunger, Onehouse £115 and Gt Finborough £185 for Goa Outreach delivering food and clothes directly to the



street children and Combs raised £150 for an Ipswich based Mental Health Charity. Thank you to all who contributed in any way.

The churches are planning Christian Aid fund raising events too and see separate notes to coincide with Christian Aid Week. I am sure Buxhall's new venture of a Book Sale in the church with Coffee Morning will attract from far and wide as well as relieving storage space at Leffey Hall (!) If you would like to help with any of these events please be in touch, with me or the Churchwardens: you will be most welcome. Thank you to all who have been prepared to hold Office in the church following this year's Annual Meetings. Not all have taken place by 15th April and any changes will be notified in the parish details section of your magazines in due course. Thank you also to all those who have retired from office for their work. It is right also to record the hundreds of people across the parishes that clean, ring, sing, and mow, sweep dust polish, record, administer and welcome.

As far as our children's work is concerned we are pleased that the club at Gt Finborough Primary School SPLAT continues to run under the leadership of Rev Rachel and Irene Leech. Worship and Messy Church at Combs is particularly well attended. Several people there are now running a weekly Sunday school at 11am and of course all are very welcome. Rachel is writing separately about a new Venture in Onehouse connected with Pottery which will doubtless attract the 7-13 age range.

We welcome both Bishops soon: Martin to Combs for the Opening of Trinity Church School on 10^{th} May and Mike to Buxhall on Sunday 12^{th} June for their Flower Service and a celebration of the Queens 90^{th} birthday (for all parishes).

If you are not able to get to church regularly but would like to know more of what is going on we will be pleased to e-mail you the **weekly Pew Sheet**. I am very much hoping that soon all the Magazines will be on line.

Our Archbishop has recently exposed very personal details of his parentage that if it were personal to us many would prefer to have been kept private. In doing so he has shown great dignity and reminded us all that to a greater extent we are who we develop ourselves into. Of course there will always be those who have a greater advantage whether by family, wealth, looks, personality or skill. Our Prime Minister is one of them – David Beckham another. But it is what is done that counts and it is extremely easy to winge. Some people do have a very difficult start in life, but thanks to our education system the vast majority now have better chances than they ever did. One measure of schools is now how much has been 'valued added' to each child. Please pray for the Christian Foundation of two of our schools whereby the liberal values of our society which are promoted in all schools are 'underpinned by the narrative of Jesus of Nazareth'. The Archbishop says he achieves his worth 'In Christ'. I prefer to refocus - that we achieve our full stature 'through the example of Christ. He certainly didn't have an easy run. May is the month of Pentecost/Whitsun where Christians celebrate the coming of the Spirit which can give us life if we want it and our Bible is full of examples of people doing seemingly small acts but nevertheless being noticed and thought of highly. One was Dorcas recorded in Acts 9.36 - a seamstress for the poor and worked with great Grace and goodness. Paul himself an anti-Christian zealot turned to great support for Christians after a special experience. We are not all expecting to be Archbishops, but our background need not count or stop us developing into contented happy people serving one another. What counts is how we develop our personalities and the grace with which we use our skills and time. The example of Jesus Christ and the saints is before us. Occasionally we meet one too.....whilst many of us try...

With all good wishes Rev Chris

Attention. 5 lever key lost in High Road, Gt Finborough on the morning of Sunday 17 April. Please notify Peter Turner (see who's who) if found.

The Pettiward Hall "Little Ernie"

The April winners were Sally Nurton and Angela Cuthbert. They each received £8.25.

Open Evening and AGM

Residents who attended the Opening Evening and AGM were able to view the recent improvements to the hall and view an interesting display of artefacts relating to the history of the building. Many thanks to our Village Recorder, Mary Williams, for her help in producing the display. At the AGM the following trustees were elected: Lesley Cass, David Preece, Delia Prior and Norman Vendittelli. They join Mary Preece, the Parish Council's nominee until 2017. The roles of Chairman, Secretary Treasurer and Bookings Secretary/Key holder will be determined at the first meeting of the new committee. In their Annual Report the trustees gave details of the grants totalling over £18,000 which had been secured since December 2014, enabling the improvements to be made to the main hall. They also outlined their plans for the future. The trustees hope that more regular classes or group activities will take place in the hall as these would provide an opportunity for residents to get together, make friends, maybe learn a new skill and help to create a sense of community. **Mary Preece**

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Yoga Class

Residents of Great Finborough – did you know we have an informal and wonderful weekly Yoga class open to all abilities based in our village? I have started going recently and I find them so beneficial both physically and mentally. Sherina's expertise focuses your attention to your body and its movements in a way I haven't experienced before. She has a unique ability to communicate in a really caring way, tailoring a personalised approach to support all ability, and creating a flowing and gentle feel to the sessions. Yoga has so many health benefits that you may not be aware of and western science is now providing concrete evidence that yoga improves health. Yoga improves flexibility, builds muscle strength, perfects the posture, increases blood flow, reduces anxiety and boosts immunity...so why not join me and give it a try?

Sherina Russell runs the yoga sessions during term time, in the new sports & social venue at Finborough School. The sessions cost only £5 and you can just turn up when you're able to. To contact Sherina, call 07966 617192 **Cat Jones**

News from your District Councillor

Village News – May 2016

I hope most people will have recently received a "news from your Councillor" bulletin through the door, but if not, apologies, and you can email or phone and I will send. Also available is my annual report for the Parish Council Meeting.

John Matthissen

PARISH REGISTER Baptism

We welcome into the family of Christ's Church



At St Andrew's, Great Finborough 20 March 2016, Harry Ethan Green



Grand Book Sale and Coffee Morning

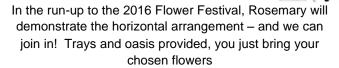
Saturday 7 May 2016 10.00am – 12noon St Mary's Church, Buxhall

Huge selection – plenty of bargains! Home-made refreshments available

Funds raised to support the work of Christian Aid

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

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



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

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.

Onehouse amblers

The next walk will be on Sunday 1st May Meet in the Trinity Hall car park at 2.30pm, for a walk of about 6 miles along local footpaths. This is our annual walk to Granary Crafts Tearoom & Museum, Buxhall. Do come and join us! **Derek Ames (Tel. 613328)**

Person required for personal caring duties for an elderly lady in the village on a rota basis with two other carers - Paid position -For further details please contact 01449 612885

GREAT FINBOROUGH PARISH COUNCIL WILL BE CELEBRATING THE

QUEENS 90th BIRTHDAY

ON

JUNE 11th 2016

1PM to 4PM IN THE CAR PARK AREA
GAMES, COMPETITIONS,
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REFRESHMENTS,
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St Andrew's Church Coffee Morning

Coffee morning at the Chestnut Horse (Under new management)



Tuesday 10 May 0930 - 11.30

Coffee or tea and cake £1.50 Raffle and Tombola

All welcome to our friendly event. Proceeds to St Andrews church and SHINE their 50th anniversary **Irene Bugg**

Finborough Flyers



Due to a combination of coughs, colds, bad weather and Easter holidays there was very little cycling action last month. A couple of us managed to get out for a short ride and were rewarded with some fine cycling weather. Thanks to Pat for keeping me company.

Hopefully next month will see better weather and longer evenings which should provide us with more opportunities to get together.

Simon Tarabella

We are pleased to report that our cat (named Biscuit) has now returned home safe and sound after a week's absence. We would like to **thank all** those who had been keeping an eye out for her. **Ros and Stephen Brook**, Danescroft, High Road.

Great Finborough Allotments.

What a wonderful time of year everything is bursting with life and full of promise. We are busily getting our spuds and onions in and peering hopefully at the rows of seeds sown to see if they have germinated. We are looking forward to delicious tasty produce and huge flowers to rival last year. It is an excellent time to take on an allotment and a plot has come available due to one of our allotmenteers moving away from the village. It is not expensive and is so enjoyable and rewarding and good for your health too! If you are interested or just want to discuss it with me, please do ring or email me contact details on the back cover.

The allotments have benefitted from the support of so many in the village from a good deal on a huge pile of pig poo from Vera Waspe; help with hedge maintenance; to the always generous financial help from the Garden Club; thank you to all. And a big thanks as well to John Davey and the Parish Council who make everything possible. **Mary Smyth**

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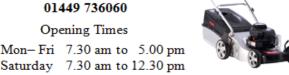
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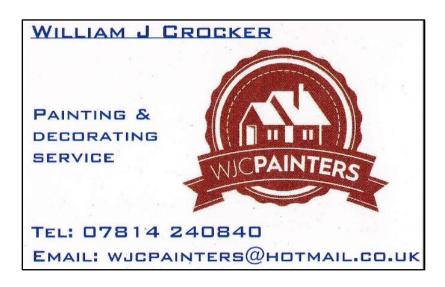
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Great Finborough Church Primary

Everyone has been enjoying the outdoors after returning from the Easter break with the warmer weather. Gardening club is up and running in its new location in the courtyard, and items are once again for sale on the stall outside the side gate. As always, many sports clubs are on offer again this term, including Athletics in good preparation for Sports Day later in the term.

The younger children in Green and Red class will enhance their learning about farming and the outside environment with a trip to a local farm this month. The first of our residential trips for the Year 4 children will see them travel to the Peak District, where among other activities they will enjoy Kayaking, exploring the caves at Matlock Bath and the Heights of Abraham.

16 of our Year 6 children and Mr Dodd (Headteacher) are completing their training for the Coast 2 Coast (Cycle Challenge) which will take place over the May half-term holiday. 134 miles from Whitehaven to Sunderland via the Lake District and North Pennines awaits the team. Mrs Betts and Mrs Hartley will also be providing support to the team. We are all very excited about this very special project!

Melony Mayhew Governor

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Goa Outreach Project

A huge thank you to all whose who donated so generously to Goa Outreach at the Lent Lunches in Onehouse and Great Finborough (and to those who gave on other occasions). The money donated was much appreciated and will go to very good use.

Goa Outreach is a project based in Goa, India, with the aim of helping local disadvantaged children regardless of their religion, class, caste or gender. Many of these children are slum and street children who have arrived in Goa alone or with their families from neighbouring states in the hope of an easier and better life.

My sister Sheila and I spent two weeks supporting the project in March and were able to see first-hand how money raised helps. We were able to provide fruit for many children during our time in Goa and have left money to provide rice, medical and educational supplies.

Your support is much appreciated. **Jane Pearson**



Stowmarket and District Camera Club

Alan Sarsby gave his usual witty critique for the entries to our Open Competition (4) on 14 March in his somewhat unconventional style, which is quite refreshing. He drew us all in and invited comments from the members too.

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.

May 9 - AGM

June 13 - Club night - EAF Exhibition DVD

June 27 - End of season photoshoot – venue TBA

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

Country & Western Themed Evening

Saturday 14th May 7.30pm - 11.30pm

Live Music from

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Buxhall and Great Finborough O'60's Candlestick Club

The opening meeting went off very well although one or two members were missing it was very well attended. The entertainment was excellent, the buffet was excellent and all in all it was a very pleasant evening.

Our next event is the Mystery Tour organised by Katie Ellis from the Onehouse and Harleston group. We do join up together for several of our outings and we do hope our members will support them.

The date is Wednesday May 11th the coach will be leaving Great Finborough Old Chapel at 09.45 Buxhall Village Hall at 09.50 and then onto Harleston for 10am. The fare for members is £17, this includes coach and buffet lunch. Please let Keith 01449 736598 or Katie 01449 736430 know if you would like to go on this trip. Us O'60's would like to congratulate Buxhall WI for the lovely display of daffodils around the village. We all said they wouldn't last until Easter, but they have done well beyond. Well done WI. New members are always welcome to join our club.

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Avoiding the misery of hay fever

At least one in five people in the UK suffer from hay fever and for those who do the coming months could be a miserable time.

Hay fever is caused by an allergy to pollens. The effects of hay fever can range from being quite mild, to having serious effects on your normal daily life. Common symptoms include a runny, itchy or blocked nose, sneezing and itchy, red, swollen, watery eyes.

The peak season for hay fever is usually April to September.

Dr Mark Shenton, a GP in Stowmarket and chairman of NHS Ipswich and East Suffolk Clinical Commissioning Group said "The best way to control hay fever is with antihistamines. Starting to take them now so they get into your system will really be of benefit. Antihistamines are available from your pharmacy and if you've any questions remember your pharmacist can help you, particularly if you're already on medication."

Dr Christopher Browning, a GP in Long Melford and chairman of NHS West Suffolk Clinical Commissioning Group said: "There are some ways you can help protect yourself too. Wear wraparound sunglasses when outdoors to protect your eyes. By taking a shower and changing clothes after being outdoors you can help stop pollen spreading through your home. Keep an eye on the weather forecast and stay indoors if the pollen count is high. Finally, by smearing a small amount of Vaseline inside your nose you can prevent pollen settling on the lining of your nose."

You can be prepared for the effects of hay fever by listening to your local weather forecast, which will list the pollen count as being low, medium or high:

Low - A low count means that concentrations of pollen in the air will not be high enough to trigger hay fever for the majority of people **Moderate** - A moderate count may mean symptoms for some sufferers, but they shouldn't be too severe

High - High and very high counts will cause suffering to most people with hay fever and can be used to judge when to take medication or avoid outdoor activity.

Visit www.nhs.uk for more information

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Give me a ring for further details. **Derek Ames (613328)**

Improved primary care mental health service

The contract to deliver an enhanced mental health wellbeing service in east and west Suffolk has been awarded to Norfolk and Suffolk NHS Foundation Trust (NSFT).

NSFT has been awarded a five-year contract to run the Suffolk Primary Care Mental Health Service from September, a new service which will build on the work of the current Suffolk Wellbeing Service, currently delivered by NSFT. It will do this by expanding the support and care available to people who are living with common mental health issues such as anxiety, stress and depression.

The contract was awarded by NHS West Suffolk and NHS Ipswich and East Suffolk clinical commissioning groups and Suffolk County Council, after a robust competitive tendering process. In awarding the new mental health wellbeing contract, health commissioners were determined to ensure that as many people as possible are able to access the help they need as early as possible. By expanding the availability of evidence-based, early interventions it will enable people to be treated more quickly and more effectively in a community setting.

Dr John Hague, mental health lead for NHS Ipswich and East Suffolk Clinical Commissioning Group said: "Having good mental health is an essential part of living a happy and healthy life. We are confident the new service will build on the good work already delivered by the Suffolk Wellbeing Service by expanding its reach

and working more closely with voluntary and community organisations.

"A key feature of the service is that it will have a family-based approach and will now provide help for those aged less than 16 years, and improved access to services will be achieved by closer working with GP practices.

"We will also see the service working closely with people who are living with more serious mental health conditions and who may previously have required treatment in a specialist mental health unit or hospital. Evidence shows that many people have a more effective recovery away from these environments and we want to increase the level of community-based interventions.

"Improving mental health services remains a priority for health commissioners and we expect the new service to have a positive effect on the lives of local people."

Nesta Reeve, consultant clinical psychologist and clinical lead from NSFT said: "We are delighted that we have been selected to run this new-look service, which will offer easy access help to people of all ages.

"The service will be very innovative and creative. We will work proactively with employers, councils, education providers, public health and other NHS providers to focus on what they can do to help people have a good life, rather than waiting for them to become ill then providing treatment. We will also be treating people holistically – if someone is depressed because of social isolation, for example, we will look at how they increase their connections, such as by starting an evening class or joining a club.

"From the start of the service, we will co-produce interventions with our service users so that we know they are what people want and need. By working with our stakeholders, evaluating our data, and reviewing outcomes, we will be best placed to know what works and what doesn't, which will allow us to put our resources to the best possible use."

CHURCH SERVICES IN THE BENEFICES FOR May 2016

1 May:	Fifth Sunda	y after Easter	, Rogation Day
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9.00 am Holy Communion Little Finborough

 9.30 am
 Sung Eucharist
 Buxhall

 9.30 am
 Matins
 Harleston

 9.30 am
 Reflective Morning Prayer
 Shelland

 11.00 am
 Worship and Messy Church
 Combs

11.00 am Holy Communion Great Finborough

5 May: Ascention Day

4.30 pm Holy Communion Great Finborough

8 May: The Sunday after Ascention Day, Seventh Sunday after

Easter

9.30 am	Holy Communion	Harleston
9.30 am	Matins	Shelland
9.30 am	Matins	Buxhall
11.00 am	Holy Communion	Combs
3.00 pm	George Ward Memorial Service	Onehouse
6.00 pm	Evensong	Little Finborough
6.30 pm	Evensona	Great Finborough

15 May: Whitsunday, Pentecost

9.00 am Holy Communion Little Finborough

9.30 am Holly Communion Buxhall
9.30 am Holy Communion Shelland
11.00 am Family Communion Combs
11.00 am Holy Communion Onehouse

11.00 am Holy Communion Great Finborough

22 May: Trinity Sunday

9.30 am Morning Worship Buxhall 9.30 am Holy Communion Harleston 11.00 am Holy Communion Combs

11.00 am Morning Worship Great Finborough 11.00 am Morning Worship Onehouse

6.00 pm Evensong Little Finborough

CHURCH SERVICES IN THE BENEFICES FOR May 2016

29 May: The First Sunday after Trinity

9.30 am Augustine of Canterbury Harleston 11.00 am Family Communion and Holy Baptism Combs

We meet for

Morning Prayer 10.00 am on Saturdays at St. Mary's Combs (Lady Chapel) **Holy Communion** 9.30 am Wednesday at St. John the Baptist, Onehouse

Midday Prayer 12.00 noon on Tuesday at St. Mary's Buxhall

Evening Prayer 4.30 pm on Thursdays at St. Andrew's, Great Finborough

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		<u>or@matthissen.r</u>	<u>net</u>			
County Councillor	Penny Otton		737870			
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Church Warden		Paul Goodchild	401185			
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			abbeyclassics.co.uk			
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The Chestnut Horse		Julian Authur	612298			
Head teacher, Great Finbo		Stephen Dodd	613208 orough.suffolk.sch.uk			
Primary School Police (Elmswell)		PCSO Ryan Brur				
Stowmarket High School		r CSO Ryan Bidi	613541			
Stowmarket Health Centre			776000			
Combs Ford Surgery			678333			
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Church website http://www.standrewsgtfinborough.co.uk/						
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