

GREAT FINBOROUGH NEWSLETTER



February 2024
ISSUE 545

VILLAGE DIARY

February 2024

8 Feb	7.00pm	Garden Club	Pettiward Hall
8 Feb	7.00pm	Cheese & Wine Tasting	Chestnut Horse
20 Feb	8.00pm	Shout Karaoke	Chestnut Horse

March 2024

14 Feb	7.30pm	Garden Club	Pettiward Hall
24 Feb	TBC	Pre-school Easter Fair	Pettiward Hall

Every Wednesday, Warm Space / "Meet up Wednesday"
12 – 2pm, at the Chestnut Horse Pub

Mobile Library Service Fridays 4.10pm – 4.30pm Oak Close

FUTURE PARISH COUNCIL MEETINGS 2024

11 March	7.30pm, Pettiward Hall
8 April	7.30pm, Pettiward Hall
13 May	7.30pm, Pettiward Hall - Annual Parish Council Meeting

The Newsletter is produced by Great Finborough Parish Council, printed by Gipping Press, and distributed to all households in the village free of charge.

Views expressed are those of the authors and not those of the Parish Council or the Editor. Claims made have not been verified. For these the newsletter disclaims responsibility.

Editorial

Welcome to the February newsletter, I hope you had a lovely Christmas and that the New Year will be a happy one both personally and for our wonderful village. Does seem a long time ago now!

Some good news to start off the New Year, just before Christmas we learnt that Sharon & Rob will not be leaving the Chestnut Horse which is great news for our village as well as for them and their family. They will continue to provide home cooked food and a warm welcome. Please support them if you can as this is the only amenity we have in the village and were it to close it would be a big loss for the village. Check out **page 17 for upcoming events in the Chestnut Horse.**

Planning is at times a contentious subject with people's views swayed to support or object to an application based upon how it affects them personally. Some applications have more impact on the village than others. Regardless of where in the village you live, engaging in the application process is important as it allows decisions to be made based on wide consultation.

You will see on **page 7 Finborough School's invitation to a public meeting to learn about a planning application to build a 120 room dormitory and extend other school facilities.** On Saturday, 30 December 2023, Finborough School and the Parish Council held a meeting on the site. Regrettably due to newsletter publication deadlines this meeting was not widely publicised but was still attended by approximately 30 locals including parish councillors and James Matthison, our District Councillor. Following feedback the school agreed to hold another meeting to give all villagers the opportunity to learn more about their plans. By the time you receive this newsletter the plans will have been submitted to Mid Suffolk Council for planning approval. I would encourage you to attend if you are interested so you are fully informed of the proposed development and how these affect our open spaces and the footpath behind the church and current school boundary.

Over the long Christmas break as editor I have reflected on the role of this newsletter in our community. It is produced by the Parish Council

for the benefit of those living in the village. I believe the newsletter is an important means of communication, providing the only way to reach everyone living in Great Finborough, keeping villagers informed about events of interest and decisions that affect the community. What I have realised is that there is something missing... giving residents an opportunity to air their views. I am independent of the Parish Council and as editor I need to remain impartial, but that does not mean I should not publish items from people with differing views as this opens up debate and supports democracy. Our Parish Councillors are there to represent the views of us all, they can only do that if residents let them know how they feel about things that are happening in the village that affect them, both good and bad.

Since taking on the role of editor I have regularly encouraged residents to become more engaged with the Parish Council and I have sought to introduce new items to make this a more inclusive publication. I often receive communications from individuals raising concerns or expressing gratitude for an act of kindness. With that in mind I plan to introduce a 'Letters to the Editor' section to publish these communications where relevant. Please remain courteous if you do send me anything you wish me to include. The editor will decide whether or not to publish.

If you have any suggestions please do get in touch directly with me. Don't forget you can also approach any of the Parish Councillors or the Clerk directly. I have included their email addresses below.

Tracy Barnett
Editor

Contact details of Parish Councillors below: -

Chair: James Spencer	james@finboroughparishcouncil.org.uk
Vice Chair: Simon Waspe	simon@finboroughparishcouncil.org.uk
Ant Mann	ant@finboroughparishcouncil.org.uk
Isabelle (Belle) Campbell	isabelle@finboroughparishcouncil.org.uk
John Barron	john@finboroughparishcouncil.org.uk
Lee Morgan	lee@finboroughparishcouncil.org.uk
Richard Burton	richard@finboroughparishcouncil.org.uk
Parish Clerk: Paula Gladwell	clerk@finboroughparishcouncil.org.uk

Great Finborough Parish Council

Planning - Our January meeting had several planning applications to consider and a good turnout of members of the public. The Parish Council are a statutory consultee 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.

Bus Services - In collaboration with Bildeston and Hitcham Parish Councils we have submitted an application to the Suffolk County Council Bus Improvement Fund for a share of that funding to provide additional bus services from Hadleigh to Stowmarket via Great Finborough. The service requested that will benefit Great Finborough is a Mon - Fri bus leaving Hadleigh at 7.30am getting to Stowmarket at 8.15 to meet the college bus and the first off peak London train with a return bus leaving Stowmarket at 4.35pm. Hadleigh Community Transport has agreed that they would be interested in providing this service and we wait to see if we will be successful. If you would use this service or know anyone that would welcome these additional weekday buses please can you let us know, any data we can put together for user numbers will help the application.

Flooding - Flooding at best causes disruption on our roads and at worst is devastating for those whose home is breached by the water. The County Council are keen to help those who have suffered flood water in their home and if you or anyone you know hasn't already contacted them for help please make sure you do. Information is available on the website at:

www.suffolk.gov.uk/about/flood-recovery-information-for-suffolk

The parish council are committed to doing everything they can to alleviate flooding in the parish and have recently created a Flood Resilience Working Group with the aim to try and establish a joint effort with neighbouring parishes to explore practical solutions to improve the resilience of our community against future flood events.

The first step is to seek advice on what we can do on the ground to, most urgently, prevent water from entering our residents homes yet again and secondly to try and keep more of the roads open next time it rains. Actions in the future could be establishing balancing ponds in an effort to relieve some of the flooding of the River Ratt or to clear tributaries feeding into the river. With the best will in the world we can only facilitate projects such as these with the guidance of professionals so our first steps are collaboration with the Suffolk Flood Management Group and the Environment Agency. As you can imagine these agencies are very busy so if there are any residents with professional experience of this type of thing or you know someone else who might be able to give valuable advice to us please do get in touch we really would appreciate your help.

Finance - January brings our budget considerations and this year has proved challenging, ensuring we can balance the books, cover the massive increase in costs such as electricity and Mid Suffolk DC's decision to increase the cost of litter and dog bin emptying by 25%, with further increases to come, and trying to make the least impact on residents pockets as possible is difficult. The budget for 2024/2025 was finally approved with a requirement for £16342 needing to be raised by the precept. This will result in an 11% increase in the Parish Council part of residents Council Tax based on a Band D property for the year. We realise this seems a huge increase in percentage terms but hope that it doesn't look so bad when looked at in a monetary value of £4.81 for the whole year, so for a Band D property that's up from £43.75 to £48.56 for the year.

Dates for your diary:

Parish Council meeting, Mon 11 March 2024, 7.30pm at Pettiward Hall
Councillor Surgery, Saturday 16 March 2024

Please note: There is no scheduled Parish Council meeting in February, however if planning application submissions require us to submit time restricted comments we would call a special meeting to do these.

Paula Gladwell
clerk@finboroughparishcouncil.org.uk

Finborough School Planning Application

Finborough School would like to invite members of the village to an open meeting to be held on:

Thursday 7th March @ 19:00 in Pettward Hall - Main Room

The purpose of the meeting is to share information regarding a planning application to build a new dormitory and extend some existing school buildings.

The meeting will provide an opportunity for members of the village to gain an understanding of the application and ask any questions regarding the project.

Photo below depicting site of proposed development



In addition to the meeting organised by Finborough School, there will be an opportunity to attend the Parish Council meeting when the application is discussed, expected to be at their meeting on 11 March.

Please check the village noticeboard or the Parish Council website and Facebook page in case a special meeting is called beforehand as there is no meeting planned in February (see note from Parish Clerk on page 6). You could also keep a check on the Mid Suffolk planning pages to view the application once it has been submitted by going to:

www.midsuffolk.gov.uk/w/application-search-and-comment

News from your District Councillor - John Matthissen

Representing Onehouse, Great & Little Finborough, Combs, Harleston & Shelland

Flooding

With two major storms, the Council has worked hard to help residents in affected homes and businesses.

Householders are being urged to report flood damage via Suffolk County Council's reporting tool: <https://www.suffolk.gov.uk/roads-and-transport/flooding-and-drainage/report-a-flood-in-suffolk>

The government financial support is available where homes have been inundated, once you have logged your details as above. Affected businesses should contact Mid Suffolk to register for support. Please visit www.midsuffolk.gov.uk for full details.

Empty Homes

Mid Suffolk is keen to bring into use as many as possible of the empty homes in the District, currently about 680, some of which have been empty for 2 years or more. Help is available to owners, such as:

- general advice and support
- construction support and project planning
- interest free loan assistance
- landlord lettings and income assistance

The council will also be increasing the penalties for leaving homes empty, by levying additional council tax, rising if homes remain unused. This is to incentivise owners to bring empty and under-utilised properties back into use and to maximise revenue. More information is available at: <https://www.midsuffolk.gov.uk/empty-homes>

You can also let me know about empty homes on a confidential basis, or even anonymously.

Recycling and Repairing

Repairing generally uses far less energy and materials than throwing away and buying new. Volunteers at the Repair Café are skilled in repairing clothing, jewellery, general fixing and glueing furniture, toys, bicycles and electrical repairs. *Please check our Facebook page or contact us directly to*

check what repairs we are able to do in each session.
stowrepaircafe@gmail.com. New volunteers are welcome.

Sunday, 9 Feb: Terracycling & Repair Café Red Gables, 2-4pm
Thursday, 22 Feb: Terracycling Stall, Stowmarket Market, 9.30-11.30am

Please note the stall still cannot currently take medical 'blister packs' for recycling, although the Eco-future group is pressing NHS and drug companies for action to enable recycling.

Stowmarket Food Bank

Please donate a couple of tins or jars if you can afford it, each time you are buying food and household items. There are collection baskets at Asda, Lidl, Tesco, Aldi, all local Co-ops, Stowupland Garage, and also Stowmarket Community Centre.

Locality Awards

This year's locality awards are still open for applications, although much is now allocated. Any group or organisation can apply for amounts of £250 or more. Please contact me to discuss your project ideas. For more information visit - www.midsuffolk.gov.uk/w/locality-awards.

John Matthissen: councillor@matthissen.net

Telephone 01449 258894 (7 days a week)

Or write to 2 Brick Kiln Cottages, Barretts Lane, Needham Market IP6 8RZ

See page 20 for an article from Babergh District Council and Mid Suffolk District Council on Fuel Support and ideas for helping you to heat your home this winter.

The Pettiward Hall

“Little Ernie”

The winners in December were Judith Hickman and Michel Morel and in January, Sally Nurton and Victoria Godfrey. They each received £8.25.

Community Events

The hall is a valuable asset which is under-used. The committee discussed this at its recent meeting and wondered if there were people in the village who would like to come together to form a community group to organise events at the hall. We would offer the hall free of charge as long as half the profits from the event went to the hall; the other half could be donated to a charity or good cause of the group's choosing. Suggested events could include: quiz nights, bingo, board game nights, fairs, discos or dances, concerts or visiting theatre etc. Perhaps you enjoyed helping to organise the Jubilee or Coronation events or volunteered at the High Road Festival and would like to do more. Community events bring people together as well as raise valuable funds for worthy causes so please consider giving up a little spare time to get involved. If you contact me in the first instance I will then arrange a meeting at the hall for all those interested. My contact details are on the back page.

Mary Preece

LEARN TO MAKE YOUR OWN BIRD BOX

If you would like a bird box in time for Spring but lack the tools, skills or know how to make one and would prefer not to just buy one, come along. Produce your very own bird box in one session. Made in my workshop with all the help and advice you may need, this is suitable for all ages and genders working together in a small group. No charge except for materials. Contact me on 07930 338580.

Norman Vendittelli

Monthly 'Black & White' Photo Competition

This month's winner is Ian Cameron who sent in the photo below:



Morning Deer

Great Finborough and Buxhall Under 5's

Wow! We are going to be very busy this term celebrating Chinese New Year, year of the Dragon and world book day. We will also be joining in the nationwide big bird watch, counting how many and which birds are in our gardens and round the village and making sure we help them find food during the cold weather. And one that we are all looking forward to tasting pancakes on Shrove Tuesday YUM. But most importantly of all we have had great fun doing all of this.

We visited Finborough Court recently and the children told the nativity story through songs and actions. Looking forward to our next exciting visit may be to make some valentine cards for our loved ones.

Our preschool is fully booked at the moment, but feel free to contact us if you need a space, ready for September. The preschool is open Monday – Friday 8:30 till 3pm (term time only). You are welcome to visit fore a look around and to find out more about our setting. Do look at our Facebook page and check out some of the exciting things we have been up to. Date for your Diary Sunday, 24 March is our annual Easter Hunt.

Delia Prior and Team

Great Finborough Garden Club

The past Garden Club year has been busy with a variety of talks, visits and Open Gardens all of which provided plenty of lovely gardening input. The club year finished in true Garden Club style with the annual Christmas party. All attendees had a lovely evening with a feast of food, drink and good company with tuneful entertainment provided by the Stowmarket Strummers who had us all singing along.

The Club opens 2024 with our meeting on 8 February, to be held in the Main room of the Pettward Hall at 7:30pm. Our speaker is to be a Master Composter who will refresh our memories on how to produce the very best compost to help feed our plants.

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 more information please contact: **Judith Cameron** on 672978 or judith.e.cameron@btinternet.com

Buxhall Village Hall Management Committee

Buxhall Tea Room

at the Village Hall

10 February

11:30am – 3:30pm

**Enjoy a hot light lunch
or cake and a cuppa with friends.**



hilary-hall@hotmail.co.uk

01449 737671



Great Finborough Litter Pick - January 2024



Greeted by a lovely sunny morning, a fantastic team of volunteers showed up for a morning's litter picking. The focus was on the extremities of the village as the regular litter pickers do a grand job keeping the village litter free. Teams went out to City Lane, Burford Bridge, Valley Lane and towards Buxhall working back to the village car park.

No hidden treasures found but some curious finds including one shoe, a spade and a maintenance sign!!

Thanks goes out to: Nick, John, Ian, Steve, Mary, Nick, Paul, Belle, Richard, Pete, Neil, Tim, Cathy, Lee, Norman, Chris, Cath, Natalie, James, Ivana, Judith and Jodey.

We will look to give more notice for future litter picking and maintenance events and we welcome anyone that can help. However, as always, if you see anything that needs attention, please let the Parish Council know.

Ant Mann

Buxhall and District Community Council

BANGERS, BEANS & BINGO

Buxhall Village Hall

Saturday, 24 February 2024 at 7:00pm

Tickets: Adult £5

Child £2.50

Bring your own drinks

**Book your place by contacting:
Mim and Keith on 01449 736598**

Letter from Coombs Rectory

This year Easter will be celebrated early with Easter Sunday falling on the 31 March. This means of course that everything that precedes this major Christian feast also moves forward. So, although it seems we've only just got over Christmas, Shrove Tuesday will take place on 13 February, with Lent properly beginning on Wednesday 14 February, Ash Wednesday, which is also of course St Valentine's Day!

Shrove Tuesday gives us the opportunity to have a feast by using up flour, eggs and butter to make pancakes before the traditional Lenten fast begins. But what is Lent exactly and why do people try to give up things during this period?

Lent runs until Holy Saturday, the day before Easter Sunday. It's a period that represents the 40 days Jesus fasted in the desert and opposed the temptations offered by the devil before his crucifixion in Jerusalem which Christians commemorate on Good Friday. The purpose of Lent is for people of faith to prepare for Easter and the risen Christ and this has traditionally been done by prayer, fasting and almsgiving to replicate the experiences of Jesus in the desert.

Now I expect that most of us have at one time or another decided to give up something we really enjoy for Lent. For me it tends to be chocolate or cake but it could be all sorts of things such as spending too much time on our electronic devices, a favourite food or drink or binge-watching TV box sets. The important thing is that whatever we decide to give up for Lent, we do so with the right intention and understanding that it helps us to prepare for Easter.

Another practice that Christians will often include as part of their Lenten preparations is that of prayer and spiritual reflection. This can be done individually or in a group specifically set up for that purpose. Within the Benefice the beginning of Lent will be marked by a church service on Ash Wednesday, 14 February, at Trinity Hall in Onehouse. There will be the opportunity to have ashes, mixed with oil, marked on your forehead in the shape of a cross. This is to remind us of the sins we have committed and to encourage us, during Lent, to reflect on how to repent for those sins and grow in holiness so that we're ready to joyfully

celebrate the resurrection of Jesus Christ on Easter Sunday. And there will be the opportunity to join our Lent course which will run on Thursday mornings (15, 22, 29 February, 7, 14 March) on Zoom. We'll be using the Watch and Pray: Wisdom and Hope for Lent and Life booklet prepared by the Church of England. If you'd like to know more please email: revdsarahjenkins@gmail.com.

One final activity that Christians are encouraged to do during Lent is to give alms. However, this doesn't just mean putting money in a collection box or donating via an on-line giving website. Giving alms can encompass a wide range of activities, it could be buying extra shopping and donating it to the local food bank, offering your time to help an elderly neighbour or volunteering for a charity. There are a multitude of ways in which to give alms and by spending a little time looking at what you could do, it will become clear that the people who are most in need will be helped by your generosity.

I do hope you enjoy your pancakes on Shrove Tuesday and that these words have given you food for thought about the period of Lent.

**With blessings,
Revd Sarah**

Dear Editor,

We would like to thank Grace and Archie Gummell for the Nativity tableau - handcrafted and generously donated by them. Everyone who attended a service at St Andrews during Advent, Christmas and Epiphany was able to enjoy our wonderful new Nativity tableau. We know that it will continue to delight us all for many years to come.

Thanks, Bernice



Non-members Wild Bird Seed Orders

The next order will be placed on **13 February 2024**. The birdseed collection will be on **21 February 2024** between **14.00 - 17.00 hrs.** from **Abbey Farm Cottage**. If you would like to place an order please let me have your requirements together with a cheque made payable to "Great Finborough Garden Club", or by BAC's "Gt Finborough Garden Club", sort 09-01-54, account no 20213287 please reference your name followed by B/S. Orders may be posted to or dropped off at The Little House, High Road, Gt Finborough, IP14 3AA, or if it's more convenient dropped off at 1 Valley Lane, Gt Finborough. Thank you.

Peter Turner

07789727974 or p.turner125@btinternet.com

Name

Tel No.

Product	Weight	Price	Quantity	Cost
Wild Bird Mix	20 kg	£14.00		
W.B.M. Premium	20kg	£16.00		
W.B.M No Wheat	20kg	£19.00		
W.B.M NEW High Energy	12.75 kg	£17.00		
W.B.M. No Mess	12.75 kg	£17.50		
W.B.M Robin & Songbird	12.75 kg	£16.50		
Finch Mix	20 kg	£17.50		
Mixed Corn	20 kg	£12.50		
SUPER Poultry Mix	20kg	£14.00		
Peanuts (superior quality)	25 kg	£34.00		
Peanuts (half sack)	12.5 kg approx.	£18.00		
Black Sunflower Seed	15 kg	£18.00		
Sunflower Kernels	20 kg	£28.00		
Sunflower Kernels	10kg approx.	£15.00		
Nyjer Seed	25kg	£38.00		
Nyjer Seed	12.5kg approx.	£20.00		
Suet Pellets	12.75kgs	£21.00		
Suet Balls (Superior quality)	Price each 150 £21/Box	14p		

The Chestnut Horse



Sharon and Rob are excited to retell everyone they are staying on at the pub and wish you all a warm welcome

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- ~ See our food boards inside the pub or on Facebook for menus
- ~ Don't miss our special Valentines Menu: 14 - 17 February
- ~ You can book the extension for your function any day of the week

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Spring Opening Times

Wednesday and Thursday 12-3 and 5-close (Serving Food 12-2 and 5-8)
Friday and Saturday 12-close (Serving Food 12-2 and 5-8)
Sunday 12-8 (Serving Food 12-4)

Special Offerings

Wed-Sat throughout February: Buy a Burger get a pint free (selected drinks)
Meet Up Wednesdays 12 - 2pm weekly – Free Tea / Coffee

February 2024

Weekly Sunday Roasts - 12 Noon
Thursday 8 Feb, 7pm - Cheese & Wine £20pp
Thursday 15 Feb - Gary's Music Quiz - SOLD OUT
Saturday 17 Feb - Build or Decorate Nest Box Competition
Saturday 20 Feb, 8pm - Shout Karaoke
Weekly on Wednesday - Texas Hold'm Poker Nights - register by 7pm

Mid Suffolk Citizens Advice

I've built up a bit of debt and I am panicking. Even though I cut back, Christmas was expensive, my rent has gone up and my paycheque just doesn't stretch as far as it used to. I'm doing everything I can but it's not enough - what can I do?

First of all it's important to know you're not alone in finding things difficult and, crucially, there's support available.

You say you've built up a bit of debt. The first step is to collect all the information you have about your debts. This might include contracts, bills and statements.

Next, make a list of your debts and write down the details of each. This could include whom you owe the money to (this person/company is your 'creditor'); when you first missed a payment; and how much you now owe. You'll also need to make a note of your account or reference number and what steps the creditor has taken to get the money back, eg. sending you letters.

It might feel overwhelming when you see all of your debts written down - but try not to worry, the important thing is that you're sorting them out.

If you're behind on household bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if there are any manageable steps you can take to start reducing your debt.

Once you've got these debts under control, you should look at any other debts like credit card or store card debts, payday loans or missed Buy Now Pay Later payments. While you're looking at the money going out, do remember to consider money that could be coming in. It's always worth checking if there are any benefits that you're eligible for, including support with your energy costs and living costs.

There's a benefits calculator, advice on how to reduce living costs and information on other ways to increase your income on the National Citizens Advice website at citizensadvice.org.uk

There's also emergency support that you may be able to access locally, such as a food bank, local welfare support or fuel vouchers. We know that times are incredibly tough but please remember, you don't have to face this alone.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

Jaz Last

NEEDHAM MARKET COMMUNITY COUNCIL

Annual Art Exhibition

The Needham Market Community Council are excited to announce we will again be organising the now annual art exhibition at the Community Centre over the EASTER weekend. This will be the 48th year of this event which attracts artist 's from all parts of East Anglia raising money which the Community Council uses to support other groups in the town.

Dates : 28 March to 1 April

Venue : Community Hall

The event starts with a wine and cheese buffet on Thursday, 28 March. Tickets are available from **Lilac & Lily's in the High Street** priced at **£10.00 each** (includes 2 glasses of wine) or by email: **nmccartexhibition@btinternet.com**

If you are an artist or know someone who is and they would like to exhibit their work please contact us at the above email address.

If you would like to help with this event; taking in of the 600 plus paintings or hanging them in the hall or stewarding over the weekend, then again please contact us at the email address for further information.

If you are new to the town of Needham Market this is a good opportunity to see the wealth of talent that this area has to offer, and you may want to purchase a painting for your home.

We can take payments with debit & credit cards.

The Community Council looks forward to seeing you over the Easter Weekend

Fuel Support

Find out more about the support in your area

Help to heat your home:

- Prepayment meters – if you are unable to top up your prepayment meter, Citizens Advice can offer you advice and may be able to refer you for charitable support. You can also contact Warm Homes Healthy People Suffolk for support, advice and an in home survey from a Pre-Pay Coordinator. Call 07769 365796 or email prepay@eastssuffolk.gov.uk
- Local Welfare Assistance Scheme – This hardship grant offers payments up to £300 towards the cost of essentials, including energy. Visit the Suffolk County Council website for more information and to apply.
- Surviving Winter - offers help, such as fuel vouchers or support for alternative fuels like oil and LPG, to help you heat your home. Apply online via the Citizens Advice Ipswich website or call 01473 298634 to find out if you are eligible.
- Emergency Heating – if your home currently has no heating, Warm Homes Healthy People can provide free emergency heaters and help you find longer term support. Call 03456 037 686 or email whhp@eastssuffolk.gov.uk. Subject to availability.

Bringing down your bills:

- Warm Homes Healthy People Suffolk - offers free efficiency surveys and advice to help you use less energy. If you are a private tenant or homeowner, they can also tell you if you are eligible for energy efficiency grants. For more information visit: www.warmhomessuffolk.org or call 03456 037 686.
- National Energy Action - runs a Warm and Safe Homes helpline which advises on ways to reduce energy use and improve efficiency. It also offers support to switch suppliers and advice if you get behind on payments. Call 0800 304 7159 or visit www.nea.org.uk

Help for off-gas homes:

- Oil loans - Eastern Savings and Loan Credit Union offer interest-free loans of £500 to help spread the upfront cost of oil and LPG. To become a member and apply visit www.eslcu.co.uk or call 03336

000690. Subject to a manual decision process, affordability and a credit check.

- Oil buying clubs – Bulk buying reduces the cost of your heating oil. Find out if your community has an oil buying club by visiting www.oil-club.co.uk, you can also check the Community Action Suffolk website for details of their scheme: www.communityactionsuffolk.org.uk or call 01603 881 888.

Dealing with energy debt:

- Supplier grants - many energy suppliers have grants to reduce or clear debt if you meet their criteria. Speak to your energy supplier to see what help you can get.
- Citizens Advice - offers advice for energy, debt and more. They can support you to create a budget, negotiate with your supplier and boost your income.
- Benefit entitlement – payments such as Warm Homes Discount, Cold Weather Payments, and extra Winter Fuel Payments can add up to hundreds of pounds to help you pay your energy bills – but you'll need to be claiming certain benefits to get them. Benefit checks can be done online at www.gov.uk/benefits-calculators, or by contacting your local Citizens Advice.

More information

Visit www.midsuffolk.gov.uk/energy-fuel-and-utilities for more resources to help you keep fuel and utility costs down.

If you would like help to access the internet, or to use a computer, phone or tablet, you can contact Mid Suffolk's Digital Skills team 0300 123 4 000, option 7, who can help you find support in your area.



Shell's Flower's

Treat yourself or someone else to a lovely bouquet
Any event, weddings, funerals, parties, jam jar arrangements

Please get in contact to have a chat

Tel: 07806353293

Email: shellmiles69@yahoo.com

FB: shell's flower's



86a Forest Road, Onehouse
charismahair.co.uk / 01449 677202

- Full range of styling and colouring
- OPU manicures including gel polish
 - Eyebrow tint and shape

(Closed on Mondays and Tuesdays)

Cat Jones MAR

Reflexology Practitioner in Great Finborough

Do you need a winter pick-me-up?

Reflexology is a relaxing complementary therapy which can help ease symptoms of a whole range of chronic health issues. Regular maintenance with Reflexology can also optimise your overall long-term health, improve sleep, calm anxiety and bring relief from the stresses and strains of everyday life.

Even though reflexology is given through the feet, the feeling of profound relaxation affects the entire body. You will leave feeling calm, totally de-stressed and feeling much more yourself again! Whether it's regular maintenance sessions or a one-off blissful hour to yourself, your local reflexologist is just up the road.

Find testimonials and more information on my website, or please ring for a chat.

www.catjonesreflexology.co.uk

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Services for the Combs and Finborough Benefice

Sunday Services

4 February: The Second Sunday before Lent

9.00 am	Holy Communion	Little Finborough
9.30 am	Morning Worship	Harleston
9.30 am	Spiritual Communion	Zoom Service
11.00 am	All Age Worship	Combs

11 February: Sunday next before Lent

9.30 am	Morning Worship	Shelland
9.30 am	Holy Communion	Buxhall
11.00 am	Morning Worship	Great Finborough
11.00 am	Holy Communion	Onehouse Trinity Hall

14 February: Ash Wednesday

9.30 am	Holy Communion	Onehouse Trinity Hall
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18 February: The First Sunday of Lent

9.30 am	Holy Communion	Harleston
11.00 am	Family Communion	Combs
3.00 pm	Evensong	Little Finborough
6.00 pm	Compline	Zoom Service

25 February: The Second Sunday of Lent

9.30 am	Morning Worship	Buxhall
9.30 am	Holy Communion	Shelland
11.00 am	Morning Worship	Onehouse Trinity Hall
11.00 am	Holy Communion	Great Finborough

Weekday Services

9.30 am on Wednesday	Holy Communion	Onehouse Trinity Hall
10.00 am on Saturday	Morning Prayer	Zoom Meeting

All Welcome! Whether you are a regular worshipper or a visitor to our churches, you will find a warm welcome at all of our services

If you would like details of how to join any of the Zoom services
please email: revdsarahjenkins@gmail.com

WHO'S WHO IN GREAT FINBOROUGH

Newsletter Editor	Tracy Barnett	finboroughnewsletter@gmail.com	
Parish Council Village		Website: www.greatfinborough.onesuffolk.net	
Chair	James Spencer	james@finboroughparishcouncil.org.uk	
Clerk	Paula Gladwell	clerk@finboroughparishcouncil.org.uk	01284 828112
Footpath Warden	Isabelle Campbell	greatfinboroughfootpaths@gmail.com	
Pettiward Hall (Lettings/Keyholder)	Mary Preece	mary.preece1@btinternet.com	771360
District Councillor	John Matthissen	councillor@matthissen.net	258894
County Councillor	Penny Otton	penny.otton@suffolk.gov.uk	737870
St Andrew's Church		Website: www.standrewsgtfinborough.co.uk	
Rector	Rev Sarah Jenkins	revdsarahjenkins@gmail.com	
	Combs Rectory, 135 Poplar Hill, IP14 2AY		676065
Associate Priest	Rev Canon Pauline Higham		771791
	The Rectory, Onehouse, IP14 2AY		
Church Warden	Paul Goodchild		401185
Church Warden	Nigel Brown		675344
Great Finborough & District Garden Club	Judith Cameron	Judith.e.cameron@btinternet.com	672978
Allotments Assoc.	Mary Smyth		672533
Candlestick Club	Keith Proctor		736598
Gt Finborough Primary School		Website: www.greatfinborough.suffolk.sch.uk	
Headteacher	Stephen Dodd	headteacher@greatfinborough.suffolk.sch.uk	613208
Gt Finborough & Buxhall Under 5's	Delia Prior	delia@gfbunderfive.co.uk	07513 140072
Chestnut Horse Pub	Sharon Shipp		674688
Buxhall Women's Institute	Judith Hickman	judithhickman12@gmail.com	
Police (Stowmarket SNT)	Stowmarket.snt@suffolk.pnn.police.uk		101
Stowmarket High School			613541
Stowmarket Health Centre			776000
Combs Ford Surgery			678333
Bildeston Surgery			740254
Stowmarket Library			613143