

GREAT FINBOROUGH NEWSLETTER



**October 2023
ISSUE 542**

VILLAGE DIARY

October 2023

12	7.30pm	Garden Club Meeting, Pettiward Hall
14	10.00am	Pettiward Hall Open Morning
19	tbc	Garden Club, Visit to The Place for Plants
19	8.00pm	Quiz Night, Chestnut Horse
21	9.00am	Village Maintenance, Village Car Park
28	7.00pm	Art Class, Chestnut Horse

November 2023

18	12.30pm	Veterans Lunch, Chestnut Horse
25	7.00pm	St Andrew's Autumn Supper, 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
20 October, 17 November, 15 December

PARISH COUNCIL MEETINGS 2023

16 October at 7.30pm, Pettiward Hall
13 November at 7.30pm, 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

Welcome to the October newsletter. Hope you have enjoyed the surprisingly good weather we experienced during September. Although Village activities have slowed a little this month we still had lots of fun. The village, as in previous years, fielded a large team taking part in Ride & Stride/Pedal & Drive to raise money for the Suffolk Historic Churches Trust. The Buxhall Produce Show also saw three of our villagers winning prizes for their entries. Well done to everyone who has taken part.

You will have seen in the September newsletter that the Parish Council now has a full complement of councillors which is great news. Every month our clerk, Paula provides notes on the most recent meeting to keep villagers abreast of discussions held and decisions made on our behalf. The Parish Council plays an important role in the administration and governance of our village. Despite these meetings being where decisions are made on matters that affect us all (e.g. how the budget is spent, planning applications, speed watch, maintenance of community areas, etc) attendance of the public is notoriously poor. The Parish Council would welcome villagers showing an interest so do pop along to the meetings if you can to support them and make your views known, after all, they are there to make decisions for the benefit of our village so it is important they understand the views of villagers.

There are lots of events planned in October and November including the first Veterans Lunch, a visit to The Place for Plants and the village maintenance day. The more volunteers the easier for all so if you have a few hours to spare do come along and help to keep Great Finborough a village we are all proud to call home.

Unfortunately I have not received any recipes to include this month. If you have one to share or anything else you wish to contribute to the next newsletter please make sure this is sent to me by 15 October.

Finally, I would like to send a warm welcome to Kirsty and Matthew who have recently moved from Billericay to live near the church. If you see them around the village please say hello.

Tracy Barnett

Great Finborough Parish Council

The September parish council meeting brought an extensive agenda and lots of public comments.

Public Forum - Residents in Borough Lane expressed concerns about the safety of pedestrians using the lane, the speed of vehicles and the lack of an accessible verge for pedestrians to step away from the road to avoid passing traffic has serious safety issues. Unfortunately the help available to designate a Quiet Lane has now finished and although it is still possible to get this designation SCC have confirmed they do not have a process or costings at this time. If you are driving on Borough Lane please slow your speed and be aware that pedestrians could be just around the blind bend with nowhere to get off the road. Hopefully SCC Highways engineers will assess the safety issues and authorise additional signage and verge cutting to help improve safety for users of Borough Lane going forward.

Antisocial Behaviour - A major concern is the substance abuse litter found at Valley Lane car park, the local PCSO has been informed and consideration of the provision of CCTV will now be taken to monitor anti-social behaviour in the village.

Finance - Finance and governance takes up a lot of the September agenda, once the monthly reports and approvals for spending have been dealt with the completion of the External Audit, with no matters for concern, was noted and the conclusion of the audit advertised in accordance with regulations.

A review of the asset register and approval of the insurance renewal is dealt with together with the annual review of Standing Orders, policies and procedures and the approval of the internal control statement. The effectiveness of the councils governing arrangements and systems of internal control is carried out and this year all controls in place were felt to be effective and no areas for development were identified.

I am pleased to report that residents can be confident that their council and their money are being governed effectively in line with regulations.

Woodpecker Hill Wood - Council approved the purchase of some English bluebells to be planted at Woodpecker Hill wood and the volunteer group who look after the wood for everyone's enjoyment were commended for their commitment to this valuable asset for the village. If you haven't spent time there lately please do go and take a walk around.

Village Maintenance – There are lots of small things that can make a big difference to the way the village looks. Our District and County councils unfortunately put most of these at the bottom of their list of priorities so even when we report them it's unlikely that they will be addressed anytime soon, if ever, so the parish council have agreed that a volunteer working group be set up to tackle some of these ourselves. The first working group is fixed for Saturday, 21 October meeting at 9am in the car park. Cllrs will draft a schedule of work to include cleaning signage, cutting back vegetation and general village maintenance. If you can come along and help please do.

Speedwatch – Cllr Ant Mann has confirmed that he now has a list of enough volunteers to re-start the rota for Speedwatch. Training will now be arranged and hopefully this valuable initiative will help slow down traffic along High Road.

Planning - Remember that residents can make comments on applications that affect them and their community. The first step is to review the application on the Mid Suffolk District Council website or at their offices. The Parish Council agendas list application numbers with their address and proposal details which are open for comment, the time scale for comment is short so make sure that you submit your comments before the deadlines if you want them to be considered. The quickest and easiest way to view or comment on an application is to use the planning application online facility on the District Councils website: <https://www.midsuffolk.gov.uk/planning/application-search-and-comment>

Please remember that your comments will be made available to the public and can be seen by everyone, so make sure your response is relevant and not defamatory or offensive. If you do not provide your name and address your comments will be treated as anonymous and your views will not be taken into account and your time wasted.

Paula Gladwell
Parish Clerk

The Pettiward Hall

“Little Ernie”

The winners in the September draw were Chris & Belinda Aldous and Sadie Squirrel. They each received £8.25.

Open Morning

Please see the separate advert on page 8 for details of our Open Morning on 14 October. Do come along and find out about your village hall and village organisations. We'd like to know what sort of activities you would like to see at the hall; perhaps you'd be interested in running a class yourself. We will be providing free drinks and biscuits on the day and would appreciate some help with this. If you can spare a little time to assist us, please get in touch.

Mary Preece

St Andrews Church Autumn Supper

25 November, 7pm at Pettiward Hall

Join us for an Autumn Supper; 3 course meal with choice of 3 starters, 3 mains, 2 desserts or cheese & biscuits all for £20. Menu choices will be in the November issue of the newsletter.

Numbers are limited so please book early to avoid disappointment.

Contact Peter: 07789727974

or by email: p.turner125@btinternet.com

News from your District Councillor - John Matthissen

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

New policing model: PCC & Chief Constable answer your questions

The way local policing is delivered in Suffolk is changing and a new county policing model goes live in December 2023. In advance of the changes, the Police and Crime Commissioner Tim Passmore and Chief Constable Rachel Kearton are hosting a series of meetings to talk through the plans with local communities and answer any questions they may have.

Oct 17 6.30pm at the new Fire/Police HQ in Stowmarket. (off A1120 bulb junction)

Help with warmer homes and lower bills

Apply for support from the Great British Insulation Scheme

www.gov.uk/apply-great-british-insulation-scheme

Solar farms

The appeal against MSDC planning refusal for a Solar Farm at Somersham was successful as well as the appeal for costs. There are currently several other applications for largesolar farms in the district and this appeal decision will be an important material consideration. The appeal inspectors are reflecting strong policy direction from Government, such that loss of good agricultural land and impact on the landscape will often be outweighed by the need for non-fossil fuel electricity in the public interest.

Recycling and Repairing

The Eco futures stall continues to attract more and more of the 'hard to recycle' items such as toothbrushes, toothpaste tubes, pens, coffee pods and tetra-paks (juice cartons). This is mainly in conjunction with *Terracycle* with support from Mid Suffolk District Council.

Sunday 8 Oct: Terracycling & Repair Café, Red Gables, 2-4pm;

Thursday, 26 Oct: Terracycling Stall, Stowmarket Market, 9.30-11.30

Please note they **cannot currently take medical 'blister packs'**.

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

THE PETTIWARD HALL

OPEN MORNING

Saturday, 14 October 10am-12 noon



Free refreshments

View the new roof

Find out about the hall and tour the facilities

Meet our MP – The Rt Hon Jo Churchill

Allotments Association Produce Stall

Information about:

**Yoga classes Garden Club Pre-school
Parent & Toddler Group Parish Council**

Ride and Stride / Pedal and Drive

In 1973 a group of friends (widely believed to have originated in Great Finborough) got together to form the Suffolk Historic Churches Trust. Their aim, to raise money to preserve the fabric of these magnificent buildings in our county. This year is the Trust's 50th anniversary and during that time some £10 million, in today's money, has been raised. One of the many ways of fundraising is the annual Ride and Stride, where members of the communities across Suffolk elect to walk, ride a bicycle or horse and visit as many churches as is reasonably possible, collecting money through sponsorship.

Pedal and Drive was introduced five years ago, adding Vintage and Classic cars to the mix. Some 100 cars are set off from five of Suffolk's stately homes, each given a route that included visiting several churches and all converging on the cricket ground in Lavenham. Great Finborough was represented in all categories, with walkers, cyclists, vintage and classic car owners and half a dozen die hard runners. The latter completing a 14 mile course in the unseasonable heatwave on 9 September, thankfully rehydration took place at the Chestnut Horse. In Lavenham six bottles of Champagne were up for grabs for the winners in various classes - three of those were presented to the 'Finborough team! (Stephen & Ann Basey Fisher, Gerry Cobbolt and my Good Lady, Tracy Barnett). Once again, for a charitable cause, our village produced a 'Magna' effort. Well done to all those that took part.

Martin Males



Great Finborough Garden Club

At last we have had some very welcome rain to revive our gardens and prolong the flowers and harvest.

The AGM and social get together was held on the 14 September and was an opportunity to reflect on the past year, look ahead to the coming year and to enjoy a social get together over delicious home cooked cakes and savouries. Always an important part of garden club events!

The meeting was well attended, and the members voted to re-elect the current chair and committee. The chairman, Peter Turner, thanked everyone in the club for their work in the past year and reflected on the enjoyable events and successful fundraisers for village organisations and those further afield. The Club has run a full programme of visits, activities and meetings this year including a successful Open Gardens. This enabled us to donate a total of £2112.30 to various organisations and charities as well as keeping the local birds well fed.

An exciting programme of talks is planned for the year ahead including a focus on gardening: bulb planting, composting and garden planning. Other talks look further afield and promise to be of great interest. Visits are planned locally and further afield and include to Nowton Park, the National Flower Show, Broad Oak and the Wild Flower Meadow in Great Finborough next summer.

We have two events in October. The usual October meeting on the 12 will see Patricia Hodges return to present her talk on John Constable: The man and his landscape. This is an illustrated talk relating to the famous paintings and the landscape as it is today and the story behind and use today of the buildings at Flatford.

On the 19 October we will have a carshare visit to The Place for Plants at East Bergholt. There will be a guided tour and exploration of the magnificent gardens, arboretum, waterside walk, walled garden and plant

centre. This will be followed by teas/coffee and cakes in the café. Details will be sent to members closer to the date.

A gentle reminder that subscriptions were due on 1 September, they will remain at £15.00 per household. Please, if at all possible pay by BACS to avoid Ann and Mary having to handle cash/cheques. If you are unable to pay by BACS please contact Ann: ann@basey-fisher.co.uk; 07907756167; or Mary: blossomz001@btinternet.com 672533, or another member of the Committee.

Finally, if you are interested in joining the garden club or would like to join us for any event you will be very welcome. Meetings are held on the second Thursday of the month; membership is only £15.00 per household per year and there is a charge of £2.50 for guest attendance at any single meeting. For further information contact: **Judith Cameron** on 672978 or judith.e.cameron@btinternet.com.

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

Non-members wild bird seed orders

The next order will be placed on **10 October**. The birdseed collection will be on **18 October between 14.00 and 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

Tele 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	14p		
	150 £21/Box			

Woodpecker Hill Wood

Firstly may I thank all of you who volunteered for the King's Volunteer day a few months back. We were able to lay chippings, paint benches, cut and move fallen branches and to fence off the drainage ditch. Pretty good going. Plus I was able to produce a "bucket" bbq which, after much "is it alright, no not quite, yes it is, Ooo it's smokey" was able to produce a number of hamburgers for our volunteers. Luckily though that Peter was available with his gas bbq to top up hungry tummies.

A big thank you also to Paul and Alison Goodchild who were kind enough to donate a wood/metal bench. After much umming it was decided to position it in the wild flower meadow... an ideal place for those taking a break from their walk and viewing passing bumblebees and butterflies.

And as the year progresses I would like to know whether any of you would like to volunteer again to help with the wood. This would take the form of clearing the pathways, creating new pathways, moving and stacking wood ready for the "chipper" in the Spring and then spreading the wood chippings along the paths plus the painting benches.

Designated as a wild wood

Woodpecker is enjoying a reintroduction of pollinating woodland flowers which in turn helps our local ecosystem. So we are calling out to those of you who enjoy the wood and feel they would like to participate and help keep Woodpecker an enjoyable area for all users.

We usually need help in November and again in the Spring so if you can participate then please leave your details via email address below.

June Nathan
Co-ordinator

Email: whwv2020@gmail.com

Great Finborough Veterans' Lunch

18 November 2023



Great Finborough and the surrounding area has a large number of serving and ex-serving members of the Armed Forces.

Sharon and Rob have kindly agreed to host a gathering for us at the **Chestnut Horse on Saturday, 18 November, at 12:30**

If you would like to join us for a 3 course meal, a few beers, tales of derring-do and a bit of banter, please contact:

Lee Morgan on

leemorgan32@gmail.com / 07967665025

The Chestnut Horse



Sharon and Rob wish you all a warm welcome

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**Please see our food boards inside or on Facebook for our new Autumn menu including our "spice up" Wednesday menu. Don't forget you can book the extension for your function for any day of the week**

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Autumn opening times

Wednesday and Thursday 12-3 and 5-close

Food 12-2 and 5-8

Friday and Saturday 12-close

Food 12-2 and 5-8

Sunday 12-8

Food 12-4

Wed to Sat Food service – 2 course "Light Bite" £10 on selected items

October 2023

Weekly Sunday Roasts - 12 Noon

Thursday 19 October – Quiz night, 8pm

Meet Up Wednesdays 12 - 2pm weekly – Free Tea / Coffee

Letter from Combs Rectory

The temperatures are starting to cool and the leaves on the trees are changing to the beautiful golds and reds of autumn. The fields have been harvested and are being ploughed for their next crop. Across our benefice of seven churches we're reflecting on a busy summer, despite the less than desirable weather!

This summer we held not one but two Hymns and Pimm's services, in June at Great Finborough and in July at Little Finborough. Favourite hymns were chosen and introduced before being sung by everyone present. The Pimm's certainly helped with the singing! And in July Onehouse held their annual BBQ to commemorate the feast of John the Baptist to whom the church is dedicated.

In August, over at Harleston we held a Pet Blessing service on the green and were rewarded with not only plenty of people but also plenty of dogs and a horse who were all very well behaved throughout! The short service was followed by tea and cake and lots of chatting. Also at Harleston, we welcomed the first visit of the Rural Coffee Caravan to the Green in August and had a large number of people join us for conversation, tea and cake. They visited again in September and will be with us on 9th October, from 2pm to 4pm, on Harleston Green. Do please pop along if you can.

We also had other summer fundraising events, the Strawberry Fayre in the Rectory garden at Combs in June and Shelland held a well-supported Barrel Organ event in church which included a visit to a wonderful local garden. Small groups were able to see the barrel organ being played and even have a go themselves, under supervision of course!

Also in August we had the joy of the Buxhall and Shelland fete, which this year took place in the church grounds and the church itself. It's a wonderful traditional summer fete which was well attended and blessed by good weather thankfully.

There's no doubt it's been a busy summer for our churches and now we turn towards autumn. On Sunday, 29 October we will have a single service at Buxhall at 11am and will be joined by one of the hospital chaplains from Ipswich Hospital, Revd Linda Peall. That evening there will be a service for All Souls at 6pm at Great Finborough where we will remember all the people we have lost and continue to mourn. All are welcome to both, and of course any other, of our services. It would be good to see you there.

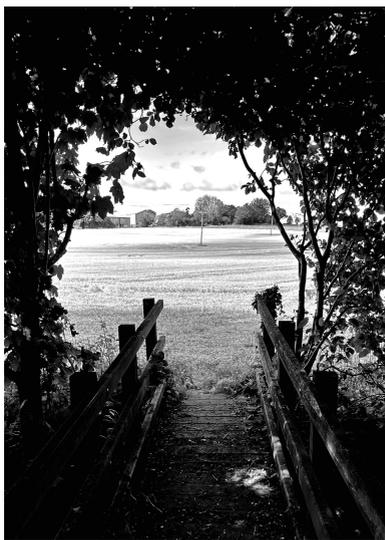
**With blessings,
Revd Sarah**

Monthly 'Black & White' Photo Competition

This month's winners who sent in the photos below are:



Sally Gooch



Jeannie Newell

Mid Suffolk Citizens Advice

I need a new car for work but I can't afford to buy a new one so I've been looking at second-hand options. I've heard so many horror stories about people buying cars that turn out to be faulty. I'm worried that I won't know what to check, especially as I know very little about cars. How can I make sure I don't buy a dud car?

For many people, buying a car is a major purchase and whether it's new or second-hand, the process can seem daunting and complicated.

First of all, where are you going to buy the car? If you're buying from a trader, choose a trustworthy one with an established name with a good reputation. Ideally, they will be part of a trade association or follow the industry's code of practice.

If you're buying via an auction, this is much riskier as you'll have fewer legal protections like the right to returns or refunds so carefully read the terms and conditions before you bid.

If you buy from a private seller, there's a few extra steps to take. For instance, try to inspect the car at their home address so if something goes wrong later, you have a record of that.

Make sure the car's details are correct by using the DVLA's free online vehicle information checker. You'll need the registration number, MOT test number, mileage and make/model of the car to do this check. Also, check the car's MOT history for free on gov.uk/get-vehicle-information-from-dvla .

Keep a copy of both these results (take a screenshot or download the information) as well as the original advert or description of the car. You might also consider getting a private history check to see if the car's been reported stolen, still has money owing on it, or has been in a serious crash. This will cost about £20.

Inspecting the car is crucial before buying. Ideally, do this during the day when it's not raining (scratches are harder to see on a wet car) and take it for a test drive for at least 15 minutes and on different types of road, if possible. Check you have the appropriate insurance for a test drive (either your own or the seller's policy might cover you).

Don't be afraid to haggle on the price, and only pay what you can afford. Make sure you get the original (not a photocopy) of the log book and valid MOT test certificate. Never buy a car without the log book.

Often, despite doing all these checks, you might find something wrong with the car after you've bought it. You may have a legal right to a repair, the cost of a repair or some money back but it's on a case-by-case basis. If something has gone wrong with your car and you need help, you can call the Citizens Advice consumer helpline on 0808 2231133 .

Citizens Advice Mid Suffolk can provide advice on this issue and much more, including family/relationships, debt, finances, employment and benefits. 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 Mon-Thurs 9.30am – 3.30pm, Friday 9.30am – 12.30pm.

Jaz Last



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Buxhall Produce Show

The community in Buxhall put on a village show, steeped in tradition, with another well-run event on 9 September. With prize onions, perfect tomatoes, large beetroot and long runner beans laid out on display plates, admirers and fellow gardeners worked their way round the room. Richly coloured blooms, picked early that morning, led on to the humorous vegetable display, preserves and baked goods' sections, and the children's craft work. In this the Hart children nearly swept the board in prizes, having spent the summer holidays working on their projects. In the adult art and craft section, our own Grace Gemmell won a cup and Norman Vendittelli scooped first prize for his handmade tables. My photo - see page 6 (but in colour) won 3rd prize in the photography section. The WI provided delicious fare and the show ended with a raffle and auction of the produce donated.

Entries across the board were down compared with pre-pandemic numbers, and the hot weather on the day may have reduced the attendance too. It is important to keep these village traditions alive. Next year I hope that many more of the fabulous gardeners of Great Finborough will enter their produce as there are plenty of categories in which we can shine. So, as we peruse the seed catalogues this autumn; start early sowing in the new year; get going with vigour in March; and spend the summer tending our flowers and food, keep in mind the opportunity to celebrate the harvest with our neighbours up the road early next September. Contact me if you want to collaborate on 07717 582150.

Sally Gooch

Buxhall and District Community Council

A huge thank you to everyone involved in this quintessential annual village event. The exhibitors, judges, Buxhall WI, our volunteers on the day, everyone who donated prizes and all our visitors during the afternoon – all contributed to making the afternoon a success. Overall, we had 26 adult entrants and 10 children entered aged 18 months to 11 years. In total there were 100 exhibits on the day. The 24 donated prizes made the raffle very popular and raised £102 for the BCC funds. We look forward to seeing everyone again next year on 7 September 2024.

Hilary Hall

Buxhall Village Hall Management Committee

Buxhall Tea Room

at the village Hall



14 October

11:30am – 3:30pm



In aid of the hall refurbishments

Enjoy good conversation with friends,
light lunch or cake and a cuppa or cold drink.

**If you are able to help with serving or perhaps bake a cake,
please contact Hilary**



hilary-hall@hotmail.co.uk

01449 737671

Buxhall and District Community Council

BANGERS, BEANS & BINGO

Buxhall Village Hall

Saturday, 25 November 2023 at 7:00pm

Tickets: Adult £5, Children £2.50

Book your place by contacting:

Mim and Keith 01449 736598

Inori Aikido Dojo – Your Local Martial Arts Club

Aikido for Children

Aikido is all about creating a warm, safe and creative place in which Aikido can be made accessible and fun for children. Aikido is full of great benefits for children, a great accompaniment to learning!

Practising Aikido on regular basis will help children gain self-confidence and self-respect, developing concentration and focus, releasing stress, becoming more flexible, developing emotional intelligence and resilience, being more calm, happy and grounded.

Top 10 benefits of Aikido for children:

1. Improves flexibility and strengthens the body
2. Improves concentration, cooperation and coordination
3. Increases self-esteem
4. Gives tools for stress management
5. Helps imagination and creativity
6. Improves social interaction
7. Enhances body and space awareness
8. Teaches responsibility and discipline
9. Teaches children to enjoy the present moment
10. Improves the quality of children's life

Anyone age 7+ is welcome! In our Aikido sessions everyone is encouraged to train to the best of their ability. We are also happy to try to cater for any disorders like ASD and ADHD as well as any disabilities.

Now it is your time, we are here for you! Join us and change your life for the better, physically, mentally, and spiritually. Booking not required, FREE trial, bring along a friend or a family member!

Regular classes run at Woolpit Village Hall on Mon & Thurs nights, 7pm to 9pm. Our instructors are Coach Level 1 & 2 qualified, DBS checked, First Aid qualified and fully vaccinated against COVID-19.

For any queries please contact us on 07793 658748

e-mail: inoridojo@yahoo.com Facebook: @Inori Dojo

Website: <https://inoridojo.wixsite.com/aikidosuffolk>



Catherine Rolfe
HATHA YOGA TEACHER

Meditation group

Mondays 6 to 6.30pm

Hatha Yoga class

Mondays 6.45 to 8.15pm

The Pettward Hall, Gt Finborough

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Cat Jones MAR, Reflexology Practitioner **in Great Finborough**

Reflexology is a relaxing complementary therapy which can also help ease symptoms of a whole range of chronic health issues. Reflexology can improve sleep, calm anxiety and soothe depression. It detoxifies and boosts immunity, clears congestion and regulates hormones. It also helps control pain levels, IBS & digestive issues, kidney and bladder issues, and helps chest & lymphatic disorders.

I also offer Menopause balancing and Cancer Care sessions.

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Services for the Combs and Finborough Benefice

Sunday Services

1 October: The Seventeenth Sunday after Trinity

9.00am	Holy Communion	Little Finborough
9.30am	Morning Worship	Harleston
9.30am	Spiritual Communion	Zoom Service
11.00am	All Age Worship	Combs
3.00pm	Harvest Festival	Shelland

8 October: The Eighteenth Sunday after Trinity

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

15 October: The Nineteenth Sunday after Trinity

9.30am	Holy Communion	Harleston
11.0am	Family Communion	Combs
6.00pm	Evensong	Little Finborough
6.00pm	Compline	Zoom Service

22 October: The Twentieth Sunday after Trinity

9.30am	Morning Worship	Buxhall
9.30am	Holy Communion	Shelland
11.00am	Morning Worship	Great Finborough

29 October: Last Sunday after Trinity

11.00am	Benefice Holy Communion With Guest Preacher	Buxhall
6.00 pm	All Souls Service	Great Finborough

Weekday Services

9.30 am on Wednesday	Holy Communion	Trinity Hall, Onehouse
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

Please email revdsarahjenkins@gmail.com if you would like details of how to join any of the Zoom services

WHO'S WHO IN GREAT FINBOROUGH

Newsletter Editor	Tracy Barnett	finboroughnewsletter@gmail.com
Chair, Parish Council	James Spencer	jaspencer00@gmail.com
Clerk, Parish Council	Paula Gladwell	01284 828112 finboroughparishclerk@gmail.com
Footpath Warden	Isabelle Campbell	greatfinboroughfootpaths@gmail.com
Pettiward Hall	Mary Preece	771360
Lettings/Keyholder		mary.preece1@btinternet.com
District Councillor	John Matthissen	258894 councillor@matthissen.net
County Councillor	Penny Otton	737870 penny.otton@suffolk.gov.uk
Rector	Rev Sarah Jenkins	676065
Combs Rectory, 135 Poplar Hill, IP14 2AY		revdsarahjenkins@gmail.com
Associate Priest	Rev Canon Pauline Higham	771791
	The Rectory, Onehouse, IP14 2AY	
Church Warden	Paul Goodchild	401185
Church Warden	Nigel Brown	675344
Allotments Assoc.	Mary Smyth	672533
Candlestick Club	Keith Proctor	736598
Great Finborough & District Garden Club	Judith Cameron	672978 judyandian@btinternet.com
Gt Finborough Primary School	Stephen Dodd, Headteacher	613208 headteacher@greatfinborough.suffolk.sch.uk
Gt Finborough & Buxhall Under 5's	Delia Prior	07513 140072 delia@gfbunderfive.co.uk
Chestnut Horse Pub	Sharon Shipp	674688
Buxhall Women's Institute	Hilary Hall	hilary-hall@hotmail.co.uk
Police (Stowmarket SNT)	Stowmarket.snt@suffolk.pnn.police.uk	101
Stowmarket High School		613541
Stowmarket Health Centre		776000
Combs Ford Surgery		678333
Stowmarket Library		613143

Village website: www.greatfinborough.onesuffolk.net

St Andrew's Church website <http://www.standrewsgtfinborough.co.uk/>

Primary School website: www.greatfinborough.suffolk.sch.uk