BACTON WYVERSTONE COTTON

PARISH & COMMUNITY NEWS

Annual Subscription £1.50 Price 15p

December 2013

The Bacton Bears

Open Monday to Friday
9am - 5-30pm
Saturday 9am - 5pm

Stockists of Steiff, Deans, Merrythought, Hermann, Deb Canham, Leebert Leather Goods, Shoebutton Bears, Jellycat and Puppet Company.

Over 1000 bears in stock at any time!
Many Collectables and Gift Ideas!

Steiff · The Puppet Company · Jellycat · DEAN'S · Teddy Bear Museum · MERRYTHOUGHT

Station Garage, Broad Road, Bacton, Stowmarket IP14 4HP
Tel. 01449 781131 www.bactonbears.co.uk bactonbears@aol.com

GEOFF NICHOLLS&Co
SPECIALISTS IN
PERIOD PROPERTY
RESTORATION
renovation work. all repairs. alterations, conversions, roofing, decoration etc.
Quality work Guaranteed
Bacton. (01449) 781575
Complete Building Service

HANDYMAN AND GARDENER
No Job too small/big

Decorating,
Fencing, Hedging,
Patios etc.

Phone Kevin or Hazel Mash
01449 781559
or 07944 553517

Mobile Library

If you have a query about the mobile library or need to call to renew your books please contact Suffolk Libraries Direct on

01473 584563
or email **help@suffolklibraries.co.uk**

The mobile library will call at Bacton, Cotton and Wyverstone on Wednesdays, every 4 weeks

Cotton - **Church.....1.50-12.10**
Methodist Church.....12.15-12.30

Bacton - **Pound Hill.....1.40 - 2.30**
The Bull.....2.35 - 2.50

Wyverstone - **Church.....2.55 - 3.15**

Dates in 2014 –

15th January, 12th February, 12th March, 9th April, 7th May, 4th June, 2nd July, 30th July, 27th August, 24th September, 22nd October, 19th November and 17th December.

PERODUA Myvi

From only
£6,999[1]!

Includes £1,000 retail incentive*!

Standard Myvi features include:

- Air conditioning
- Dual airbags
- Integrated radio/ CD player
- Four electric windows
- 5 doors/5 seats
- Central locking
- Electric door mirrors
- Metallic or high gloss paintwork
- ABS with EBD
- 1.3 DVVT engine
- Plus much more!

For further information please contact:
JEFFRIES OF BACTON - 01449 781131
Station Garage, Broad Road, Bacton, Stowmarket IP14 4HP

'OTR price for Myvi SXI (manual) which includes £1000 retail incentive, 6 months road fund licence and first registration fee. *Retail incentive offer valid until 31st December 2012. Price applicable to mainland UK customers only. Pictures are for illustration purposes only and may differ in specification to actual vehicle sold. Official Government fuel consumption figures (mpg) Myvi SXI: 37.7 Urban; 58.8 Extra Urban; 48.7 Combined. Myvi EZI: 32.8 Urban; 54.3 Extra Urban; 44.1 Combined. CO2 SXI: 137g/km EZI: 151g/km.

Please Note that, due to the Christmas Season, there will be an early copy deadline for the January 2014 Magazine

This Deadline is
9th December

Fit Villages

is a Suffolk County Council-funded initiative which gives rural communities and groups the opportunity to 'house' their own physical activity / sports sessions, at a subsidised price.

Suffolk Sport do the leg work - source instructors, print the posters / leaflets, pay for the facility hire - all we need is you to pick what activity(s) you fancy trying!

To date, we have set up a vast number of activities and sports which include:

- Nordic Walking
- Archery
- Tai Chi
- Pilates
- Zumba / Zumba Gold
- Yoga
- Rounders

+ many more.

For further details, please visit: **www.suffolksport.com/ fitvillages** or get in touch with me. Suffolk Sport is the County Sports Partnership for Suffolk and is a not-for-profit organisation.

If you have any questions, please do get in touch.

Henry Tapp
Active Well-being Co-ordinator
Suffolk Sport
Tel : 01394 444289
Mob: 07919 166593
www.suffolksport.com/ fitvillages
www.suffolksport.com/ communitygames
www.facebook.com/ fitvillages@fitvillages

Bacton Play Centre ☺ Bacton Under Fives

For all your childcare needs!

BABY AND TODDLER DAY-CARE, PARENT AND TODDLER GROUP
DAY-CARE AND PRE-SCHOOL SESSIONS
BEFORE AND AFTER SCHOOL CARE
HOLIDAY CARE FOR CHILDREN 3 -14 YEARS
Open All Year

We offer quality care and education for all children 0 -14 years in a purpose built child -centred environment in which the child always comes first.
Free access to Outside play.
All staff are qualified and continuously attend courses to develop their skills.

OFSTED registered. Quality Assured group.
Awarded 'Every Child a Talker' status.
If you would like to get in touch or view our new facilities please contact
01449 780079 or email: bactonunderfives@btconnect.com

Bacton Under Fives, Bacton Play Centre
c/o Bacton Community Primary School Tailors Green, Bacton, Suffolk IP14 4LL

Bacton Stores & Post Office

Shop Green • Bacton • Stowmarket • Suffolk IP14 4LG
Tel: 01449 781366
Rod & Sue Wickenden

Rod, Sue and staff look forward to welcoming you to our store

Look for our in store monthly special offers – many items half price!

Newspapers & magazines – delivered locally
Greeting cards, wrapping paper & stationary
Off Licence – see our Monthly special offers
Fresh sliced local ham - Home baked bread, cakes & savouries,
Fresh fruit & vegetables - Frozen foods & ice creams,
Fresh bread & milk, delivered in store daily,
Teas, coffee & sandwiches to take away,
General grocery items, locally sourced where possible
Lotto, Health Lottery & E-Top Ups

Shop hours Monday—Friday 7.30am - 8pm, Saturday 8am – 8pm
Sunday & Bank Holidays 9am - 8pm

Post Office Mon, Tues, Thurs & Fri 9am - 1pm & 2pm - 5.30pm
Wednesday & Saturday 9am - 12.30pm

POST OFFICE

Londis

CHIMNEY SWEEP

ECO SWEEP
CHIMNEY SERVICES

- NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES.
- INDUSTRIAL HEPA FILTERED VACUUM.
- FULLY INSURED.
- INSURANCE RECOGNIZED CERTIFICATES ISSUED.
- SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
- ALL CHIMNEYS, WOOD BURNERS, AGA, BOILER FLUES SWEPT.
- GUILD OF MASTER SWEEPS CERTIFICATED MEMBER.

GUILD OF MASTER SWEEPS

Power sweeping
Before During After

TEL. 01359 232335

AUTO ELECTRICS

01449 781028

Auto Mechanical

A COMPLETE RANGE OF GARAGE SERVICES
STARTERS • ALTERNATORS
EXCHANGED • REPAIRED • REWIRING
ELECTRICAL WIRING CHECKS
SERVICING • MOT • PREPARATION ETC.
COLLECTION, DELIVERY AND COURTESY CAR

Cow Green, Bacton

HHR Plumbing
&
Property maintenance

Comprehensive
24hr Plumbing &
Maintenance Services

Bathrooms, shower &
kitchen installations
Fix leaky guttering & dripping taps
Burst pipes, blocked toilets
Radiators & hot water cylinders

No job too small
Fully insured, competitive rates

Call John on
07905 210737

To be ….. or not be?

We need your opinion

This is your chance to be heard - we would like to know if you prefer the new larger **A4** format or whether you prefer the smaller **A5**. Throughout December there will be an opportunity to vote at Bacton Stores.

The advantages of A4 are -

More room for extra material
Larger Font size for easier reading

Please let us know what you think, the vocal majority will get their way.

Contents

	Page
A Word from the Rectory	25
Church News	24 - 31
Community News	20 -23
Dates for Your Diary	9
December Correspondent	7 & 8
Good Neighbours	45
Just Gardening	17
Kettle's Calling	11
Mendlesham Health Centre News & Friends	13
Parish News Information	6
Parish Councils	40 & 41
Reader's Letters	15
Recipe	37
Scouts/Guides etc	19
Small Ads	43, 44, 45
Useful Contacts	47
W.I. Recipe	37
Work Club	35
Wyverstone Cafe Dates	11

cover picture provided by Amanda Manley

Directory of Advertisers

ABS Home Improvements 10
A C Fencing 34
Acorn Kennels 45
AJB Joinery 34
Amazing Cakes 43
A J Harris 41
Andrew Bingham 38
Anglia Transport Training 43
Arrden Vale 41
At Home Library Service.....10
Auto Electrics 4
Bacton Play Centre 3
Bacton Stores 4
Bioflow 32
Cambridge Weight Plan.....24
Chipper-tech 16
Chiropodist 34
Command Pest Control 38
Collins of Cotton.....16
Countryside Conservation & Tree Services.....16
Cycle Shop 8
Darrell I Keeble.....32
David Foster - Builder.....24
D J Builders.....33
DSR Property Maintenance 32
Domestic Appliance Repairs 44
Eastern Frames 21
Eco Sweep 4
E & D Boiler Maintenance 39
Faxbase 38
F G Brown Optician 47
FTC Web Designs 40
L Fulcher - Funerals 38
Gavin P Deans - Vet 44
GBR Fire Protection.....43
G C Cobbold - Joinery.....37
Geoff Nichols 2
Graham Moore 43
Haywards 8
Hilton Heating 42
Hypnotherapy 35
HHR Plumbing 4
Inces.....Back Page
Jeffries - Bacton Bears 2
Isuzu.... 46
Myvi.....3
Country Clothing 14
Jolly Good Brickwork 12
K2B Bathrooms 44
Kevin Laflin 19
Kevin Mash - Handyman.....2
KGJ Limecraft.....17
KR Cutz 21
Lamberts 34
Land Army Designs 16
Lawn Care 21
Lindsay House Restaurant 47
Massage Therapist 33
M A Heating Services 39
Mendlesham Pre-school 12
Meredith Greengrass - Funerals 44
Michael Brame.....38
Mid Suffolk Mobility 39
Mills Carpets & Flooring 43
Mobile Library.....2
Mowerman Ltd 17
NFU Insurance 33
Oak Carpentry 10
Paula's Driving School 38
Perry Plumbing 45
Polstead Press 40
Portable Space 39
Property & Garden Maintenance ...41
Pumps Away 12
Ray Goudy 42
Raven Stoves 35
Reflexology 35
RSA Pest Management 34
SJI Greengrocers.....33
Steven R Francis 46
Stowmarket Chiropractic Clinic....10
Stowmarket Skip Hire 45
Suffolk Acre Oil.....36
Suffolk PC Support 38
The Old Tea Room - Vet Surgery...37
The Cottage Gardener 16
Thunderburst events 45
Tony's School of Motoring 47
Yoga Classes 24

Please Note that, due to the Christmas Season, there will be an early copy deadline for the January 2014 Magazine

This Deadline is

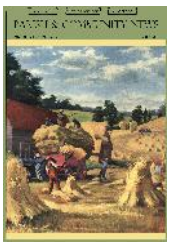
9th December

PARISH NEWS

An invitation to everyone in Bacton, Cotton or Wyverstone

If you have a **Picture/Photograph** you would like to see on the front cover and can provide a letter on the same theme for page 7 (About 430 - 440 words) please get in touch with us.

We are keen to give everyone the chance to get involved and can let you know which months are available in **2014**.



To contact the Parish & Community News

send a contribution, or for those of you who contribute to the magazine regularly, please e-mail your information to **ajmanley@icloud.com** by the **15th of the previous month** at the **latest**. Please note the deadline for the January 2014 issue is **Dec 9th.**

If you do not have email, please deliver your contributions

with a contact phone number to **:-**

Parish News Editor,The Limes, Rectory Road, Bacton, IP14 4LE

(Next to the Scout Hut)

To advertise in the Parish & Community News

please contact -

Linda Last on **01449 781772** or **linda.last@talk21.com**

Current rates for 12 issues are:-

Full A5 Page - £200, **½ A5 page -** £115,

¼ A5 page portrait - £60, **Small Ads -** 50p per word

Full Page back cover in Colour - £80 per issue

Please contact **Linda Last** at least two months in advance.

If you have an Ad you think could benefit from a re-design we can do this for you for a fee of £7.50

Free Community advertisements intended to be used as full pages should be readable when reduced to a quarter of an A5 page.

From your December Correspondent

The Origins of Christmas Cards & Crackers

We have the Victorians to thank for two of the jolliest and most popular latecomers to the Christmas Festivities. Christmas crackers the inspiration of a man called Tom Smith and Christmas cards the outcome of improved printing techniques and the introduction of the Penny Post.

Opinion is divided as to the date of the first Christmas card and the name of it's creator. There was an existing custom of schoolboys writing specimens of Calligraphy on specially decorated pieces of paper to take home with them at Christmas to show their parents. New Year cards were available in Europe and in England people commonly exchanged written Christmas greetings. Advances in printing and the introduction of the Penny Post in 1840 made the development of the Christmas card almost inevitable. Most people think it should be credited to Mr (later Sir) Henry Cole, the first director of the Victoria and Albert museum and his 'partner in crime' Royal Academician John Calcott Horsley. A card was designed by Horsley in 1843 at the suggestion of Cole and in 1846 a thousand copies were sold at a shilling each. The card depicts a family enjoying a Christmas drink and there are two side panels depicting acts of charity. The message read 'A Merry Christmas and a Happy New Year to You'.

Other possible contenders are the Rev Edward Bradley and painter W Dobson. In 1844 Mr Dobson sent out Hand - painted Christmas Cards to his friends instead of writing his usual letters. In the same year, Mr Bradley, a Newcastle Vicar who wrote best-selling novels such as 'Cuthbert Bede' had his cards litho printed and sent to his friends. However, in neither case were these cards for sale. Enter stage left, Mr William Maw Egley whose card, of a similar design to Horsley's, is dated 1842 or 1849 (the printed date is unclear). In 1842 Mr Egley would have been only 16yrs old so the Horsley/Cole card (1846) is generally accepted as being the first).

Christmas cards did not become generally popular until printing became cheaper and a halfpenny stamp for cards was introduced in 1870. Once begun, they caught on so fast that by 1880 the Post Office was urging everyone to 'post early for Christmas'.

Early designs were more secular than religious featuring Stagecoaches, Christmas Pudding, Snow Scenes and the ever popular Robin. These endearing birds with their bright red breasts became inextricably connected with Christmas as the early Postmen wore a red uniform and thus were known as 'Robins'.

HAYWARDS
SOLICITORS

- Residential Conveyancing - EPC Service
- Wills, Probate & Inheritance
- Elderly Client Care
- Divorce including Financial Matters - Separation - Childcare – Adoption and all Other Family /Matrimonial Problems Including Collaborative Law and Mediation

WE OFFER FIXED FEES AT COMPETITIVE RATES

7-9 TAVERN ST., STOWMARKET, SUFFOLK IP14 1PJ
Telephone: (01449) 613631
email: enquiries@haywards-solicitors.co.uk
www.haywards-solicitors.co.uk
Free Car Park Available For Use By Clients.

The Cycle Shop
Finbow's Yard,
Bacton

Family Bikes, including toddler's trikes,
accessories, parts, repair and servicing
Raleigh, Land Rover
Claude Butler and Dawes

01449 781036
www.finbowsyardcycles.co.uk

So next time you buy a box of Tom Smith Crackers you will know you have him to thank for this particular festive tradition. Today thousands of Crackers are sold and millions of cards posted.

We use Christmas cards to further business public relations and to keep in touch with friends we don't see very often, and no table setting would be complete without the familiar paper coloured tubes we are used to seeing. Everyone enjoys sending cards to friends and family and we all love to receive them, as a token that we are being thought of.

These two late arrivals on the Christmas scene are now an integral part of the festivities and for the 'crafty' among us can provide additional satisfaction. It can be very rewarding to make your own cards and today it is possible to buy what you need to make your own crackers. This way you can put in them whatever you think people will like to receive.

Now, in the words of the poem, 'Merry Christmas to all, and to all a good night!'

From your December Correspondent...continued

There is no dispute about who invented the Christmas Cracker. Tom Smith was a Confectioner's apprentice before setting up his own business making decorations for wedding cakes.

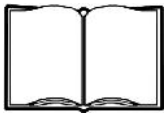
In 1847 he visited Paris in search of new ideas and spotted in a shop window twists of coloured paper with Sugared Almonds inside. He rushed home and introduced the idea to the British public. The little 'Bon bons' proved popular but demand fell off sharply after Christmas.

Never one to miss an opportunity Tom Smith decided to exploit the seasonal angle and began putting small toys, charms, items of jewelry and jokes in with the almonds. One winter's night at home he sat listening to the crackle of the log fire and another idea came to him, he would put a 'bang' in with the bon-bons. He certainly had a very inventive mind and must have been very much in touch with his customers. In 1860, after two years of experimentation, he hit upon the saltpetre friction strip. Crackers became immensely popular and we now take for granted their appearance on our tables over the Christmas period.

Best Wishes - Amanda Manley

DATES FOR YOUR DIARY

December 2013

Mon 2nd	7.30pm	**Bacton & District W.I. -** A Regency Christmas - Bacton Village Hall page 21
Sat 7th	10.00am - 3.00pm	**Christmas Craft Fair -** Wyverstone Village Hall page 11
Mon 9th	10.30am	**RBL Women's Section -** Christmas Meal page 23
Mon 9th	**Midnight**	**!! Early Copy Deadline for the January Magazine!!** 
Tues 10th	2-4pm	**Community Circle Club -** Cotton Village Hall
Tues 10th	2.30pm	**Mother's Union -** A Celebration of Christmas page 28
Wed 11th	7.30pm	**RBL -** Christmas Dinner at The Coach House, Thornham
Sat 14th	10.00-12noon	**Community Circle Christmas Café -** Cotton Village Hall. page 14
Sat 14th	7.00pm	**Christmas Concert -** St Andrew's Church, Cotton page 22
Sat 14th	10.00am - 2pm	**Christmas Wreath-making Workshop -** Wyverstone Village Hall page 18
Tues 17th	7.30pm	**Christmas Concert -** Gislingham Village Hall
Fri 20th	7.30pm	**Quiz -** Cotton Village Hall page 18
Sat 21st	10.00am - 1.00pm	**Wyverstone Community Cafe Christmas Market -** page 11
Tues 24th	4.00pm	**Christingle -** St Mary's Church, Bacton page 26

GISLINGHAM SILVER BAND

Please Note there was an error with the date of the Christmas Concert in the article submitted last month. The correction is as follows -

The band will be performing their Christmas Concert in Gislingham village hall at **7.30pm on Tuesday 17th December.**

Tickets **£5** each available from Glebe Cottage, Tailors Green, Bacton.

For further details visit the band website **www.gislinghamsilverband.com** or contact the band secretary **Peter Lucas on 01379 788411** email: **secretary@gislinghamsilverband.com.**

January 2014

Tues 14th	2pm - 4pm	**Community Circle Club -** Cotton Village Hall.
Sat 25th	10.00-12noon	**Community Circle Café -** Cotton Village Hall.
Tues 28th	2pm - 4pm	**Community Circle Club -** Cotton Village Hall.

Traditional Oak Carpentry

Rick Lewis
01728 - 860444

Conservation & Construction

New Oak Framed Buildings
Repairs to Existing
Ancient Structures

www.traditionaloakcarpentry.co.uk

Stowmarket Chiropractic Clinic

Michael Bailey
Doctor of Chiropractic
Registered with the
General Chiropractic Council
7 Stowupland Road
Stowmarket IP14 5AG

01449 612620

www.michaelbailey.net

Are You in Pain?
Chiropractic may help you with many problems including lower back pain, neck pain and related headaches as well as arm and leg pain.
Call us now or visit our website

ABS Home Improvements

Conservatories, Windows & Doors

Serving Local People for nearly 25 years

SPECIAL OFFERS on U-PVC Windows, Doors, Conservatories, Fascia Boards, Barge Boards & Guttering

For advice & quotation please telephone
DISS (01379) 890626

AT HOME LIBRARY SERVICE

Do you enjoy reading but are unable to get to a static or mobile library?

Volunteers from the At Home Library Service will deliver books or spoken word cassettes/CDs to your home on a fortnightly basis. They can order specific books for you, or bring you a selection to choose from.

If you are interested please ring

Stowmarket Library on 01449 613143

and leave your details with a member of staff. You will be contacted later by a volunteer.

Interested in handicrafts?

Would you be interested in joining a self-help craft group?

My father taught me to knit! I bet that caught your eye. There is a group of ladies who plan to meet once a month in Bacton village hall where you can bring your arts and crafts, sit and chat and create whatever it is you like to make. Knitting, crochet, card making, bead work, patchwork, tapestry, cross stitch or, (as long as it is not messy like throwing pots) anything else you care to do.

We don't have a teacher because we all like to do different things. If you drop a stitch, there is usually someone who can pick it up for you, or start you off on a new project, if you need a hand. There will be a small fee to cover the cost of the hall, so come and join us. We're a friendly bunch. Beginners and experts are all welcome and men too if you like. So please join us on the 2nd Monday of each month, starting on 13th January 2014 from 10.am to 12.30.am.

Email:
blondeone@tesco.net
(Sharon)

Tel: 01449 781013 (Noelle)

Wyverstone Community Cafe & Local Produce Market – 2013

- A local enterprise that benefits the community

Saturdays fortnightly 10.00am - 12.30 at Wyverstone Village Hall

December 21st - **Christmas Market** 10.00 - 1.00pm

Including activities with 'Messy Church'

Kettle's Calling

Where? -

The Community Room, St Mary's Bacton

When? -

2pm - 4pm

December 2nd & 16th (Christmas Special)

(N.B. No Kettle's Calling on Dec 30th)

Who? -

Everyone is welcome - Free! *(though donations always welcome!)*

Why not come along for tea, toast, cakes and savouries?

Come along and bring a friend.

For more details, please ring - Linda Last: 781772, Janice Shea: 781263

Please let us know if you would like a lift.

CHRISTMAS CRAFT FAIR

Saturday 7th December 10.00am - 3pm

Wyverstone Village Hall

Lots of lovely stalls offering a wonderful selection
of handcrafted items gifts for you,
your home and family and friends.

Special visit by **FATHER CHRISTMAS**

Teddy Bear Tombola (prize every time) **Handbells** - lots of fun for all the family

Entrance 50p for Hillside Animal Rescue

Festive refreshments served all day.

Hope to see you there!!

MENDLESHAM PRE-SCHOOL

"Where learning is fun!"

For children aged 2-4 years

Free childcare available for children 2 and over*

Experienced and qualified staff - OFSTED registered

Open weekdays during term time 8.45am to 3.30pm

Tel: 01449 766041

Or call in for a chat at:

Small Hall, Old Station Road, Mendlesham, Suffolk IP14 5RT

www.mendleshampreschool.co.uk

*Government funding now available for children over 2. Ask for more details.

Celebrating 40 years of Pre-school childcare in Mendlesham

ACTING? IT'S MURDER!

We're planning a murder mystery evening in Bacton on Feb 22nd 2014

The event will be held on the stage of Bacton village hall and we need five men and four women who are happy to act in the play. Each part is fairly small, so there are no long lines to learn. All we need is people with a sense of fun and loud enough voices. If you're interested in acting please ring me asap.

If you're interested in coming along – there will be a licensed bar and a meal – then please write the date in your diary.

Ann Kent
Friends of St. Mary's
01449 781607

Pumps Away

Pump & Machinery Hire Specialists

We hire and sell a wide range of irrigation, bore hole and slurry pumps and equipment to the agricultural market.

We are suppliers of hire pumps to the water authorities for removing or filling large volumes of water from waterways, locks etc using electric submersible pumps run by silent pack generators or large diesel driven pumps.

We hire and sell a wide range of self - priming diesel or electric pumps, 1.5 to 6 inch to the building trade.

We hire and sell solid handling pumps.

Second hand re-conditioned pumps always available for sale

We hire pumps for filling and emptying Fishponds, Swimming Pools, Reservoirs, Lakes etc.

We install pumping systems designed to customer requirements.

Give us a call for a competitive quote, long or short - term hire, we set the system up before leaving.

Ian 01449 780342 07710 819316 **Mike 01449 677206 07710 819242**

Jolly Good Brickwork & Complete Property Services

We offer a complete property restoration service specialising in period properties

We are fully insured with a full portfolio of work

- Extensions
- Fencing
- Rendering
- Plastering
- Tiling
- Re-decorating
- Kitchens and Bathrooms
- Fireplace build & design
- All carpentry work undertaken
- Landscaping
- Patios
- Garden boundary walls
- Porchways

Call Matthew Jolly on 01449 782022 ❄ M 07903 018046

NEWS FROM MENDLESHAM HEALTH CENTRE
Incorporating Bacton Surgery

Our new computer system was installed on November 5th and is fully functioning now – many thanks to all our patients for their patience and understanding during this process we apologise for any delays experienced.

We will be open as usual at both sites this year but closed on Christmas Day, Boxing Day and New Years Day.

We update our website with news from the surgery regularly; you can also book appointments, request repeat medication, complete questionnaires and make comments as well as find health information and links to other sites. The address is **www.mendleshamhealthcentre.co.uk**

We issue newsletters regularly you can sign up at the website to have them automatically sent to you or call in at either site to collect a copy.

We would like to wish all of our staff and patients a Merry Christmas and Happy and Healthy New Year.

FRIENDS OF MENDLESHAM HEALTH CENTRE

DIARY DATE DIARY DATE DIARY DATE DIARY DATE DIARY DATE
COMING SOON COMING SOON COMING SOON COMING SOON

CHRISTMAS FAYRE

Friday 6TH DECEMBER 2013 8.30am - 12noon
AT MENDLESHAM HEALTH CENTRE

GUESS WEIGHT OF CAKE - CAKE STALL -
GRAND DRAW - TOMBOLA PRESERVES - BOOKS - CRAFTS

Items for the above would be much appreciated and may be left at either surgery at any time (cakes on the day please).

Sorry, bric-a-brac cannot be accepted.

Jeffries Country Clothing

Leading Selection of Classic Country Outdoor Wear: Knitwear, Sweatshirts, Fleeces, Hats, Scarves, Gloves . . .

Tulchan 'Neppy' Cardigan
£42.50

Jack Murphy 'Carrick' Wax Jacket
£149.95

Puffa 'Henshawe'
£84.95

Jack Murphy 'Tomas' Tweed Shooting Jacket £265

Station Garage, Broad Road, Bacton, Stowmarket IP14 4HP
Tel. 01449 781131 www.bactonbears.co.uk bactonbears@aol.com
Open Monday to Friday 9am - 5-30pm, Saturday 9am - 5pm

WYVERSTONE COMMUNITY SPEED WATCH

'Speedwatch' keeps our community safe

We are looking for **VOLUNTEERS**

to join our group.

If you would like to help please contact:-

Phil:-
01449 781872
Ruth:-
zen233480@zen.co.uk
John:-
01449 780223.

Community Circle Christmas Café

Saturday, 14 December 2013 10 am – 12 noon
Cotton Village Hall, Blacksmith Road, Cotton

Father Christmas will be visiting the hall between 11 am and 12 noon!

Free Admission
Delicious freshly cooked brunch, tea and coffee
Produce and Craft Stalls
Christmas Raffle

Come along and join in the build-up to the Festive Season at our popular Café. Pick up a Christmas bargain, meet up with friends old and new, and enjoy brunch with a delicious cup of tea or coffee. Contact Christine on 01449 780035 to book a stall. For more information about Community Circle Club meetings and Cafés, visit our website on: **http://communitycircle.onesuffolk.net**

Reader's Letters

The Cotton Community Emergency Plan

Worldwide we see on the telly endless scenes of grief and destruction due to man-made or natural disasters. The tragedy in the Pacific seems to be the latest but sadly there will be more.

We sit in our mud huts in Suffolk feeling a little smug thinking 'that'll never happen here'. The reality is that we are unlikely to see the kind of events we sometimes hear and read about but even in this green and pleasant land there are events which may not rate on an international scale but would severely disrupt life as we know it. Think of a major train crash (there have been some big ones not far away), or a severe bout of hard weather (we know one inch of snow brings the country to a halt, imagine a foot of snow a day for a week – some of us can remember that actually happening, not so long ago), or a power outage giving us no mains power for a fortnight in the winter (we nearly had that quite recently).

When big stuff happens we shout at the telly demanding why someone isn't doing something to help! The reality is that we all have a responsibility to look after ourselves, our family and friends.

In the event of an emergency everybody wandering off doing their own thing is not very productive and can lead to further dangers so the Parish Councils of Cotton and Bacton are working on Community Emergency Plans so there is a plan and a framework to co-ordinate activity. Cotton has finished their Plan and is assisting Bacton to complete theirs. Other villages will probably be getting on with their plans soon.

So if the unimaginable happens in our quiet communities we will have some idea what to do.

The Cotton Community Emergency Plan can be seen on the village web-site

http://cotton.onesuffolk.net and look under 'useful information', or ask any member of the Parish Council for a copy.

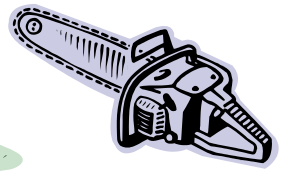
Sleep peacefully!

Peter Gibbs

On Saturday November 16th WYVERSTONE COMMUNITY CAFE raised £100 for the PHILIPINES DISASTER APPEAL.
A huge THANK YOU to you all for your wonderful generosity.

ANDY & PAM"

CHIPPER-TECH
GARDEN MACHINERY SPECIALIST



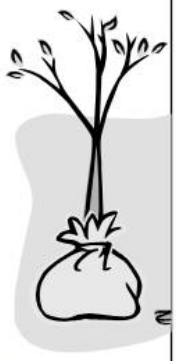
SALES, SERVICE, REPAIRS AND HIRE OF
LAWN MOWERS, CHAINSAWS, HEDGE TRIMMERS, STRIMMERS
COLLECTION AND DELIVERY SERVICE AVAILABLE

TEL/FAX 01449 616665

LODGE WORKS, OLD NEWTON, STOWMARKET IP14 4EE
chippertech@yahoo.co.uk ✶ chippertech.com

Countryside Conservation & Tree Services

Tree Surgery, Tree Planting
Hedge Laying & Trimming
Fruit Tree Pruning
Leylandii Management
Turf Laying
Pond Creation
Stump Grinding
Wood Chip Mulch
Fire Logs



Mark Bleay
BSc (Hons)
01359 242436
07702 642463
FREE QUOTATIONS
www.cctrees.co.uk
£5,000,000 public liability insurance

The Cottage Gardener
For All Your Gardening Needs

- **Weeding, pruning, planting, lawn cutting, hedge trimming**
- **Garden clearance, patios, fencing, paths, sheds, decking**
- **Plant advisory & supply service, hanging baskets & pots**
- **Knowledgeable, professional & reliable**
- **No job too small – free estimates**

Contact John on:-

Mobile:- 07833 088576 **email:cottagegardener@live.co.uk**

Is your garden all work and no play?

For all year interest
and
easy maintenance

Call **Jane Hamblin**

Land Army Designs
01359 231344

janehamblin@yahoo.co.uk
www.landarmydesigns.co.uk

COLLINS OF COTTON
PLANT CENTRE
Opposite Finbows Yard
Station Road, Cotton.

GARDEN PLANTS SPECIALIST

Come and visit James Collins' Home for Horticulture
WITH WIDE RANGES OF SHRUBS, PERENNIALS HERBS, CLIMBERS, ALPINES

OPEN
MONDAY - SATURDAY
9am 5pm

TEL. 01449 781182

GARDEN
JAMES COLLINS
DESIGN

FULLY QUALIFIED GARDEN DESIGNER
EVERYTHING FROM SMALL BORDER PLANTS TO LARGE GARDEN DESIGN PROJECTS UNDERTAKEN
FROM CONCEPT TO COMPLETION
BEAUTIFUL HAND-DRAWN ILLUSTRATIONS
FULL 3D CAD MODELLING
VISIT JAMES AT THE PLANT CENTRE TO VIEW PORTFOLIOS OF PROJECTS AND FOR AN INFORMAL FRIENDLY DISCUSSION.

EMAIL: collinsofcotton@live.co.uk

TEL. 07948 525931

Two Allotments in Cotton

One allotment has become immediately available and a further one should be available within a month or so.

Both are situated in the site at the corner of Scuffins Lane and Cock Road, Cotton. There is water available on site.

For more details please contact Bert Bertoloni (Hon Sec: Cotton Town Estate Charity) on **01449 780035 or bertoloni@btinternet.com.**

JUST GARDENING

I've used a grass rake today and taken off all the fallen leaves from my lawn. If you can clear the leaves on a daily basis this will help reduce disease on your lawn. If large quantities of leaves and other debris is left on the grass for long periods of time you will get nasty brown patches that will not clear until next spring.

If you can collect up all your leaves and put them in black sacks, just leave the sacks somewhere out off the way I place mine behind the garden shed and next year you will have the best leaf-mould free of charge. Dig this into your garden as a great soil improver.

If you are lucky enough to have a vegetable plot in your garden, the last of the digging and trenching, for next year, should have been completed by now.

I have selected the pots which will remain outside and planted them up with winter flower Cyclamen, in shades of white and scarlet and winter flowering Pansies around the edges of the pots.

All my tender plants have been moved inside for winter protection. I have a cactus collection, including two Christmas cactus roses, which moves outside during the summer, they get all the benefits of summer warmth and rainfall, this seems to do the plants a power of good and when they come back inside I give them a feed and top dressing.

I've planted up some pots with new bulbs for next year, they will be left in a frost free position until I consider the conditions ready to bring them outside early next year .

KGJ LIMECRAFT

HISTORIC RESTORATION SPECIALISTS

- Flintwork - Brickwork
- Lath & Plaster
- Plaster Conservation
- Wattle & Daub
- Brick & Stone Floors
- Timber Frames

COMPLETE RESTORATION PROJECTS

For more information:

Call: 07772 509696 Email: kgjlime@live.co.uk

www.kgjlimecraft.co.uk

MOWERMAN LTD

Sales of new & used
Lawnmowers,
Ride-ons, Strimmers,
Cultivators etc.

Also cylinder grinding,
servicing,
spare parts, repairs etc
Free local collection
24 hr. Answer Service
Highly competitive rates

A.Kendall

Elm Cottage
Blacksmith Road, Cotton
01449 781157

Start the festive season at the

Cotton Christmas Quiz

Friday 20th December

at Cotton Village Hall

At 7-30pm

Teams of six **£2-00** per person
To enter a team contact 781083
Bring your own refreshments

Make your own personal design

PROCEEDS TO THE FRIENDS OF ST GEORGE'S CHURCH

CHRISTMAS WREATH MAKING WORKSHOP

A Great Demonstration by Lyn Curtis I.C.S.F.

then make your own wreath (bring greenery and scissors)

Tickets £20.00 (to include coffee and biscuits on arrival, a light lunch and a glass of wine)

ring Penny 781913 or Helen 781841

Saturday 14th December

10am to 2pm at Wyverstone Village Hall

If time allows a table centre arrangement may also be made
(a small extra charge will apply.)

1st BACTON SCOUT GROUP

Mrs Karen Hall-Price -
1st Bacton Scout Group Secretary
1 Canham's Farm Cottages, Cow Green, Bacton IP14 4HH
Tel. 01449 780332 / 07812 105228 karenyvonnehall@aol.com

Section Leaders – Beavers & Cubs

We are still looking for assistance with leaders and assistant leaders for our Beaver and Cubs sections. We need people willing to come forward and run the Beaver section and we are also looking for Assistant Cub Leaders for our Cub section. If you think you or someone you know may be interested in helping keep our Beaver section open and or assisting with our Cub Section please contact the Secretary as soon as possible.

Assistance, training and advice will be given and any volunteers who come forward will be subject to CRB checks. Please be advised these roles are voluntary.

1st Bacton Scout Christmas Post – The Scout Group will be providing a local Christmas Post Service from 15th November 2013 – 18th December 2013. The public need to put their cards with full addresses and postcodes in a sealed bag with the correct money - £0.30p per card, plus senders contact details.

Deliveries will be made to Bacton, Cotton, Wyverstone, Finningham, Westhorpe, Haughley and Haughley Green.

Local Christmas cards guaranteed delivery before Christmas – Cheaper than buying a postage stamp and helping your local scout group. Cards can also be dropped off at the Scout HQ on meeting nights only - Monday and Fridays.

Collection points will be as follows:

BACTON
Lamberts Service Station
Manor Surgery
Bacton Primary School
Bacton Middle School
12 Prettyman Avenue
7 Cedar Close
Jeffries Garage

WYVERSTONE
Thistledown, Badwell Road,

COTTON
Rainbows End, Mill Hill
Finbows Furniture – Finbows Yard

1st Cotton & Bacton Guides, Brownies & Rainbows

If you or your daughter would like to know more about joining visit - **www.girlguiding.org.uk/interested** or call **0800 1 69 59 01**
We meet on Wednesdays in Bacton during Term Time.

Rainbows (5-7 years) 5.30 – 6.30pm
Brownies (7-10 years) 5.45 – 7.15pm
Guides (10-14 years) 7.30 – 9.00pm

BACTON WYVERSTONE COTTON

PARISH & COMMUNITY NEWS

Annual Subscription £1.50 Price per issue 15p

The Editors of the Parish and Community News
would like to wish all their readers and contributors

A Very Merry Christmas

and A Happy NewYear

Kevin Laflin

GENERAL BUILDER
PAINTER & DECORATOR
PLASTERER
Tel: 01449 781207
30 years experience No job too small

BACTON
PARISH COUNCIL REPORT
Jane Brookman

The Parish Council met on 14 October 2013.

Mr Alan Coleman from Lamberts Garage and Mr Graham Jenner spent many hours clearing the bull rushes from the pond on Shop Green which now looks magnificent. The Parish Council very much appreciated the time and enormous effort that went into this work and wishes to pass on its sincere thanks.

The police reported that a car had been stolen from a garage after keys had been taken on a test drive, an offender has been detained for this and similar offences.

The plinth around the Village Sign had been damaged, repairs have now been completed. Following complaints received about the dog fouling problems on the footpath from Cedar Close to the railway line the Parish Council agreed that a dog fouling sign should be erected in that area.

The lease on St Mary's Playing Field has now been extended and this now allows the Parish Council to start planning to improve the play facilities. An Advisory Committee consisting of Parish Councillors and parishioners has been set up to research ideas which will be considered by the Parish Council.

The next Parish Council meeting will be held on Monday 16 December at 7.30 pm in the Village Hall, Bacton. The agenda will be posted on the three notice boards in the village and will also be available on
the Parish Council website http://bacton.onesuffolk.net/

WYVERSTONE
PARISH COUNCIL REPORT

Wyverstone Parish Council met on November 4th. A presentation was given by Richard Webster of Suffolk County Council regarding proposals for alteration of street lighting times. SCC are now willing to maintain lights and supply power. An estimate will be sent of costs and discussed at the next meeting on Jan 6th 2014. Simon Williams reported on the success of the Parish Review meeting held on October 5th. The Councillors were encouraged that a good number attended and thanks were expressed to Mr J Black for donation to defray expenses incurred. Items will be discussed at future meetings. Phillip Webb was elected to replace Terry Cook on the Council. New signs are still awaited for Badwell Road and, whilst some overgrown hedges have been cut back, there is a promise for others to be cut and some councillors agreed to try and repair some footpath signs. The drain under the road at Norman's farm has been jetted through. There was general dissatisfaction felt about the replies and lack of action regarding environmental issues and it was agreed to invite the Head of Economy from Mid Suffolk to come to Wyverstone to meet the councillors.

Andy Mellen has prepared a report on having an Emergency Officer. This will be circulated and discussed on Jan 6th. Jane Storey reported on activities of Suffolk County Council and Roy Barker on Mid-Suffolk District Council. Thanks were expressed to the organisers and those who participared in raising in excess of £1,000 for the MacMillan Nurse appeal. The Clerk reported that the 2013 Audit had been successfully completed and advertised as required. A small error regarding the clerk's expenses was rectified. Correspondence regarding the upkeep of War Memorials is to be investigated. Notice regarding the collecting of Textiles and bags for purpose, notice to be displayed. Concern was expressed regarding people parking on the footpaths, this causes a dangerous situation for pedestrians, please try to avoid this.

Approval has been given for two affordable houses to be built on the plot next to 19 South View.

Next meeting January 6th 2014

COTTON
PARISH COUNCIL REPORT

The Parish Council met on the 27th November a report of this meeting will appear in the next issue of this magazine.

Schedules for bin collections over the Christamas holiday period and for 2014 are now on
the Village web-sitewww.cotton.onesuffolk.net

BACTON & COTTON LOCAL HISTORY SOCIETY

The Bacton & Cotton Local History Society does not meet in December but wishes all its members and friends a Very Happy Christmas and looks forward to welcoming you in the New Year at our next meeting :-

Tuesday, January 21st
7.30 pm Bacton village hall

" The magistracy in Bury St. Edmunds".

Magistrates have played a leading role in rural life for over 650 years. Dr. Dick Soper, a retired local magistrate, gives us an insight into the history of this vital voluntary work.

Members £2
Non-members £3

BACTON & DISTRICT W.I.
Monday Nov 4th

Our November meeting is always very busy and full of incident. Our area advisor attended to help us with the selection of Committee and Officers. We had exactly enough nominees for committee to serve us well for 2014 so they were voted in 'en bloc'. Two members stood down making way for new faces and new ideas. We were sorry to lose Sharon Coxhead and long standing committee member Jane Bean. We thanked Jane for her many years of stirling service and know we can still count on her and indeed Sharon if we need extra help along the way. The officers remain the same, being
Angela Cook - Meetings Secretary,
Angela Jenner - Treasurer
Amanda Manley - President

The Treasurer gave us her report which was very encouraging and showed our finances to be in a healthy state. Our recent Soup and Puds Lunch was a great success so thank you to everyone who attended, we hope you enjoyed it as much as we did.

The Secretary delivered her annual report outlining all the talks we'd had in the year 2012-2013, all the outings we had enjoyed together and all the events we had participated in.

There followed a short 'President's Address' in which I thanked everyone for their part in our various successes throughout the year. I also thanked in particular people who had taken on a lot of the organising of various events.

Then it was Andrea's turn to speak and she was very complimentary about our W.I. and the variety of activities we enjoy throughout each year.

Once the main business had been dealt with we were treated to a talk by Jane Paley entitled 'What Do You Know About Tea'. Jane turned out to be a local girl, known to some of our members from their schooldays, and her talk took the form of a quiz. She gave out quiz sheets and moved from question to question giving the answers as she went along. This format encouraged us all to engage with each other and with Jane and seemed to work rather well. Most of us discovered how woefully ignorant we were about the facts surrounding tea but we all enjoyed the attempt.

The competition 'Three identical biscuits on a plate' was won by Pat Last and the runner up was Wendy Gostling

On Sunday 10th November I was privileged, in my capacity as President of Bacton & District W.I., to carry the Wreath at the Remembrance Service in St Mary's Church and afterwards to lay it at the War Memorial in the Churchyard. 'Lest We Forget'.

Our next meeting will be on **December the 2nd** when Frances Hart will tell us about **'A Regency Christmas'** Refreshments will be provided by the members themselves and there will be a glass of wine for everyone.

As always visitors are welcome for £3.00

KR CUTZ
UNISEX HAIRSTYLIST
OPEN TUESDAY - SATURDAY
New Customers Welcome

01449 781943
07505 742481
LYNDHURST, STATION RD., COTTON
(Opposite Finbows Yard)

LAWN CARE

General Grass Cutting
Long or Short grass
Special Occasions and
One Off Cut Available
Please call
Bob Brooks ~ M 07989 676838
Or Contact At
45 Thackary Grove
Stowmarket IP14 1RE

Eastern Frames
Picture Framing
Your Local, Professional Picture Framers
John & Trisha Noy
Glass & Mounts Cut
Greetings Cards & Photo Frames
Needlework Stretched & Framed
Fast & Reliable Service

Mon-Fri 9am - 5pm
Sat 9am - 12noon
Red House Farm
Station Road
Haughley
Tel:- 01449 675897
www.easternframes.co.uk

Friends of Cotton Church
Registered Charity No. 1053483
www.onesuffolk.co.uk/cotton

FCC Presents A Jolly Christmas Concert

Featuring

The Edmund Octet

with

Traditional Carols, a Dash of Humour and Seasonal Refreshments

St Andrews Church, Cotton

Saturday 14th December 2013

from 7.00 pm

Tickets £7.50 from 01449 781320/782134

under twelves free

RBL WOMENS' SECTION

The AGM was held in October and the Secretary Sandra Welham reported a busy year with the extra events of a trip to The Wolsey Theatre, the 60th Birthday Party and The Poppy Picnic.
The Treasurer Ann Gipson reported successful fundraising from the RBL Jumble Sale, Lucky Dip at Bacton Fayre and The Poppy Picnic. Donations have been made to County and National.
The Chairman Angela Elmer thanked the members for their support and hard work. She then read her letter of resignation saying she thought it was time for a change of face after 17 years of being Chairman.
As no member came forward to take the post, the Secretary Sandra Welham offered to double up as Secretary/Chairman and this was agreed by the members. As Angela was also President and wished to stand down from this post also, Henrietta Hazell agreed to take on this role. 5 members attended the 'B' Group meeting at Stowmarket in October. 8 members and Bacton RBL Secretary Peter Gipson will be attending the County Conference and Christmas Celebrations at Needham Market on 7th December.

The branch Christmas meal will be held at Stoke White Horse with a 3 course meal and entertainment by Malcolm Stewart on Monday, 9th December.

Prize Bingo was then played which was organised by Maureen Gardiner.
Following the Bring & Buy for The Poppy Appeal which raised £35, Angela was given a round of applause by the members in appreciation of all her time in office.
The Poppy Appeal Coffee Morning held at the home of Barbara Burrows realised £181.

The Remembrance Service at the Church on Sunday and Service at the War Memorial on the 11th November were both attended by the members.

BACTON & WYVERSTONE HORTICULTURAL SOCIETY

President Philip Jeffries welcomed a nearly full house to the AGM.

Chairman Diane Gladders gave her report and said the year had flown by with enjoyable meetings and good outings. Members had excelled with their help and entries for the Flower Show at Bacton Fayre and were thanked, as was Vice Chairman Graham Jenner who had chaired the meeting in March at very short notice.

The Treasurer Tricia Lawrence was also praised for her first year of office and the Committee and Members for their input, especially the delicious homemade refreshments.

Philip in turn thanked Diane for her good Chairmanship. The Treasurer read her report and said we had changed banks.

Elections were held with the addition of Rosemary Black who becomes Vice President.

There was a debate on raising the subscriptions again this year by £1 from £17 to £18 but it was felt by Diane and Philip to be best to keep an adequate amount in hand in case of an emergency situation.

The Rose Show Bowl was presented to Sandra Welham and Will Gray jointly by Philip and the Charles Quinton Memorial Cup for the monthly competitions to Sandra Welham.

Programme Secretary June Spreckley said she had booked the 2014 Programme but needs ideas for the 2015 Programme by February.

Competition organiser Sheila Brown gave members competition details for 2014 and reminded members to bring a raffle prize to the Christmas meal.

John Gladders thanked Angela and Graham Jenner for looking after the Village Hall border which had received lots of compliments.

Philip thanked members for their input to Bacton Fayre which is much appreciated.

Will Gray presented flowers to Diane in appreciation of her work.

Philip welcomed speaker Tony Payne who runs the Honey Show at Bacton Fayre and is Chairman of Stowmarket Beekeepers and County President.

He has kept bees for 60 years and is one of 44,000 bee keepers in this country but said that only 20% of the honey eaten here is produced here.

For one bee to produce 1 lb of honey, it would have to fly the equivalent of twice around the world and they can start the year collecting pollen from snowdrops if the weather is mild enough.

An excellent power point presentation was run by Tony's companion.

Philip thanked Tony saying he now understood the phrase "Busy as a bee".

The monthly raffle winner was Will Gray.

Monthly Competition winners:

Photograph of bees on plants.
1. Diane Gladders. 2. Sheila Brown.
3.Tricia Lawrence.

Jar Chutney/Pickle.
1. Sheila Brown. 2. Sandra Welham.

COTTON VPA
(Vegetable and Produce Association)

4th December is our Christmas Dinner

We do not meet during the month of January.

19th February - A Seasonal Floral Demonstration by Chris Marston in Cotton Village Hall at 7.30 pm

St Mary's Church, Bacton

CHILDREN'S TOY SERVICE

Sunday, 1st December at 9.30am

Do you enjoy new toys at Christmas time?
Please remember those less fortunate than yourselves.
Come to our TOY SERVICE and bring a NEW toy, for babies to teenagers, to make their Christmas happy too!

We look forward to welcoming you all on Sunday 1st December at 9.30am
There will be coffee, squash and biscuits after the service!

All donated toys this year will go to Highpoint Prison
for distribution at their Christmas Party to prisoners' families

This year, St Mary's Church in Bacton are once more collecting toys for those who otherwise would not have the kind of Christmas we all expect.

All gifts this year will again go to Highpoint Prison, where they will be carefully sorted by volunteers of the Ormiston Children and Families Trust, who will match them to individual children in prisoners' families. They will then be distributed by a Prison Officer – dressed as Father Christmas, of course! – at the annual Christmas party held for prisoners and their families. Prison Chaplain, Revd. Tony Fowler, who lives here in Bacton, has kindly facilitated this for us, and has advised us of certain restrictions that must be adhered to for gifts which are to be given out at the prison.

1) Batteries must NOT be included. Toys which need batteries may be sent, but batteries taken out first!
2) NO "moulding" toys – e.g. Playdough, plasticine, clay or Plaster of Paris
3) NO toys with sharp implements or metal tools – e.g. metal hammers or screwdrivers, or manicure sets with scissors or tweezers.
4) And finally, so that all children receive something of roughly equal value, no single toy should cost more than £10, and they must be NEW and in their original packaging.

Please do not wrap them, as this will be done after allocation by the Ormiston Trust.

We hope to see all of you at our Toy Service this year!

David Foster
LOCAL HEATING & PLUMBING ENGINEER
Boiler Servicing and Repairs
(Oil and Gas including LPG)
Central Heating Installations
Pumps, Valves and Programmers fitted
Bathroom/Shower Installations
Gas Appliance Installations
Water Softener Installations
General Plumbing
T 01449 781477
M 07979 505618
gas safe REGISTER

• Stretch the Spine
• Tone the muscles
• Calm the mind
• Sculpt the body
Why not try Yoga?
at Cotton, Haughley, Stowupland or Stonham Barns
For further details or a class schedule please visit:
www. feeljoyous.com
or contact Wendy on:
feeljoyous@hotmail.co.uk
Tel: 07528 199146

Cambridge Weight Plan
Real people, real support, real results.
Are you worried about your weight?
The Cambridge Weight Plan could be the answer. Please call today.
Your Local Diet Coach:
John offers one-to-one support at Stowhealth Centre in Stowmarket, and at Eye. **01379 678416 / 0787 231 4653**
johnatoakcottage@hotmail.co.uk
www.cambridgeweightplan.com/johnh

A Word from the Rectory

Dear Everyone

This is quite an unusual year because just for once, all those Advent Calendars will actually match the season of Advent. December 1st, when the first little door is ready to be opened, is also Advent Sunday. St. Mary's Bacton will be holding our annual Toy Service at 9.30 a.m. to collect gifts of new toys as presents for children whose Christmas will be overshadowed by having a parent in Highpoint prison: do come. At 6.30 p.m. Miriam Fife will be leading our Praise in the Community service, at the end of which three very important people – Mary, Joseph and their faithful donkey – will be setting out on their Posada Advent journey through Wyverstone. Each night a different family will give them hospitality, until on Christmas Morning they arrive back in church to celebrate the birth of their baby at the 10.30 a.m. Family Service. In Cotton the big day is Saturday Dec. 14th, with our Children's Celebration Corner at Cotton Community Circle Christmas Café (I make that 8 C's!) and in the evening, the Friends of Cotton Church have their glorious Christmas Concert in St. Andrew's.

It's a hectic month, December, what with all the presents to find and wrap, the Christmas food to prepare - did you stir up your Christmas puddings on Stir Up Sunday, which this year was Nov. 24th, or do you prefer one of the tempting range of ready-made puds you can find everywhere nowadays – or maybe, shock horror, you just hate Christmas pudding anyway? In my family the pudding stirring was a big thing, I remember holding my baby sister's hand on the wooden spoon so she could make her pudding wish, in fact I'm pretty sure one year I helped my hamster to stir the pudding. Stir Up Sunday gets its name from the old Prayer Book collect for the Sunday before Advent: "Stir up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded; through Jesus Christ our Lord. Amen."

Whatever you plan to eat for dessert on Christmas Day, I wish you a stirring Advent plenteously full of the fruit of good works. May all the preparations bring you moments of real joy, whatever is going on in your life just now, and may love be in your heart this Christmastide.

Yours with love, Liz Varley.

THE BENEFICE OF BACTON
WITH WYVERSTONE, COTTON, OLD NEWTON AND WICKHAM SKEITH
Rector - Rev Dr Liz Varley 781108

ST MARY'S BACTON

Rev Jan Fowler - 01449-782107

Church Wardens -
Mr David Black 781347
Mr Ray Bartrum 781526
PCC Secretary - Mrs Linda Last 781772
PCC Treasurer - Mr Brian Manley 781595
Bell Ringer - Mr Winston Girling 674425

ST ANDREW'S COTTON
Church Warden & PCC Secretary
Mr Mervyn Walker 780272
PCC Treasurer - Mrs Jane deBeer 781594
PCC Secretary - VACANCY

ST GEORGE'S WYVERSTONE
Church Warden Mr James Black 781913
PCC Secretary - Helen Hardy 01449 781841

Lay Readers -
Mrs Elaine Miller 770337
Mrs Sheila Wright 766392
Mrs Helen Matter 01473 298504

Elders -
Mr Peter Paine 767897
Mrs Janice Shea 781263
Mrs Jean Willoughby 766621

Rural Dean of Stowmarket -
Rev Canon Barbara Bilston 781253

Methodist Ministers
Rev Stephen Yelland 612619
Deacon Hilary Smith - 781845

Catholic Parish of Our Lady Stowmarket
Fr David Finegan 612946

SIDESMAN'S ROTA FOR ST. MARY'S BACTON - December 2013

Dec 1st

8.00a.m.....Robert Black
9.30a.m.....Brian Last & Linda Last
Coffee.....Ruth Southgate

Dec 8th

9.30a.m......Ron Southgate & Carol Bartrum
Coffee.....Linda Last

Dec 15th

9.30a.m......Ruth Southgate & Brian Manley
Coffee.....Margaret Finbow

Dec 22nd

6.30a.m Carol Service.....Mike Hall & Pat Hall

Dec 24th Christingle

4.00p.m..... Ruth Southgate, Linda Last & Carol Bartrum
11.30pm... Ray Bartrum & David Black

Dec 29th - No Service

Christingle

Shining light into darkness

Join us for a Special Candlelit Celebration
on Tuesday December 24th at 4.00 p.m.

in St Mary's Church Bacton

Christingle - the service for children
that welcomes the whole community

All proceeds go to the Children's Society Charity Registration no. 221124

CHURCH OF ENGLAND SERVICES IN THE BENEFICE

December 2013

Services in the Benefice during December 2013

Sun. December 1st (ADVENT SUNDAY):

8.00 a.m.	BCP Communion	Bacton	Rev. Liz Varley
9.30 a.m.	Toy Service	Bacton	Janice Shea
9.30 a.m.	Christingle	Wickham Skeith	Rev. Liz Varley
No Service at St. Andrew's, Cotton			
11.00 a.m.	Posada Service	Old Newton	Rev. Liz Varley
2.30 p.m.	Evening Prayer	Gipping	Rev. Liz Varley
6.30 p.m.	Praise in the Community	Wyverstone	Miriam Fife
6.30 p.m.	Advent Carol Service	Old Newton	Canon Barbara Bilston

Sun. December 8th (SECOND SUNDAY OF ADVENT):

8.00 a.m.	BCP Communion	Old Newton	Rev. Liz Varley
9.30 a.m.	Extended Communion	Bacton	Helen Matter
9.30 a.m.	Extended Communion	Wickham Skeith	Peter Paine
11.00 a.m.	Holy Communion	Cotton	Rev. Liz Varley
3.00 p.m.	Christingle	Old Newton	Di Barker
6.00 p.m.	Benefice Memorial Service	Wyverstone	Ministry Team

Sun. December 15th (THIRD SUNDAY OF ADVENT):

9.30 a.m.	Holy Communion	Bacton	Rev. Liz Varley
9.30 a.m.	Holy Communion	Wickham Skeith	Rev. Jan Fowler
11.00 a.m.	Holy Communion	Old Newton	Rev. Liz Varley
6.30 p.m.	Nine Lessons & Carols	Wyverstone	Sheila Wright

Tues. December 17th

7.00 p.m.	Carols by Candlelight	Gipping	Rev. Liz Varley

Sun. December 22nd (FOURTH SUNDAY OF ADVENT):

8.00 a.m.	Holy Communion	Old Newton	Rev. Liz Varley
9.30 a.m.	Holy Communion	Wickham Skeith	Rev. Liz Varley
2.30 p.m.	Nine Lessons & Carols	Cotton	Rev. Liz Varley
6.30 p.m	Nine Lessons & Carols	Bacton	Rev. Jan Fowler
6.30 p.m.	Nine Lessons & Carols	Old Newton	Rev. Liz Varley
6.30 p.m.	Nine Lessons & Carols	Wickham Skeith	Sheila Wright

No Service at St. George's, Wyverstone

Tues. December 24th (CHRISTMAS EVE):

4.00 p.m.	Christingle & Crib Service	Bacton	Rev. Liz Varley
11.30 p.m.	Midnight Communion	Bacton	Rev. Liz Varley
11.30 p.m.	Midnight Communion	Cotton	Rev. Jan Fowler

Bacton and Wyverstone Mothers' Union

invite you to their

Celebration of Christmas
Tuesday, December 10th
2.30p.m.

The Community Room
St. Mary's Church, Bacton

'Twas the night before Christmas.....

Join us afterwards for refeshments

CATHOLIC PARISH OF OUR LADY, STOWMARKET

Parish Priest: Father David Finegan,
The Presbytery, 29 Lockington Road, Stowmarket IP14 1BQ
Tel: **01449-612946** E-mail: **ourlady.stowmarket@btinternet.com**

MASS TIMES:

Saturdays (First Mass of Sunday):
St Mary's C of E Church, Woolpit IP30 9QG - 6.00 pm

Sundays:
Our Lady's, Stricklands Road, Stowmarket - 8.30 am & 10.15 am

Holy Days:
Our Lady's, Stricklands Road, Stowmarket - 8.00am, 10.00am and 7.30 pm

Weekday services in the Parish are advertised at the front of Our Lady's Church, in the weekly Newsletter and on the Parish Website
www.ourladys-stowmarket.co.uk

ADVENT AND CHRISTMAS IN OUR LADY'S PARISH

The Season of Advent begins on Sunday 1st December, a time of expectation when we prepare to celebrate the coming of Jesus Christ the Lord among us. To help our preparation for Christmas there will be a Service of Reconciliation with time for individual confessions in Our Lady's Church, Stowmarket, at 7.00 pm on Thursday, 19th December.

Here are the times of Christmas Masses in the Parish this year:
On Christmas Eve, Tuesday 24th December, there will be an anticipated Midnight Mass in St Mary's Parish Church at Woolpit at 9.00 pm. Carols will be sung from 8.30 pm and during the Mass.

At Our Lady's Church in Stowmarket, carols will be sung from 11.30 pm before Midnight Mass and during the celebration. The Parish Christmas Crib will be blessed at the start of Midnight Mass in Our Lady's Church.

On Christmas Day, Wednesday, 25th December, the Mass of the Dawn will be at 8.30 am and the Mass of the Day at 10.15 am. Both Masses will be celebrated in Our Lady's Church at Stowmarket. Carols will be sung during each Mass. There is no evening Mass in the Parish on Christmas Day.

We pray that you will all have a happy Christmas and peace in the New Year.

Father David Finegan

COTTON METHODIST CHURCH 2013

All services at 10.30a.m. unless stated otherwise - Everyone welcome.

December

1st: Lead by Rev. Ralph Taylor, **8th:** Lead by Miss Jennie Benfield, **11th:** Ladies Carol Service at 2pm.
15th: Lead by Mrs Jane Brooker, **22nd:** Lead by Mr. Derek Ames,
29th: Lead by Rev. Stephen Yelland with Holy Communion

January

5th: Lead by Mr. Brian Clow

ST. ANDREWS'S CHURCH COTTON 2013

CLEANING ROTA

December 6th. Chris Carr & Maz Purkis 20th Dec. Joyce Vincent & Diane Dickinson
January 10th. Chris Marston & Maz Purkis. 24th Jan. Diane Dickinson & Joyce Vincent

FORGE COMMUNITY CHURCH

Debenham Leisure Centre
2 Services every Sunday 9.30 and 11.30am
Incorporating 242 Youth Church and Kids at the Forge
contact **info@forgechurch.com** or **01449 710437**
or visit the website **www.forgechurch.com**

Are you recycling your old clothes and textiles?

If you need a council textile bag ring:

0845 603 9412

or email:
textiles@suffolk.gov.uk

or collect from
council offices and libraries

Seal the bag and put INSIDE your recycling bin!

Please continue to donate to charity shops and textile banks

recycle for Suffolk

www.suffolkrecycling.org.uk

Parish	Name	Street	Postcode
Bacton	Bacton Stores	Shop Green	IP14 4LG
Elmswell	Mace Stores	Station Road	IP30 9HD
Elmswell	Memorial Library	Cooks Road	IP30 9BX
Haughley	Haughley Post Office	2-4 Old Street	IP14 3NR
Haughley	Palmers Bakery	The White House Old Street	IP14 3NR
Old Newton	Old Newton Village Stores	18 Finningham Road	IP14 4EG
Stowmarket	Tourist Information Centre	Wilkes Way	IP14 1DE
Stowmarket	Milton House	Milton Road South	IP14 1EZ
Stowmarket	Library	Milton Road	IP14 1BX
Stowmarket	Wolsey Road Post Office	1 Wolsey Road	IP14 1LX
Stowupland	Stowupland Post Office	Church Road	IP14 4BQ
Stowupland	M & M Butchers	Gipping Road	IP14 4AR

Textile recycling bags are available free of charge from the above stockists.

Bringing Bethlehem To Bacton

Come with us on a journey to Bethlehem. Meet animals and characters along the way.

An event for the whole family. Saturday and Sunday 7, 8 and 14, 15 December at 6:00pm

Mulled wine, hot chocolate & mince pies

Crib Cottage
Rowell Lane
Bacton
IP14 4LD

A Christmas gift for all to take home

Booking essential. Tickets on sale from November 1st. Call 01449 780143. Adults £5.50, children £3.50. Family ticket (2+2) £16

Foodbank 1 year on....

RECORD BREAKING MONTH!!

AUG 2013

51 Parcels Delivered

1548 Kilos of Food Delivered

A big Thank you to the John Peel centre for allowing us to use their facilities today.

Delia Smith at the launch in Sept 2012

Since the launch of the Stowmarket foodbank we have been overwhelmed by the generosity of people. During the past year the foodbank has received support from schools, churches, groups, local supermarkets, businesses & individuals around the area. We are continually touched by everyone's giving. It is through this combined effort we have been able to respond to the urgent need for help. So far since our launch we have delivered out 352 parcels supporting well over 1000 local people. Our list of referral agencies has grown & we continue to work closely with them to ensure the parcels go out to those in genuine need. Already we have seen lives touched by the love of others - We want to say a big Thank you for your continued support from us & the families & individuals you are bringing hope to.

Stowmarket Foodbank

Supporting Individuals And Families In Crisis

In Stowmarket, Needham Market And surrounding areas

DSR

PROPERTY MAINTENANCE

All Property Maintenance Jobs Carried Out

Wall and Floor Ceramic Tiling,
Painting and Decorating,
Soft Vinyls,
Safety Flooring, Wet Rooms, Carpets Supplied and Fitted, Exterior Works, Fencing, Patios, Gutter Repairs, Sheds, General Repairs etc.

No Job Too Small

01359 242438

07968483055

Stowmarket Foodbank

Tel: 01449 774000

E-mail: office@livingit.org.uk

Registered Charity No: 1074780

Referral agencies:

Avenues group
ACT - Anglia care trust
Solo housing
M.S.D.C
Homestart
Ipswich Umbrella trust
Flagship Foyer
Acorns family centre
Sunshine family centre
Robins family centre
Stowmarket C.A.B
Norfolk & Suffolk N.H.S
S.N.A.P
Victim support
C.Y.P.S
Mencap Suffolk
Leeway
Open Road
Age U.K
Stowmarket Job Centre
SSAFA Suffolk

***Urgent needs* - tinned potatoes, rice pudding, tinned meat**

DARRELL I. KEEBLE

Established 1982

PAINTING & DECORATING

INTERIOR & EXTERIOR

DOMESTIC & COMMERCIAL

BUILDING MAINTENANCE

- Pressure washing of Patios and Brickwork etc.
- New Guttering and repairs
- Brickwork and Re-pointing
- Domestic Drainage repaired and cleaned
- Glazing repairs and replacement sealed units
- Fencing and Repairs
- Garden Maintenance

Tel: 01449 767117 Mobile: 07810 693521

Answerphone service

BIOFLOW

High Quality

MAGNETIC PRODUCTS

If ACHES and PAINS are getting you down

contact Roy & Di Barker

Great Ashfield

01359 241045

Over 15 years' Experience of Magnotherapy with Adults, Children and Animals

"More than 170 ailments have been improved through wearing a Bioflow"

"We have seen people's lives change"

'Buy and Try' 90 day trial period to feel the benefits yourself

D J BUILDERS (SUFFOLK) Ltd

EXTENSIONS, DRIVEWAYS, DIGGERWORK
NO JOB TOO SMALL

ALSO GARAGE, YARD AND SITE CLEARANCE

Yew Tree House,
Potash Lane,
Wyverstone
Stowmarket
IP14 4SL

Tel. 01449 782009
Mob. 07850 910877
Email. wluckymax@aol.com

Massage Therapist

BTEC Qualified Female Practitioner

Personally tailored treatment programmes to beat stress, aid relaxation or treat injured, aching muscles

Holistic Full Body Massage
Deep Tissue Massage
Back, Neck & Upper Limb Massage
Sports & Remedial Massage

Call Ines: 07946 722306
www.suffolksportsmassage.co.uk

Gift vouchers available
Treatment room located in Colton IP14

OUR HOME INSURANCE ISN'T ON COMPARSION WEBSITES

Because time spent on a real conversation allows us to appreciate the finer details.

Call 01787 248494
for a quote or pop in
NFU Mutual Office,
Norman Way,
Lavenham,
Suffolk,
CO10 9PY

NFU Mutual
INSURANCE | PENSIONS | INVESTMENTS

It's about time

Agent of The National Farmers Union Mutual Insurance Society Limited.

From Chernobyl Childrens' Life Line

By the time you are reading this we will have completed our Chocolate Bingo event in November which, at the time of writing is set to be another success as we are almost sold out of tickets. It is great to see not only our regular supporters but more and more new faces who have been told about this event by their friends and family.

Remember, in our Charity Shop in Coddenham Road we take or can collect clean old clothing, curtains, sheets + the like, also non saleable books, which adds to charity funds via recycling collection agency. Good saleable books are of course sold in our shop as are children's toys and an excellent range of clothing and other items.

With the Christmas season fast approaching it is well worth remembering that we always have a good selection of party wear in the shop and also facilities to try clothing on before purchasing.

We recently made a request for people to send a Shoe box to each of the children that came in the summer 2013 visit or who are supported directly by this Link and we are delighted that the response means that each child will now receive an unexpected but very welcome present from England. The usual present at Christmas for these children is a packet of sweets. Although the sender will be bearing the cost of sending the items they do know exactly who the present is going to and receive details of the child, their family and photographs. A very big thank you to everyone who has taken part in this part of our program.

I have today returned from Belarus visiting children that we have hosted over the past six years and also visiting a new school in a new town where the children for the 2013 visit will be selected. I also visited the Childrens Cancer Hospital and No 1 Baby Home in Minks and will update everyone with the news of this visit in the next newsletter.

With grateful thanks as always to all of our supporters.

Elizabeth Parker
Link Chair
01449 760343
enquiries@ccllmidsuffolk.org.uk
www.ccllmidsuffolk.org.uk

FRESH FRUIT & VEG TO YOUR DOOR

Quality seasonal fresh fruit, vegetables and salad delivered directly to your home, from your local family greengrocer.

Create your own box (call for a stock list) or select from one of our mixed fruit, vegetable and salad boxes:

Box Option 1	Box Option 2	Box Option 3	Box Option 4
A selection for a single person household	A selection for a two person household	A selection for a three person household	A selection for a four person household
£7	**£12**	**£16**	**£20**

Sji greengrocers

- **Weekly deliveries • Repeat orders taken •**
- **Order by 5pm Monday for delivery Wednesday •**
- **Free delivery within 4-mile radius of Old Newton**

Place your order by calling 01449 780416
texting 07786 165402 or emailing
sandjirons@hotmail.co.uk
www.sjigreengrocers.co.uk

LAMBERT'S SERVICE STATION LTD

Shop Green, Bacton, Stowmarket, IP14 4LG Tel. 01449 781260 Mob. 07834 778116

MOTs while you wait

Recovery Service and Home Starts

Welding

Accident, Bodywork Repairs

Engine Management Lights

Service all Makes and Models

Tyres and Batteries Stocked

ABS

Air Conditioning

Engine Diagnostics and Fault Finding

RING TODAY FOR A FREE ESTIMATE ON ANY WORK NEEDED

Opening Hours - 8.30 - 5.30 Monday to Friday and 8.30 - 12.30 Saturday

We have a fully equipped workshop where all manner of repairs can be undertaken
An MOT testing station and a Body Shop where we can undertake
Insurance accident repairs, general repair work and re-sprays.
We also operate a recovery service which includes Home Starts.
We are one of the few remaining rural Petrol Filling Stations
and offer forecourt attended services.

www.lambertsservicestation.co.uk - lamberts.l@btconnect.co.uk

or Find us on **Facebook**
www.facebook.com/lambertsservicestation ltd

MICHELE COLE CHIROPODIST

MSSch MBchA RGN

T 01449 781396
M 07740 988172
E chelecole@aol.com

RSA PEST MANAGEMENT HAUGHLEY

01449 672083
07745 771516

GAME OVER

FOR

Rats, Mice, Moles, Rabbits
Squirrels, Ants, Wasps, Flies
Birds, Bees, Cockroaches
Bedbugs, Fleas, Woodworm etc.
Deer and Fox Management

Fully qualified and insured pest control

For a Service you can rely on
National Pest Technician Association

AJB Joinery

Hand-crafted and inspiring creations:

- Sash and traditional windows
- External and internal doors
- Staircases
- Kitchens for every budget
- Bespoke furniture for every room
- Composite, timber & laminate worktops
- Timber flooring

Highly experienced & personal service.
For a no obligation quotation call:
07904 630137
01359 232594

A/C FENCING & GARDENING

All fencing & gates supplied and erected.
All gardening work, grass cutting, hard landscapes, concrete bases and sheds.
For a free quote please call **Andy**
01449674093
07748785197

Raven Stoves
Quality Wood Burning Stoves
Jotul, Scan, Contura
Dunsley & Chesney's
Design & Installation Service

Chimney Relining
Beautiful Showroom
01379 898661
Crown House, The Street,
Hinderclay, Diss. IP22 1HX
www.ravenstoves.co.uk
HETAS

Penny Simmonds
REFLEXOLOGIST
Member of
Association of Reflexologists

Call 01449 780436
or 0775 409 4257
(Westhorpe)
To discuss your treatment requirements
(Home visits may be arranged)
Basic Reflexology Workshops also provided

Life Changing Hypnotherapy
Experience this effective, relaxing therapy for help with:
- Stopping smoking
- Weight loss
- Confidence issues
- Stress and anxiety
- Overcoming fears and phobias

Free initial consultation
Wendy Chalk BA (Hons), HPD, MNCH
07817 158429
www.wendychalk.co.uk

BACTON COMMUNITY WORK CLUB

Give us a job!

Looking for a job isn't easy, and that's only the start. Applying for jobs, and then actually getting the job that you are after is fraught with difficulty, so if you know someone who is looking for work, there are a couple of very short stories - both true - which might lead on to something helpful.

The first story concerns a friend's son who had just left college and qualified as an accountant. He was applying for a post with one of the big companies in London, but had little idea of what to expect during his interview with the company. His parents had no idea and could offer no help, and he felt his future career slipping gently through his fingers. Fortunately we were able to introduce him to someone who worked in recruiting and could steer him right through the process. ...and yes, he got the job and she got the biggest bunch of flowers in the world!

The second is about another young friend. She had a good job, and had saved up to travel for a year in Australia and New Zealand. But on her return home she was having a really hard time finding a suitable job. She had applied for several, but was getting nowhere. Her parents had no experience of looking for work and couldn't help either, but by having help in rewriting her CV (she had gained a Duke of Edinburgh Gold Award, but had made nothing of it in her CV), she found what she was looking for and got the job she wanted straight away.

We don't all have a network of friends and relations who know how the recruiting process works, and who can help with CVs, interviews and so on. Our two young friends were lucky in that respect, but....*and here, it's calling all Mums, Dads, Friends*.... if you do know of someone looking for a new job, and you don't feel equipped to help, don't give up. Those job seeking skills, the knowledge and advice are available here in The Bacton Work Club. We have a team of mentors who have all had successful careers in the private, voluntary and public sectors, and they have all had a hand in recruiting people. They are all poachers turned gamekeepers, and they know how it's done.

So, Mums, Dads and friends of anyone looking for a new job, it could be very helpful to your friend, your son or your daughter (nephews, nieces, cousins as well) to suggest that they might come along and see if we can help. We don't have a magic sack of jobs, but we can help people promote themselves well, and help them increase their chances in the Job Market.

The club meets every Thursday morning at 9am to 10.30am. We have been given the use of the Community Room in St Mary's Church free of charge, and that's where we meet.

Check us out at:
bactonworkclub.onesuffolk.net/
E thebactonworkclub.com

Please Note that, due to the Christmas Season, there will be an early copy deadline for the January 2014 Magazine

This Deadline is

9th December

Suffolk ACRE Community Buying

For more information contact your local coordinator for Bacton and Wyverstone,
BERNARD GANT
Tel. 781630.
e.mail bernard@gants.co.uk

Want to save money on the cost of your heating oil? So do we!

Join our new community-based countywide oil buying syndicate and see how easy it is.
Save even more by becoming your local co-ordinator

Suffolk ACRE Community Buying Ltd
Tel: 01473 345300
Email: oil@communitybuying.org.uk
www.communitybuying.org.uk

SUFFOLKACRE
...making life better

Suffolk ACRE Community Buying Ltd is a wholly owned trading subsidiary of Suffolk ACRE, a charity working to enable rural communities to be more socially, economically and environmentally sustainable.

Suffolk ACRE Ltd Registered Charity No. 1062038
Suffolk ACRE Community Buying Ltd Registered No. 4794467

THE Old Tea Room
VETERINARY SURGERY
The Level Crossing
Elmswell

Opening Hours:
Monday to Friday - 8.30am to 6.00pm
Consulations by Appointment
Tel: 01359 241761

Please call in to see our full range of pet supplies, including flea treatments, worming tablets, pet shampoos, pet food and many other accessories for the routine care of your pet.

24 Hour Emergency Service 01449 613130

G. C. COBBOLD
JOINERY
All aspects of joinery undertaken
GATES
LEDGED &
BRACED DOORS
GARAGE DOORS
STABLE DOORS
FENCING
SHELVING
and much more
Free quotations given
01379 783092
07841 026220

Cut out and Keep W.I. RECIPE SUGGESTION
(Results not guaranteed!)

Christmas Pudding ice - cream

4 x egg yolks
1 pint of double cream
2 teasp custard powder
4 desert spoons sugar
dash of vanilla essence
small christmas pudding
brandy

Beat egg yolks, add vanilla, sugar and custard powder
Boil cream and add to mix. Now reheat in either the microwave or on the stove to thicken slightly. Allow to cool to warm stirring all the time.

Put in ice-cream maker until it forms ice-cream. Meanwhile pop pudding into microwave for approximately 1 –2 mins then allow to start cooling. Pour the brandy into pudding so it is absorbed. Now break up and mix in with ice-cream. Put in freezer until needed.

A Caring and Professional Service
24 HOUR PERSONAL SERVICE
• Floral Tributes •
• Monumental Masonry •
• Prepayment Plans •
• Green Funerals •
FUNERAL DIRECTOR ON CALL
MEMBER OF GUILD OF MASTER CRAFTSMEN
L. Fulcher
01449 613033
58 Ipswich Street, Stowmarket

Computer problems?
We provide all types of computer consultancy and support.
We also build, upgrade and maintain systems.
No problem too big or too small.
For help & advice call Gordon or Helen
01449 781255
faxbase ltd

Andrew Bingham
INDEPENDENT FUNERAL SERVICE
Stowmarkets Independent Family Funeral Service
24 Hour Personal Service • Private Chapel of Rest • FREE Parking
Telephone: 01449 771666
www.andrewbingham.co.uk
The Nutshell, Milton Road South, Stowmarket, Suffolk IP14 1EZ
Golden Charter Funeral Plans

IS YOUR COMPUTER OR LAPTOP DRIVING YOU CRAZY?
Laptop Repairs
PC Repairs
Networking
Virus & Spyware Removal
Upgrades
All Computer Related Troubleshooting
Call Keith: 07517 278 217
Based in Cotton IP14
No need to unplug your computer...
We come to you!
suffolkpcsupport.co.uk

COMMAND PEST CONTROL
Pest Control & Prevention:
Rat & Mouse Eradication & Prevention of access to Premises
Insect control, prompt service to Wasps, Hornet's nests, Ants, Fleas, Flies etc.
Mole control by all Ministry approved methods
Property Care:
Woodworm/Deathwatch Beetle
30 year Bonded Guarantee available
Insect Control:
Fly Control Units, Electric & Adhesive
Fly screens, chain curtains, plastic strip curtains
Please ring for competitive prices from YOUR local company
0800 074 2450
Command Pest Control Ltd
Command House, College Farm, Church Lane, Preston St Mary, Sudbury, Suffolk CO10 9NQ
T 01787 248049

YOUR MICHAEL BRAME
Free Advice on all your double glazing enquiries including:
'A' energy-rated UPVC Windows Doors, Conservatories.
Rainwater Goods i.e. Sealed Units, Window/Door Handles, adjustments to Windows/Doors.
Replace your old Polycarbonate Conservatory Roofs with 'A' rated Self-Cleaning Glass.
Enquiries to
Michael Brame (Bacton)
01449 781533
or mob.07931 784470

PAULA'S DRIVING SCHOOL
A.D.I. APPROVED
PASS PLUS
Paula Handley-Howard
07929 663919
www.drivingschoolstowmarket.co.uk

portablespace

cabin and container hire * sales * transport

New and used shipping containers for sale
Portable Steel Cabins, Containers and Toilets for hire
Shipping Container Conversions
Local Self - Storage also available

offices • canteens • steel stores • toilets • drying rooms

01449 782123

Email - web@portablespace.co.uk
www.portablespace.co.uk

MID SUFFOLK MOBILITY

Open Tues-Sat

- Scooters, Wheelchairs
- Recliner Chairs, Bath Lifts
- Stair Lifts and much more
- Competitive Prices

Finbow's Yard,
Bacton, Stowmarket
Tel: 01449 781804

M A Heating Services

- Oil, Gas and LPG boiler servicing, replacement and repairs
- Repairs to central heating system faults i.e. pumps, programmers and cylinders
- Servicing and repairs to Rayburn, Aga, Stanley and Esse
- Landlord's Certificates

T 01379 783427

Wickham Gate, High Street, Gislingham, Suffolk IP23 8JD

E & D Boiler Maintenance Ltd

Upper Church Farm, Finningham Road, Rickinghall, Suffolk, IP22 1LP
Specialists in Oil, Gas & LPG
Boiler Maintenance, Breakdown and Repairs
Boiler Insurance, annual maintenance, reminders and controls work
Telephone. 01449 782111 Mobile. 07771 880525
www.boilersinsuffolk.co.uk edboilers@btinternet.com

All makes covered including
Worcester Bosch, Boulter Camray,
HRM Wallstar, Valiant, Baxi.

To be ..... or not be?

We need your opinion

This is your chance to be heard - we would like to know if you prefer the new larger **A4** format or whether you prefer the smaller **A5**. Throughout December there will be an opportunity to vote at Bacton Stores.

The advantages of A4 are -

More room for extra material
Larger Font size for easier reading

Please let us know what you think, the vocal majority will get their way.

STOWMARKET'S

PROFESSIONAL

PRINTER

- Business Cards
- Office Stationery
- Leaflets
- Newsletters
- Letterheads
- Invoice Pads
- Books
- Wedding Invitations
- Large Posters
- Banners & Signs

Polstead Press

PHONE FOR A PRICE

01449 677500

info@ghyllhouse.co.uk

www.polsteadpress.co.uk

5a The Maltings, Stowupland Road Stowmarket, Suffolk, IP14 5AG

We are here to help you get noticed on the Internet

The Internet is out there and can promote

- **Large or small businesses**
- **Leisure groups & activities**
- **Local organisations**
- **Sports & Social Clubs**
- **Fun & families**
- **In fact, anybody.**

Whoever you are or whatever your business, whether it's fun, e-commerce or advertising we can get your presence up on the World Wide Web. We can design, upload and maintain your own web site to meet your individual needs and requirements. For more details, visit our web site

www.ftcgroup.co.uk

or call:

Andrew Catchpole

F.T.C. web designs

Tel: 01449 780150 Fax: 01449 781540

e-mail: andrew@ftcgroup.co.uk

Tuition available for word processing (m/s Word) and spreadsheets (m/s Excel)

Cotton Parish Council

http://www.onesuffolk.co.uk/CottonPC/

Clerk: Colin Hall **T** 781400
E cottonparish.clerk@gmail.com

Parish Councillors

Valerie Couldridge (Chairman), Lime Tree Farm, Parkers Road, **T** 781047

Sarah Wenban (Vice Chairman), Dandy Hall, Willow Lane, **T** 781095

Christopher Tester
1 Goodrich Close, **T** 782134

Beryl Ellis
Elm Grove Bungalow, Mill Road, **T** 780007

David Williams
Rasecroft, Mendlesham Road, **T** 781645

Beryl Halliday
Tanglewood, Mill Hill, Cotton, **T** 781682

Peter Gibbs,
The Pink Cottage, Stonham Road, **T** 781308

Meetings are usually bi-monthly held in the village hall with dates & times published on the web-site, in the parish magazine and on village notice-boards.

Wyverstone Parish Council

- meetings are held every two months with the date of the meeting being placed on the Wyverstone Village Hall notice board. The PC website has been resurrected www.wyverstone.onesuffolk.net

Clerk: John Bean **T** 781343 **E** restholme@hotmail.co.uk

Parish Councillors - Jim Arnold (Chairman) **T** 780136
Andy Mellen (Vice Chair) **T** 782971, Phillip Webb **T** 781872, Eddie Gale **T** 781577,
Helen Hardy **T** 781841 thehardyhome@btinternet.com,
Simon Williams **T** 781229, Steven Axton **T** 780001

ARRDEN VALE

KITCHENS & BEDROOMS

Specialising in design and build of bespoke high quality traditional style handmade kitchens

Individual and affordable without compromise

Handmade & Painted Kitchens, Bedrooms & Office Furniture

Tel: 01449 782062

E-mail: info@arrdenvalekitchens.co.uk

www.arrdenvalekitchens.co.uk

Harley Thomas Workshop
Crosslands, College Road, Earls Green,
Wyverstone, Nr Stowmarket IP14 4SD

Bacton Parish Council

http://bacton.onesuffolk.net

The parish council usually meets monthly in the Village Hall, Bacton on a Monday at 7.30 pm except in August.
Dates of the meetings are published in the Parish Magazine, on the notice boards situated at the Village Hall, Shop Green and Broad Road and also on the Parish Council website.
Clerk: Jane Brookman, Eden Cottage, Fen Road, Pakenham, Bury St Edmunds IP31 2LS **T** 01359 230897 **E** bactonparishclerk@gmail.com

Parish Councillors:
Paul Howlett (Chairman) Jasmine Farm, Wickham Road, Cotton IP14 4QP **T** 781380
John Gooderham (Vice Chairman), Canhams Farm, Old Newton Road, Bacton IP14 4HH **T** 781228
Robert Black, Newyearfield, Earls Green, Bacton IP14 4SB, **T** 781357
Bernard Coxhead, Silverdell, 1 Elm Way, Bacton IP14 4NX **T** 782927
Bernard Gant, Eastwood, Broad Road, Bacton IP14 4HN **T** 781630
Mary Hawkins, 29 Birch Avenue, Bacton IP14 4NT, **T** 781561
Philip Jeffries, Mills Cottage, Broad Rd, Bacton IP14 4HP **T** 781087
Harry Steed, Peregrines Rest, Mill Road, Cotton IP14 4QL **T** 781751
Paul Wigglesworth, 34 North Close, Bacton IP14 4LT **T** 781886

A J Harris

(Decorating & Home Improvements) Ltd

Andy Harris

For a quality decorating service at a competitive price

Both exterior & interior work undertaken, including general property maintenance

For a trustworthy, friendly and local service

☎ 01449 781968 M 07940 727161

Property & Garden Maintenance

- ✓ Qualified Plumber
- ✓ Bathroom Fitting
- ✓ Tiling
- ✓ Bursts, leaks, blockages etc.
- ✓ Painting & Decorating
- ✓ General DIY Jobs
- ✓ Grass & Hedge Cutting
- ✓ Fencing

Contact: Tony Fisher
Tel: 01359242556
Mobile: 07758327743

HAGANETH MORRIS MEN ARE RECRUITING

We are a local Morris Side based in Haughley
We practice every 1st and 3rd Wednesday evening during the winter and dance out between May and September

If you are interested contact:

Dave Evans 01449 673518
Email dial.farmhouse@btinternet.com

Ray Goudy Trailer Repairs

VOSA approved ATF/MOT Bay, testing ALL makes and models

HGVs ♦ PSVs ♦ Trailers ♦ Cars ♦ Vans

Camper Vans ♦ Horse Boxes

- MOT Preparation & Presentation for all makes/models of vehicles
- Repairs/Servicing to all makes/models of vehicles
- Mobile Service Vans for on-site and Roadside Repairs
- Pre multi MOT tests available
- Weight Trailer/Block Hire
- EBS/ABS/Truck/Car Diagnostics
- Trailer Hire

ATF
VOSA Authorised Testing Facility

For more details phone, email or check out our web site:
Tel: 01449 673989 E Mail: atf@rgtr.co.uk

www.rgtr.co.uk

Plot 1, Tomo Ind Est, Tomo Rd, STOWMARKET, Suffolk, IP14 5AY
All major credit cards accepted (except American Express)

HILTON HEATING

Plumbing & Heating Engineers

Gas Safe registered – Family run business

Service and maintenance of Gas or Oil Boilers
Full installation of Gas or Oil Boilers
Underfloor Heating design and installation
Ground/Air Source Heat Pumps fitted
Bathroom/Shower Suites fitted
Water Softeners fitted – Oil Tanks replaced
All plumbing work undertaken

Tel./Fax 01449 782998

GAS safe

Suffolk Dementia Helpline
01473 353350

Information and emotional support to anyone living in Suffolk.

If you or someone close to you has been affected by dementia or if you are concerned about symptoms such as memory loss, the Suffolk Dementia Helpline offers a listening ear and time for you to talk things through in confidence. Feedback from callers so far shows just how important it is to have someone to listen to you and allow you time to talk. The Dementia Helpline is a service for people affected by the illness themselves, carers, family members, friends, professionals and anyone concerned about dementia. The helpline can provide information about dementia, how to get help locally, how to access service to maintain independence and queries on benefits and legal issues. We can also respond to email enquiries, if this is a more convenient way for you to get in touch.
The helpline is run by Sue Ryder and was launched in partnership with Age UK Suffolk and Suffolk Family Carers. The line is open Monday-Friday 9am-5pm.

Please call, we are here to help

01473 353350
dementia.helpline@sueryder.org

SMALL ADS

LAMBERTS SERVICE STATION LTD
All Make/Model Servicing and Repair– Tyres/Exhaust/Batteries etc
MOT Testing - Used Car Sales - Bottled Gas, Coal and Coalite delivered
01449 781260

PERIOD PROPERTY RENOVATION - REPAIRS & MAINTENANCE
Geoff Nicholls & Co. offer a Complete Building Service. Quality work guaranteed. No job too small. All at down to earth prices. Ring for free estimate and advice.
01449 781375

D. J. HOWLETT - Servicing and General Repairs, VW/Audi, Mercedes Benz Specialist, Experienced, Professional Service. Competitive Rates.
The Willows, MENDLESHAM GREEN
01449 766019

PROBITTS For light engineering, model engineering, vehicle bodywork, any job considered. Station Road
01449 781453

PLUMBING & HEATING Free advice and estimates. For your plumbing requirements
Tel Andrew Snowling **01449 675440**

AUTO ELECTRICS: - A complete range of Garage Services. Alternator/Starter Repairs, Exchange Component Checks, Servicing and M.O.T Preparation.
Collection/Delivery, Courtesy Car.
Cow Green, Bacton. **01449 781028**

MARK BUCKLE ELECTRICIAN J.I.B. Registered. Rewiring, Storage heating, Immersion Heaters, Extra Sockets, Security Lights, Showers, Emergency call out Service. **NO JOB TOO SMALL.**
FREE ESTIMATES **01449 614796**

ACCOUNTANCY AND BOOKKEEPING
Year end accounts, bookkeeping, tax returns, VAT returns, budgeting and planning. Claire Bisset ACA
contact@clairebisset.com
or 01449 781185

E.J.ENTERPRISES - FIREWOOD
Also Eco-friendly kiln dried oak briquettes
01359 221811

PAINTER - Interior/exterior, 20 years experience. Offering cheap rates
Please contact Jamie on **01359 241339 or 07944 329677**

If you would like to advertise in this space please contact :-

Linda Last.....
linda.last@talk21.com
Tel: 01449 781772

J.B. HOME REPAIRS/MAINTENANCE
Fair & Free Quotes.Insured. Qualified.
T 01449 720172 or **07931635029**

D.J.HAILL.....Driveways and Paving
Local Authority approved
drop curbs and access
Fencing, patios, driveways, paths, pads, footings and drainage Fully insured;
for a quote call Darren
01449 737164 or **07766024137**.

DES ALEXANDER YOUR LOCAL BUILDER. Building, Decorating, Plastering.Free Estimates **01449 767825**

D.E. BRADLEY - PLUMBER New Installations, Heating Maintenance. Repairs NO JOB TOO SMALL
01379 658775 or M 07771 970901

Graham Moore Electrical
Blacksmith's Cottage,
Silver Street
Old Newton IP14 4HF

For all your electrical needs

For a friendly and efficient service call Graham on
T 01449 673705 or M 07867 560357

FREE ESTIMATES

ALL WORK GUARANTEED

GBR FIRE
FIRE PROTECTION SPECIALISTS
01449 766369 0844 809 4468
E info@gbrfire.co.uk
http://www.gbrfire.co.uk/

- **Fire extinguisher servicing and sales**
- **Signage**
- **Fire alarms**
- **Online Fire awareness training**

Fully insured, members of The UK Fire Association

Accredited by CHAS and Safecontractor

LOCAL FIRE PROTECTION YOU CAN RELY ON

Special cakes for special celebrations

Jean Barker

Amazing Cakes by Jean

www.amazingcakesbyjean.co.uk **01359 241135**

MILL CARPETS & FLOORING

Home selection Service
Local Company – Haughley

Choose from a wide range of quality Carpets, Vinyls, Solid Wood, Laminate & Safety Floorings
In your own home.

~~~~~~~~~~~~~~

Supplied and fitted by our expert fitter, or supply only.
Binding Service for cut-offs.

~~~~~~~~~~~~~~

Extremely competitive prices.
Free measuring and quotes, please contact:-

01449 677280 or 07747 403871

ANGLIA TRANSPORT TRAINING

Manual & Automatic

Intensive Driving Courses B + E Trailer Training

DENNIS MILLIER

01449 781849 07799 662443

SMALL ADS

HAIRDRESSING in your own home. Ring Julie Clarke, 2 Birch Avenue
Nail Extensions: Acrylic, Silk. Manicure & Pedicure **01449 781695**

CARA-LEA DANCE SCHOOL for children aged 5+. Disco, Freestyle, Rock 'n' Roll & Street Dance. Haughley, Woolpit & Stowmarket. Enquiries **01449 673179**

IRONING done in my home, picked up one evening, brought back the next.
Contact Mrs Briggs **on 01449 781720**

CODA COTTAGES Three self catering cottages restored from a barn. 4 star rating from English Tourist Board, one has wheelchair access. Flexible booking arrangements. www.codacottages.co.uk
Tel Katie Burroughs **01449 780076**

PAINTER & DECORATOR 30 years experience. John Gray on **01449 781584**
or **07733166023**

BB ROOFING AND BUILDING–––– Traditional Contractor BJR Betts.
Mobile **07771965666**
Phone/Fax 01449 673397

BROCKFORD SERVICES Ltd - Gardening Service and Property Maintenance. Experience and reliability at competitive rates **M 07818438044**
T 01728 860792

TANK CHANGE LTD (replacement Oil tank Engineers), Family Business, Steel & Polyethylene Oil Tanks Available.
Fully insured & OFTEC approved.
Free Survey/Quotation.
DISCOUNTS FOR PARISH MAGAZINE READERS
www.tankchange.co.uk.
01449 781210/07899 898720

SEELEY CARPENTRY ––––––––––
Building-Carpentry-Joinery
seeleycarpentry@aol.com
01449 781089 Mobile 07540228541
01449 781064 Mobile –07590751119

SINGER for your special occasion - favourite songs from all decades, especially 20's, 30's, 40's and 50's,
also Olde Tyme Music Hall in costume.
Tel: Gill 01449781375
Mob: 07505 227606
e-mail gnicholls3@aol.com
website gill nicholls.co.uk

If you would like to advertise in this space please contact :-

Linda Last.....
linda.last@talk21.com
Tel: 01449 781772

GRADE EIGHT MUSICIAN offers piano & saxophone tuition. Reasonable rates, call Olly Chalk **07948978361** or **01449 780352**

A.J. HARRIS - DECORATING AND HOME IMPROVEMENTS. Interior and exterior work undertaken, inc. ceramic tiling, coving, etc. FREE QUOTATION
01449 781968

B.F. SAMPSON - Building services and maintenance. Work carried out on new or old properties. No job too small. Free estimates. **01449 675147**
or **M 07810712401**

JENNY WADE. Registered Childminder
01449 781415

Domestic Appliance Repairs

aps REPAIR SOLUTIONS

For local, reliable service please call Alan:

01449 613457
or 07508 051 518

WASHING MACHINE DISHWASHER
OVEN HOB TUMBLE DRYER

Gavin P Deans

B.V.Sc. M.R.C.V.S
Veterinary Surgeon

HAUGHLEY VETERINARY CENTRE
63 Old Street, Haughley, Stowmarket

01449 673366

A small friendly practice offering a full medical and surgical service for companion pets.

Also at
Thurston Veterinary Centre
01359 232200
24 hour Emergency Cover

MEREDITH GREENGRASS
FUNERAL HOME
9 Marriotts Walk
Stowmarket
01449 612765

EVERYTHING YOU WOULD EXPECT FROM A CARING PROFESSION

Pre-Paid Funeral plans available

FOR ALL YOUR KITCHEN AND BATHROOM NEEDS...

- Fabulous range of kitchen and bathroom suites on display in our extensive showroom
- Contemporary to traditional all at competitive prices
- From design to installation with the option of a full fitting service available
- Contract Kitchens, kitchen doors and facelifts, supply only and to the trade
- Easy access and free parking, open 6 days a week Mon - Sat
- Free no obligation surveys

COME AND SEE US AT
TOT HILL, OLD A14,
STOWMARKET. IP14 3QQ
TEL: 01449 616065
Fax: 01449 616638
KITCHENS2BATHROOMS@AOL.CO.UK

K2B KITCHENS & BATHROOMS

SMALL ADS

K.V.M SEWING MACHINES GISLINGHAM Servicing & repairs to Singer & most makes.All work guaranteed.
01379 783521

A.J.COLLINS TREE SERVICES - for professional tree care, hedge trimming etc
01449 767196 /www.ajctrees@aol.com

J. LAWES - IRONMONGERS - BUILDERS' MERCHANTS - GARDEN REQUISITES - KITCHEN GOODS
Station Road, Bacton **01449 781452**

FINBOWS FURNISHERS Station Road, Bacton. New & Secondhand furniture etc. bought and sold. Carpets, Rugs, Lino, Fancy Goods.
CLOSED MONDAY 01449 781732

COUNSELLING - INDIVIDUALS / COUPLES STOWMARKET
Feeling stuck? BACP Accredited counsellor can help you to move forward.
Fully confidential.
Comfortable non-judgmental atmosphere
Mari **07903 100887**
http:/www.counsellingroom.org/

WAXING OF BACTON
(3 months 25% off)
07538 79640

BEAUTY TREATMENTS:
New salon in Wickham Skeith
http://www.sanctuary42beauty.co.uk/
Tel. Cheryl Mitchell **07788412015**

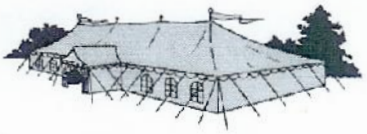
COTTON VILLAGE HALL
Our well equipped hall is for hire for all types of function. Well fitted kitchen, small and large grassed fields. Crockery, tables and chairs for hire away from hall, subject to availability. Very reasonable hourly or daily charges. Use our paper bank so that your village benefits from the income.
Tel Booking Secretary **01449 781083**

BACTON VILLAGE HALL
Hire of the hall is now **£6.00per hour** or **£7.00** if the cookers are to be used.
For details or to hire please telephone
01449 781343

WYVERSTONE VILLAGE HALL for your meetings, events etc Bar, kitchen, good car parking.
Phone Kerri on 781151 07501 951068

STOWMARKET SKIP HIRE
Earth Moving, Digger Work
2, 4, 6, 8-YARD SKIPS
SAND & BALLAST DELIVERIES
SHINGLE HOGGIN & TOPSOIL
Telephone 613824 and Mobile 07860692733

Thunder Burst Events



Traditional & Frame Marquee Hire
Beautiful marquees available with full interior linings, entrance porch, tables, chairs, dance floor, carpets & lighting
Firework Displays
Professionally fired displays available all year round
For further information or to request a brochure please call
01449 781329 or 07787 155338
www.thunderburstevents.co.uk

Acorn Kennels

Jodi Palmer
Acorns
Wash Lane
Mendlesham
Stowmarket
Suffolk
IP14 5TD

Tel:
01449 767160
07754 851789

For friendly personal care

Fully Licensed and Insured

Opening Hours
Mon – Sat 9.00am to 12.00pm
Visitors welcome other times by Appointment.

The Good Neighbours are Here!

Do you need help with transport, collections, minor repairs, pets, a one-off garden tidy, letter writing, form filling, befriending or lifts?

The Bacton, Cotton and Wyverstone
Good Neighbour Scheme

All volunteers have been CRB checked and are covered by public liability insurance.

Contact them on
07980 948641

Seven Days a Week 9am - 5pm

PLUMBING
24 HOUR EMERGENCY

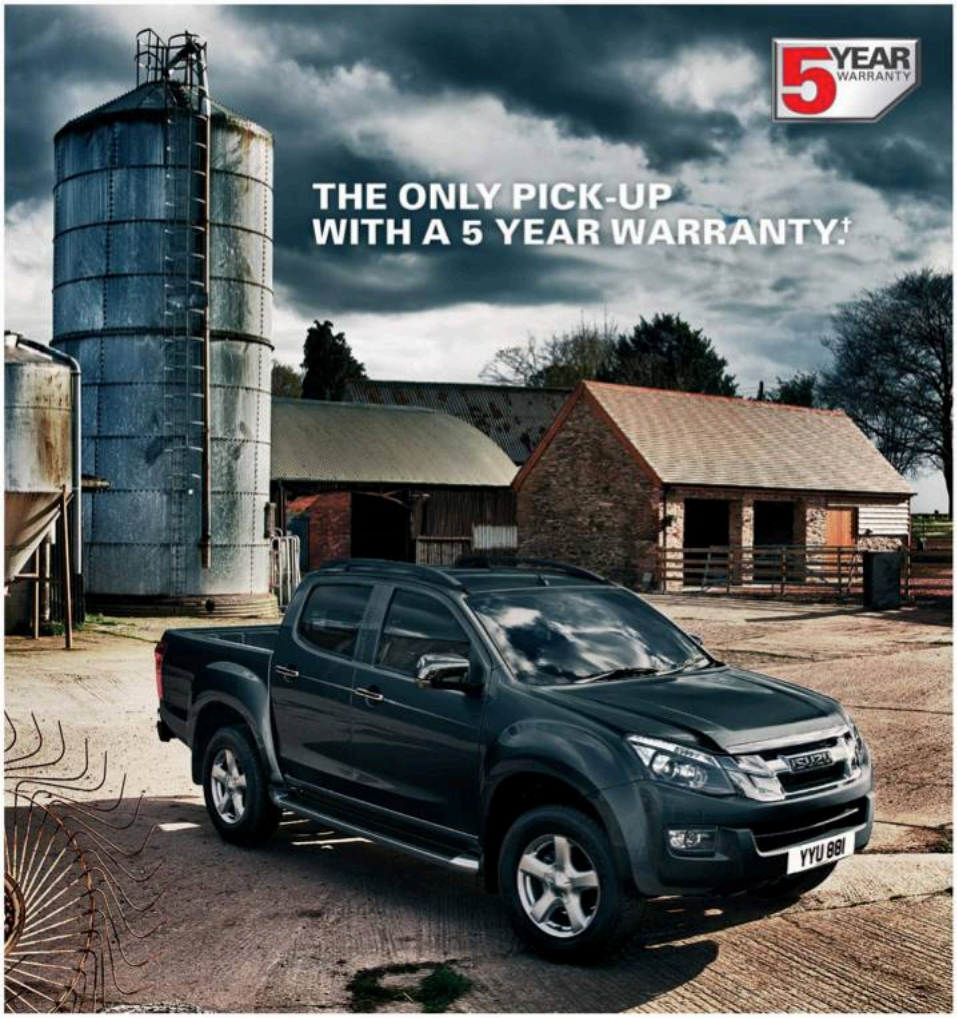
07973 283085
01359 245079

ALL WORK GUARANTEED

BURST PIPES
BLOCKAGES
DRIPPING TAPS

NO JOB TOO SMALL

PERRY PLUMBING



BECAUSE TOUGH TIMES
CALL FOR A TOUGH TRUCK.

Isuzu only produce commercial vehicles. That's why we can provide you with the pick-up you really need. The all-new Isuzu D-Max is a tough pick-up for these tough times. It's hardworking, dependable and always prepared to go the extra mile. While other pick-ups deliver compromises, the all-new Isuzu D-Max simply delivers. That's because it's built, sold and used by professionals.

JEFFRIES
01449 781131
www.jeffriesofbacton.co.uk

All-New ISUZU D-MAX

ISUZU
THE PICK-UP PROFESSIONALS

†5 year/120,000 miles (whichever comes first) warranty applies to all new Isuzu D-Max models. Terms and conditions apply. See isuzu.co.uk for full details.

Steven R Francis & Company Ltd

Accounts preparation
Bookkeeping & payroll services
Business formation, tax planning and forecasting
Income tax and corporation tax self-assessment
VAT and PAYE

Woodridge House
Earlsbrook
Bacton
Stowmarket
Suffolk
IP14 4UA

01449 780100
office@srfrancis.co.uk

ACCA

MEMBER OF THE ASSOCIATION OF CHARTERED CERTIFIED ACCOUNTANTS

Please Note that, due to the Christmas Season, there will be an early copy deadline for the January 2014 Magazine

This Deadline is

9th December

The Dame Vera Lynn Trust for Children with Cerebral Palsy

Suffolk Constabulary Christmas Choir

13th December
7.00pm

Get in the festive spirit and enjoy the Suffolk Constabulary Male Voice Choir who will be singing and bringing cheer in the run up to Christmas at Felixstowe Conservative Club, 28 High Road West, Felixstowe IP11 9JB

Tickets just £5 each

USEFUL CONTACTS

Parish Magazine

Editor - Amanda Manley
ajmanley@icloud.com 01449 781595

Advertising - Linda Last
inda.last@talk21.com 01449 781772

Production - Brian Manley
brianjmanley@gmail.com 01449 781595

Distribution -
Peter Jennings
pajennings@gmail.com 01449 780326

Bacton Cotton & Wyverstone Good Neighbours scheme

07980 948641

Parish Clerks

Bacton - Jane Brookman 01359 230897
Cotton - Colin Hall 01449 781400
Wyverstone - John Bean 01449 781343

Village Hall Hire

Bacton - John Bean 01449 781343
Cotton - Ann Doherty 01449 781083
Wyverstone - Kerri or Mike 01449 781151

Health Centres

Bacton 01449 781777
Mendlesham 01449 767722
West Suffolk Hospital 01284 713000
Ipswich Hospital 01473 712233

Utilities

Anglian Water 08457 145145
UK Power Networks (power cuts/emergencies) 08007 838838

Newspaper Deliveries

Bacton Stores & Post Office 01449 781366
Brockford Home Delivery 01379 780241

Milk Deliveries

Leslie Lummis 01449 767111
Co-op 01449 770142

F. G. BROWN – OPTICIANS
Denmark House, 41 Bury Street
Stowmarket.
Tel:- 01449 612812/674030

As independent opticians we offer a more personalised eyecare service that you can trust for all the family including:-

Optomap retinal examination
Colorimetry
A wide range of competitively priced frames and spectacle lenses
Contact lenses
Prescription and non-prescription sunglasses

Your sight care is our priority

TONY'S
School of Motoring

DSA Approved ADI
Pass Plus
Competitive Rates
Gift Vouchers Available

1st Hour FREE with this advert

Contact Tony Gooderham
01449 781993
07771 800072
www.tonysschoolofmotoring.com
gooderhamt@aol.com

LINDSAY HOUSE RESTAURANT
BROAD ST. EYE
01379 870122

Good food - fresh local ingredients - seasonal game, meat and fish
Why not bring the family for a Sunday Roast of locally-reared beef?
We look forward to welcoming you to our small family-run restaurant
Open Tuesday to Saturday evenings from 6.30pm
Saturday & Sunday Lunch from noon

HUNTER
Weird fish
Sherwood forest
lazy jacks Clothing Co
Regatta GREAT OUTDOORS
Wrangler
TOGGI
The Original MUCK BOOT COMPANY
GRUB'S
MEYER
Hosen Trousers Pantalons Bukser
INCES
of Stowmarket
25 Ipswich Street, Stowmarket, IP14 1AH • Tel: 01449 612664 • Web: www.inces.co.uk