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COTTON

PARISH & COMMUNITY NEWS

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August 2015

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cover compiled by Amanda Manley

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Londis

PARISH NEWS

Magazine Deadline

Please note that the deadline for submissions to this magazine is the **15th** of the previous month, i.e. 15th January for the February edition.

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**. You don't need to format it if you are happy to leave it to us.

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 A5 issue

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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 only £7.50

Bacton, Cotton and Wyverstone Parish and Community News

If you know of anyone new to the area, a visitor or anyone who would like a current copy of the Parish and Community News there will be a limited number available to buy each month at Bacton Post Office.

The current price for a single issue is 15pence.

DATES FOR YOUR DIARY 2015**August**

Day/Date	Time	Event
Sat 1st	12.30pm	Bacton Fayre - on the Manor Meadow page 13
Sun 2nd	12.00noon	Summer Luncheon - The Manor Meadow Buffet Lunch, Entertainment and Auction of Promises page 13
Mon 3rd	7.30pm	Bacton & District W.I. - Painting Pots with Gilly Bursnol
Mon 10th	9.30 - 12.00noon	Village Craft Group - at Bacton Village Hall
Tues 11th	12.00noon	Mother's Union - Lunch at Alder Carr Farm
Sat 15th	2pm	RBL & RBL Women's Section - Jumble Sale at Bacton Village Hall
Sat 15th & 29th	10.00am - 12.30pm	Wyverstone Community Cafe will be at the Bacton Fayre page 11
Tues 18th	7.30pm	RBL - Old Newton Sports and Social Club

September

Day/Date	Time	Event
Tues 8th	7.30pm	Horticultural Society - John Innes Centre, Sarah Wilmott
Sun 13th	9.00am - 5.00pm	34th Sponsored Bike Ride and Walk - page 37
Mon 14th	7.00pm	RBL Women's Section - Jenny Gibbs 'Running a B&B' page 24

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The telephones will be diverted to Harmoni, the out of hours service provider, who will be covering any clinical emergencies.

Please dial 111 if you need urgent medical assistance.

If your problem is life threatening dial **999**.

The reception and dispensaries will remain open for queries and medication collections.

Travelling abroad can bring many health issues which can be problematic. To provide you with advice we need you to complete a form and return it to reception ASAP and at least **6 weeks** before your departure date. If your itinerary is complex, especially if it includes Africa or South America we need the form returned at least **12 weeks** before departure.

Complex travellers with 1 month or less to their departure date please contact:

The Travel Clinic Ltd, 47 Nicholas Street, Ipswich, IP1 1TW
Tel: 08455 480543

Information about countries and vaccinations required can be found on the Travel Vaccinations section of our website.

BANK HOLIDAY CLOSURE OF BOTH SURGERIES

On Monday 31st August both surgeries will be CLOSED.

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If your condition is life threatening please call 999.

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www.suffolkplantheritage.com

Local Contact: Margaret Palmer 01206 299832

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From your August Correspondent

TIME TRAVELLERS?

I wasn't an enthusiastic school pupil, I wasn't very sporty either so school was just a period of necessary endurance, although I did enjoy metalwork and the school holidays.

Amongst some of the most yawn inducing subjects was History! In the 1960s History was generally taught in the easiest way for the teachers i.e. in date order. So we started with the sabre toothed tiger and ended up somewhere with Queen Victoria. There were beheadings, battles and births but sadly they all slid past without making much sense - I can't remember friends' telephone numbers so a litany of dates was never going to stick.

The only bright spot was the Industrial and Agricultural Revolutions. Having a childhood interest in all things oily, mechanical and agricultural suddenly we hit on something which made history relevant and fascinating and perhaps sparked up what has now become a great interest.

Reading interesting history can be a rather solitary pursuit but close at hand is Bacton and Cotton Local History Society where we hear fascinating stories from visitors who have enormous knowledge in their subjects. Currently we are in the closed season for the Society but in September we blast off with a new programme of meetings with speakers on all sorts of subjects.

We start with a talk from two of our members about plans for Thermo-Nuclear conflict in the post-war period. Many of us will have grown up with or read about the Cuban missile crisis, the Berlin Wall, Vulcan bombers and nuclear submarines but perhaps known little about the arrangements to deal with a nuclear attack back home. In the middle of a field not far from where you live is a relic of that era and living within our communities are people who were part of it. We'll hear about that in September followed by a site visit shortly afterwards.

As the History season goes on we will hear about The Gun Cotton explosion in Stowmarket, Barnardos children fostered in our villages, the hidden stories in Parish Registers and the history of malt making in our area and much, much more about the area in which you live.

Thankfully our History Society is not just about dates, it is a fascinating journey through time where our speakers inevitably find all sorts of local links to fit our little part of the world into the big picture. We meet at Bacton Parish Hall at 7.30 pm on the third Tuesday of every month from September to June so do come and join us, details in Parish News.

Peter Gibbs

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Wyverstone Community Cafe & Local Produce Market - 2015

- A local enterprise that benefits the community
Saturdays fortnightly 10.00am - 12.30pm at Wyverstone Village Hall
AUGUST 15th & 29th and at the Bacton Fayre
September 12th & 26th

Kettle's Calling



Where.....The Community Room, St Mary's Bacton

When?2pm - 4pm

AUGUST 10th and 24th

September 7th & 21st

Who? Everyone is welcome - Free!
(though donations always welcome!)

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

Why not bring a friend?

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

Please let us know if you would like a lift.

Cotton Community Circle Tuesday Afternoon Club

We are a social group and we meet at Cotton Village Hall on the second and fourth Tuesdays of most months from 2pm until 4pm.

(NB: No meetings during July, August, and December 2015.)

So why not come along? You choose – board games, darts, table tennis, plus a collection of books and DVDs to swap. And there's always friendly, lively conversation! Coffee or tea, biscuits (and sometimes cake) are available.

What's not to like? Bring your friends!

All this for only £1.00 per person.

For more information Tel: 01449 781083

NB: Community Circle Club meetings and Cafés take a break during July and August and start up again in September.

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- Flower Show Marquee*
- Stowmarket Beekeepers' Annual Show
- 'Wingbeats' Falconry Display
- Stowmarket Flower Club Display*

SATURDAY AUGUST 1st

On the meadow opposite Bacton Manor
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Bacton Fayre opens at 12.00 noon
(the Flower Show Marquee opens at 1.30pm)

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Bacton United '89 Football Club



So another season is almost upon us only a few weeks after the conclusion of a very successful year. A variety of achievements across many of the teams in both Senior and Junior formats, including a cup final for the Under 18s and promotion to Division One of the Suffolk & Ipswich League for the first team. All of the teams' successes were recognised and celebrated at the club's presentation events over a weekend in late May.

For many of our hard working committee members and volunteers, there is no such thing as a summer break with essential work required on the wonderful pitches and facilities we have at Brickwall Meadow. Combine this with registering players, organising fund raising events and many other 'must-do' jobs, it really has been full steam ahead over the summer months.

As with many clubs of our size, all of the jobs are completed free of charge and by those willing to give up many hours of their free time. As always, we are looking for people to join the club in any way they can assist. Be it playing, helping on matchdays, organising fund raising events or joining our ambitious committee, there will always be a warm welcome and sense of enjoyment of being involved at BUFC.

In particular this season, we are looking at some future growth plans for the club and would welcome the opportunity to speak to anyone who would be interested in joining or chairing a sub-committee looking at developing the pitches and facilities we currently enjoy. We also require volunteers wishing to be involved in the bar management team for after matches and at fund raising evenings. If you would like to find out more, please call either Robert Pleasance on **07850 493266** or Paul Evans on **07881 912680** for an informal discussion.

A host of pre-season friendlies start at Brickwall from early August and with a host of senior teams including Veteran's & Ladies teams plus a wide range of junior sides, there will always be a warm and friendly welcome to any new faces wishing to pop in and see what we are all about. For further information please visit www.clubwebsite.co.uk/bactonunited89 or follow us on **Twitter @BactonUnited89**

Paul Evans

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Just Gardening

I've decided to have a bit of a change around. There is a part of my garden I've never quite been happy with so it was time for a radical re-think. I've given up an area of nine feet by eight feet and put down a hard base for a new Summer House to be constructed. I had the luxury of being able to sight the structure so I have morning sunshine coming in one side and I get the afternoon sunshine coming in the windows on the other side. I intend to get a great deal of use out of it.

My lawn is looking particularly good this year. The rain seems to have come at just about at the right time. I regularly cut my lawn at least two times a week and, if needs be, can put in a third cut if necessary. Don't forget to edge-up the borders, after each cut, it makes all the difference and the garden looks neat and tidy.

I've grown my tomato plants from seed this year. They were a bit slow to start but now they are where I expect them to be at this time of the year. Depending on the size of the plants I will stop my tomato plants at four or five trusses of flower. This will generally give you the best results in size and flavour. The plants can cope with this amount and the watering is quite manageable. Watering can be twice daily this time of year, on average a tomato plant can take a gallon of water a day and I feed the plants every third watering.

The runner beans I planted from seed are now five feet up six foot bamboo canes, plenty of flower, should have good results. They will grow higher but there isn't a great deal of point as it reduces the size of the beans lower down the plants.

Early in the season I planted Alstroemeria, Peruvian Lily, Temple of the Sun, in Indigo Blue and Dark Red. They like being planted in deep sandy soil which has been enriched with compost. Once established they will give a good display of flowers. They like a nice sunny but sheltered position. They will die back over the winter but will come again next year.

If you have any plants in pots or hanging baskets they will need watering on a daily basis and again don't forget to feed them every third watering. Dead-heading each day will prolong the flowering period of your plants and hanging baskets will definitely benefit from this practice.

I have two very strong Rhubarb plants, they benefit from a good covering of straw over the winter period, now they are giving good returns. If you pull Rhubarb, slide your hand down to the bottom of the stalk, pull the stick as near to the root as possible, this will prevent snapping the Rhubarb stick half-way along it's length and prevent pulling up the root. A good use of the Rhubarb sticks are cooked, sugar as your taste buds require, and mixed with strawberries with a crumble mix on top. Very nice with hot custard

Happy Gardening Norman Parcell



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**1st Cotton &
Bacton Guides,
Brownies &
Rainbows**



If you or your
daughter would like
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www.girlguiding.org.uk/
interested or call 01449 780193

Guides & Brownies meet on
Wednesdays in Bacton Village Hall
during Term Time.

Brownies (7-10 years) 5.45 –7.15pm
Guides (10-14 years) 7.30 –9.00pm
Rainbows (5-7 years) 5.30 – 6.30pm
at Bacton Primary School during
Term Time.



**1st
BACTON
SCOUT
GROUP**

Mini Fete & BBQ – Thank you to all those that came along and supported the scouts mini fete & BBQ. A fab evening was had by all that attended. Thank you to those that organised the games, BBQ and those that provided cakes and refreshments. We were honoured to have our District Commissioner in attendance who provided a long service award for Andrew Harvey our Scout Leader.

Bacton Flower Show – We have been asked to do the BBQ again this year at the Bacton Fayre & Flower Show on Saturday 1st August. Again, please come along and support your local Scout Group as these types of event raise much needed funds for our group - We look forward to seeing you there...

Summer Holidays- The summer holidays are finally upon us and we are not back for meeting nights until Monday 7th September for Beavers and Friday 11th September for Cubs and Scouts. We hope you all have a superb summer and look forward to seeing all of our scouts at the end of the school holidays.

Helpers Required - We are still looking for people to assist / become leaders / parent helpers and any help would be greatly appreciated. All posts are voluntary and require a CRB check but if you are interested in giving something back to your community and would like to discuss this further please

Mrs Karen Hall-Price -

1st Bacton Scout Group Secretary

1 Canham's Farm Cottages, Cow Green,
Bacton IP14 4HH Tel. 01449 780332 or
07812 105228 karenynonehall@aol.com

do not hesitate to contact the Group Secretary.

Recycling Bins - Please remember to use our recycling bins at the Scout HQ – This also raises funds for the group and is much easier than transporting your bottles and clothes to the Stowmarket recycling centre / bins. Could we please ask that if you are using the bottle & clothing banks to **only** use them for bottles and clothing and take your remaining rubbish to the stowmarket recycling centre. Please be vigilant to others abusing this facility.

If anyone would like their son or daughter to join a section, please don't hesitate to contact the Group Secretary.

Beaver Scouts (6yrs – 8yrs) meet every Monday (term time) 6.15pm – 7.30pm

Cub Scouts (8yrs – 10 ½ yrs) meet every Friday (term time) 6.15pm – 7.45pm

Scouts (10 ½ yrs – 14yrs) meet every Friday (term time) 8pm – 9.30pm

BACTON
PARISH COUNCIL
Ian Brookman



The Parish Council met on 15 June and 6 July 2015. The report on the meeting held on 20 July 2015 will be included in a later edition.

A public meeting attended by over 50 people including county, district and parish councillors and school governors was held on 22 June at the middle school to discuss its future use. The notes from the meeting and any updates are on the Bacton Parish Council website.

The Parish Council agreed to act as the point of contact until it is clear as to the County Council's intentions and the type of group required to take the project forward.

The Parish Council supported application 0764/15 for up to 47 dwellings on the west side of Broad Road, Bacton subject to there being adequate provision for pedestrians and cyclists to safely access the services in the village and consideration being given to including an appropriate business element within the development.

The Parish Council also supported the following applications:-

1570/15 Manor House Christian Rest Home, Church Road Bacton for listed building consent for works associated with the conversion of the barn: and 1726/15 Land adjacent to Homelands Rectory Road Bacton for outline consent for one dwelling.

MSDC had granted the following planning consents:-

1159/15 The Bull Inn Bacton - Listed Building; and

1735/14 Mildmay Lodge Pine View Bacton.

The Parish council has agreed to replace the climbing frame on St Mary's Playing field after the existing piece of equipment was not economic to repair.

The Parish Council is aware that there are problems with the grass cutting of the greens, cemetery and playing field and are working with the contractor to get the matter resolved.

The police reported that there had been a theft of conifers from the village on 2 June.

The Parish Council appointed Ian Brookman as Parish Clerk to fill the vacancy created by Jane Brookman's resignation, so the contact details all remain the same.

Next Meeting:

The next Parish Council meeting will be held on Monday 21 September 2015 at 7.30 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/>.

COTTON
PARISH COUNCIL
Colin Hall



The meeting held on the 29th May 2015 to discuss the proposed development of 47 new homes on a site along Broad Road was well attended by members of the public.

Several members of the public spoke against the application all of them

citing the problems of speeding traffic and the difficulty of pedestrian access from the proposed site to Bacton' village amenities. Noise & light pollution, effect on wildlife, water drains from the land to land on the opposite side of the road, this will be severely affected by the proposed development. Since the closure of Eye Police Station there has been a marked increase in emergency service vehicles using the B1113 at higher speeds than the speed limit. All members of the public felt that the development would have a detrimental affect on Cotton, destroying the boundary between the villages of Bacton & Cotton. The Council objected to the proposed development submitting comprehensive reasons for their objection to MSDC (the full submission is attached to the minutes which appear on the village web-site).

At the 8th July meeting Mrs. Marain Cocksedge & Mr. Elliott Knight were co-opted on to the Council, their first scheduled meeting will be on the 9th September . The Council have decided not get involved in discussions on the future of the Bacton Middle School site until plans have been fully developed. The damaged door on the Cock Rd. bus shelter notice board has been repaired and the bus shelter cleaned up. The next scheduled meeting of the Parish Council is at 7.30pm on Wednesday 9th September 2015

Village web-site

www.cotton.onesuffolk.net



And so another academic year has ended! Summer term was a busy one and we have said a fond farewell to those that are off to embark on the next step of their school life.

Our summer holiday group is now open until September with a new addition named 'ACE of Clubs' - these fun days are on Tuesday's, Wednesday's and Thursday's at just £15 for 9am to 3pm including lunch. please see our website or Facebook page for details. We are open Monday to Friday 7.45am to 5.30pm (6pm on request).

We have spaces in all our groups from September and, for anyone not familiar with us, we offer childcare from birth to 14 years in a variety of groups.

Please contact us for more details:-
Telephone
01449 780079.



History in Bacton



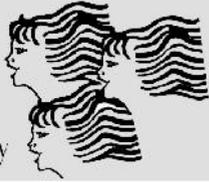
*'Cranes, Trains
and
Automobiles!'*

We were provided with these photographs of the building of Bacton's notorious '**LOW BRIDGE**'. Unfortunately we have no date but perhaps there are people still in the village who will remember the old bridge being replaced?



BACTON & DISTRICT W.I.

by Amanda Manley



On July 6th we enjoyed a visit from the the Ipswich branch of the 'John Olivers' Hairdressing Group. In the true pioneering spirit of the W.I. two members had volunteered to have their hair 'done' at the meeting even though no-one was quite sure what they were volunteering for.

No need to worry! With Steve and Brogan wielding the scissors and the hair straighteners our intrepid duo were soon undergoing a transformation which delighted them both. Hilary's hair was soon straightened to a shining silky curtain which framed her face beautifully.

Hazel's transformation took a bit longer as she was treated to a bit of a re-style and Steve managed to chat about his salon, his career, and the basics of successful hair care whilst creating a beautifully shaped graduated bob. The Coup de Grace at the end was an asymmetric fringe which framed Hazel's face more softly than the straight across version which most of us dedicated fringe wearers favour.

Steve revealed that one of his secrets for success was the maxim 'first the woman, then the hair'. In other words when a woman first visits his Salon he will have a consultation with her which will be as much about her lifestyle, clothes and place of work as it is about the style and condition of her hair.

From this he believes he can create a style best suited to the individual. For instance he has created a bob with an 'undercut' of a more funky style for those whose workplace is more conservative than the places they choose for their recreation. In the daytime the bob presents a workmanlike exterior whilst at night it can be combed back to reveal a more unconventional look.

We thoroughly enjoyed the meeting and learnt some handy tips such as -

1. You should use shampoo nearer the roots of your hair and conditioner nearer the ends
2. Sea Salt Spray gives body
3. Dry Wax spray is a good product for holding the hair in place but ordinary hairspray apparently dries out the hair.

Our next meeting will be on **Monday August the 3rd** when we will be 'Painting Flowerpots' with Gilly Bursnol

As ever Visitors are very welcome for £3 up to a maximum of 3 visits.



**COTTON
OIL BUYERS
CLUB**

**Cut off dates
for 2015**

Oct 7th
Dec 2nd

If you would like to
join the group please call

**Peter Mead
07845 068679**

or Email
Peter_mead@sky.com



On a gloomy, drizzly, autumnal looking Monday in July the ladies took a trip to Risby Barns near Bury St. Edmunds.

First stop was Lizzie's Café where a very enjoyable generously proportioned meal was consumed with clean plates all round.

The party then set off to explore the barns which are like an Aladdin's Cave, packed full of furniture, clothes, jewellery, ornaments, pictures, kitchenware - you name it, it's there. Also of interest was the Garden Centre and Sewing Centre.

Mark obligingly picked up and dropped off the ladies near their homes in his mini-bus and "a wet day with no rain" turned out to be quite enjoyable.

Angela Elmer thanked Sandra Welham on behalf of the members for the organisation and said that they had all had a nice afternoon.



The members boarded the coach at the village hall in July for the annual outing which this year was to Norfolk.

First stop was West Acre Garden Centre which included a large walled garden for the members to admire, and of course, plants to buy. This was well away from the main roads and the only sounds to be heard were those of birdsong.

JUMBLE SALE

SATURDAY 15 AUGUST

in Bacton Village Hall
at 2pm

Entry 20p

Bric-a-Brac, Books, Jumble
and Raffle.

**In aid of Bacton & District RBL
and Women's Section RBL.**

Next stop was Castle Acre for a meal either at the café or The Ostrich public house followed by a wander around the village and church.

Gooderstone Water Gardens were then visited with another chance to eat and drink. The gardens were created by digging out marshland to create the waterways which have several attractive bridges crossing them and plants which like moist conditions.

Chairman Diane Gladders was responsible for the organisation and thanks go to her for a pleasant day spent in North Norfolk.

The annual evening outing found the members just off the A140 at Great Hallows, Stoke Ash, which is next to the church and is the home of Andy Wilkinson and his Triffid Nursery.

He was waiting for the members outside his large polytunnel which contains hundreds of carnivorous plants and he said that he was the largest producer in this country and

has sold plants to Alan Titchmarsh who has also visited the nursery.

There are 3 types of carnivorous plants - those that use sticky tentacles, fly traps and pitfall traps. All must be kept permanently standing in rainwater as they live in bogs in the wild and need no fertilizer. The plants cannot be overheated and should be potted in equal parts of sphagnum moss peat and perlite.

Andy said that Charles Darwin described the sundew as the most fascinating of all plants. A year old pitcher plant (*Sarracenia*) leaf was split open to show the party the enormous amount of flies that had been caught by the plant. They do not trap spiders, bees, wasps or butterflies. Australia is the best place to see them in the wild and they make good conservatory plants.

Vice Chairman Graham Jenner thanked Andy saying it was not the sort of thing you usually get to see and that he had an amazing range of very intriguing plants.

Andy kindly judged the buttonhole competition for which there were only 2 entries. **1.** John Gladders. **2.** Sandra Welham.

The results of the recent Rose Show were given by Sheila Brown.

1. Will Gray - 25 points.
2. Diane Gladders - 22 points.
3. Bryan Simonds - 17 points.

The members then adjourned to the nearby White Horse public house for a tasty meal to round off an interesting evening with thanks to June Spreckley for the organisation.

Kevin Laflin



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30 years experience No job too small

COTTONVPA
(Village Produce Association)

No meeting in August
in preparation for
VPA ANNUAL SHOW
Saturday 5th September.
Schedules will be available
shortly.

*We welcome new members
and visitors*

Stowmarket & District U3A

Attracted by the excellent facilities available, the Stowmarket U3A Computer Group has now moved its monthly meetings to Bacton Village Hall.



Each month we meet to discuss mutual problems and, in our 'Agony Corner', attempt to resolve them. There's always a 'Topic for Today', recent ones being 'Scams and Computer Security', 'Tablet computers and what you can do with them', and an examination of 'Free photo manipulation' programmes.

We all bring along our own laptops and tablets and log onto the free Wifi in the hall which makes the sessions fully interactive.

U3A stands for the University of the Third Age, which is a self-help organisation for people no longer in full time employment, providing educational, creative and leisure opportunities in a friendly environment. It consists of local U3As all over the UK, which are charities in their own right and are run entirely by volunteers.

The Stowmarket U3A is affiliated to the Third Age Trust, the national organisation, which enables friendly links with neighbouring U3As. All local U3As are learning cooperatives which draw upon the knowledge, experience and skills of their own members to organise and provide interest groups in accordance with the wishes of the membership, 'The learners teach and the teachers learn'.

The U3A approach to learning is – learning for pleasure. There is no accreditation or validation and there are no assessments or qualifications to be gained.

The computer group is just one of nearly 30 different interest groups at Stowmarket U3A.

If you'd like to learn more or perhaps are considering joining, why not come along to **The Cedars Hotel in Stowmarket on Wednesday 16th September**. This is our AGM which is held in the morning but later, from 2.00pm there will be a 'Groups Showcase' where group activities, displays and information will be available. There is no charge for this and non-members are very welcome.

In the mean time you might wish to peruse our web site at www.u3astowmarket.org.uk for further information.

Peter Dakeyne



Stowmarket and District Camera Club

Roy Essery DPAGB judged our open Competition 5 on 8 June. This competition incorporated the Len Backhouse Trophy for the best Projected Digital Image on the night and the Cyril and Mary Hall Salver for the best print on the night. Roy gave a very good critique, giving ideas of how we might improve our pictures and his choices for the prizes were 'Oriental Puzzle' a PDI by Roy Fidler and 'Here comes the rain, again' a print by Sandra Hullis Framlingham was the venue for our annual end of season photoshoot. We followed the town trail of this charming village, taking pictures as we went. We ended up in the pub for a farewell drink until the start of the new season.



The new season starts on Monday 14 September when new members and old will be made very welcome.

Regular meetings are held at Stowmarket Community Centre, Hillside IP14 2BD, usually on the 2nd & 4th Monday of the month between September & June. We start arriving at around 7:00pm for a 7:30pm start.

We'd love to see you, so why not join us? All you need is a camera – any camera and a real interest in using it. Our members use DSLRs, compacts and bridge cameras.

For more information please see our web site.

www.stowmarketanddistrictcameraclub.onesuffolk.net

CHERNOBYL CHILDRENS LIFELINE

On Saturday 27th June one of our new Hosts was kind enough to let us hold a Country & Western themed Fundraising event at her home. Everyone had a great evening and we managed to raise over £1200.00 for the Charity. We would like to thank everyone who attended and supported us. However, I do need to take this opportunity to make a public apology to anyone who may have been upset on the evening as a complaint was made regarding the following issue. We had advertised that there would be a special prize given to the “best dressed Cowgirl/boy”. Unfortunately, the prize, a bottle of wine, was awarded to someone who was dressed as a Red Indian. So if anyone else feels that the competition was misjudged please do get in touch and we will be happy to award an additional prize to anyone who qualifies. The award was made without malice or discrimination and we trust that our apology will be taken in the spirit in which it is given.

On a more positive note.....as I write we are looking forward to greeting the group of 18 children who will arrive this coming Sunday 5th July. All of our Hosts are excitedly looking forward to meeting their new “arrival” and taking them into their home for the coming month. It is quite inspiring to see how many people are willing to give their time and welcome a strange child into their home, all without any form of payment. Everyone concerned says that they feel the reward gained by seeing the change in the children and the benefit to their health that the visit brings them is “payment in full”.

Together with four other volunteers we have spent today sorting and ironing many of the clothes so kindly donated throughout the year by our supporters. A big thank you also to the Needham Market Theatrical Company who have lent us some additional clothes rails so that the clothing can be nicely arranged out for the children to choose from on the day after their arrival.

IMPORTANT MESSAGE REGARDING THE CHARITY SHOP

With immediate effect our Charity Shop will no longer open on a Monday but will now open on Tuesday instead. We do ask people to be considerate and not just leave donations on the doorstep when the shop is closed as this encourages vermin and causes inconvenience to our neighbours. We are always happy to arrange collection or meet you at the shop to take the donations and the contact telephone numbers are always on display.

With many thanks as always to everyone for their continued support.

Elizabeth Parker

Link Chair

01449 760343

07771 550868

Please join us for an afternoon of:
Tea and Treatments

Saturday 12th September

2pm - 5pm at Bacton Scout HQ

Mini Manicures ❁❁ Cream Teas ❁❁ Indian Head Massage
Eyebrow Waxing ❁❁ Local Crafts ❁❁ Cakes & Chatter

❁❁ **REFRESHMENTS** ❁❁

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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**
01449 613143

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

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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?

Help wanted with the Good Neighbour Scheme

The Bacton Cotton & Wyverstone Good Neighbour Scheme requires more volunteers to be Duty Officers.

A Duty Officer holds the Scheme's mobile phone for a week at a time (usually eight times a year) and receives calls from residents requiring help. He or she would then contact volunteers to arrange the help required.

**If you would like to help by becoming a Duty Officer or a new volunteer
Please contact Mike Hall 01449-782004**

Do you need help with:

Personal Care
Dementia Care
Respite Care
Help Around the House
Day Trips



Request a Brochure
or book an appointment
on 01449 763086 or 01284 711845



Supporting Independent Living

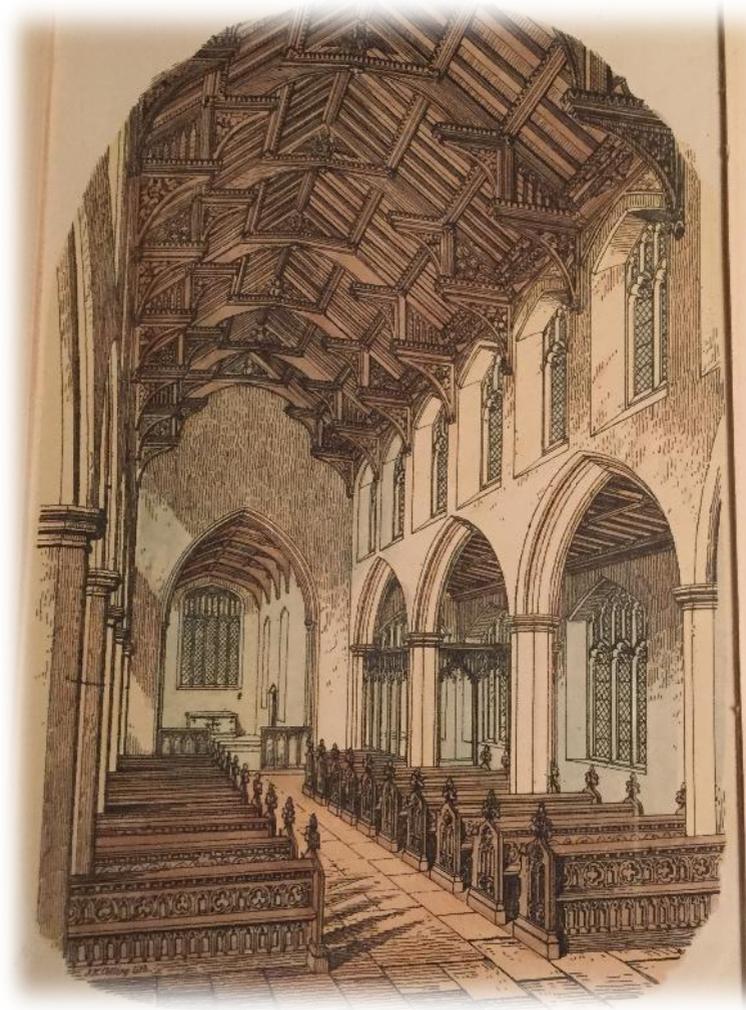
www.mycare-at-home.co.uk



Thursday 9am - 10. 30am.
In the Community Room,
St Mary's Church, Bacton

Our Work club is a fairly informal gathering, but we can offer you some useful help and advice as you look for fresh employment. We know how difficult it can be when you are looking for work, but we can offer you help in writing your CV, preparing for an interview and writing job applications. **You don't have to live in Bacton** - but we are not able to help you with travel expenses to get here.

At the very least, you can be sure of a warm welcome and a cup of coffee or tea!



This is a photograph from the new St Mary's Church 'Visitor's Handbook' currently in production and due to be on sale in September. We are lucky enough to have in Bacton a historically and architecturally important church, and a substantial amount of money is required each year to keep it open for services and worship. Any profits from the handbook will be put towards the maintenance and upkeep of the church to preserve it for those who like to meet there and for future generations.

We are planning a Gift Day in September when you will have the opportunity to make donations and/or to buy the handbook and discover more about your church, the Church of St Mary the Virgin, Bacton, Suffolk.

A Word in Your Ear...

August, often the hottest month of the year, and the forecast this year is for very hot and sultry weather. Sitting in the sun, a cool drink to hand, the aroma of barbecues drifting around, plenty to eat from the garden – and apart from those stuck in baking traffic jams, what's not to like about August? – unless it's raining when you read this.

The church as an organisation tends to go to sleep in August, like everybody else. Senior clergy – and the others - disappear on holiday, and there are no meetings to attend, or even to feel guilty about not attending.

The energetic ones get out and walk, sometimes far afield in Scotland, or even the Alps. Mountains have a special fascination as they are often places of light and shade.. In the bible, mountains are places where people meet with God. Blinding light was what terrified the Israelites when they saw Moses coming down from meeting with God on the mountain top with his face shining so brightly they were dazzled by it. Blinding light was what confused three very puzzled men on a mountain top who saw Jesus transfigured so that his clothes dazzled and his face shone, and shadowy beings gave the whole scene an air of mystery. William Blake imagined what it must have been like for Peter James and John when he wrote:

And did the countenance divine, Shine forth upon our clouded hills.

Anniversaries keep appearing in the calendar and this year the feast of the Transfiguration on August 6th coincides with the 70th anniversary of the dropping of the first atomic bomb on Hiroshima in 1945. That man-made blinding light - alas - was deadly and brought instant destruction to 100,000 people, and those who survived were to die slowly from radiation sickness.

The Welsh poet and Anglican priest R S Thomas wrote a poem called the Bright Field, in which he celebrates the 'bright' moments in our lives, those occasional and precious shining moments of grace, beauty and inspiration. Let us thank God for the bright moments in our own lives and treasure them when we find them.

I have seen the sun break through
to illuminate a small field for a while,
and gone my way and forgotten it.
But that was the pearl of great price,
the one field that had treasure in it.
I realise now that I must give all that I
have to possess it.

Life is not hurrying on to a receding
future, nor hankering after an
imagined past. It is the turning aside
like Moses to the miracle of the lit
bush, to a brightness that seemed as
transitory as your youth once,
but is the eternity that awaits you.

Barbara Bilston

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in the Diocese)

Church Wardens -

Mr David Black 781347
Mr Ray Bartrum 781526

Joint PCC Secretary -

Mrs Pat Hall and Mr Mike Hall 782004

PCC Treasurer - Mr Brian Manley 781595

Bell Ringer - Mr Winston Girling 674425

ST ANDREW'S COTTON

Church Wardens -

Mr Mervyn Walker 780272
Miss Carole Jones 781874

PCC Treasurer - Mrs Jane deBeer 781594

PCC Secretary - Mr Mervyn Walker 780272

ST GEORGE'S WYVERSTONE

Church Warden Mrs Angela Cook 781328

PCC Secretary - Mrs Helen Hardy 781841

Lay Readers -

Mrs Elaine Miller 770337
Mrs Sheila Wright 766392
Mrs Helen Matter 780379

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 Rita Carr 612619
Deacon Hilary Smith - 781845

Catholic Parish of Our Lady Stowmarket

Fr David Finegan 612946

SIDESMAN'S ROTA FOR ST. MARY'S BACTON - August 2015

9th 10.00a.m......Brian Last & Linda Last



CHURCH OF ENGLAND SERVICES IN THE BENEFICE

August 2015

2nd (Trinity 9)

St. Mary's Bacton

No Services

St Andrew's W. Skeith

10.00am Benefice Eucharist - Canon B. Bilston

St. Mary's Old Newton

No Service

St Nicholas' Gipping

3:00pm Evensong - Canon B. Bilston

St George's Wyverstone

6:30pm Praise in the Community - Helen Matter

9th (Trinity 10)

St. Mary's Bacton

10.00am Benefice Eucharist and Baptism - Canon B Bilston

16th (Trinity 11)

St George's Wyverstone

10:00am Benefice Eucharist - Canon B Bilston

23rd (Trinity 12)

St Andrew's Cotton

10:00am Benefice Eucharist - Canon B Bilston

30th (Trinity 13)

St. Mary's Old Newton

10.00am Benefice Eucharist with Baptisms and Confirmation

Bishop Graeme Knowles



CATHOLIC PARISH OF OUR LADY, STOWMARKET

Parish Priest: Father David Finegan,
The Presbytery, 29 Lockington Road, Stowmarket IP14 1BQ
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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 IP14 1AW - 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

Father David Finegan

COTTON METHODIST CHURCH 2015

**All services at 10.30a.m. unless stated otherwise -
A warm welcome awaits everyone.**

August

2nd - led by Rev John Boardman, with Holy Communion,
9th - led by Mr Derek Ames, **16th** - Mrs Josie Keys,
23rd - led by Rev Vaughan Tong, **30th** - led by Jack Bingham

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ST. ANDREWS'S CHURCH COTTON 2015

CLEANING ROTA

7th August - Chris Carr and Diane Dickinson

21st August - Chris Marston and Joyce Vincent

FLOWER ROTA

Chris Marston

Please swap with someone else on the rota or let me know if any of these dates are not convenient. **Chris Marston. 781567**

"Cotton St Andrew's Churchyard Working Party:-

Last Saturday of each month **9.30 a.m.** Please join us for a couple of hours useful work in the fresh air to keep our surroundings beautiful!"



RIDE AND STRIDE BIKE RIDE AND WALK
Sat 12th September 2015
9.00am - 5.00pm

Raise Money for your own Church or Chapel
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For more information
or for sponsorship forms
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Stock up your medicine cabinet

Summer is now here and is the ideal time to stock up your medicine cabinet.



Having a stock of items which will help you deal with minor injury and illness at home means you won't have a mad dash to your pharmacy if illness or injury occurs – and you won't end up unnecessarily at your hospital's A&E department. Ask your local pharmacist what would be best to stock up on, but as a general rule the basic essentials are:

- Paracetamol – to relieve most aches and pains, headaches and menstrual pain
- Oral rehydration salts – these help to restore your body's natural balance of fluid and minerals if you are suffering from diarrhoea, fever or vomiting
- Anti-diarrhoea tablets
- Sticking plasters – for cuts and grazes
- Indigestion remedy – to relieve heartburn, stomach ache and trapped wind

Be prepared and ready to deal with unexpected minor injury and illness this summer!

The NHS belongs to you, please do not waste medicines

Wasted medicines are costing the NHS almost £300 million every year and GPs in Suffolk are seeking your help to reduce that waste:

- Check what you need before placing your order
- Do not stockpile medication
- Always check your bag of medicines before you leave the pharmacy and hand back what you do not need
- Once medicines have left the pharmacy they cannot be recycled

If you are still ordering repeat prescription medication and aren't using it yourself, please speak to your GP or pharmacist.

They won't be annoyed or angry, in fact they'll be pleased to help you resolve the issue.

They'll help ensure that you have the right medicine for your needs, which will in turn reduce the amount of wasted NHS medicines.

Looking to do something new?

Are you a parent? Could you spare a few hours each week to visit Dawn or a similar family?

"I just wish I had a friend to talk to..." Dawn is a mum with an energetic toddler and a new baby. She's just moved to the area and her partner works long hours. Dawn doesn't have family and friends nearby to support her so she often feels isolated, exhausted and overwhelmed.

Home-Start in the **Mid & West Suffolk** areas is a voluntary organisation offering friendship and support to parents like Dawn, who are experiencing difficulties.

Autumn training sessions for new volunteers are being held at:

Moulton Village Hall starting on Tuesday 22nd September &
Blackbourne Centre (Elmswell) starting on Thursday 24th September

Training runs one day a week for 8 weeks 9.30 – 2.30, (excluding the Oct. half term)

Would you like to find out more?

Call us on **01379 678552 / 678224**
or email: office@homestartmidsuffolk.org.uk

 Find us on
Facebook

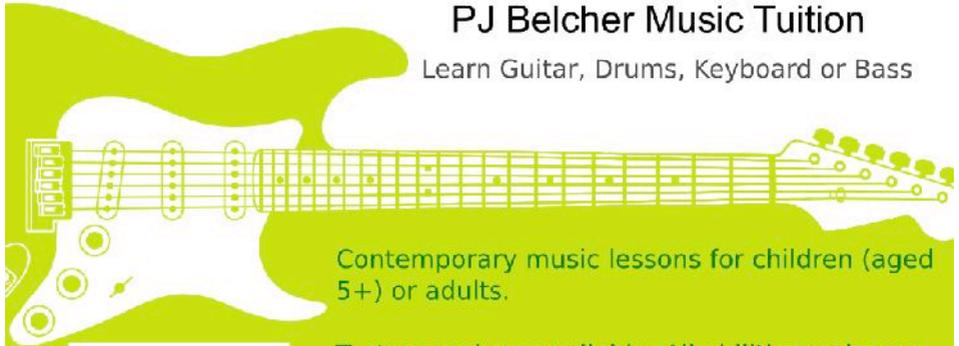


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Church.....11.50-12.10
Methodist Church.....12.15-12.30

Bacton -

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

Wyverstone -

Church.....2.55 - 3.15

Dates in 2015 –

26 August, 23 September, 21
October, 18 November, 16
December.

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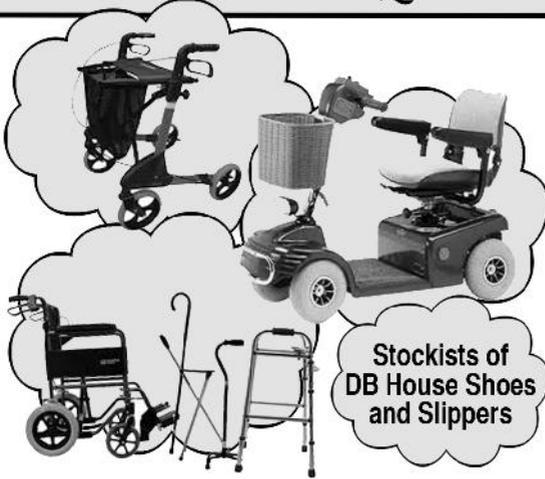
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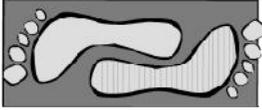
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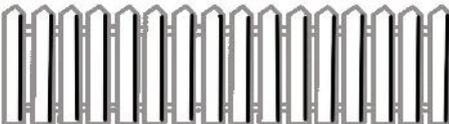
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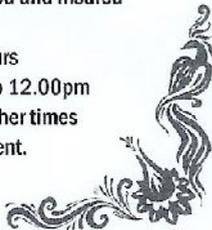
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How to help our elderly relatives or neighbours avoid dehydration

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Now that the summer is here it is important to make sure we keep hydrated, this is necessary for everyone and it is vital that we make sure our elderly relatives avoid getting dehydrated.

Dehydration is one of the most frequent causes of the elderly being admitting in to hospital. There are many reasons for this, firstly our thirst for water changes as we get older and our sense of thirst is less acute with age so our elderly relatives may not be drinking as much as they used to. Also our bodies are unable to conserve fluids as much as they could as our body ages. Secondly some medications can cause dehydration.

How to spot dehydration Two early signs of dehydration are thirst and dark coloured urine. This is the body's way of trying to increase water intake and decrease water loss. Other symptoms can include:

- Dry mouth
- Dizziness or light-headedness
- Headache, confusion or fatigue.
- Loss of strength and stamina.

Water is the best way to keep hydrated. However if your elderly family member is not keen on drinking water try a little squash. Always make sure there is a drink available and within easy reach. Encourage relatives to drink or remind them if they haven't had a drink for a while. Other ways to increase water intake is by giving them an ice lolly or eat fruit with a high water content. Not all fluids are as good at keeping you hydrated. Drinks with caffeine in, such as tea, coffee or alcohol work to remove water from your body so try to avoid these.

When the weather is hot please keep an eye on family members and help to prevent them from getting dehydrated.

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Bacton Cotton & Wyverstone

Good Neighbours scheme.....07980 948641

Parish Clerks

Bacton - Jane Brookman..... 01359 230897

Cotton - Colin Hall.....01449 781400

Wyverstone - Glen Horne.....

Village Hall Hire

Bacton - John Bean.....01449 781343

Cotton - Ann Doherty..... 01449 781083

Wyverstone - Kerri or Mike.....01449 781151

Health Centres

Bacton.....01449 781777

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Utilities

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Co-op.....01449 770142



BACTON SCHOOL OPENED:
Miss M. B. Powell, matron of St. George's Hospital, London, opening the Bacton Secondary Modern School, in the school hall on Friday. Above are some of the pupils, parents and guests who attended the opening.

Bacton Community Middle School, officially opened 8th of May 1964, has now permanently closed it's gates. It will always be a big part of the history of this village remembered with great fondness by many.



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