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COTTON

PARISH & COMMUNITY NEWS

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October 2015

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cover photo provided by Peter Gibbs

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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 -
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Current rates for 12 issues are:-

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

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

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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**October**

Day/Date	Time	Event
Sat 3rd	9.30am - 2.30pm	Garage/Car Boot Sale Trail - Bacton Under Fives page 27
Mon 12th	7.30pm	Bacton & District W.I. - Birthday Party (Members only) page 21
Sat 10th & 24th	10.00am - 12.30pm	Wyverstone Community Cafe at Wyverstone Village Hall page 9
Mon 12th	9.30am - 12.00noon	Village Craft Group - All Welcome
Tues 13th	2.30pm	Mother's Union - T.G.M. , followed by coffee and fellowship
Tues 13th	2pm - 4pm	Community Circle Club - at Cotton Village Hall
Tues 13th	7.30pm	Horticultural Society - Karen Kenny 'Water, Water Everywhere' page 25
Mon 19th	7.00pm	RBL Women's Section - AGM - Bring & Buy for Poppy Appeal and Bingo page 26
Tues 20th	7.30pm	RBL - A.G.M. Old Newton Sports and Social Club
Tues 20th	7.30pm	Bacton & Cotton Local History Society - 'Bonfires and Bells' page 19
Tues 27th	2pm - 4pm	Community Circle Club and AGM - at Cotton Village Hall
Sat 31st	10.00am - 12.00noon	Community Circle Café - at Cotton Village Hall Hallowe'en 

November

Day/Date	Time	Event
Tues 10th	2pm - 4pm	Community Circle Club - at Cotton Village Hall
Tues 24th	2pm - 4pm	Community Circle Club - at Cotton Village Hall

Our report highlights shortcomings in transport for people accessing healthcare services in Suffolk



Healthwatch Suffolk has published a report that examines the difficulty people face when trying to access transport to get to healthcare appointments. It draws together feedback from patients and community transport operators. Some key findings include:

1. Over 1 in 4 people with a disability missed a hospital or GP appointment due to a lack of transport.
2. 1 in 3 respondents with disabilities had an appointment changed at short notice which meant that they could not access transport to a rearranged appointment.
3. Only 6% of respondents knew how they may get their transport costs reimbursed.

Tony Rollo (Chair of Healthwatch Suffolk) said:

"We know that poor access to health services due to a lack of public transport or high transport costs is a significant barrier to accessing local services and amenities. It can have a major impact on the most vulnerable people in our communities and is a factor in rural isolation – a key focus of the Suffolk Health and Wellbeing Board. This situation is unacceptable and should be prioritised by decision makers in Suffolk."

"Fundamentally, Non-Emergency Patient Transport and other transport services ensure that people leave hospital safely as soon as they are fit to do so. This has been a key focus of the Healthwatch network as highlighted in a recent national report that revealed the human and financial cost of getting discharge wrong. Ensuring appropriate and well administered access to transport services will go some way to alleviating such problems."

"We believe simple steps could be taken to lessen some of the problems that people face and this includes improved communication between transport providers, changes in eligibility criteria to improve the experience of those who face lengthy ongoing treatments and improved signposting across services so that people know where they can find alternative help and support."

Recommendations have been made to specific organisations including the NHS West Suffolk and Ipswich and East Suffolk Clinical Commissioning Groups, East of England Ambulance Service NHS Trust and Suffolk County Council.

The State of Suffolk report published by the Suffolk Health and Wellbeing Board highlights improved access to transport solutions and community engagement as a key element in the prevention of social isolation and loneliness. As a statutory member of the Board, Healthwatch Suffolk will use its influence to ensure that the voice of local people highlighted in the report is heard.

An early outcome has been that Suffolk County Council has agreed to establish a Health workstream of its Public Transport Forum. This link will mean that Healthwatch Suffolk can influence important major developments in the forthcoming year.

For more information about this report please visit

www.healthwatchesuffolk.co.uk or call 01449 703949 to speak to a member of the Healthwatch team.

MENDLESHAM HEALTH CENTRE
Incorporating Bacton Surgery

FLU CLINICS

We will be writing to invite all eligible patients to make an appointment to have this year's flu jab.

Flu clinic dates this year are:-

Mendlesham Saturday 10th and 17th October 8.30am – 1pm

Bacton Saturday 10th October 8.30am – 1pm

The surgery encourages all eligible patients (further details can be found on our website www.mendleshamhealthcentre.co.uk) to have a flu jab. Getting vaccinated is the best way to protect yourself against flu. You should have the jab even if you are currently healthy, because you are still at risk.

Please remember that:

- flu is a very serious disease and can be fatal
- between 3000 and 4000 people a year die from flu
- The flu jab cannot give you the flu (it is not a live vaccine)

Please phone the surgery on 01449 767722 to make your appointment or for more information.

The jab can be given quickly and easily, and has virtually no side effects.

The Friends of the Mendlesham Medical Group will be running fund raising events on the Saturdays.

Please note our new email addresses for reception and dispensary:

Mendlesham Reception	IESCCG.mendlesham@nhs.net
Bacton Reception	IESCCG.bacton@nhs.net
Mendlesham Dispensary	IESCCG.mendleshamdisp@nhs.net
Bacton Dispensary	IESCCG.bactondisp@nhs.net



**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

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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
OCTOBER 10th (celebrating Apple Day) & 24th
November 7th & 21st

Kettle's Calling



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

When?2pm - 4pm

OCTOBER 5th & 19th

November 2nd, 16th & 30th

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 meeting in 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!

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For more information Tel: 01449 781083

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From your September Correspondent

The Owls and The Pussycat

Some folk out there may have noticed some Cotton residents starring on the ITV Anglia News recently. The three stars were relaxed and snoozed through all the filming and chat, mainly because they were so full of food they couldn't keep their eyes open.

The three stars were of course Barn Owls which had been hatched in a nest box in a local garden. Most people think Barn Owls need to nest in a barn in the middle of nowhere but this is not the case at all, providing the nest site conforms to their needs they seem tolerant of noise and people. This family have put up with invasions of their nest by squirrels, rock doves, a tawny owl and even someone else's cat! Despite all these animal interests they regularly had the nearby grass cut with a noisy mower and the field next to their box cut for silage but still the parents hung on in until the three youngsters were fully fledged, ringed and filmed for the telly.

It has to be said Barn Owls are fussy creatures requiring a decent nest box. Plans for a good design of box are available on the Suffolk Wildlife Trust web site but the construction will be an unwelcome project on the kitchen table. However a solution is at hand with expertise and help.

The Bacton Community Workshop will soon be opening in premises at Blacks Farm, Bacton. Anybody wishing to become a member will be most welcome and it is somewhere you can learn new skills or undertake a project, especially if you need an extra pair of hands.

For more information contact Membership Secretary Alan Burrows - 01379 870676 or email: alanburrows@btinternet.com

For details of how to make and fix up an Owl Box go to www.suffolkwildlifetrust.org or ring Patrick Barker from Westhorpe on 07876496067; if you just want to see some owl related antics have a look on the Cotton Village Facebook page at 'Cotton Parish Grapevine'

Just remember Suffolk is bucking the national decline in Barn Owl numbers and three local TV stars will be looking for new lodgings quite soon. So let's get building!

Peter Gibbs and Brian Manley

Bacton United '89 Football Club



After a few weeks of training and pre-season friendlies, the season is now fully back and underway for all of the club's senior and youth sides. The adult sides have seen a mixed set of results but glad to report all three Men's sides have now picked up a win from their opening league fixtures with the Ladies unfortunate with a couple of narrow defeats.

As well as Saturday and Sunday afternoon action, the Youth teams are now getting their seasons underway and with teams ranging from the new Under 8s through to Under 15s there is certainly no shortage of games taking place.

The club has recently launched its first mobile App which provides details on all you need to know for all of the club's teams. Keeping up to date with everything that is going on at BUFC has never been easier. Just download the "Team App" via Apple Store and search for Bacton Utd.

As with our first article, we are always on lookout for new faces to help get involved with the football club. Please contact our Chairman Rob Pleasance on 07850 493266 in the first instance.

Finally, for those looking for an enjoyable night out and the opportunity to win some money, the annual BUFC Race Night takes place at Brickwall Meadow on Saturday 17th October. Details are all in the advert. Look forward to seeing you there!



Race Night!!



Saturday 17th October 2015
At Brickwall Meadow

Bar opens: 7.00 pm Start time: 7.30 pm
Entrance fee **Adults £5.00 Children (under 16) £2.00**

If you are unable to attend but would like to purchase a horse, details will soon be available on social media via Martyn Abbott.

Tickets from the club house or John Evans – 01449 781251
or email - barbaraevan@btinternet.com



Reader's Letters

Letter from the Editor -

Some of you may have seen me with my sister on the BBC Quiz show 'Pointless' in September.

During the show there was some banter about Alexander Armstrong stealing some cakes and how, if we didn't win, I might do a caricature of Alexander Armstrong and Richard Osman and put it in the magazine.

Well, sadly we didn't win, so here is the caricature!

Amanda Manley





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As promised at our successful Singing Day in February, Stowmarket Chorale has arranged another, this time enjoying the choruses in Haydn's uplifting work "The Creation" under the enthusiastic direction of our conductor, Leslie Olive.

This will take place at Stowmarket United Reformed Church
Saturday 3rd October, from 10am-4pm.

Registration is from **9.30am.**

The cost, including buffet lunch and score hire is £15.
You can book on line at www.stowmarketchorale.org.uk,
or telephone Sue Price on **01787 210913**

Plant Heritage Suffolk Group

Warmly invites you to a talk

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by Michael Perry

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for Thompson and Morgan

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New members and non-members are most welcome

www.suffolkplantheritage.com

Local Contact: Margaret Palmer 01206 299832

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Just Gardening

I've started to think about next spring's planting plan. Bulbs have started to appear in Nurseries and other outlets and it's time to think about the colour scheme you might like to try. Try something different you may not have grown before. Or add to your stock and enlarge area's of bulbs already in the ground. Try Alliums, Purple Sensation are tall and elegant, flowering between May and June and can grow to about three feet in height. They look good planted at the back of borders. Christophii is a lighter purple which grows to about two feet in height, and so would be good for the middle of your borders. Snake's Head Fritillary, in purple, white and speckled pink are always a good talking point. If you have a wooded area or shade under a tree they are good for naturalising the area. Hyacinth bulbs come in a variety of colours, I plant mine in groups of four or five to get impact with the colour and they help each other stand together. Don't forget Hyacinth bulbs can cause temporary irritation to sensitive skin, so use gloves when handling them. Include the planting of a few Snowdrops, use the single flower ones, which grow to about four inches. If we have snow on the ground late next February early March they are the first to show their heads and you know then winter is nearly over and spring is just around the corner.

I carried out all my lawn repairs and the new seeded areas have now greened up and look good with the rest of the lawn. One or two depressions were made good first of all with premium quality top soil, this raised the dipped levels. I then sowed the grass seed and now I have quite a flat level lawn. I used a new type of grass seed, the outer casing was blue in colour, this is a water retaining coat. Underneath this coating is a food source and finally is the grass seed itself, so if you water it yourself or by natural rainfall each individual grass seed is self sufficient. The packet tells you the grass seed will germinate in ten to fourteen days and it did all I expected of it.

My tomato plants have produced a really good supply of nice sized, sweet tasting fruit this year. I carried out an experiment, using the same varieties, half my plants in the ground, the other half in grow-bags, on balance the plants in the ground produced the better fruit in numbers and size. My runner beans produced good quantities but they are past their best now. I've had a brilliant year for roses, they produced many flower heads and I've found this year to be relatively disease free.

I'm keeping on top of the small number of leaves falling at the moment and any other debris in the garden. Everything is looking neat and tidy.

Happy Gardening Norman Parcell



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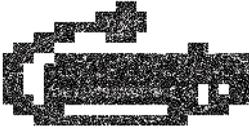
**1st Cotton &
Bacton Guides,
Brownies &
Rainbows**



If you or your
daughter would like
to know more about joining visit -
www.girlguiding.org.uk/
interested or call 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**

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 karenynonnehall@aol.com

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 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 & COTTON
LOCAL HISTORY
SOCIETY

**Tuesday, 20th October
7.30 pm at Bacton village hall**

"Bonfires and Bells"

The people of medieval Suffolk were dependent on the agricultural landscape. Dr. Kate Jewell shows how festivals and rituals were used to protect the landscape and ensure fertility. She also explores how important they were to legal issues connected with the landscape.

**Members £2
Non-members £3**

**WYVERSTONE
PARISH COUNCIL**
Glen Horne



A meeting of the Wyverstone Parish Council took place on Thursday 27th August 2015.

The street lighting in the village is outdated and in most instances replacement bulbs are no longer available. The council has agreed to replace the majority of the lights with low energy fittings. It is anticipated that the work will be carried out over the forthcoming months.

A report was received from Mid Suffolk Council regarding the campsite in Potash Lane. The council confirms that they have had meaningful dialogue with the site owner to resolve outstanding issues.

An emergency response plan is being prepared to deal with any emergency within the village should the unexpected occur. The implementation of this plan would be the initial response prior to the emergency services taking over.

The outcome of the appeal regarding the proposed wind turbine in Potash Lane still awaits the Planning Inspectorates decision.

The Parish Council has written to Suffolk County Council expressing their concern regarding the lack of communication in respect of the future of the Bacton Middle School site. The large majority of this site is within Wyverstone Parish.

There is a vacancy on the Parish Council. If you are interested please

contact the Clerk to the Council:- Mr Glen Horn on 01449 258131 or the Chairman:- Phil Webb on 01449 781872. for further details.

Copies of the minutes of previous Parish Council Meetings can be found on www.wyverstone.onesuffolk.net/parish-council.

The next Parish Council Meeting is on 27th October at 7.30 pm at the Village Hall. All members of the public are invited to attend the meeting. A copy of the agenda for the meeting will be posted on the village notice boards at least 3 days prior to the meeting.

**COTTON
PARISH COUNCIL**
Colin Hall



The Parish Council met on the 9th September to discuss items on a short agenda. The Clerk said that he had a quote for clearing the bus stop site which was £87.60 + VAT. Councillor Tetster suggested that a local contractor should be contacted to see if the job could be done cheaper. Since the meeting AJC Trees have cleared the site at a lower cost.

A letter is to be sent to the owner of land in Mill Hill where the hedge is intruding into the road causing problems to pedestrians and motorists. Potholes in the road are still causing some problems, one or two are in positions which could cause problems

to motorists, if anybody spots a problem they should report it direct to Suffolk County Council Highways Department.

The next Council meeting will be held in the week commencing 19th October 2015 the exact day has yet to be decided, it will be published on the village web-site and on all 4 notice boards.

Village web-site

www.cotton.onesuffolk.net



Our September meeting was well attended as it marked the return of Suzanne Walkerden and Pat Kettle to perform a cookery demonstration for us. These days it is difficult to get speakers who will actually cook things on the premises so it was quite exciting.

Some of the food was pre-prepared for quickness but we were shown the secrets of Chantilly Cream and Creme Patisserie.

Pat and Suzanne have a very relaxed style which drew everyone into the 'action' so that there was a lot of lively questioning during the demonstration but our cooks managed to cope with

hardly a pause in the proceedings. We were all treated to a slice of beautifully moist Carrot Cake to eat while Pat and Suzanne explained about method and icing etc. and they had thoughtfully provided a Gluten free version. Unfortunately one of our wheat intolerant members was absent due to illness but the remains of the Gluten Free Carrot Cake was conveyed to her afterwards by our president so she need not miss out. Profiteroles had been pre-prepared and were filled with Chantilly Cream and dipped in melted chocolate before being passed round also. Pat explained that Creme Patisserie had always been a mystery to her but she presented us with a foolproof method and used the resulting filling in some pre-prepared sweet tartlet cases. Fresh fruit was placed on the top and the whole thing glazed with apricot jam. The top tip was that you no longer have to warm your Apricot jam and sieve it to make a glaze as they now sell Apricot Glaze in jars in Sainsbury's! By the time our refreshment hostesses made our coffee and tea we had quite a spread with which to treat ourselves and many members took cakes home to their husbands. There were also Recipe sheets provided so that we could try things at home. The recipes included an intriguing one for Cheese and Rocket scones made with Cream and Soda Water which I think many (including myself) will be curious to try.

Our next meeting is on October 12th and is our Annual Birthday Party. Once again we are taking advantage of the hospitality at the Bull in Bacton and will be entertained by 'The Kettle Girls'.

This event is always members only.



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Tuesday 10th November, 1pm-5pm:

Lavenham Village Hall, Church St, Lavenham, Suffolk,
CO10 9QT (free parking subject to availability)

Wednesday 11th November, 10am-2pm:

The John Peel Centre, Church Walk,
Stowmarket, Suffolk, IP14 1ET

Thursday 12th November, 10am-2pm:

Hadleigh Town Hall, Market Place,
Hadleigh, Suffolk, IP7 5DN



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The bells are ring - ing _____



at Bacton Carol Service on December 20th at 6.30pm

If you would like to learn to play the handbells
(or if you are already proficient) and you would like to play at our
annual Carol Service at St Mary's Church, Bacton
please contact Rosy on **01449 781506**

Practices will be on a **Tuesday evening at 6.00pm**
from **November 10th** for 6 weeks



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Cow Green, Bacton



The September meeting which followed the August Flower Show at Bacton Fayre, was minus the Chairman Diane Gladders due to holidays.

In her place was Vice Chairman Graham Jenner who competently took the meeting.

The correspondence included a thank you letter from the Village Hall Committee for the attractive planting up of the Village Hall Border and the Committee has offered to provide some soil improver.

Guest Marion from Wetherden was welcomed.

The Christmas meal will again be at Bacton Bull price £18.95 for 3 course or £15.95 for 2 course.

Bacton Fayre was exceptionally good this year with good weather and making a good profit.

Graham introduced the speaker who was Sarah Wilmot from The John Innes Centre which is situated in Norwich. Sarah is the Outreach Curator which entails looking after its public collection of books, the oldest of which is dated 1511. An appointment is needed to view Monday to Friday.

John Innes himself started as a property developer and bought land and a farmhouse at Merton which is next to Wimbledon. He left money in his will when he died in 1904 for a horticultural institution and the property was turned into a research establishment, school for advanced

gardeners, a fruit breeding research station and an institution for the promotion of research and experimentation.

In 1945 the Trustees purchased 392 acres at Bayfordbury in Hertfordshire and moved there in 1949. An 80 room mansion was converted into a research centre and called The John Innes Institute.

A further move was made to Colney in Norfolk in 1967 as they needed to be near a University.

In 1994 the John Innes Centre merged with the Plant Breeding Institute and The Nitrogen Fixation Laboratory.

The well known John Innes Composts were formulated by William Lawrence and John Newell in the 1930's and anyone can manufacture it so look for the John Innes logo.

The John Innes Centre also produced MM and M1 series rootstocks and developed Constant Nymph long flowering streptocarpus in many shades all bearing girls names.

There are many more strings to their bow and Graham thanked Sarah saying we gardeners take things for granted but we now know where they come from.

Monthly Raffle Winner was Angela Jenner.

Monthly Competition winners:

5 Calendulas with Complementary Foliage:

1. Sandra Welham 2. Will Gray

A Cucumber:

1. Sandra Welham

Photograph of Bacton Fayre:

1. Will Gray 2. Sheila Brown

3. Peter Churchyard

THE ROYAL BRITISH
LEGION

**BACTON AND DISTRICT
ROYAL BRITISH LEGION
WOMEN'S SECTION**

The ladies were back in the village hall in September after a five month absence due to other activities within the branch.

Thanks were given by the Chairman Sandra Welham to those that had made the effort to enter the Legion competitions at Bacton Flower Show, helped with or donated to the Lucky Dip Stall and helped at the Jumble Sale. The Treasurer Ann Gipson read the R & P Accounts and donations were made to County and National.

The 2016 Programme has been booked and the Christmas Meal on Monday, 14th December will be at Lizzie's Café at Risby Barns at 12.30 pm.

The speaker was Jenny Gibbs on her third visit to the branch and this time her talk was on running a B & B in Turkey.

Dressed in colourful and sparkly National Dress Jenny told of the trials, tribulations and joys of preparing for their first guests in a farmhouse which was bought by Jenny and husband Mustapher in 1994 and is on a mountain in Turkey.

Jenny has 102 talks booked for this summer and is a popular speaker on various subjects to do with Turkey. She was thanked by Sandra and beautiful Turkish scarves, table linen and jewellery was on sale.

5 members will be attending the 'B' Group Meeting at Needham Market on Thursday, 15th October.

**COTTONVPA
(Village Produce Association)**

**21st October
at the Village Hall, 7.30pm**
talk by Yvonne Leonard on
'Favourite Wild Flowers'

*We welcome new members
and visitors*



Haughley Hoofers
North West Clog Dancers
**Come along and have a go – it's
free!**

Haughley Village Hall,
Winter practices on Sunday evenings
7.30-9.30pm from 4th October
**Ring Gill (01449 673518) or Sharon
(01449 676083)**
to find out more.
www.haughleyhoofers.org.uk



AUTUMN NEWS FROM BACTON UNDER FIVES

Gosh – that summer flew by! Our holiday group and daycare children had plenty of fun filled days and we saw ‘Bactons Got Talent’ along with the ‘Bacton Bake Off’ and the ‘Not So Hairy Bakers’ – some great activity days, team games and crafts galore! More fun is planned for October Half Term and is for anyone aged up to (and including) 14 years of age. We have our themed specials on Tuesday, Wednesday and Thursday from 9am to 3pm for just £15 per day! We have a day of pumpkin fun on Tuesday, Wednesday is spooky mask making and gruesome gloves with apple bobbing and the mummy game. Thursday is dress up day with face painting on offer, fun and games and our ‘Spook Factor talent show’. There will be a Masterchef moment or two on a spooky theme too. Get in touch by phone or email if you would like to book a place.

Our new term has welcomed some new friends joining us and everyone is settling in as we begin a very exciting term. The children this term are busy learning all about themselves – their bodies and what they can do.

CAN YOU HELP US? We would always welcome any windfall apples this time of year as we enjoy baking on a weekly basis with the children and try to keep this seasonal where possible to

help enhance their understanding of the world around us. Another item we are always grateful for is dressing up clothes – if you have any your children have outgrown please think of us!

We are always looking for ways to raise necessary funds and on **October 3rd** we are organising a Village Garage Sale Trail along with a car boot at the playcentre/school playing field. Sale from 9:30am to 2:30pm. Maps which will be on sale at the Playcentre, along with refreshments. If you would like to take part please get in touch so we can put you on the map, or include you in the car boot on site here. Cost of pitches is just £6. The more the merrier – please come and join us!

Our toddler group, Playbox, is up and running again this term – Tuesdays 9:15-10:45 here at the Playcentre – a warm welcome awaits all (and a nice cuppa and slice of cake!). All free of charge.

If you, or someone you know, is looking for childcare just give us a call. We have places in all our rooms from 0-5 years and at our Breakfast and After School Club for children attending the primary school. There is some funding for 2 year olds to receive 15 hours free per week. If you would like to check eligibility simply log into **www.myearlylearning.co.uk**. All 3 and 4 year olds currently receive 15 hours free childcare each week. Phone us on 01449 780079 or email us at **bactonunderfives@btconnect.com**.

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**A.G.M. of the Bacton Cotton
& Wyverstone
Good Neighbour Scheme**

This will take place on
Thursday 8th October 2015
in the Community Room at St.
Mary's Church, Bacton
Starting 7-30 pm.

All residents and volunteers are
most welcome.

A report on the last year's work
and Election of Committee will
take place.

This is a chance to come along
and find out more about the
scheme.

New volunteers would be warmly
welcomed.

Mike Hall Secretary

**GISLINGHAM VARIETY CLUB
Presents**

'Confusions'

by Alan Ayckbourn

An amateur production licensed
by Samuel French

at GISLINGHAM
VILLAGE HALL

**Thurs 12th to
Sat 14th November**

Tickets £8 (under 16's £6)

**Box Office – 01379 788411
opens Monday 5th October**

'Confusions' is a set of five
interlinked one act plays:

'Mother Figure'
'Drinking Companion'
'Between Mouthfuls'
'Gosforth's Fete'
and *'A Talk in the Park'*.

Each play deals riotously, but with
sharply pointed undertones, with
human eccentricities and the
human dilemma of loneliness; a
mother unable to escape from
baby talk, a disastrous fete, an
unsuccessful seduction attempt, a
fate fraught dinner encounter and
the final play sums up with five
characters on park benches.

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Stowmarket and District Camera Club

Stowmarket & District Camera Club is a small, active and long established club for those interested in photography. We have a membership of around 25 people with a wide range of abilities, ages, backgrounds and photographic interests and we would like to increase that membership. You don't have to be an 'Expert Photographer' to be welcomed as a member of the Club. All you need is an interest in photography. Our aim is to encourage you to develop your interest and skills, as well as to provide a place to meet a range of friendly people who share your interest.

New members are always very welcome to the club. All you need is a camera – any camera and a real interest in using it. Our members use DSLRs, compacts and bridge cameras.

The next season starts on **Monday 14 September**

Next meetings:

Monday 14 September: Welcome members back for the new season and welcoming new members and letting them know what we are about. Also showing members images and critiquing them.

Saturday 26 September: Photoshoot at Woodbridge – time TBA

Monday 28 September: Cracked Lens competition – best PDI (Projected Digital Image) of the night – to be judged by the members.

Monday 12 October: WORKSHOP
– Composition Beyond the Thirds – led by Alan Sarsby

Regular meetings are held at Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD, usually on the 2nd & 4th Monday of the month between September & June. We start arriving at around 7:00pm for a 7:30pm start. We'd love to see you there, so why not join us?

For more information see our web site www.stowmarketanddistrictcameraclub.onesuffolk.net

New art class starting

led by art teacher Liz Mellen

Tuesday evenings, **7-9pm** at
Wyverstone Village Hall
starting on **Tues 6th October**

A chance to develop your
drawing, painting and art skills
in both 2D and 3D

£9 per session
if paying for the whole course
or pay as you go £11 per session

Refreshments included

Contact Liz on **01449 782971**
OR
mellenfamily@btinternet.com.



Wyverstone Village Hall

CURRY NIGHT

Saturday 14th November 7.30pm

A selection of Curries to suit all tastes, with a free optional Quiz

Bookings in advance please - £10 per head

Licensed bar

Tickets and information 01449 781577

Old Newton Village Hall
Saturday November 7th 7:00 pm

Quiz Night

***with Fish and Chip supper
(included in entry price)***

£10 per person, or **£54** for a **team of 6**

Tickets (to be booked/paid for by November 3rd)

from Libby Brooks (**775334**) or Valerie Godden (**781306**)

N.B. Drinks will not be provided. Bring your own + a glass!

**This event is in aid of
Old Newton Church**

??

St Mary's Church Old Newton

16th Annual Choir Concert

given by

**St Mary's Church Choir
St Mary's Junior Choir**



Come and enjoy a wide range of music including anthems, folk songs and songs from musicals.

Saturday 10th October 2015

7:00 pm

Tickets: £5 adults, under 11s free, available from 01449 781306, or on the door

Drinks available during the interval!

The Minstrels

Medieval and Renaissance Music played on historic instruments -
a jaunty and entertaining stroll through the centuries.

Tickets at **£7.50** adults and only **£1.50** for children
include a drink of wine or fruit juice and a plate of tasty nibbles,
which you select for yourself, to enjoy during this relaxed performance.

St. Andrew's Church, Wickham Skeith.

Friday 9th October - 7.10pm for 7.30pm start

Parking near the church is limited so if you are able, leave your car in Church Lane
and walk up the track to the church, bringing a torch and a cushion for comfort!

All proceeds to 'FOSA' for the ongoing restoration and renovation
of our beautiful historic church.

Twenty Years a Licensed Reader

Di Barker marks her 20th year in this voluntary role in the churches of this Diocese,
in October. When her first decade was reached, Di read a selection of Epistles, all
afternoon, while people came and went, drank tea, ate cake and left donations for
charity.

This time, Di will be reading from The Psalms, in Great Ashfield Church IP31 3HF,
from 10.00am to 12 noon, on October 24th. This will include some of Di's
favourites from the Bible but also from Joy Cowley's 'Psalms from Down-Under'.
You are welcome to come and go as you please. Coffee Morning refreshments will
be available and her chosen charity this time is EMMAUS.

The Charity was started in Cambridge and now has establishments in other places
too. For those who find themselves homeless, Emmaus offers far more than food
and shelter. It helps them to regain their self-esteem and confidence by carrying out
meaningful work in the charity's social enterprises and supporting those less
fortunate than themselves; helping people to get back on their own feet by helping
others.



COFFEE MORNING PSALMS
24th October 2015 at Great Ashfield Church
10.00am - 12 noon



**To mark Di Barker's 20years as a Reader in the Church
donations to EMMAUS**



A Word in Your Ear...

After a damp summer and a cool autumn the grass is still looking unusually green and fresh. October however is a month of surprises and there can still be a few warm days to enjoy. Sunday 18th October is St Luke's day and our ancestors used to call a spell of warm October weather 'St Luke's little summer.'

Here the search continues to find a new priest in charge for the benefice. After the summer break, an advert has been placed in the national press and the post continues to be advertised on the diocesan website. We hope to hold interviews towards the end of October so please join us in praying that we may be led to the person best suited to lead us.

In the meantime church life continues as normal. The first weekend in October is Harvest Festival in Bacton, Cotton and Wyverstone, so you are spoilt for choice – details and times are set out in the October services. In Bacton, the first weekend in October promises to be something different this year. On 3rd October the church will be open on the Saturday and while the harvest decorations are taking place there will be lots of activity going on. Would you like to take a closer look at the handsome new organ which is now almost completed? Would you like to try and play it? If so, come along and give us a little background music. At the time of writing it still has only one manual (keyboard) a pedal board and 6 stops, but we are very hopeful that by that weekend it will be finished, and who best to play it first but local people! If you are interested please ring Helen Matter on 780379 to book a slot.

Have you any tinned or long life foods you can spare? Bring them along so we can pack some hampers for the Stowmarket Food Bank. Harvest time is when the Food Bank needs some replenishment after stocks have run down during the summer holiday period. And if we are honest, we can all spare something to celebrate the fact that there is food in our own larders and fridges.

Then on Sunday the 4th at Bacton, Helen Matter will lead the Harvest Celebration at 9.30, or if you prefer a later celebration, Wyverstone and Cotton's Family Services are at 11 am.

The Jewish and Christian faiths both lay much emphasis on harvests and both the Old and New Testaments have plenty to say to us today, because they are set in a farming culture like ours. Food – including wheat, fruit, oil, wine and honey, was produced by God's goodness and blessed by him. It was to be enjoyed – not forgetting water too, which was not only needed to make them all grow but also vital for life itself.

The Suffolk writer Ronald Blythe reminds us that 'Harvest festival has to be a double celebration of field crops, and ourselves as a crop.' Or as Psalm 67:6 puts it: *the earth will yield its harvest, and God, our God, will richly bless us.*

Barbara Bilston

**THE BENEFICE OF BACTON
WITH WYVERSTONE, COTTON, OLD NEWTON AND WICKHAM SKEITH**

central contact email address: bactonbeneficechurches@gmail.com

ST MARY'S BACTON

Rev Jan Fowler 01449-782107
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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 Warden

Mr Mervyn Walker 780272
Miss Carol 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

Catholic Parish of Our Lady Stowmarket

Fr David Finegan 612946

From the PARISH REGISTER

BAPTISM

Sunday August 9th

Owen Robin Wright

FUNERAL

Monday September 14th

Desmond William James Sheppard
(Philip)

INTERNMENT OF ASHES

Thursday August 27th

Joan Chapman

CHURCH OF ENGLAND SERVICES IN THE BENEFICE

October 2015

4th (Harvest)

St. Mary's Bacton	8:00	Holy Communion	Canon B. Bilston
St. Mary's Bacton	9:30	Harvest Celebration	Helen Matter
St Andrew's W. Skeith	9:30	Harvest Family Service	W. Skeith team
St. Mary's Old Newton	11: 00	Holy Communion	Canon B. Bilston
St Nicholas' Gipping	3: 00	Harvest Evensong	Canon B. Bilston
St George's Wyverstone	11.00	Harvest Family Service	Praise Team & Jan Fowler

11th (19th after Trinity)

St. Mary's Bacton	9:30	Family Communion	Revd Christine Everett
St Andrew's W. Skeith	9:30	Holy Communion	Canon S. Fogden
St. Mary's Old Newton	11:00	Family Service & Baptism	Elaine Miller
St Andrew's Cotton		No Service	
St George's Wyverstone		No Service	

18th (St Luke)

St. Mary's Bacton	9:30	Holy Communion	Canon S. Fogden
St Andrew's W. Skeith	9:30	Holy Communion	Revd Margaret Wainwright
St. Mary's Old Newton	11:00	Holy Communion (ext)	Sheila Wright
St George's Wyverstone	11:00	Holy Communion	Canon S. Fogden

25th (Last Sunday after Trinity/Bible Sunday)

St. Mary's Bacton	9:30	Holy Communion	Canon Sally Fogden
St Andrew's W. Skeith	9:30	Holy Communion + healing	Canon B. Bilston
St Andrew's Cotton	11:00	Holy Communion	Canon B. Bilston
St. Mary's Old Newton	11.00	Mattins	Canon S. Fogden
	4.00pm	Fun @ 4	Elaine Miller

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

4 th 8.00a.m.....	Robert Black
9.30a.m.....	Brian Last & Linda Last
11 th 9.30a.m.....	Carol Bartrum and Ron Southgate
18 th 9.30a.m.....	Mike Hall & Pat Hall
25 th 9.30a.m.....	Rosy Black & Brian Manley

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 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.ourlady-stowmarket.co.uk

We will be holding our **Autumn Bazaar** in the United Reform Church in Ipswich Street, Stowmarket, on **Saturday morning, 14th November** with all our usual stalls and bargains, lunches and light refreshments.

We look forward to welcoming you.

Father David Finegan

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**

Organist help wanted at St Andrew's Cotton

Most services are held at 11 a.m. on second and fourth Sundays, and last for at most one hour. Our needs are flexible as we have one volunteer at present and also use CDs when necessary, but it would be useful to have some extra help - could you possibly be the person to provide this? Reasonable expenses paid. Please call either churchwarden - Carole Jones (781874) or Mervyn Walker (780272) to discuss further. Thank you!

Harvest Blitz of the Churchyard at St George's, Wyverstone

"Sat 3rd October, 9.30 start - bring your own tools.

Everyone welcome"

ST. ANDREWS'S CHURCH COTTON 2015

CLEANING ROTA

October

2nd - Joyce Vincent and Diane Dickinson **23rd** - Chris Carr & Chris Marston

November

6th - Diane Dickinson & Joyce Vincent **20th** - Jo Marriott & Chris Marston

FLOWER ROTA

October - Mrs Ronnie Valder-Scott

November - Mrs Mary Bretherton

October

4th - **HARVEST FESTIVAL**

All arrangers for decorating the church in preparation for the festival please

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

Harvest Supper

Friday 2nd October at Cotton Village Hall

Tickets : **£10** adults & **£4** children

Contact Jane on 781594 or Chris 781567

This year St Andrew's Church will once again be collecting items for the Stowmarket Foodbank for Harvest Festival

Gift Day - This year Gift Day will be on **Saturday 7th November** from 10-12.00noon. Come and have a cup of coffee and a bun.

"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!"

COTTON METHODIST CHURCH 2015

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

A warm welcome awaits everyone.

October

4th - led by Dr Barbara Chipperfield, **11th** - led by Rev Rita Carr, with Holy Communion, **18th** - led by Rev. Jack Bingham, **25th** - **Mrs Liz Kearsley**

November

1st - Mrs Josie Keys.

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How many Hampers can we fill?

Be part of Bacton Village Harvest Festival Weekend!

Saturday 3rd October 1.00pm - 5.00pm

The village church will be open for you to drop in and.....

- 🕒 Help fill hampers tins or packets of dried/long-life food for Stowmarket Food Bank
- 🕒 Enjoy some delicious Cake
- 🕒 See the Displays
- 🕒 Sit on a Tractor
- 🕒 See the new Organ
- 🕒 Join in the Children's activities



1. **Saturday 2.00pm** - Help decorate the church for Harvest Festival
Phone Rosy Black 01449 781506
2. **Saturday 3.00pm** - Official Launch of new Church Guidebook and tour of the building.

Sunday 4th October 9.00 - 12.00noon

The village church will be open again for hamper filling and for the...

Bacton Village Harvest Festival Service 9.30 - 10.30am

Give thanks to God for all our blessings - Sing some traditional Harvest Hymns - Fill the hampers even fuller by bringing a tin or a packet of food for the Stowmarket Food Bank to the service - Enjoy a coffee and some Harvest Cake.

More details from Helen Matter - 01449 780379

Stowmarket foodbank - <http://www.livingit.org.uk/foodbank/>



**For your diary: Village Remembrance Service
10.45 Nov. 8th at St Mary's Church, Bacton**

Join us for the two minute silence and for the wreath laying with the British Legion and uniformed organisations.



CHERNOBYL CHILDRENS LIFELINE

For the first time since this Link began we are going to be bringing a second group of children in the same year, this time during the winter months. The group will be much smaller than usual and we have decided to try to give a chance to some slightly older children who would not normally be on the selection list as they are outside of the usual age range. Further details of the children will be given after I have returned from my forthcoming visit to Belarus to discuss this with the Educational Authorities who are responsible for the selection of the children.

To help Finance the visit we are holding another Pig Racing evening on Saturday 17th October at the Cedars Hotel in Stowmarket. This promises to be an exciting event with the Tote and Pig Races being provided as always by Stowmarket Lions. Supper will be “Pigs in Blankets” together with a dessert and is included in the ticket price. Tickets can be purchased at our Charity Shop in Needham Market or Stowmarket Tourist Office, I do hope you will be able to come along and support the event. Please see our separate advert for further details.

We are also already in preparation for the 2016 visit and would like to hear from anyone who might be interested in Hosting children during the visit. Please do get in touch as soon as possible as we have to have all placements confirmed by the end of December.

We are looking for:

Families to Host 1 or 2 Children for 4 Weeks from the beginning of July

All that is needed is a minimum of a mattress to sleep on and a loving home with people who care, Financial circumstances are immaterial.

Age is not a barrier - single parents considered, Families may or may not still have their own children at home. Hosts are able to follow their own occupation/interests as the children meet daily Mon-Fri 8.30 to 4.30 & helpers are on hand to collect or look after children at other times if needed.

Recycling: A great asset to our Fundraising is the collecting of textiles, clothing, shoes, bags and belts which go for recycling and for which we are paid. We take everything with the exception of pillows and duvets (coverings are fine) shoes must be in a wearable but not necessarily perfect condition but clothing **does not have to be in a wearable/saleable condition.** We have been told that some schemes offer to take these items as “ your local Charity Shop will not take them”, that is definitely not true as far as we are concerned. If you have more than you are able to drop into the shop please call me and we will arrange collection.

With grateful thanks as always to all of our supporters.

Elizabeth Parker

Link Chair

01449 760343

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If eligible you can choose between having Social Services organise your home care or selecting your own provider. This is done through Direct Payments or a Personal Budget. The advantage to arranging your own home care is that you gain the freedom to choose the best home care company for your needs, as opposed to having one selected for you.

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Private Care Companies and Agencies can be found by searching online, visiting industry websites such as www.homecare.co.uk or by word-of-mouth recommendation. Websites are a perfect way of finding out what services a Care Agency provides.

Don't be afraid to call the care agency and talk to them honestly about your

needs. A home visit can be arranged to put together a care plan which will outline the care that you will receive. Usually it's possible to organise care requirements to start within a week.

Organising care is relatively easy when done privately but timescales and levels of bureaucracy can vary when taking the route through funding via Social Services.

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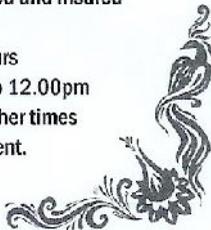
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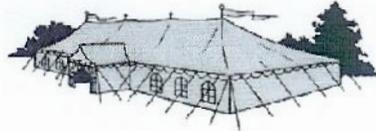
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