

BACTON

WYVERSTONE

COTTON

PARISH & COMMUNITY NEWS

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*Bacton W.I. entries in
past Suffolk County Shows*



August 2016

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cover picture provided 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

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

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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 2016

August

Day/Date	Time	Event
Mon 1st	7.30pm	Bacton & District W.I. - The Life of a Trawlerman with Andy Malcolm page 22
Sun 7th	12.00noon for 12.30	Summer lunch on the Manor Meadow page 37
Mon 8th	9.30am - 12noon	Village Craft Group - at Bacton Village Hall
Tues 9th	12.00noon	Mother's Union - Lunch out at The Stoke Ash White Horse
Tues 16th	7.30pm	RBL - Old Newton Sports and Social Club
Sat 27th	12.00noon - 4.00pm	OPENDAY - at the Blue Cross Suffolk Animal Re-homing Centre Bourne Hill, Wherstead, Ipswich IP2 8NQ page 16
		Bacton & Wyverstone Horticultural Society - <i>No Meeting in August</i>
		History Club at Bacton Village Hall - <i>No Meeting in August</i>

September

Day/Date	Time	Event
Tues 13th	2pm - 4pm	Community Circle Club at Cotton Village Hall
Sat 17th	10.00am - 12.00noon	Community Circle Cafe at Cotton Village Hall 
Tues 20th	7.30pm	History Club at Bacton Village Hall - John Winthrop, Suffolk gentleman who founded Boston, Massachusetts
Tues 27th	2pm - 4pm	Community Circle Club at Cotton Village Hall

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From your August Correspondent

Bacton & District W.I. at the Bacton Fayre

Well it's that time of year again and during the last few months many Bacton residents will have been beavering away to get their entries ready for this year's Bacton Flower Show. The Schedules have been sent out and Bacton W.I. is looking forward to seeing the entries for their Craft and Cookery competitions. Each year we try to think up a number of competitions to appeal to men and women, old and young alike.

The W.I. has always had a reputation for skilful work in the fields of craft and cookery and the showcase for this in our area is the W.I. Marquee at our annual Suffolk Show. This usually takes place at the end of May at the Suffolk Showground, Trinity Park, Ipswich.

The W.I. Suffolk Show Craft Committee try to provide classes covering a range of skills including Flower arranging, Knitting, Drawing and Painting, Embroidery, Model - Making etc. and some of our past efforts are featured on our cover this month. Bacton W.I. currently seems to be harbouring many skilled crafters and in recent years we have managed to enter all classes with varying degrees of success. In an attempt to encourage everyone to compete the committee have designated some classes as group efforts whilst some are for individuals and some classes are just for fun and not to be judged. At the Bacton Fayre, however, all classes will be judged and with art and craft groups thriving in the Bacton area we are confident that many of you will have been keen to enter.

At Bacton W.I. our 'special interest' groups are still very popular. Some meet during the day, Craft, Scrabble, Reading and Walking but we have also started up an evening Scrabble group and Film group. These evening groups are popular with those members who work or who, for whatever reason, don't have so much time during the day.

New members are always welcome and we try to make sure our Programme of speakers is varied and interesting.

Visitors are welcome at all our meetings (£3 for a maximum of 3 sessions) except our annual Birthday Party in October which is for members only.

Amanda Manley

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Wyverstone Community Cafe & Local Produce Market - 2016

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Saturdays fortnightly 10.00am - 12.30pm at Wyverstone Village Hall

AUGUST 27th
September 10th & 24th

Kettle's Calling



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

When?2pm - 4pm

AUGUST 1st & 15th

(No Kettle's Calling on B.H. Monday 29th)

September 5th & 19th

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 2016)

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, ring: 01449 781083



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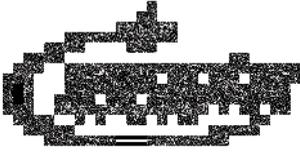
www.clairebisset.com



Towards the end of June some of the Bacton Brownies did a litter pick around Bacton Village Hall, the Primary School and associated footpaths. We managed to collect quite a bit of rubbish and were very pleased to be able to help to keep our environment clean and tidy.

Please put your litter
in a bin when you are
out and about, or take
it home with you -
we'd like to be made redundant!





1st BACTON SCOUT GROUP

Books – We would like to bring your attention to the fact that Jason Scruby – Finbows Yard - has been and continues to sell excellent quality second hand books with all proceeds coming back to 1st Bacton Scout Group. Again a really big thank you to Jason and his team at Finbows and to everyone who donates books for him to sell and to those that buy them... Thank You.

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.

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
07812 105228 karenyvonnehall@aol.com

Could we please ask if you are using the bottle banks to only use them for the bottles and clothing banks provided and take your remaining rubbish to the Stowmarket recycling centre and please be vigilant to others abusing this facility.

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

Cub Scouts (8yrs – 10½ yrs) meet every Friday (term time) 6.15pm – 7.45pm

Scouts (10½ yrs – 14yrs) meet every Friday (term time) 8pm – 9.30pm

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

DATE FOR YOUR
DIARY

Christmas
Wreath - Making
Workshop

More details to follow.

Wyverstone Village Hall
On Saturday 10th December



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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.

Just Gardening

Last month's rain has helped to keep the gardens and lawns well watered. All my water butts are fully topped up for my hand watering. My tomato plants are growing very well and I give them a feed every third watering. All the side shoots have been nipped out and the flower trusses have been kept at four to five groups of flower on each plant. I've also taken out the top growing section of the plants themselves because I don't want the plants growing any taller. I want all the energy going to fruit now.

The lawns are looking very good at the moment and cut twice a week. Always edge up the borders it makes the job look so much better.

My hanging baskets are looking a picture, all are in full bloom and well balanced. Again feeding and watering for any hanging baskets, pots, containers, troughs or wicker baskets is vital. The slightest wind or strong sunshine will dry them out in very quick time. I check my hanging baskets at least twice a day to achieve best results. Get to know the weight of your hanging baskets, using one hand, place your hand on the underside of the hanging basket and gently take the strain off of the supporting chains and you will get to know how much water they need. It doesn't take long to become very proficient at using this method.

The strawberry plants have produced a good crop this year and continue to do so.

All my roses are dead-headed on a regular basis. By doing this you will ensure a good display throughout the season. Try and keep an eye on the general shape of the rose whilst you are removing the dead flower heads. Take out any dead, dying or diseased part of the rose as part of your routine care for the plants.

All my other summer bedding plants are dead-headed as well. This helps to continue the length of time your plants will flower. However much money you've spent on your garden, by looking after the plants you will get best value for money over the whole summer period.

Sweep the paths, keep them tidy, pick up any litter or garden debris and your garden will give you endless hours of pleasure and joy.

Happy Gardening - Norman Parcell

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The annual outing began in beautiful weather on a sunny Saturday in June when 31 members and friends travelled by coach to Hyde Hall Gardens near Chelmsford in Essex.

There were some major changes since our last visit some years ago as there is now a large visitor centre which is being extended. There have also been new gardens added and some still being created and a new large car park. The gardens were looking good in the sunshine and the bees were busily working away in abundance.

Some of the party enjoyed a meal here before moving on to Beth Chatto's garden at Elmstead Market.

Another chance to eat in the café and the peaceful, pretty gardens were looking lovely with not a sound to be heard except for gurgling water and birdsong.

The scheduled departure time was changed from 5 pm to 4.30 pm due to thunder storms setting in but the greater part of the trip had enjoyed perfect weather.

Chairman Diane Gladders had organised the day with her usual enthusiasm and attention to detail and many thanks go to her for a lovely day out which was enjoyed by everyone.

For the annual evening visit 17 members gathered at Ivy Chimneys, Mill Street, Gislingham. This has been the home of Iris and Alan Stanley for the past eleven and a half years and they were on hand to answer questions from the members as they toured the garden.

Although not a huge plot, the garden was crammed with interesting plants, bushes and trees with lots of lovely topiary and many colourfully planted pots. There was also a small vegetable garden and there was something of interest around every corner including a greenhouse, carp pond, barbeque area, patio and an attractive seat surrounding the trunk of a tree.

Everything was looking neat and well manicured and Alan said he put most of it down to Iris.

Although the weather was cloudy and cool, the members were able to sit on the patio to enjoy a cuppa and a piece of delicious homemade cake.

Chairman Diane Gladders thanked Iris and Alan for allowing us to view their lovely garden and for providing the refreshments.



Volunteers urgently needed for Home-Start

Home-Start in Mid & West Suffolk reaches out and supports parents who are struggling in their parenting role due to a variety of reasons. Volunteers are at the very heart of the service, connecting on a one to one basis with families, offering friendship and support.

Home-Start Volunteers offer their time and personal experience; most are parents or grandparents, foster parents, step parents etc. Full training and on-going support are given.

Do you have two hours to spare each week? Do you have parenting experience? Do you want to give back to your community? Do you like to learn new things and meet new people? We have preparation courses starting soon.

Find out more by contacting Maria on **01379 678552** or email **office@homestartmidsuffolk.org.uk**

Home-Start Mid Suffolk working in Mid & West Suffolk.
Registered charity no. 1127760



Blue Cross Suffolk Animal Re-homing Centre

Bourne Hill, Wherstead, Ipswich IP2 8NQ are holding
an **Open Day** on **Saturday 27th August 2016**
between 12.00 noon and 4.00pm.

This is a good opportunity to see behind the scenes of our New Centre.
As well as refreshments there will be various stalls where you can
spend your money!!

Entry is Free but donations are always gratefully received.

For more information please contact:-

Ian Hendry - **Tel: 01449 767747**

Volunteer Vice Chairman of the Events and Fundraising Committee.





On a sunny day in early July, 16 ladies set off for Elvedon in Mark's mini-bus. Waiting at Elvedon Crossroads was Will Gray who boarded the vehicle and guided Mark around the private estate roads whilst giving a running commentary to the ladies.

The crops of lettuces, onions, parsnips, carrots, potatoes, barley, wheat, rye and Christmas trees were all looking wonderful due to the recent heavy rains which suits the Breckland sand.

Will also told of the conservation work on the estate for the Stone Curlew whose numbers have increased due to this.

The party travelled across the Estate's new farm bridge which spans the newly constructed dual carriageway on the A11, pausing to see the impressive War Memorial which is sited at the boundary of the parishes of Elvedon, Icklingham and Eriswell. Will also pointed out Horn Heath which was used for tank training during WW2. The party then returned to The Elvedon Courtyard for a tasty high tea following which members sang

“Happy Birthday” to Zandra Taylor whose birthday was the following day.

Arrangements were also made for Bacton Fayre and the September Harvest Supper.

Will was also given a round of applause.

To round off the afternoon members were able to do a bit of shopping in the attractive Courtyard shops and all agreed they had had an enjoyable afternoon.



POPPY APPEAL - UPDATE

The grand total of **£3,268.69** has been raised so far by the Bacton & District Branch of the RBL. This total was considerably helped by the RBL Womens' Section raising £600 at their St. George's Day Dinner which was a very enjoyable evening.

Thank you to everyone who helped in any way to raise this magnificent total.



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**WYVERSTONE
PARISH COUNCIL**
Cat Clarkson



Parish Council Meeting 28th June.

We received a report from Jane Storey (Suffolk County Council), and discussed overgrown footpaths and road sign replacements with her, both of which are now on the radar. Unfortunately Roy Barker (Mid Suffolk District Council) was unable to attend this meeting.

We discussed the ongoing issues at Grange Farm, and the enforcement actions which will be taken by Mid Suffolk District Council. We also discussed the Bacton Middle School consultation events which occurred in Bacton on 11th and Wyverstone on 12th July. There has been a great deal of discussion between the Parish Council and Cornerstone (Suffolk County Council's advisors) to try to make sure as much information is available to the parish at the consultation events as possible.

There were two planning applications which were considered:

2298/16 | Erection of 2 bay garage and store with office over, following demolition of existing forge building Forge Barn, Mill Road, Wyverstone

2349/16 | Erection of 2 storey and single storey rear extensions | Mulberry Cottage, The Street, Wyverstone

We thanked Glen Horn for his hard work as Parish Clerk over the last two years, and appointed Cat Clarkson as the new Parish Clerk.

The next Parish Council meeting is programmed for **30th August 7.30pm** in the village hall. As always, we welcome anyone to attend and are happy to receive questions and comments from the public before the meeting is officially opened. An agenda will be available on the Wyverstone village website -

www.wyverstone.onesuffolk.net prior to the meeting.

If you have any requests for specific items you'd like to be put on the agenda for the Parish Council to discuss, please do let a councillor know by 21st August.

Cat Clarkson – Parish Clerk
01449 258131 or
catparishclerk@gmail.com

**BACTON
PARISH COUNCIL**
Ian Brookman



FORMER MIDDLE SCHOOL SITE

The former middle school site consultation event in the village organised by SCC and their agents Cornerstone Assets was attended by over 150 people on Monday 11 July 2016. Thank you to all of those who attended this event and the event at Wyverstone. Also thank you to those who have made online submissions which totalled 47 before the consultation events started.

SIGNAGE ON B1113

The Parish Council discussed the signage for the diversion on the B1113 required because of the works by Essex and Suffolk Water north of Finningham until September. It was agreed that the intervention of Parish, District and County Councillors had progressively improved matters, although the sheer number of signs required by the rules for diversions were in themselves a big part of the problem. Please stress to anyone who mentions this that the businesses between Stowmarket and Finningham are open as usual and still accessible.

POTHOLES ON SHOP GREEN

Thank you to Frank Davey Limited for donating the time of their workers to fill the potholes on Shop Green.

PRIMARY SCHOOL PARKING

The Parish Council with County Councillor Stringer have been looking at options to seek improvements to the parking in Church Road at drop off and pick up time at the primary school. The ideas being considered are a stretch of time restricted yellow lining on both sides of Church Road to create a passing place, and a pavement along the edge of the road down to the school from Church Road. Whilst this doesn't relieve the number of parked cars it hopefully will make the area safer at these peak times.

RAILWAY CROSSING CLOSURE

The Parish Council responded to Network Rail's consultation about the proposed closure of crossings as follows:

Bacton Parish Council would like to see crossings S12 & S13 left opening as these crossings affect the operations of local farming businesses and provide access for walkers on paths around the village.

In respect of S69 the Parish Council would support its closure providing the former tunnel under the railway line slightly further along is reopened to provide a crossing point, otherwise the closure of this crossing particularly will result in pedestrians either having to walk on a busy 'B' road with no pavement or street lighting which is actually considered more dangerous than the crossing or crossing the line improperly because of the significant length of detour.

GARDEN WASTE

The Parish Council would remind local residents that dumping garden waste such as grass cuttings in ditches or on open spaces is fly tipping. It also makes the areas affected unsightly for all the residents of the village and potentially block ditches which are a vital part of the surface water drainage network around the village.

NEXT MEETING

The next meeting of the Parish Council is on Monday 19 September 2016 at 7.30 in the Village Hall

COTTON VPA
(Village Produce Association)
at the Village Hall, 7.30pm
No meeting during August

Annual Show
Saturday 3rd September

Schedule available from
Mrs. Jane de Beer 781594
or Chris Marston 781567
Entry forms to be returned by
24th August at the latest please

*We welcome new members
and visitors*

Police station, Violet Hill Road, Stowmarket Suffolk. Tel:
101 (Always dial 999 in an emergency)

POLICE REMINDER

DUE TO AN INCREASE IN REPORTS OF ANTI-SOCIAL BEHAVIOUR AND CRIMINAL DAMAGE IN THE AREA POLICE WOULD LIKE TO REMIND RESIDENTS TO REMAIN VIGILANT AND REPORT ANY SUSPICIOUS ACTIVITY OR ASB PROMPTLY ON 101, WHERE A VEHICLE IS INVOLVED PLEASE RECORD A REGISTRATION NUMBER WHERE POSSIBLE.

If anyone feels they would like some advice please contact Stowmarket Safer Neighbourhood Team. stowmarket.snt@suffolk.pnn.police.uk

Always call 999 in an emergency



The Police have been informed of an incident of vandalism at St Mary's Church, Bacton in which a window was damaged, they have given us a crime number of 37/39671/16. They also have a report of damage to outside play equipment at the school, which they feel could be the same people. Anyone with information should ring 101 quoting the Crime number above.



Councillors Gibbs has been re-elected as Chairman and Councillor Wenban re-elected as Vice-Chairman of the Parish Council.

It was agreed to make a grant of £400.00 to St. Andrew's P.C.C. to help cover the cost of maintaining the churchyard. The village map located just outside the church fence has been removed and will soon be placed in a safer position.

Since signs have been placed on certain footpaths there has been an improvement in people clearing up after their dogs and horse riders appear to have stopped using a path that was becoming treacherous in the wet.

Copies of the Cotton Quarterly are now available in the Village Hall, Trowel & Hammer, Emzo's and the surgeries in Bacton and Mendlesham. Unfortunately there has been some vandalism in the village, bins were set alight at the village hall and damage done to the bus shelter. The bus shelter was kindly repaired by a builder working nearby. Despite the vandalism the bus shelter plans are going ahead. The windows will be glazed, the inside painted, hedges cut down or reduced, a notice board will be placed inside and possibly solar lighting installed. It is hoped to source most of the materials free of charge.

The Council have agreed to assist the Village Hall Committee with the cost of installing Wi-Fi in the village hall. Councillors Gibbs and Wenban had great pleasure in presenting Margaret & Ernie Smith with two potted roses on behalf of the Council and the village to mark the occasion of their 70th wedding anniversary.

Village web-site

www.cotton.onesuffolk.net

Facebook Cotton Parish Grapevine



Our numbers at the July meeting were somewhat depleted since two ladies Nolly Curwen and Laurel Green, were away at Denman College having won a bursary to do a short course, and it was the night of the Federation Quiz. The quiz took place at the Community Centre in Needham Market and about 45 teams from Suffolk East took part. Our intrepid team consisted of local historian Rose Graham, new resident of Bacton Manor Diana Chambers, another relatively new member of our W.I. Hilary Broomfield and myself.

The final score placed us 17th, but we gelled together as a team and had a fun evening.

Unfortunately this meant I missed the July meeting when Miss Janice Hughes delivered an interesting talk about her

travels with her old and trusty Travel Bag thus the title of her talk, '2 Old Bags'! I'm told she talked about textiles amongst other things so I was very sorry to miss it.

On the 29th of June a group of us took advantage of the 'Invitation to View' scheme. This was devised so that people with unusual/interesting houses can invite parties to look around their property by appointment. This particular outing was to Crow's Hall at Debenham.



The owner met us outside and took us on a tour of the gardens before we went inside. The Manorial history at Crow's Hall dates back to 1086 and the site could have been occupied from earliest times.



One of the attic rooms at Crow's Hall

It's name however, would seem to derive from the occupation of John Crow in the late 13th Century.

The current owner had apparently taken on the house as a project when it was in a state of disrepair. The building has been very sympathetically restored and the gardens designed by Xa Tollemache of Helmingham Hall.

It is now a popular Wedding Venue as well as hosting regular Dressage Clinics and is a competition venue for Gipping Riding Society.

On Friday July 8th there was a trip to Hush House at Bentwaters to see 'We Didn't Mean to go to Sea' performed by theatre group 'Eastern Angles'.



Unfortunately I couldn't go but I heard it was very good. We have been to a number of productions by the same group and the standard has always been high.

Our next meeting is on Monday August 1st when Andy Malcolm will be telling us about the life of a Trawlerman.

As always visitors will be very welcome at £3 (for a maximum of three visits).

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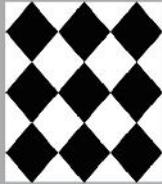


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Staying Hydrated during the summer

How to help elderly relatives or
neighbours avoid dehydration



Why is drinking water so important?

Water makes up half of our body weight and every cell, tissue and organ needs water to function correctly.

Now that the summer is here it is important to make sure we keep hydrated. This is important for everyone but even more so for the elderly.

Dehydration is one of the most frequent causes of the elderly being admitted to hospital. There are many reasons for this: Firstly, our sense of thirst changes as we get older, becoming less acute with age. So our elderly relatives may not be drinking as much as they should do. Secondly, as we age our bodies are unable to conserve fluids as much as they used to. Some medications can also cause dehydration.

How to spot dehydration

The 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

Avoiding dehydration

Water is the best way to keep hydrated. However if your elderly family member is not keen on water try a little squash instead

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 good ways to increase water intake are ice lollies or eating fruit with high water content.

Not all fluids are good at keeping you hydrated. Drinks with caffeine in (such as tea or coffee) or alcohol work to remove water from your body so try to avoid these.

Hot weather can be as big a danger to the elderly as the cold. Ensure older family members or neighbours stay safe in the sun and prevent them from getting dehydrated.

**Claire Bewley is a Director at My Care at Home based in Stowmarket
Tel: 01449 763086 www.mycare-at-home.co.uk**



AUGUST

Well that is another academic year over! The last year has whizzed by in a flash and we have bid a fond farewell to 25 children off to start the next part of their journey, moving on to primary school.

We will still see some of them for before and after school and during the holidays and enjoy hearing how they are getting on. We will of course still meet up for our liaison with the Reception Class each week. We wish all the children well and will miss them all in their own unique ways! The coming year looks like being a quiet year for us – we have places in all our rooms so if you have any childcare requirements (or know of anyone that would like more details) please do get in touch.

Our next big adventure is our ever popular HOLIDAY CLUB! We are open all through the school holidays and are having special days Tuesday to Thursday for the first 5 weeks where the cost is just £15 for 10am to 3pm. This offer is for children 5 years and up and we have a variety of activity

days planned such as: Teepee making, team games and obstacle course, baking days, gaming wars, sweet making, wood workshop and a beauty parlour and much much more. All run by our fully qualified staff who all have their first aid and safeguarding training. We are Ofsted registered and therefore comply with all requirements including correct ratios to ensure the children are properly supervised and can have fun in a safe and secure environment. A packed lunch will be required on the ACE Playscheme special days, on other days we do offer a cooked lunch at a small cost. In addition to this we are open 8am to 5:30pm each and every day for all ages from birth to 12 years! Please contact us if you would like more details.

Thank you to those that came along to our Open Morning in July. We will hold another next term so watch this space! We will have a stall at the Bacton Fayre too so come and find us and say hello!

We are looking to organise another Christmas Market – if anyone would like to book a stall please contact us – at the time of writing we do not have a definite date but most likely in November.

Wishing you all a super Summer-time!

 <p>COTTON OIL BUYERS CLUB</p>	<p>Cut off dates for 2016</p> <p>22nd June, 5th October 7th December</p> <p>If you would like to join the group please call Peter Mead 07845 068679 or Email Peter_mead@sky.com</p>
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Golden Year for Fuchsias



The weather may not have been quite by the book this year, but the fuchsias at Potash Nursery have been growing and flowering better than ever this season.

After a cold spring with much lower light levels than usual it was touch and go early in the season as to whether the plants would be ready for their outing to the Chelsea Flower Show. Fortunately the brief hot spell at the beginning of May woke the fuchsias up just in time resulting in a Gold Medal winning display. Of course a Chelsea gold is always that little bit more special with the show being the pinnacle of horticulture – the Olympics for plants if you like!

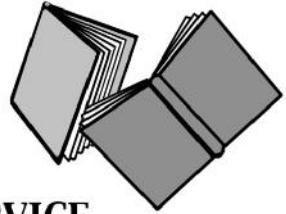
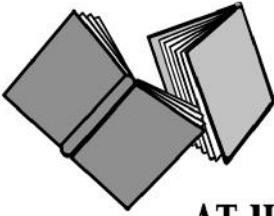


A week later and we were still on a high when the fuchsias won us the Perpetual Challenge Cup for best large exhibit in the floral marquee at the Suffolk Show. A gold medal at Gardeners World Live at the NEC quickly followed and just as we thought it couldn't get any better the fuchsias pulled it off again at the Hampton Court Palace Flower Show with gold again!

First discovered in the late 17th Century, the genus fuchsia was named after the botanist Leonard Fuchs. As more and more fuchsia species were discovered plant hybridisers soon got to work, the result being the fantastic range and variety available today, with their many different colours, flower forms and growth habits there is simply a fuchsia for everybody out there.

At **Potash Nursery** we grow just over 400 different varieties of fuchsia, all grown from cuttings taken on the nursery at Cow Green. Although we don't have a shop on site our full range can be viewed on our website at www.potashnursery.co.uk and all you have to do is ring **(01449 781671/781233)** so that we can check availability and arrange a time for you to pop in to collect.





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Healthwatch Suffolk strengthens its influence in 2015/16 to make a difference for Suffolk residents

Healthwatch Suffolk makes sure that your voice is heard to improve health (NHS) and social care services in Suffolk. It has published its annual report for the year 2015/16, which shows the difference that has been made throughout the year for people using services in the county.

2015/16 has seen Healthwatch Suffolk continue to raise its profile in the county, reaching more people for their views than ever before. It launched a new website for obtaining views from people and well over 3,000 people have already rated their care. It also completed high profile research projects including innovative work with hospitals to listen to the needs of mums and birthing partners who had accessed maternity services.

A number of notable outcomes are highlighted, including the following examples: **Ipswich Hospital** revised its policy to allow birthing partners to stay with mum overnight so that they might provide much needed support with baby care and emotional wellbeing.

It visited seven care homes to talk to residents about their care and treatment. Recommendations were made which have led to a good number of improvements in services.

It influenced the decision to slow down the implementation of new domiciliary care services in the county so that people could have more time to make better decisions about how they wanted their care to be delivered.

West Suffolk Hospital improved support and information for carers and implemented actions to address concerns about poorly coordinated care for patients at the end of life.

Ipswich Hospital took action to address negative feedback about the way it had treated a patient with end term cancer.

The Care Quality Commission worked closely with Healthwatch Suffolk to hear the views of local people when inspecting local services.

Andy Yacoub (Chief Executive of Healthwatch Suffolk) said:

“We have been pleased with the impact we have made throughout the year. We have achieved some very definite outcomes that will improve the experience of people accessing our local services and we have seen continued support from our local communities for which we are grateful. It is with the strength of public voice behind us that we can make the greatest impact on shaping, influencing and improving local care.”

For more information about Healthwatch Suffolk; it's current projects and most recent outcomes, please visit www.healthwatchesuffolk.co.uk where you can download a copy of the annual report or take a few moments to watch it's supporting video. You can also use the website to share your experiences of health and social care services in the county so that they can be used to shape local services now and for the future.

MASTER CRAFTS FAIR



border
craft collective

Saturday 3rd September 10am-3pm

at Cotton Methodist Church

Meet local makers & watch them work

Free Admission

Cotton Harvest Supper

Friday 23rd September at 7.30p.m. in the Village Hall

Adults £10

Children £2.50

Tickets from Jane 781594 or Chris 781567

(Profits go to St Andrew's Church, Cotton - Churchyard Maintenance)

From the Rectory....

The news of events such as the killings in Orlando, and that of MP Jo Cox can seem very distant to us at times. For some, even holidays abroad have turned into nightmares, with random events in so many places over the years. Whereas in Bacton and the surrounding villages, all we have to concern ourselves with are spates of wilful damage; recently to the church and to the school. Such damage is not on the same scale as that mentioned above; but it does perhaps beg the question of where violence starts.

It seems strange that, within a community so warm in nature, and with such effort and support given to both our church and school, there would appear to be people in the locality that behave in such a disappointing way. Our prayer should be that all of our villages will increasingly be places where we can live peacefully and with respect for all, irrespective of faith.

August will see the Bacton fair and this will be our first experience of this prestigious event; David and I are looking forward to it. It sounds like it is a great opportunity to have fun, and also see the wonderful craft and cooking skills in this beautiful part of Suffolk. Something new (just for August) are 3 reflective evening services in St Mary's Bacton; we know that August is a busy month for many, but felt it important to have a service of some form available. In August our Benefice meets for joint services in the morning at 10:00am (see the service list for church location each week). The evening services at Bacton will be informal, and designed to be a calm time and place for us to reflect on the week – everyone will be welcome.

If you would like to keep in touch with one or more of the churches, each now has a Facebook page; the names are:

St Mary's Bacton	St George's Wyverstone	St Andrew's Cotton
St Andrew's Wickham Skeith	St Mary's Old Newton	St Nicholas Chapel Gipping

And you can also follow our web site (www.bactobenefice.net) to be kept informed of services and events.

Every Blessing, Val

Priest in Charge – The Bacton Benefice



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WITH WYVERSTONE, COTTON, OLD NEWTON AND WICKHAM SKEITH**

Priest in charge: Rev Val White

Email : valthevic@talktalk.net Telephone : 01449 258149

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Rev David White

Rev Jan Fowler 01449-782107
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Mr David Black 781347

Mr Ray Bartrum 781526

PCC Secretary - Mr Mike Hall 782004

PCC Treasurer - Mr Brian Manley 781595

Bell Ringer - Mr Winston Girling 674425

Lay Readers -

Mrs Elaine Miller 770337

Mrs Sheila Wright 766392

Mrs Helen Matter 780379

Rural Dean of Stowmarket -

Rev Canon Barbara Bilston 781253

ST GEORGE'S WYVERSTONE

Church Warden -

Mrs Angela Cook 780471

PCC Secretary - Mrs Helen Hardy 781841

ST ANDREW'S COTTON

Church Warden

Mr Mervyn Walker 780272

Miss Carole Jones 781874

PCC Secretary - Mr Mervyn Walker
780272

PCC Treasurer - Mrs Jane deBeer 781594

Elders -

Mr Peter Paine 767897

Mrs Janice Shea 781263

Mrs Jean Willoughby 766621

Methodist Minister

Rev Rita Carr 612619

HOME GROUPS

There are two groups at present -meeting on a Monday morning at Wickham Skeith) and
Tuesday evenings in Cotton.

If you are interested in joining please call -

Monday Group - Mary and Peter Paine

01449 767897

Tuesday Group - Helen & Nick Matter

01449 780379



SIDESMAN'S ROTA FOR ST. MARY'S BACTON - August 2016

14th 6.30p.m.....Mike Hall & Pat Hall
21st 6.30p.m.....Carol Bartrum and Ron Southgate
28th 6.30p.m.....Brian Manley & Rosy Black

CHURCH OF ENGLAND SERVICES IN THE BENEFICE August 2016

CHURCH	7th	14th	21st	28th
BACTON St Mary's 6.30pm		Reflective Service	Reflective Service	Reflective Service
COTTON St Andrew's 10.00am		Benefice FC		
WYVERSTONE St George's 10.00am			Benefice FC	
WYVERSTONE St George's 6.30pm	P in C			
WICKHAM SKEITH St Andrew's 10.00am				Benefice FC
OLD NEWTON St Mary's 10.00am	Benefice FC			
GIPPING St Nicholas' 3.00pm	EP (BCP)			

HC - Holy Communion. (+ Healing indicates a service where there is opportunity for individuals to receive healing ministry.

FC - Holy Communion—designed with families of all ages in mind.

FS - Family Service—with hymns, readings and activities for younger ones.

MW - Morning Worship—Hymns, Readings and Prayer.

P in C - Praise in the Community—a contemporary, informal style of worship with hymns, readings and prayer for all ages.

EP - Evening Prayer.

(BCP) - Service from Book of Common Prayer

S of Praise - Songs of Praise - Hymns, Readings and Prayer.

From the BACTON PARISH REGISTER

FUNERAL	FUNERAL	INTERMENT OF ASHES
June 24th	June 29th	June 24th
Clive Richard Manvers	Barbara May Rush	Josephine (Jos'e) Quinton

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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

FORGE COMMUNITY CHURCH

Adults, youths and kids meet every Sunday morning **10.30am** at Debenham Leisure Centre and Sunday afternoons at **4.00pm** at the New Green Centre, Thurston

(refreshments are available beforehand, so it's worth getting there a little earlier)

Contact: info@forgechurch.com or **01449 710437**
or visit the website www.forgechurch.com

COTTON METHODIST CHURCH 2016

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

August

7th - led by Rev. Rita Carr **14th** - led by Rev Jack Bingham

21st - led by Debbie Borda with Holy Communion

28th - Rev Ruth Ridge

Advance Notice -

There will be a **Craft Fair** arranged by Border Craft Collective at Cotton Church on **September 3rd**, 10am to 3pm.

ST. ANDREWS'S CHURCH COTTON 2016

CLEANING ROTA

August

12th - Joyce Vincent & Wendy Nunn

26th - Diane Dickinson & Chris Marston

We are still a very small band of willing helpers who have swelled our number by one new volunteer. If you have a little time occasionally we would love you to join in with your duster and broom.

Give me a call to discuss. Chris Marston **781567**

FLOWER ROTA

August - Mrs Joan Milward

St Mary's Church Bacton

Summer Luncheon 2016

Sunday 7th August at 12.00noon

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Mr OLLY DAY



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CHERNOBYL CHILDRENS LIFELINE MID SUFFOLK LINK

Sunday 5th July saw the arrival of the group of children from Belarus who have joined us for a one month health respite visit. The 18 children and 2 interpreters arrived at Gatwick Airport after a long and tiring journey having left home very very early in the morning . Thank goodness at least the sun was shining but many of the children were shivering as they left the airport having come from a blistering 35 degrees at home!

We were fortunate to miss the traffic problems on the way home and arrived in Stowmarket where all the Host families were waiting in anticipation to meet their new house guests. Thank you to the Cedars Hotel who stepped in at the last minute and gave us the use of their conference room for the meeting point.

A big thank you to the team of ladies who got together the previous week to iron all the clothing that had been donated so the program could start with them all being able to choose clothes for themselves and for siblings back home. Donations this year have been amazing with a tremendous amount of new clothing received from our very generous supporters.

One little girl had a big surprise as it was her 8th birthday on the Tuesday after arrival and we held a surprise party for her (probably for the first time in her life) and there was a visit from Steff N Nonsense who provided fantastic entertainment, not only is Steff an all round children's entertainer she is also a Bubbleologist and it was fantastic to see the huge range of bubbles she produced.

Our program is now in full swing and the children are looking forward every day to experiencing something new and exciting. We meet daily Monday to Friday at the Bloomfield Football Club and again we would like to express our thanks to them for their support as without this facility, allowing working parents to Host, we would not be able to bring the children. The children are now all busy working on their "memory Books" and will go home with them full of memories they will be able to look back on and remember forever.

We never forget that without your support these children would not be here and whatever your contribution, big or small, it all adds up to what we need to bring each child so from us and from them, thank you very much!

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Elizabeth Parker
Link Chair
CCLL Mid Suffolk
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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 2016 –

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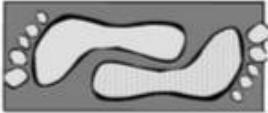
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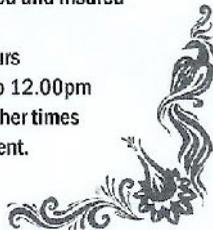
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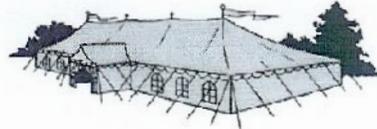
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BACTON VILLAGE HALL

Bacton Village Hall suits a wide range of
functions for up to 100 people and has
comfortable seating, good lighting, sound
system, wifi, effective heating and a fully
equipped modern kitchen, including
crockery and cutlery, with fast (3 minute
cycle) dishwasher. To discuss bookings
please phone - **01449 781343**

WYVERSTONE VILLAGE HALL

We have a well Equipped Kitchen Bar and
Play Area for your meetings & events.
There is plenty of parking.

For bookings please ring Amanda on 01449
782070

The Good Neighbours are Here!

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

The Bacton, Cotton and Wyverstone **Good Neighbour Scheme**

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

Contact **07980 948641** Seven Days a Week 9am - 5pm



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USEFUL CONTACTS

Parish Magazine

Editor - Amanda Manley.....ajmanley@icloud.com 01449 781595
 Advertising - Linda Last.....linda.last@talk21.com 01449 781772
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Bacton Cotton & Wyverstone

Good Neighbours scheme.....07980 948641

Parish Clerks

Bacton - Ian Brookman..... 01359 230897

Cotton - Colin Hall.....01449 781400

Wyverstone - Cat Clarkson.....01449 258 131

Village Hall Hire

Bacton - John Bean.....01449 781343

Cotton - Ann Doherty..... 01449 781083

Wyverstone - Amanda.....01449 782070

Health Centres

Bacton.....01449 781777

Mendlesham.....01449 767722

West Suffolk Hospital.....01284 713000

Ipswich Hospital.....01473 712233

Utilities

Anglian Water.....08457 145145

UK Power Networks (power cuts/emergencies).....08007 838838

Newspaper Deliveries

Bacton Stores & Post Office.....01449 781366

Brockford Home Delivery.....01379 870241

Milk Deliveries

Suffolk Dairies Ltd01449 676746

Co-op.....01449 770142

DO YOU LIKE TO *singing*?



We aim to start in September, to prepare for a Christmas concert.

THE POSSIBILITY OF FORMING A COMMUNITY CHOIR IN THE BACTON AREA IS BEING EXPLORED; IF YOU MAY BE INTERESTED IN JOINING PLEASE CONTACT:

DAVID WHITE (01449) 258149
EMAIL DAVID.PWHITE@TALKTALK.NET

The main aims of the choir would be to have fun, and raise funds for local charities through performing two to four concerts each year (probably June and December). Rehearsals would be weekly, on a weekday evening yet to be decided, with no rehearsals in August.

Members would need to be age 18 or over.

Choir



No need to read music (although it would be an advantage).

Practice tracks would be provided to learn pieces.

All you need is a voice and determination!!