

August 2018





The village magazine produced for the people of Bildeston



BILDESTON BUGLE ADVERTISING AND FREE CONTRIBUTION INFORMATION Our aim is to provide every resident and organisation in Bildeston with a magazine which provides information of local interest FREE OF CHARGE. To that end we are required to be efficient in the space we use to print free notices. We endeavour to include interesting items, announcements for events open to the general public for free and items of a charitable nature free of charge. Ongoing free announcements need to be reduced to minimum size or make a contribution towards printing costs. Please check with us before submitting your advert and ALWAYS provide us with all of your contact details in order for us to send an invoice and receipt.

email: editor@bildestonbugle.co.uk

Sponsor a 'Bugle' – £15 per issue and have a brief message of your choice printed on the front of the Bugle

Advertising Rates

	1 issue	12 issues (30% disc)	
1/4 page	£3.00	£26.00	65mm W x 92mm H
1/2 page	£6.00	£50.00	134mm W x 92mm H
Full page	£12.00	£100.00	134mm W x 190mm H

THE SMALL PRINT

All adverts, payments and items are required <u>before</u> the 17th of the month for inclusion in the following month's issue (except December).

The earlier free contributions are received the greater the chance of inclusion.

Please make cheques payable to Bildeston Bugle and send to:

The Editor, Bildeston Bugle, 14 Squirrells Mill Rd, Bildeston IP7 7DY

 $\label{lem:control_post} \textbf{Receipts cannot be issued without your full postal address.}$

If we do not receive payment by the 17th of the month your advertisement may NOT be included

The Bildeston Bugle Management Team is:

Alan Jacobs (Editor) 01449 741645
Tricia Baldwin (Marketing & Advertising Revenue)
Christine Hubbard (Treasurer) 01449 740633
Stuart Law (Assistant Editor)
Alison Sims (Assistant Editor)

ED'S COMMENT

What an impact a strong, articulate, well organised leader can have on everyone. Someone who can capture the nation's attention, instil some pride and provide inspiration. Hasn't Gareth Southgate done well, on so many levels? He has restored pride in our national football team and, maybe even more dramatically and importantly, in ourselves. The team has laid the ghost of losing out at penalties and given us some new heroes alongside those of the past from 1966, 1990 and the guarter finalists of 1998 and 2002.

Football can do that, as so many people showed. You only have to look at the images of all the World Cup football games over the past few weeks to appreciate how important people's national identity is to them. The flags, the painted faces with their national colours and the wonderful array of bits of national costume signalling not just their allegiance, but their pride in what makes their country unique and special; at least o them.

The semi-finals were an all Europe affair, with France, Beligium, Croatia and England. Not just Europe, but all members of the European Union. Croatia has been a member since 2013; France and Belgium since the beginning and us... well, let's not go there while we struggle with the compexities of extricating ourselves from so many institutions in which we have become inextricably linked since we joined in 1973.

But those images do serve as a timely reminder that despite all the efforts of the EU leadership machinery, when it comes right down to it, we are still separate countries with distinct differences such as language, heritage, culture and traditions. We enjoy rejoicing in those differences, emphasising them to display our allegiance when in such a competitive environment as the World Cup football competition. However, human beings, and many aspects of the societies in which we live, go through three distinct phases of development. The first is 'dependence'. As babies we are entirely dependent on others for all that we need to survive; food, warmth, shelter and affection. As we grow we move to the second phase of 'independence' where we explore and learn to have to control over our surroundings, fend for ourselves and establish our own identity and personality. But the third and final phase is one that is often overlooked and not worked at quite as much as the second. That phase is'interdependence', the time when we learn that we are stronger, safer and more secure with others than just on our own.

So, although it is right and proper to rejoice in our national differences and display all the national signals necessary to show excactly who we support when in serious competitions, the images also reflected something else, of equal importance. The fact that all those people from different countries, were there for the same reason, sharing the same passion for football. It showed just how powerful the human similarities are: as much as the differences. Underneath the flags, face paint and national costume we are all part of the human race, just people from across the globe and our similarities are, indeed greater than our differences. It is, perhaps, more difficult for us in Britain to understand why countries on the continent of Europe are far more wedded to the original vision of the EU than we are. The aftermath of the second World War, which included genocide on an unprecedented scale and totally ravaged huge parts of continental Europe, left a massive desire never to see that happen again. We were bombed relentlessly, yes, but apart from the Channel Islands, we were not overrun and occupied by a foreign force with all the devastation and horror that accompanied the Nazi war machine. Their interdependence lies at the heart of the EU. Which is why the UK is negotiating so hard to retain as many aspects of interdependence as possible, which is the right thing to do, as politicians often say!



Hitcham Village Hall, Hitcham, IP7 7NE

FOR CHILDREN AGED 2 – 5 YEARS

Open Mon, Wed, Fri 9.15a.m. – 12.15p.m. or 3.15p.m. Tues, Thurs 9.15a.m. – 12.15p.m.

Early Drop Off - 8.15a.m. Lunch Club Daily until 1.15p.m.

2 Indoor Rooms and Outdoor Areas
Ofsted Registered

Early Years Funding accepted for all 3 & 4 year olds and eligible 2 year olds. 30 hrs funding also available.

Contact: Sharon Scarfe 01449 740764 (hall) 01449 740581 (home)
Or visit **honeybeesnursery.co.uk**

WANT TO LEARN TO PLAY GUITAR, BASS, DRUMS?

MANY CONTEMPORARY STYLES COVERED, INCLUDING ROCK, METAL, POP, INDIE, BLUES, FUNK AND MORE.

KEYBOARDS, VOCALS, SONG AND LYRIC COMPOSITION

MOBILE DIGITAL RECORDING SERVICE AVAILABLE



ADAM KEETON

GOOD COMPETITIVE RATES
01449 744530 OR 07914 798374
FULL DBS + LOCAL YOUTH GROUP LEADER



Bildeston Primary School



Bildeston Primary School Learning and Growing Together





Bildeston Primary School first opened the doors to their new building in 1968 and so we celebrate our 50th year on 8th October 2018.

Pupils from across the years are invited to send in any pictures or memorabilia to help with displays that we will be producing for our celebrations.

You could also email us with your historical or funny stories at the email address below.

We will be marking this milestone for the school, with a number of exciting events which will be enjoyed by many pupils, parents, teachers and former parents and teachers of the school including a 1968 sing song from 2pm led by Andrea King.

If you are considering Bildeston Primary as a school for your child, we would welcome a visit. Please phone the office on the number below or email us. We would love to meet you.

Bildeston Primary School Newberry Road, Bildeston, Ipswich, Suffolk, IP7 7ES Telephone: 01449 740269 office@bildeston.suffolk.sch.uk

Website: www.bildeston.suffolk.sch.uk

page 5 - issue 334 - August 2018

CHAMBERLIN HALL ACCOUNTS

Chamberlin Hall Receipts and Payments Account for the year ended 31 March 2018

		2018 £		2017 £
	Unrestricted	Restricted	Total	Total
Receipts				
Hall hire	12,804	-	12,804	11,789
Bar sales	17,883	=	17,883	7,826
Fundraising events	8,034	=	8,034	1,439
Bowls	3,088	=	3,088	3,226
Badminton	842	-	842	-
Bingo	1,079	-	1,079	-
Snooker	694	, -	694	-
Donations	20,392	-	20,392	876
Wayleave received	17		17	4
Total receipts	64,833		64,833	25,160
Payments				
Bar purchases	8,432	=	8,432	5,591
Fundraising events costs	3,538	-	3,538	539
Bowls expenses	758	-	758	701
Bowls repairs and maintenance	1,727	-	1,727	2,329
Badminton expenses	187	-	187	-
Bingo costs	45	-	45	-
Snooker equipment and repairs	261	-	261	-
Gifts and donations	935	-	935	I=1
Services and equipment	=	-		8,365
Equipment purchases	2,708	=	2,708	-
Repairs and maintenance	2,313	-	2,313	1,491
Cleaning	2,378	1-1	2,378	:
Insurance	3,473	-	3,473	-
Light and heat	2,978	-	2,978	-
Rates and water	1,633	~	1,633	-
Licences	562	-	562	-
Postage and stationery	420		420	
Miscellaneous	45		45	7 470
Wages and salaries	1,278	-	1,278	7,470
	33,671		33,671	26,486
Management and administration				
Management and administration	-	1-1	-	655
Indemnity insurance	326	-	326) =
Independent examiner fees	450		450	-
	776		776	655
Total payments	34,447	* ·	34,447	27,141
			-	
Net receipts/(payments)	30,386	-	30,386	(1,981)
Cash funds brought forward	3,393	-	3,393	5,374
Cash funds carried forward	33,779		33,779	3,393

BILDESTON Chamberlin Hall

What's on in August



Every Monday 8.00pm to 10.00pm Badminton Club, Table Tennis & Darts Everyone welcome, please remember to wear white soled trainers, not black.

Every Tuesday 1.30pm to 2.30pm Keep Fit with Callum

Every Tuesday from 7.00pm Snooker Club Tuesday 7.15pm (practice night & home games) Carpet Bowls

Every Thursday 11.00am – 12.00 Zumba Gold with Sarah

Every Friday 6.00pm until dark! Friday evening outdoor bowls

Every Friday from 11am Pilates for all Every Friday from 12.00 PostNatal Pilates

Saturday 4th 9.30pm - 2.30pm Indoor Market Sunday 19th 11.00am - 3.00pm Hall Open Day!

Friday 31st 7.00pm Bingo! Massive Money Prizes!

for bookings contact Debbie Bailey 01449 740375



On Sunday 8th July the Upbeat Contemporary Choir held a special concert at Chamberlin Hall in aid of Friends of Bildeston Surgery (FOBS). On a sweltering hot afternoon, the concert was a total sell out and the audience was treated to a fabulous mix of music and blend of choral and solo singers. It was topped off by a wonderful afternoon tea with all refreshments provided by the choir members themselves.

A raffle and special auction helped swell the total amount and on Friday 20th July at 11.00am, Andrea King, choir leader with some members of the choir, presented a cheque to the FOBS Chair, Ray Craddock, for the stupendous sum of £1123.

When Andrea told Ray how much the choir had raised to donate to FOBS, Ray just muttered, "I can't believe it, I can't believe it!"

Patients and staff at Bildeston Surgery will benefit hugely as a result. Many thanks to Upbeat Contemporary Choir for a wonderful concert and gesture.

CHAMBERLIN HALL - YOUR COMMUNITY HALL

page 7 - issue 334 - August 2018



BILDESTON

ALLOTMENTS

Have you ever thought of growing your own vegetables and flowers?

There are currently vacant plots, both full size and half size. Water is available on site, and the rents are reasonable.

If you are interested, please contact: Robin Weaver, 741048, or Ashley Hubbard, 740633 Gardener

Tackling tasks Herbaceous, Shrub & Rose management
Lawn & Hedge maintenance
Planting - Design - Installation
A high standard of work, references & portfolio
Weekly - One-off – Seasonal duties

Combs, Suffolk

Hand-crafted HortSupports

Fred Waters - 07788 523146

CPH Property Services

Painting & Decorating (Interior & Exterior)
Fencing
Patios, Pathways & Shed Basses
Plaster Boarding & Tiling
And much more.....

Fully Insured & Free Quotations Provided

Telephone Chris: 01787 210536 or 07717059370 Telephone Paul: 01449 740020 or 07880727630 Email: chris.harman1990@gmail.com













COUNTRYSIDE OBSERVER

Recently I flew myself and a friend to Stockholm, Sweden. The 100th anniversary of the Gothenburg flying club caught my eye, I thought that would make a flight and a half which it did. We agreed 06 June as our "D day", crossing the Channel 74 years to the day after another "D Day"!! Over Essex, above Dover Docks and minutes later we identify Calais/Dunkerque airfield ahead. We proceed along the coast picking out well known landmarks such as Koksidje, Zeebrugge, Hook of Holland, Zandvort (F1 Track) aiming for Texel the first of the Friesian Islands.

The following day we are up bright and early and cross the border into Germany from Waddeneilanden (Dutch) to Osteriesische Inseln (German). Several of the German islands have airfields on them, almost certainly leftovers from WW2. Having followed the islands we then cross to the mainland and head towards Wilhelmshaven. Replenished again on our way, passing over Wilhelmshaven Docks. I thought they were amongst the first targets to be attacked by the RAF at the start of WW2. We continue flying through North Western Germany in superb visibility and catch sight of Bremerhaven, Cuxhaven, then across and over the River Elbe as we head towards Neumunster. Once we have passed from German control to Danish airspace we identify Copenhagen and spot some heavy traffic in and out of Kastrup. Also very evident is the bridge from Denmark to Sweden with its lifting span which allows traffic to pass in and out of the Baltic. Wind turbines stretch away in all directions across the glassy sea and into Sweden

Our destination tonight is the small airfield at Trosa 30 miles South of Stockholm. The Swedish landscape is beautiful and breathtaking. The land is heavily forested with many lakes dotted about. These along with deserted roads could provide an emergency landing ground should we be unlucky enough to need one. With mileage so far, time flown I calculate we cannot comfortably make Trosa with a decent fuel reserve available, so we land at Vaxjo. Back in the air again, with yet more forests to admire from about 2500 feet. After a while the Baltic Sea appears to our right and we are navigating our way to Trosa over a myriad number of inlets, small lakes, islands and forests. The local aero club has a grass strip here which we soon have in sight. As we taxi in I can see my good friend Kristian and several members of the club. With their help we have the Cessna tied down and secure for the night. A short ride through the Swedish country side in Kristian's motorhome and we arrive at their house. There we are greeted by Patricia, Kristian's wife and their four brown poodles...!!

How nice to sit out on their patio and enjoy a meal of Salmon, dauphinoise potatoes and green beens along with the obligatory "flyers" beer of course. We are however ready for our beds, these are in a local guest house a short walk away. Soon tucked up in comfort and speaking for myself I enjoy a restful night's sleep. MB2 needed it, as he had not slept much the previous night and was suffering from the effects of a summer cold.....ughhh!!! Next morning look out of my bedroom window onto delightful Swedish rural landscape. Another perfect day's flying beckons again perfect weather in prospect,we stroll round to Kristian and Patricia's where we enjoy breakfast on the patio. **Mike Biddulph**

BASE GARAGE LTD

MONDAY - FRIDAY 7.30 - 6.00 SATURDAY 8.00 - 12.00

- TYRES
- EXHAUSTS
- PUNCTURES
- BATTERIES
- WHEELBALANCING
- AIR CONDITIONING
- LATEST DIAGNOSTIC EQUIPMENT
- WELDING TO MOT STANDARD
- SERVICING & ALL REPAIRS TO ALL MAKES OF CARS
 & LIGHT VANS FLEET DRIVERS WELCOME
- MOT CLASS 4, 5 & 7
- COURTESY CAR AVAILABLE
- COLLECTION & DELIVERY SERVICE 5 MILES RADIUS OF GREAT BRICETT
- WINTER CHECKS
- HOLIDAY CHECKS

LOWER FARM ROAD, GT BRICETT, IPSWICH IP7 7DR

01473 658987 / 01473 657704

£10 OFF!

YOUR MOT WITH THIS

ADVERT

Bildeston Village Stores and Post Office Tel: 01449 740248

Summer Opening Hours

Monday 26th March – Saturday 30th September Monday – Saturday 7.00am – 8.00pm Sundays & Bank Holidays 9.00am – 5.00pm

Village Stores

Monthly Londis promotions

Everyday provisions

Freshly baked bread and croissants

Fresh fruit and veg

Local ham, bacon and sausages

Bildeston Honey

Hot food and drinks to-go

Logs, coal and kindling

Cards, gift wrapping, stationery supplies

Newsagents and off-licence

Post Office (Open as above)
Postal services - Parcel Force
Cash deposits and withdrawals via chip and pin
(All main bank cards)
Postal orders
e top ups and bill payments
Foreign currency to order
Lottery

Studio 66

Ladies and Gents Hairdressers



Bildeston Ladies Club



Our visit to the Kings Pightle nature reserve was blessed with a beautiful, warm evening like so many of late. We

heard from Anne a brief history of how the reserve came about another example of how lucky we are to live in Bildeston, as this project is based upon a legacy left to us by John Artiss. We were

told of the long road to completion of the reserve as it is today and given examples of flora and fauna which we might see. Our wander through the wetland, woods and meadow was made more interesting with a map and





activities provided by Anne. All the ladies thoroughly enjoyed their evening, ending up with time to relax in the meadow as the evening light faded. Our thanks to Anne and the wonderful volunteers who maintain this precious space for all of us to enjoy.

We next meet on Thursday September 6th for a talk entitled Suffolk Ghosts And Hauntings.

Chamberlin Hall - 7:30 for 8:00 p.m. Members £2 Guests £3 Everyone welcome.

Chairlady -Jo Silburn - 01449 257045 Secretary - Jean Radley - 01449 743650

AUDREY MAY TAYLOR

Gerry, Linda & Rosslynne would like to express their sincere thanks to all who attended Audrey's funeral, and for the many cards and kind messages of sympathy. Thank you for your generous donations to St Elizabeth Hospice which raised £723.20 in her memory.

We would also like to thank Jim for the lovely service and all his help. Please accept this as our only, but most sincere acknowledgement. Kind regards Ros Seager

COUSINS & SON BILDESTON LTD

available to carry out all your building requirements from

Renovations / Alterations / Extensions

General Repairs

Please contact Paul for a free estimate

01473 658919 or 07876 244461

or email paul.cousins268@btinternet.com



Paul's Carpentry

All Carpentry projects considered large or small Decking, Garden Rooms, Wardrobes, Shelving, Children's play houses and tree houses.

Mobile: 0779 234 0365
Tel:01449 616 888
email: paulhb100@gmail.com
www.carpentryservicesinsuffolk.co.uk



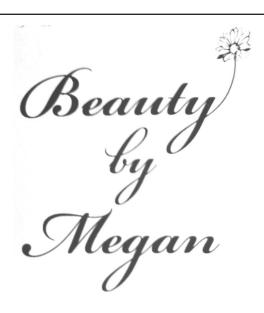
KINGS HEAD & Brewery

Nigel, Susie, Ryan, Freya and the Kings Head team look forward to welcoming you to the Bildeston Kings Head.

www.bildestonkingshead.co.uk

- Here's our free live music for August: every Wednesday is Open Mic Night from 8:30pm; from 9pm on Saturday 25th Millie Kirkpatrick on acoustic guitar with her stunning vocals to some great indie/folk/pop tunes; from 1pm on Sunday 26th have a relaxing lunch accompanied by Kevin Nightingale on contemporary classical acoustic guitar.
- And our eighth village music festival, **B Natural** 7th to 9th of **September**, is nearly upon us. We've got live music, great food and a mini-beer-festival here in the Beer Garden...
- Thursday is bar games night, there's all the usual plus **Poker**, **Skittles** and **table top table football, snooker & tennis**. Our **Open Deck/Vinyl night** is on the **23**rd **August** and this month's **B Natural quiz night** is on **30**th **August** at 8:30pm, please arrive by 8pm. To book a table telephone Sue/Nigel on 01449 741 434. Thank you to June's quiz teams who raised £72 for **Against Breast Cancer**.
- Our good value homemade food uses quality ingredients that are locally sourced where possible. Meals are cooked to order, available to eat-in or take-away and in child sized portions. To reserve a table please phone Sue or Nigel on 01449 741434.
- Our opening times are as follows:

Wednesday
Thursday
Open 6pm-12am (open mic/buskin night)
Open 6pm-11pm (bar games/open deck/quiz)
Friday
Open 4pm-12am (full menu 5-9pm, T/Away 5pm)
Saturday
Open 12pm-12am (full menu 12-2pm & 6-9pm)
Sunday
Open 12pm-10:30pm (roast/Sunday menu 12-3pm)



Megan is a beauty therapist with over 14 years experience.

I work from my log cabin in Hitcham, it is situated in a peaceful, rural location and benefits from off-road parking.

Treatments are by appointment only. Therefore you are guaranteed complete privacy and your treatment time is exclusively for you!

A variety of treatments include:

Dermalogica Facials/Reflexology/Spray Tanning
Jessica Manicure and Pedicure
Foot Health Maintenance (nail trimming/hard skin removal)
Eye Treatments/Waxing

Please phone for enquiries and price list.

Megan Pryke

VTCT, BABTAC

07876 717 008

BILDESTON PRODUCE SHOW 2018



Saturday 25th August 2018 at

ST MARY MAGDALENE CHURCH

Schedules **now** available at Bank House Stores

Completed entry forms to be delivered to:

Nancy Dales 142 High St

or

Angela Rodgers 36 High St Closing date is TUESDAY 21ST AUGUST AT 5PM

VILLAGE GOLF DAY - MONDAY 17th SEPTEMBER

This year's 'Bildeston Open' will be held at Hintlesham GC on Monday 17th Sep. Details as follows:

1200-1215: Meet at Clubhouse

1215-1245: Bacon Butty, Coffee/Tea; Announcement of Teams & Purchase of Raffle Tickets

1300-1400: Tee Off in Teams of 3 or 4 for 18 holes Progressive Stableford

From 1800 approx: One Course Meal, Coffee/Tea followed by Presentation of Prizes and Drawing of Raffle

Trescritation of Frizes and Drawing of Flame

Cost of the Day: Non-Members £40; Members £15.

Proceeds from Raffle as in previous years will be donated to our village church funds.

Please confirm your participation by Monday 10th September with Martin Rodgers on 743120 or mam.rodgers@btinternet.com



Green Farm Vinlage China Kire

A large range of pretty rintage china and glass to hire for all occasions, including tea parties and reddings.

With every order 20% will be donated to the charity of your choice.

For more information, please contact

Carole Komer:

Tel: 01449 741498

Mobile: 07879265756



Email: carole.homer@btinternet.com

Dentist

Paul Rolfe BDS

Veneers & Crowns in a single visit

Dental Implants

Family Dentistry

Lavenham & Long Melford

01787 882722

www.paulrolfedental.co.uk



est.1925

Memorial Stone Masons

Dedicated craftsmen who combine traditional with new techniques

Bespoke memorials
Additional inscriptions
Restoration and cleaning
Home visits by appointment

01473 250932 www.collinsandcurtis.co.uk



Antique Renovations

The Restoration experts



Lavenham Studios, Brent Eleigh Road, Lavenham Tell: 01787 248511 www.antique-renovations.co.uk email - antiquerenovations@live.co.uk



07885 504036

jbboilerservices@hotmail.com

BARGEWELL SKIP HIRE

2 - 8 yard skips 1 ton waste bags We also collect <u>any</u> full waste bags

> Long or short term hire Delivery 7 days a week Fast & friendly service

Stowmarket 01449 615056

Mobile: 07770 452378

High Rd, Gt Finborough, Stowmarket, Suffolk www.bargewellskiphire.com Credit cards accepted

CHIMNEY SWEEP

ECO SWEEP

CHIMNEY SERVICES

NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES. NDUSTRIAL HEPA FILTERED VACUUM.

NDUSTRIAL HEPA FILTERED VACUUM.
FULLY INSURED.

NSURANCE RECOGNIZED CERTIFICATES ISSUED.

5POTLESS, RELIABLE AND FRIENDLY SERVICE.

ALL CHIMNEYS, WOOD BURNERS, AGA, BOILER

FLUES SWEPT.





TEL. 01359 232335

BILDESTON COMMUNITY CYCLING

HAVE YOU GOT A BIKE IN THE SHED? WHY NOT JOIN OUR TUESDAY EVENING RIDES

Every Tuesday evening leaving at **6.45pm** from the Market Square, and lasting about an hour. There are two groups of riders.

A SLOW RIDE, starting at 6 to 8 miles, specifically for new and returning riders, at a speed to suit the riders. Walking on hills is definitely allowed, and no Lycra is necessary!

A REGULAR RIDE of 15 miles for more confident riders.

If you used to cycle, or want to start, why not join us this year?

Just turn up at the Market Square. Warm clothing and lights may be needed!

If you have any queries, please contact Robin Weaver on 01449 741048.



Dan Brown

Your local professional Electrician

Web: www.saveelectrical.co.uk

Phone: 07731 67 27 57

Email: dan@saveelectrical.co.uk

Over 15 years of experience to provide you with a friendly, professional and competitive service

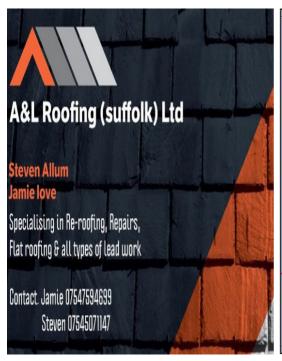
Based in Rattlesden. All Aspects of Electrical Work Undertaken, including: Installation, Repair and Maintenance, Test and Inspect, Home Theatres, Smart Technology, Security

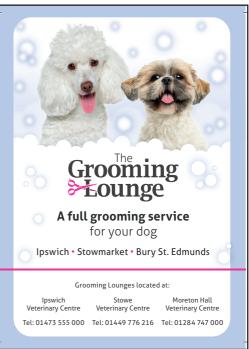
NIC Approved Installer, 17th Edition, Part P Qualified and Insured

SAVE Electrical can save you money on your electricity bill. By Changing your 50w downlights to Integrated LED downlights we can save you up to £15 per year per light in energy bills. Costing from £30 per light to supply and install, you will have paid for it within 3 years...



and done your bit to stay green.





Dog Walking to Raise Money for Volunteering

Next March I am volunteering in South Africa with Monkeys and Baboons at a rehabilitation centre for 2 months. So, to help me cover the cost I am offering a dog walking service of which all monies will go towards this. I have previously had a dog and have undertaken voluntary work at West End Farm kennels so have a lot of dog walking experience.

1 hour dog walk = £10 (or £5 for 30 mins)

If interested please call Alice Lester at 07505488141 or 01449 744120 anytime of the day.



Handy Carpenter

For those small jobs

Call Tom

0757 900 8271

MENTAL HEALTH SERVICES – HAVE YOUR SAY!

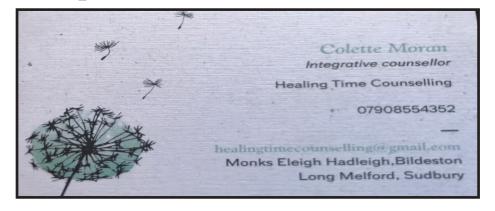
People living in east and west Suffolk are being urged to have their say about local mental health services as part of a unique engagement opportunity. The NHS Ipswich & East Suffolk and NHS West Suffolk clinical commissioning groups (CCGs) want to transform the way mental health provision is delivered across the county. In order to do that, they first need to find out how effective the people who deliver and receive the current services think they are. Commissioners want to hear from people

who currently use, or have previously used, mental health services; those who care for

them and the staff who deliver those services.

The surveys are part of a much larger engagement exercise that aims to help create a new model for east and west Suffolk that will bring mental and physical health services much closer together. The CCGs have commissioned four local voluntary sector organisations to engage with local people under the banner "The future of mental health – a very different conversation".

Suffolk Family Carers, Suffolk User Forum and Suffolk Parent Carer Network will coordinate a whole host of mental health workshops and events to gather feedback on the current services. Healthwatch Suffolk will then gather and analyse the feedback before preparing a report making a case for change for the CCGs' governing body meetings in November. To respond to one of the surveys please use one of the links below: People who use, or have previously used mental health services, should respond https://www.surveymonkey.co.uk/r/MHTransform_Plan_Service_Users_Public Carers of people who use, or have previously used mental health services, should respond https://www.surveymonkey.co.uk/r/MHTransform_Plan_Carers Professionals who work in mental health services or support people with mental health needs should respond https://www.surveymonkey.co.uk/r/MHTransform_Plan_Plan_Professionals Staff Health Watch Suffolk



CHAMBERLIN HALL INDOOR MARKET

After such a great turnout for Bildeston's first indoor market in June, there was a touch of uncertainty as to how the July market would fare given that it fell on the same day of the England match. However, the great variety and high quality of local crafts, homewares, gifts and produce on offer managed to draw in even more people! From hand-felted mermaids and unicorns, box cards of every design imaginable, spices and pickles, there was something for everyone.

Maybe ladies who like to shop were out without their hubbies who were awaiting the kick off of the England match, but whatever the reason they seemed to go home happy with gifts bought or treats for themselves. The weather once again did not disappoint. In glorious weather the patio proved the perfect spot to enjoy some BBQ food or a cooling ice-cream whilst catching a few more top up rays.

Come along to the next market, taking place 9.30-14:30 on Saturday 4 August, to see the fantastic range of goods on offer for yourself. It's the place to go to find that perfect gift, unique item for the home, or to sample some local produce or delicious cakes.

For those of you who attended last month, there will be some new stalls joining the market in August. So, it's worth coming along again to see what's new and to take the opportunity to enjoy a BBQ in the sunshine or some tea and cake. For a taster of some of the new stalls that will be joining the market in the coming months, these include gluten-free cakes and, later in the year once game season begins, some game produce. The indoor market is set to become a regular fixture in our calendar, so do come along to support local craftspeople and producers. It will run the first Saturday of the month from August - September, moving to the second Saturday of the month for October-December.

Dates for your diary are: **Sat 4 August**; **Sat 1 Sept**; **Sat 13 Oct**; **Sat 10 Nov**; **Sat 8 Dec** If you are interested in having a stall at one of our forthcoming markets, please contact Debbie Bailey on 01449 740375.

Bildeston Baby and Toddler Group has now finished for the summer and would like to wish all the families that have taken part in our friendly little group a very happy holidays. We will be back in September with more crafts, games and play for those busy little babies and toddlers—the perfect place for you to let the little ones burn off some of their boundless energy and to make new friends from the local area. There's a wide selection of toys, including our popular little kitchen area and selection of dressing-up clothes for the kids to have fun with imaginative play. After an hour or so of play we all have a much-needed snack break, with tea's, coffees, biscuits and fruit provided. If you are the parent or carer of babies or pre-school age children in the area, why not come along and give our group a try when we return in September? We always welcome new members. We meet up Tuesday mornings at Bildeston Baptist church on Duke Street at 9.15am and run until 11.30am

CHAMBERLIN HALL OPEN DAY

Sunday 19th August 11am - 3pm

After the success of last years open day we have decided to make it a yearly event. Come and see what activities your village hall has to offer and find out what other clubs and organisations are available in Bildeston. Bowls Green open for you to have a go Badminton sessions will be running, BBQ, Licensed bar, Refreshments, Children's activities......and lots more

BNATURAL

Says Please & Thank you

Thank you to all who supported the Quiz Night at The Sports Pavilion, Soul Night at Chamberlin Hall and KBB for donating the proceeds of the Brocante, also for those buying B NATURAL Beer at The Kings Head Beer Festival and raffle tickets at the VIPs Panto, Nigel & Susie and The VIP committee for donating proceeds from these sales. Support from The Village Stores and anyone else who we have not named thank you.

All of this helps to pay for

Bildeston's free Music Festival.
September 7th 8th & 9th 2018
Now for the Pleas(e)

Volunteers needed – if you would like to help in the following ways:

Bunting Hanging, stage erecting, straw bale moving, bar tending, draw ticket/programme sales /bucket collecting donations, rubbish tidying (sorry has to be done), setting up and clearing up on Saturday and Sunday moving tables and chairs and general help.

please contact:

Suzanne Clements jsclements 133@hotmail.com or tel no 07912389739 Leigh Jamieson leigh.jamieson@bt.com or tel no 07825290605

For Tea Garden volunteers – sales, tea makers and servers, washer uppers and cake makers please contact:Nicola nicolafenzl@mac.com or tel no 07766393379

ANDYS LOGS

Well Seasoned Barn Stored Hardwood Logs

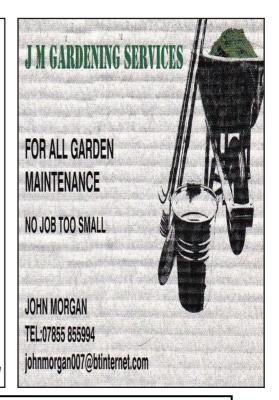
Loads Delivered or Pick Up

Wood cut to size for any Heater

Large bags of wood collection only

CALL ANDY 07881 684687

*Bags of wheat for Chicken feed also available collection only



Canine Wellbeing At The Pheasantry Wattisham, Suffolk IP7 7LA

Dog and Puppy Day Creche

We provide a very special service of looking after your dog or puppy. In the comfort of our own home, whilst you are at work, or whilst your dog is recovering from veterinary treatment. Why not allow your puppy to socialise with other canine friends. Daily collection and delivery is available.

Dogs on Holiday

Whilst you are on holiday, why not let your canine friend have one too. She/he can come and stay in the comfort of our own home, where she/he will be treated as one of the family.

Also available

Canine Hydrotherapy

For more details phone: 01449 740659 mobile 07956286056 or visit our website:www.caninewellbeing.co.uk

LAXFIELD HOUSE NURSING HOME BRENT ELEIGH, Nr LAVENHAM, SUDBURY, SUFFOLK

Situated in a quiet village location with beautiful gardens, offering residential and full nursing care for elderly people.

A highly trained team of nursing sisters and care staff provide excellent nursing care with kindness and compassion, ensuring privacy and dignity at all times.

* Long or short term respite care available *

A warm welcome is always extended to all visitors



All rooms are well appointed with en-suite facilities. Nurse Call System, Passenger Lifts, Various Public Rooms

This nursing home was established over 25 years ago by the current proprietor and family with ongoing input and management.

Enquiries to - Mrs J. Carne RGN, RM, (Matron) Mrs E. P. Knight RGN, RM, Mr N. Knight (Proprietors)

Telephone (01787) 247340 / 495

enquiries@laxfieldhouse.co.uk www.laxfieldhouse.co.uk



Member of the Registered Nursing Home Association



Take the first step towards better hearing and book a hearing test with The Hearing Care Centre!

Find us locally at:

The Health Centre, **Hadleigh**The Country Practice, **Needham Market**StowHealth, **Stowmarket**

- Hearing tests Latest digital hearing aids Outstanding aftercare
 - Earwax removal Custom made ear protection Home visits

To book your appointment call 01473 230330

■ Award Winning ■ Family Run ■ Private ■ Independent ■ Local

hearingcarecentre.co.uk

Recipe of the Month Spanish Paella

with thanks to Chris Lee Head Chef at The Bildeston Crown

Ingredients

- 170g/6oz chorizo, cut into thin slices
- 110g/4oz pancetta, cut into small dice
- 2 cloves garlic grated
- 1 large Spanish onion finely diced
- 1 red pepper, diced
- 1 tsp fresh thyme leaves
- ¼ tsp dried red chilli flakes
- 570ml/1pint Spanish shortgrain rice
- 1 tsp paprika
- 125ml/4fl oz dry white wine
- 1.2 litres/2 pints fresh chicken stock, heated with ¼ tsp saffron strands
- 8 boneless chicken thighs, each chopped in half and browned in olive oil

- 18 small fresh clams cleaned
- 110g/4oz fresh or frozen peas
 - 4 large tomatoes, deseeded and diced
- 50ml/2fl oz good olive oil
- 1 head garlic cloves separated and peeled
- 12 jumbo raw prawns in shells
- 450g/1lb squid cleaned and chopped into bitesized pieces (ask your fishmonger to do this for you)
- 5 tbsp chopped flat leaf parsley
- Salt and freshly ground black pepper



Method

- Heat half the olive oil in a paella dish or heavy-based non-stick saucepan. Add the chorizo and pancetta and fry until crisp.
 Add the 2 cloves of grated garlic, onion and pepper and heat until softened. Add the thyme, chilli flakes and rice and stir until all the grains of rice are glossy. Add the paprika and dry white wine and when it is bubbling, pour in the hot chicken stock, add the chicken thighs and cook for 5-10 minutes.
- Place the clams into the dish and add the peas and chopped tomatoes - continue to cook gently for 10 minutes.
- Meanwhile, heat the remaining oil with the garlic cloves in a separate pan and add the
 prawns. Fry quickly for a minute or two then add them to the paella. Now do the same with
 the squid and add to the paella too.
- Garnish with chopped parsley over the paella and bring the pan to the table to serve immediately with wedges of lemon.



PHYSIOTHERAPY AND PILATES NOW AVAILABLE



Claire is an experienced Physiotherapist and certified Pilates Instructor.

Services offered:

- . Physiotherapy
- . Womens Health Physiotherapy
- . Running Analysis
- . Pilates classes (BILDESTON & Hadleigh)
- Home visits

PHYSIOTHERAPY CAN HELP WITH:

- . Muscular aches and pains
- . Low back pain
- . Hip and pelvic pain
- . Neck pain
- . Joint pain or sprains
- . Repetitive strain injuries
- . Nerve pain
- . Ante and post natal pain
- . Pre- surgery

Clinic Address: A Touch of Beauty 8 George St, Hadleigh, IP7 5BB.



www.fitframephysio.com Tel: 07900440141 E: Claire@fitframephysio.com

Brook Farm Studio

is leaving Bildeston in August and moving to a new location off the High Street in Hadleigh.

Same range of creative art opportunities and same contact details.

Website: www.brookfarmstudio.co.uk email: brookfarmstudio@gmail.com Call Hazel 07432 138966/01473 823819

N D ROSE Int / Ext Decorating

- · Decorating
- · Wall / Floor Tiling
- Gutters Cleaned / Repaired / Replaced
- General Building Maintenance

Local established tradesman 25 years experience Free estimates good rates

References available

Tel: 01787 211042 Mob: 07518 040465

3 Fen Street Boxford CO10 5HL



01449 744966

info@clayhillcattery.co.uk www.clayhillcattery.co.uk



LUXURY CAT HOTEL

5-Star family run cattery exclusively for cats

Secure, hygienic all year round boarding

Diets tailored to cat's needs and preferences

Indoor purpose-built luxury suites

Temperature controlled environment designed to be warm and cosy in winter and cool and ventilated in summer

Personal care and attention, a home-from-home for your cat

Recommended by vets

Free grooming, nail clipping and administration of medication

Ample Parking or try our collection and drop-off service

Fully licensed by Babergh District Council

24/7 on-site supervision and CCTV surveillance

Idyllic countryside setting surrounded by wildlife

Visits are encouraged prior to booking to discuss any specific requirements for your cat

Woodside, Clay Hill Lane, Wattisham, IP7 7JS



APRIL COTTAGE CATTERY

April Cottage, Powney Street, Milden, Ipswich. IP77AL



Newly opened Licenced Cattery exclusively for cats.



Large light airy chalets with exercise areas overlooking stables and fields.

Quiet areas for shy cats or busy window views for those needing entertainment.

Facilities to cater for elderly cats, kittens or cats with special needs.

All diets catered for (except prescription).

Daily grooming and administering of medicines are free of charge.

Family chalets which can cater for up to 6 cats (same household only).

Pick up and delivery service free up to 5 miles (£1 for every mile thereafter to a maximum charge of £10).

Prices start from £7.50 a day.

Special rates for long stays.



Please call Anne or Kevin on 01787 247302 or 07985 404813

Email: info@april-cottage-cattery.co.uk www.April-Cottage-Cattery.co.uk

www.facebook.com/aprilcottcats

Now Frying At Market Square Bildeston Thursdays 4pm – 7.30pm Fridays 11am – 1:30pm



BILDESTON ELECTRICAL

Rewires, Extensions, Board Changes or New Installations
Any Alterations to Existing Installations

(lights, sockets, etc.)

Contact Ian
01449 743664 or 07754 723685

BILDESTON PARISH COUNCIL

DRAFT Minutes of the meeting of Bildeston Parish Council held on Wednesday 11th July, 2018 in Chamberlin Hall at 7.30 pm

In attendance:

Councillors: R Lester (In the Chair)
P Bullen, D Dempsey & A Hubbard

Also Present: District Councillor M Creffield D Blackburn

In the absence of the Chairman and Vice-Chairman of the Council, Councillor Lester was appointed as Chair of the meeting.



C34/18/19 APOLOGIES FOR ABSENCE

Apologies for absence were received from Councillors A Guttridge, P Hutchings and R Taylor and County Councillor R Lindsay.

C35/18/19 DECLARATIONS OF PECUNIARY AND NON-PECUNIARY INTERESTS

The following declarations of non-pecuniary interest were made: Kings Pightle Management Committee – Councillors Hubbard & Lester; Sportsfield Management Committee – Councillors Dempsey & Lester; and Parochial Church Council – Councillor Lester

C36/18/19 DISPENSATIONS IN RESPECT OF PECUNIARY INTERESTS

There were none.

C37/18/19 MINUTES OF PREVIOUS MEETING

It was AGREED: That the minutes of the meeting held on 13th June, 2018 be signed by the Chairman as a correct record.

C38/18/19 COUNTY COUNCILLOR'S REPORT

County Councillor Lindsay had submitted a written report on:

- Suffolk County Council's decision to introduce from September 2019, charging in respect of school bus services to schools which were not the nearest to a pupil's home.
- A wide-ranging review of highway services launched by the Cabinet Member for Highways, Councillor Mary Evans.
- The estimated cost of a "Children playing" sign of £748 (minute 22/18/19 refers).

The preliminary view of the Parish Council was that it was concerned that the erection of a "children playing" notice could set a precedent, for arguably, there were a number of locations in the village that might seek such a notice; there were potential risks associated with public use of the highway and pavements and the installation of signage at this and other locations across the village did not, necessarily, represent a good use of public money; the perceived risk would best be reduced by parents ensuring that their children did not play in the road. However, it was recognised that the Parish Council should reach out to the local community and seek their views before taking a final decision on this matter and act in accordance with the wishes of the village.

It was AGREED: That an article be placed in The Bugle seeking the views of local people about the erection of a "Children Playing sign" at the junction of Rotheram Road and Artiss Close.

C39/18/19 UPDATE ON VILLAGE AMENITIES (UNDER THE MANAGEMENT OF OTHER BODIES)

The Kings Pightle Trustees would be meeting on Tuesday, 17th July, 2018 to take a final decision on the investment of funds from the Henry Morphew bequest.

Councillor Bullen reported upon the overgrown and potentially precarious state of the footpath to the rear of the Parish Church. Ideally, a rail should be installed on the side next to the ditch and he was seeking to pursue discussions with the landowner about the feasibility of this. Councillor Dempsey suggested that the matter be taken up with the Rights of Way Officer if necessary.

C40/18/19 PARISH COUNCIL AMENITIES

The Clerk was asked to pursue the installation of replacement bollards in the Market Place in consultation with the Vice-Chair, Councillor Guttridge. It was proposed that the bollards should have looped tops so that chains could be threaded through them to cordon off areas at events. The whereabouts of the event signs was unknown and it was recognised that new signage might need to be purchased if not recovered, with stricter controls applied to its return.

It was AGREED: That an article be placed in The Bugle seeking the return of community signage, plastic bollards etc, that members of the local community might have collected over time. It was noted that the hedges at the cemetery and churchyard were overgrown and the Clerk was asked to arrange for it to be trimmed at the end of August (after the second clutch of nesting). The post for the dog bin at the corner of Consent Lane and Church Lane was broken and the Clerk was asked to organise a replacement.

C41/18/19 CLERK'S REPORT

There were no matters to report.

C42/18/19 AUTHORISATION OF PAYMENTS

It was AGREED: That the following payments be authorised:

Payee	Description	Budget Category	Amount (inc. VAT)
David Blackburn	Clerk's Pay	Salaries & Expenses	£166.49
David Blackburn	Expenses	Salaries & Expenses	£18.00
Adrian Chinery	Grounds Maintenance	Salaries & Expenses	£631.52
Adrian Chinery	Expenses	Salaries & Expenses	£101.05
HMRC	PAYE (to end Jun)	Salaries & Expenses	£626.00
HMRC	Employer NI	Salaries & Expenses	£95.36

C43/18/19 QUARTERLY REPORT

The Clerk reported that £1500 had been transferred from the General Fund to the Asset Replacement Reserve in accordance with the Budget allocation for 2018/19. There were no abnormal items of income or expenditure so far during the current financial year. There was a discussion about grants. The annual grants round had been discontinued in 2017 in view of the number of in-year grants being issued and because of financial uncertainties arising from the Parish Council's application for judicial review of a planning decision. It was noted that greater stability with regard to the Parish Council's finances might provide the opportunity to re-introduce the annual grants round in future years, although applications could be considered at any time during the year.

It was AGREED: That the quarterly report for the first quarter (1 April to 30 June 2018) be received.

C44/18/19 PLANNING APPLICATIONS

Planning Appendix A: Planning Applications Consultation

There were none.

Planning Appendix B: Planning Applications Decisions by Babergh District Council There were none.

C4518/19 DISTRICT COUNCILLOR'S REPORT

District Councillor Creffield reported on the following matters:

- A presentation given recently at Lavenham on affordable housing models (a copy was supplied to the Clerk).
- The outcome of the Local Government Boundary Review of Babergh was expected to be announced in September 2018, with a reduction from 45 to 32 District Councillors with elections for the new wards to take place in May 2019.
- Proposals made to build 59 houses on the site of the former Babergh District Council offices in Hadleigh.
- Publication by Babergh of a 6 year land supply for future housing development across the district which might reduce speculative planning applications.
- Details of options for a Joint Development Scheme (a copy was given to the Clerk).

C46/18/19 PUBLIC SESSION

There were no matters raised.

C47/18/19 MATTERS TO BE BROUGHT TO THE ATTENTION OF THE COUNCIL

Councillor Bullen was liaising with Wattisham over plans for Remembrance 2018. In response to a point raised by Councillor Lester, it was felt that the bells of the Parish Church should be rung at 11am on 11th November in marking the centenary of the ending of the First World War.

It was AGREED: That ideas for Remembrance be sought from the local community via The Bugle and the matter be given further consideration at the Parish Council meeting in September.

Councillor Hubbard reported that he had inspected the road markings at the exit from Brooksfield with the Clerk, following a reported "near miss" between two vehicles. Following discussion by Members of the Parish Council, Councillor Hubbard agreed to review road markings across the whole of the village and it was noted that these would be reported using the County Council reporting tool or, if more significant problems were found, they would be submitted to the September meeting for discussion with County Councillor Lindsay.

Councillor Hubbard reported that the bus timetable noticeboard had been replaced by Suffolk County Council and the Parish Council had managed to retain the former noticeboard such that it might be used by a community group within Bildeston. The Clerk undertook to pursue the County Council for a key to the old noticeboard.

It was noted that the Village Clock was chiming incorrectly and the Clerk agreed to liaise with Haward Horological over clock repairs and a service.

Councillors Guttridge and Hubbard had considered arrangements for securing the Christmas Tree in the Market Place and different options were presented to the meeting.

It was AGREED: That a 150mm diameter fixing for the Christmas Tree be used in the Market Place. Councillor Bullen referred to the increase in dog mess in the village particularly on Church Lane. The

Clerk undertook to obtain no dog mess stickers for sticking to dog bins throughout the village. It was AGREED: That the next scheduled meeting on 25th July 2018, should not be held but that a meeting be convened as, and when required, if a further meeting is required before the scheduled meeting on Wednesday, 12th September, 2018 at 7.30pm.

The meeting closed at 8.35pm.

BILDESTON RANGERS WINTER BALL

Saturday 3rd November 2018
Copdock Hotel, London Road, Copdock, Ipswich IP8 3JD
7.30pm Sparkling Reception I 8pm Dinner I 9.30pm
Auction

And then onto an evening of dancing.

Dress Code – Strictly Ball

For tickets and information call 07725693929 or email rhrbrfc@gmail.xom

NO tickets available on door

All proceeds will go to Bildeston Rangers Football Club

₹₩\$₩\$

SEPTEMBER COTTAGE BILDESTON

A BRIGHT & CALM HOLIDAY COTTAGE SLEEPING 4

FOR INFORMATION & BOOKINGS PLEASE VISIT
INSTAGRAM: STAY_AT_SEPTEMBER_COTTAGE
WWW.AIRBANDB.COM
OR CALL NICOLA ON 07766393379

₹₩\$₩\$



Function room and sportsfield for parties, events, rehearsals, meetings, clubs and much more.

For more information and competitive rates please ring 01449 741563 or e-mail secretary@sportsfield.bildeston.org

CLERK'S COLUMN

Signage

We are all aware that there are risks associated with just about everything that we do. When those risks are brought to the attention of the Parish Council, we have a responsibility to take them seriously. Recently, we were approached by a parishioner expressing concerns about the speed of vehicles entering Rotheram Road. In particular, the perceived risk of an accident involving children playing in, and around, the junction of Rotheram Road and Artiss Close. We have sought quotation from Suffolk County Council for a "Children Playing" sign of £748. Before deciding whether or not to proceed, we wished to seek the views of villagers about this. If you have any views could you email or phone the Parish Clerk using the contact details at the end of this column.

In particular, we would like to know:

- Do you think a sign should be installed?
- Is it a good use of money?
- If it is installed at this location, are there other locations where similar signage might be justified?

The receipt of your views by **Monday**, **10**th **September**, **2018** would be appreciated so that they can be considered at our next meeting at Chamberlin Hall on Wednesday, 12th September, 2018 at 7.30pm.

Remembrance

We will be seeking to finalise arrangements for Remembrance Sunday at our September meeting. You will be aware that this year, it is the commemoration of the centenary of the First World War. If you have any ideas please contact the Clerk or otherwise, attend our September meeting.

Sign Amnesty

Over time, we can all accumulate things that we have begged or borrowed from others. These can sometimes be found at the back of a garage or shed underneath a pile of machinery or equipment. The Parish Council is searching for signs, plastic bollards etc.in the village so that we do not have to buy new ones..

If you have any items that could be used for the benefit of commuity groups and community events please could you contact the Clerk and we can arrange a handover – no questions asked!

Dog Mess

It appears that some local residents are making a world record attempt on the amount of dog mess that they can accumulate in one place. The site of their attempt is the public footpath going round the back of the Church and down to Consent Lane. Whilst in normal circumstances efforts to be bigger and better than the rest are to be commended – in these circumstances – we do not feel that they should be encouraged and we would ask those who are contibuting to this escalating problem to clear up afterwards.

David Blackburn
Parish Clerk
clerk@bildeston.suffolk.gov.uk;
01449 721369

Kings Pightle AGM Sports Pavilion Thursday 13th September 8.00pm

The Committee invite you to join them to review the progress of The Pightle and to find out how the Trustees intend to administer the Henry Morphew Legacy for the benefit of Bildeston in accordance with Henry's wishes.

NEW NOTICE BOARD FOR VILLAGE

Hello everyone,

You may have noticed a new notice board on the clock tower. The notice board has been provided to the village to publicise village events. If your community organisation/ group has an event coming up that you would like to promote there, please let me know or send me the promotion material.

Please forward this on to anyone you know in the village who runs a community group who may want to promote their events the old school way.

Thanks & regards,

Richard Lester

Tankard House

Wattisham Road

Bildeston

IP7 7EG

councillor.lester@bildeston.suffolk.gov.uk

01449 744120

D J Dunstone Optometry

3 Queen Street, Hadleigh

For your entire eye care needs, including contact lenses, latest Swept Source OCT eye scanner, examination of children and home visits

Frames include: Polo Ralph Lauren, Ray-Ban, Elle, Paul & Joe and Esprit



To find out more please call in, telephone 01473 823755 or see dunstoneinsight.com



WINDOW CLEANERS.

Providing a friendly, reliable and efficient service since 1995.

Andy: 01449 722680. Paul: 01473 604714. Mobile: 07711 381919.

FULLY INSURED.

With over 50 years of Traditional Window Cleaning experience, we're at the top of our Profession!

- Home Maintenance
- Carpentry
- General Building Work
- Brickwork & Blockwork
- Stonework
- Hand Built Sheds
- Floor & Wall Tiling
- Paving & Patios
- * Kitchens & Wardrobes
- Pergolas
- Carpentry
- Bespoke Fencing
- Property Maintenance
- Repairs
- ❖ Advice & Planning
- Shop & Office Fitting
- Renovation Work



Bildeston - Suffolk.

For a prompt & reliable service.



01449 740275 or 07580 753020

Email: bobbuckle10@gmail.com

RESEARCH MY ROOTS

Let me build your family tree

If you are looking to trace long lost relatives, search for a biological parent or just wish to find out who your ancestors were, please get in touch.

www.researchmyroots.com

ali@researchmyroots.com | Tel: 07704 712643

My name is Ali MacDonald and I have a passion for Genealogy. I have a diploma in Genealogy and many years experience in research. If you are looking to trace long lost relatives, search for a biological parent or just wish to find out who your ancestors were, please get in touch. My prices are very competitive and I live in STOWMARKET.

Thanks for reading this and I hope to hear from you!

Please visit my website for more details:

Friendly Experienced Teacher offers Individual

MATHS Tuition

Speciality
Confidence Building
KS1 - KS3

Call Colin Plummer on 01449 736918 for details and availability or email: colinp52@btinternet.com

Angel Delights

Outside Caterer & Specialised Confectioner

We cater for all occasions including; Weddings, Funerals, Christenings, Birthday Parties, Canape and Dinner parties, Corporate events and Barbecues

CAKES FOR ALL OCCASIONS

Contact Helen
01473 806398
info@angel-delights.com
www.angel-delights.com

Stuart Walker



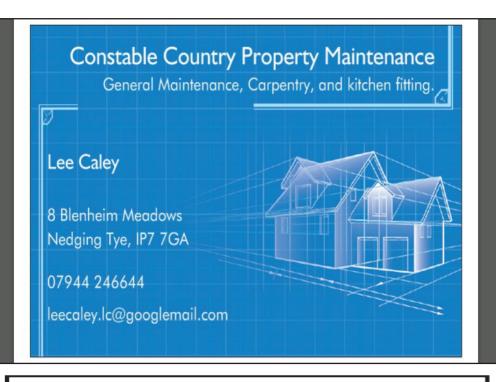
Decorating, Painting & Refurbishments

A locally based company offering an honest and reliable service

Painting - Decorating - Refurbishments - Repairs

All work considered indoors & out! Fully Insured & free quotations provided

Please contact Stuart on Tel: 07711 606464 or 01449 740387
Email: stuma1@hotmail.co.uk



GIDNEY PLUMBING & HEATING

Tap Changes, Ball Valves, Shower Pumps,
Water Softeners, Hot Water Cylinders,
Bathroom, Wet room & Kitchen Installs,
Radiator & Valve Replacements,
Underfloor Heating, Heating System Repairs,
Renovation & New Builds.

24 Hour Emergency Cover Professional & Reliable Service

> 07534525263 01449 258254

gidneyph@outlook.com www.plumbinginsuffolk.com



Pilates and Yoga classes now at Kersey Mill

If you want to exercise both your body and mind as well as improving your sense of well-being, strength, flexibility and mobility then Pilates is for you! We are passionate about bringing the benefits of Pilates/Yoga to everyone and with a highly qualified team of instructors we can certainly help you improve muscle tone and core stability, building strength from the inside out, rebalancing the body and bringing it into correct alignment.

BEGINNERS CLASSES AND FREE TASTER SESSIONS* ARE NOW AVAILABLE AS WELL AS PRIVATE 1:1's

* on selected classes

We now offer small Yoga classes too to add to your well-being experience at Kersey Mill. Please get in touch if you would like any more information.

Whether you are new to Pilates/Yoga or have been enjoying the benefits for years, we feel confident that we can accommodate your needs to achieve results.





Body Control Pilates is a registered trademark used under licence Pilates Works, The Studio, Kersey Mill, Kersey, <u>i.com</u> | pilatesworks4u@gmail.com Tel: 01473 823 500 or 07855 394703 D'ENZA



HAIR @ BEAUTY SALON at

"KERSEY MILL"

"August Offers"

1: Holiday Special Offer ~ OPI Luxury Manicure & Luxury Pedicure

Special Price of only £40 or with gels £65

2: Elemis Taster facial with a back, neck & shoulder massage

Special Price of only £39

3: Reflexology & Sports Massage available on certain days-

Special Price of only - 30mins £35 - 45mins £45

4: The new Zone Face Lift~ a natural & kinder anti-ageing facial treatment as effective as Botox. (12-week course offered by Gaynor)

Amy, Hayley & Sarah are taking bookings for hair - Please call 07547488587.

The above offers cannot be used with another offer.

Please telephone for more information or make a booking on: 01473 829069

Email: emmaspraggons@yahoo.co.uk or visit us on Facebook or Twitter for our special offers.

For opening times & brochure please look at our website: www.denzahairandbeauty.com









Unit 1 Church View Kersey Mill, Kersey, Ipswich, Suffolk. IP7 6DP.





BILDESTON w WATTISHAM, WHATFIELD w SEMER, NEDGING & NAUGHTON

SERVICE SCHEDULE – AUGUST 2018

AUGUST 2018 NB – Services in bold are Benefice Services				
5 th August	11 am	Morning Prayer	Bildeston	
12 th August	11 am	Holy Communion	Bildeston	
26 th August	11 am	Benefice Holy Communion	Nedging	
26 th August	1.00 pm	Baptism	Bildeston	

Baptist Church, Duke Street, Bildeston

Jim Haley tel: 01449 740716 email: bildestonbc@gmail.com

Service every Sunday morning at 10:45

Lunch Club: at 12:30 on the first Wednesday of each month -

All are most welcome

Community Coffee Centre: Every Friday from 09:15 to 11:30am

Enjoy meeting old and new friends at these events!

'Craft it Together' - First Monday of each month at 7:00pm.

Bring along your craft activities and join us for an informal, relaxed evening share ideas, gain new skills or just enjoy doing your own thing

Drinks provided.

01449 740716 or 01449 741606 for more information

Strollers and Striders

Every Monday 10.00am from the car park

'Men's Breakfast' - last Saturday of each month at 8am



Bildeston Community Coffee Centre	
Baptist Church 9:15-11:30	Every Friday
Lunch club	
Baptist Church 12.15 for 12.30pm start	1st Wed every month
Craft it Together	
01449 740716/741606 for details	1st Monday every month
Strollers & Striders	
Baptist Church Car Park 10.00	Every Monday
Bildeston Community Cycle Ride	
Market Square 6.45pm	Every Tuesday
Mens Breakfast	
Baptist Church 8.00am	Last Saturday every month
Bildeston Indoor Market	
Chamberlin Hall 9.30am - 2.30pm	Sat 4th
Parish Council Meeting	
Chamberlin Hall 7.30pm	
Chamberlin Hall Open Day	
Chamberlin Hall 11.00am to 3.00pm	Sun 19th
Bildeston Produce Show	
St Mary Magdalene Church	Sat 25th
Bingo	
Chamberlin Hall 7.30pm	Fri 31st

Please tell us about your forthcoming events in **September** email: **editor@bildestonbugle.co.uk**

