

The village magazine produced for the people of Bildeston www.bildeston.org



### 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	
1/4 page	£5.00	£35.00	65mm W x 92mm H
1/2 page	£10.00	£60.00	134mm W x 92mm H
Full page	£15.00	£110.00	134mm W x 190mm H

#### THE SMALL PRINT

All adverts, payments and items are required <u>before</u> the 17<sup>th</sup> of every month for inclusion in the following month's issue (except December before the 15th). The earlier free contributions are received the greater the chance of inclusion.

The Editorial Team are not responsible for the accuracy of articles or adverts and reserve the right to alter, shorten or refuse any item submitted for publication.

Please make cheques payable to Bildeston Bugle and send to:

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

If we do not receive payment by the 17<sup>th</sup> 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)
Angie Biddulph & Pam Weaver (Printing Assistants)

### **ED'S COMMENT**

Claire Balding, the TV sports presenter once said, "I find people interesting. People trying hard are interesting. People with passion are interesting - whether it's old cars, taxidermy or knitting."

Also the Actor Eddie Redmayne, who was describing what was so special about the craft of acting, said, "Our dream as actors is to tell interesting stories about interesting people." We certainly live in 'interesting' times! No one can complain that it's boring, that nothing is happening right now! With Brexit, it feels as if nothing else has any importance or interest. But that just isn't true. We now know what a black hole looks like... it's exactly like a great big black hole! We know that when venture capitalists buy a high street store that means the sad end of that store, even after a century of successful trading, think BHS and now Debenhams. We know that at the same time, the world's biggest Primark store opened in Birmingham, complete with a Disney cafe! We know knife crime is really bad. There were 285 killings by a knife in the 12 months ending March 2018 and Donald Trump thinks we are terrible. Mind you, America had nearly 40,000 gun deaths during the same period, so that puts things into some sort of perspective.

We know Kim Kardashian has started a 4 year course to become a lawyer. It's the obvious career path to succeed Donald Trump and become the first female multi-millionaire celebrity President of the USA. You read it here first! We know that both petrol and diesel cars pollute the atmosphere and cause serious health risks especially in big cities. It will now cost a fortune to drive into London. Solution? Live in the countryside!

We know Jo Cameron has become famous and very valuable. She is the woman who feels no pain and medical scientists are hoping to study her genetic mutation in order to find new methods of treatment for chronic pain sufferers. We know that NASA has cancelled all space walks for their women astronauts, because none of the space suits work for the female anatomy. It has taken the men in charge of NASA all this time to realise that the front of women's bodies is different to men's! We know Ipswich FC has sadly been relegated and Norwich will go up, another split in the community! And we know the interior of the most iconic cathedral in all France has been totally destroyed by fire while it was being renovated. So you see, life is interesting. All people are interesting in some way. It might be their background, or their experience at some time in their life. It might be an occupation that is, or was, out of the ordinary. It could be a special interest or hobby. Whatever, it is a fact that all of us are special and unique in some way. The challenge is to create the comfortable conditions in which people who usually see themselves as ordinary, tell their stories and emerge as hidden gems, living right here in Bildeston. And there are loads!

Once again, the Bugle has some interesting stories about interesting people starting right here in the June issue. We welcome back to the Bugle an item we used to publish a while ago. Jane, who herself is a wonderful example of someone full of interest from her various roles in CHAPs to being the longest serving assistant in our Village Stores, has taken on that challenge and from this month chooses a Bildeston resident to talk to and capture on their behalf and share what makes them so interesting. Over coffee and a chat in their home or the Village Stores new tea room, Jane finds out the amazing people we have living in our midst. All with wonderful stories to tell that demonstrates what a vibrant, exciting treasure trove of talent and interest we have in Bildeston. It's our very own Bildeston's Who's Who.



Hitcham Village Hall, Hitcham, IP7 7NE

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### Bildeston Primary School

#### Red Nose Day for Comic Relief

The children designed their own 'Red Nose' and joined in our competition for a donation. Prizes were awarded in assembly on Red Nose day (Friday 15 March). As well as our competition, the pupils were all able to dress up in red for the day and we sold red noses! Across our partnership we raised £332.80 – *fantastic support everyone!* 



#### U11 Quicks Sticks

The ever popular Quick Sticks hockey festival was held on Monday 18 March 2019 at St Joseph's College, Ipswich on the Astro Court and we entered a team. With some tough competition, we still were able to hold our own and played well! Our children also attended the Royal Hospital School cross country event on Wednesday 3 April and the U7 Multi Skills event on Friday 29 March.

#### **Book Fair**

We held our annual book fair during the month of March. This was a huge success giving us a total of £190 to spend in commission made on books for our school. We would like to thank our parents for being so supportive of this event. It is great that our children enjoy reading so much!

#### **Crucial Crew**

Our regular visit to 'Crucial Crew' this year, for our Year 6 children, took place on Tuesday 26 March. The children experienced a number of simulations to learn how best to deal with emergencies such as a house fire or giving first aid. The simulations were set up by the emergency services and the children found the course very interesting, practical and helpful. We would like to thank the Rotary Club of Sudbury for allowing us to join them for this event again this year.

#### **Panathlon**



We sent a team to compete in the Ipswich and South Suffolk Primary Panathlon event on Wednesday 27 March, at Ipswich School Sports Centre, Rushmere. They rotated around a carousel of fundamental skills that included sending and receiving activities and striking skills. Each participant received a t-shirt, medal and certificate. Our team came 2<sup>nd</sup> out of 7<sup>th</sup> and they were all thrilled with this result and to be able to share a trophy with two other pyramid schools that helped make up our team – well done to them all!

#### Mother's Day Lunch

On 22<sup>nd</sup> and 23rd March, more than 190 meals were served when mums joined their children for a special lunch to celebrate Mother's Day. This is always a well-attended and special event for our children. As always we would like to thank the kitchen staff for all their hard work and of

course to all the adults who supported this event!

#### **EACH Competition**

Earlier this year East Anglia's Children's Hospices and Hadleigh Maid Chocolate launched a competition for children of 12 and under to design the outside of one of their delicious selection boxes. The winner would see their design for sale in selected stores and online raising valuable funds for the charity. Olivia in Kestrel class was the overall winner and a representative from EACH and Hadleigh Made came to our Easter assembly on Friday 5<sup>th</sup> April and presented her with her prize!





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 show you round.

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



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### What's on in May

Badminton Club, Table Tennis & Darts 8.00pm -10.00pm **Every Monday** Monday/Tuesday 3.45-8.00pm MLSPA Performing Arts (07957 351941) **Every Tuesday** 7.00pm Snooker Club **Every Tuesday** 7.00pm Adult-dance-keep fit! (part of MLSPA) Tuesday 7.15pm Carpet Bowls (practice night & home games) Wednesday 6.30pm Drama Group (call Debbie: 01449 740375)

Every Thursday 11.00am-12.00 Zumba Gold with Sarah

1st Thurs of Month 7.30pm Ladies Club

- Ladies Club

Every Friday 6.30pm Bildeston Bowls Club social evenings

Every Friday 11am Pilates for Improvers (call Claire: 07900 440141) Every Friday from 12.00 Pilates for Beginners (call Claire: 07900 440141)

Saturday 11th 10.30pm - 2.30pm Indoor Market

Friday 31st 7.00pm Bingo! Massive Money Prizes!





BILDESTON

**ALLOTMENTS** 

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

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### **COUNTRYSIDE OBSERVER**

Recent high winds brought down a lot of branches, out with the old making way for the new. Nature really is wonderful, everything flora and fauna has a reason for its timing, often to set in with the season and weather. One of the last flowers of spring, wood anemones bloom like a galaxy of stars across the forest floor. As a species it's surprisingly slow to spread (six feet in a hundred years!), relying on the growth of its root structure rather than the spread of its seed. As such, it is a good indicator of ancient woodland. Its flowering window is less then

two weeks then it's gone for another fifty...! Solitary star-like white flowers with 5-8 petals, often pinkish underneath and long-stalked stem leaves divided into three lobes, with each lobe. The Chinese call it "the Flower of Death" because of its pale, ghostly appearance.

When the suburbs of London swept over the old county of Middlesex, some of its woods were bypassed and preserved. The wood anemone still blooms there to this day. My favourite has to be the Primrose. A real harbinger of spring I grew to love this most beautiful of flowers growing up as a 60's child in rural Dorset. The banks and hedgerows where we lived were simply covered with them. Bluebells as yet to appear, but their leaves already pushing up through last years decayed autumn leaves, mid May we will be in for a treat. Here are some more common wildflowers you may encounter in your local wood throughout the seasons. As the days warm many more plants join the early pioneers and make an incredible display of life and colour. Often arriving with the bluebell, the purplepink flowers of early purple orchid are a handsome sight. One of the earliest orchids to bloom, look out for its flowers between April and June. Soon to follow will be the pink Campion. It is a biennial or perennial plant with dark pink to red flowers, each 1.8-2.5 cm across. There are five petals which are deeply notched at the end, narrowed at the base and all go into an urn-shaped calyx. As indicated by the specific name, male and female flowers are borne on separate plants (dioecious), the male with 10 stamens and a 10-veined calyx, the female with 5 styles and a 20-veined calyx. The fruit, produced from July onwards, is an ovoid capsule containing numerous seeds, opening at the apex by 10 teeth which curve back. The flowers are unscented. The flowering period is from May to October and the flowers are frequently visited by pollinating insects. The plant grows to 30-90 cm, with branching stems. The deep green leaves are in opposite pairs, simple acute ovate, 3-8 cm long with an untoothed margin; both the leaves and stems of the plant are hairy and slightly sticky. The upper leaves are stalkless.

Other woodland plants that put early spring displays are common dog violet, wood-sorrel, ramsons, garlic mustard, lords-and-ladies, yellow archangel, and early purple orchid. Late spring flowering plants include bugle, wild strawberry, herb Robert, pignut, lesser stitchwort, common nettle and foxglove. Young birds in some cases have already hatched, elsewhere there is a rush of activity amongst the garden birds all seeking out the best nesting sites and hastily gathering twigs and moss to line their nest. Crows are also active seeking out lofty nesting sites, aesthetics when it comes to nest building clearly are not a Crow priority, unlike the Wren's beautiful moss lined nest. **Mike Biddulph** 

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### Bildeston Ladies Club



We recently enjoyed an evening of "HOT" entertainment (including pictures of attractive men and young ladies) as our speaker Rodney Tibbs gave a

very relaxed and interesting trip around some of the highlights of Iceland, a geologically fascinating destination. Due to the meeting of two of the earth's tectonic plates you are even able to stand with one foot in "Europe" and one in "America"!

With so much hot water and steam created by the volcanic activity beneath the surface, heating is virtually a free resource. As well as creating the possibility of growing tomatoes commercially in huge greenhouses, this has enabled the government to install under floor heating beneath the roads to prevent ice in the winter months - now there's a project for our own parish Council to consider!!

On May 9<sup>th</sup> we will hold our <u>AGM</u> and <u>social evening</u>. Please do try to attend as we will be presenting a cheque to SARS, discussing a new Charity and sharing ideas for the programme of events for the next year ahead. This year, with a break from tradition, the refreshments for the social part of the evening will be provided by the club, so no need to get baking this year ladies!

PLEASE NOTE THE DATE IS THE 2ND THURS OF THE MONTH.

Chamberlin hall - doors open at 7:30 p.m. for 8:00 p.m. Members £2 Guests £3 Chairlady -Jo Silburn - 01449 257045 Secretary - Jean Radley - 01449 743650

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At Malham, 36 High St, Bildeston
On Thursday 9th May from 10am until Noon
In Aid of St Mary Magdalene Church, Bildeston Everyone Welcome

# The Bildeston KINGS HEAD

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Friday 24th Open 4pm, "The Bay Horse Boys" 9pm

Saturday 25<sup>th</sup> Open 12pm, Y&UCME Session 1pm onwards

Saturday 25th, "The Kings" 6pm

Saturday 25th, "BUZZ" 9pm

Sunday 26th Open 12pm, Open Mic Afternoon 1pm onwards

Sunday 26th, "Jam Session" 6pm

Sunday 26th, "Don't Tell The Wife" 9pm

Monday 27<sup>th</sup> Open 12pm, "The Selion Swing Band" 1pm

Monday 27th, "Meddle" 5pm

For more detail call Nigel or Sue on 01449 741 434



### KINGS HEAD & Brewery

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

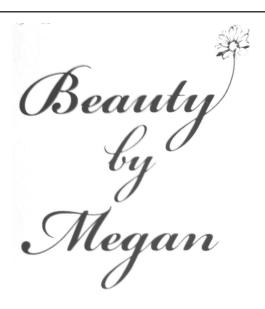
www.bildestonkingshead.co.uk

- Our annual Beer & Music Festival starts 4pm Friday 24<sup>th</sup> May to Bank Holiday Monday 27<sup>th</sup> May (*sneak preview Thursday 23<sup>rd</sup> from 6pm*). For more detail please see our other advert in this Bugle...
- Our other free live music for May: every Wednesday is Open Mic Night from 8:30pm.
- Thursday is bar games night, there's all the usual plus Poker, Skittles and table top football, snooker & tennis. Open Deck/Vinyl night is 16<sup>th</sup> May. Charity quiz night is 30<sup>th</sup> May at 8:30pm, please arrive by 8pm. To book a quiz table telephone Sue/Nigel on 01449 741 434. A huge thanks to March's quiz teams who raised £84 for Marie Curie.
- Our good value homemade food uses quality ingredients that are locally sourced where possible. We are well known for tasty beer-battered fish & chips, delicious boozy beef pie and traditional Sunday roasts. Meals are cooked to order, available to eat-in or take-away and in child sized portions. To reserve a table phone **Sue or Nigel on 01449 741434**.
- We brew our own real ales on-site (tours by arrangement) with at least one other from a local independent brewer.
- Our opening and food/takeaway times are as follows:

Wednesday Open 6pm-12am (open mic/buskin night)
Thursday Open 6pm-11pm (bar games night)

Friday Open 4pm-12am (full menu 5-9pm)

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### Bildeston Litter Pick report 2019

We were really impressed again this year with the fantastic turn-out of helpers for our Annual Bildeston Litter-pick event, even though the day was rather grey, drizzly and most definitely windy!

Well done and thanks to all 32 participants including new-comers to the Litterpick: Jill & Andrew List, Sally & Rob Harrison, Mike & Virginia Tuck, Julie & Steve Fowles, Wendy Pratt, Ron Ion & Debbie Bailey. We hope that we didn't put you off and you will join us again next year. To our regular and long suffering gang of litter pickers - thanks as always. Special thanks go as usual to Nigel & Sue at The King's Head for supplying us with free drinks afterwards.

As the morning progressed the litter piled up as high as ever within the clock tower, including industrial waste containers (dumped in Consent Lane), buckets, shoes and all manner of items which could; and should of course; be taken to the waste recycling Facility in Hadleigh.

It's the same old story of the few who spoil it for the rest of us.

Just one point to add - following our event we always take down our own notices from the telegraph poles as soon as possible. Could we kindly ask you please not to attempt to do this on our behalf, as we remove the staples carefully so that we can recycle the paper and use the plastic wallets again next time.

Jo Silburn and Robin Sidgwick

### **BILDESTON TENNIS CLUB 2019**

The new season is upon us and as always we would love to welcome new members to the Club. The 2 tarmac courts adjacent to the Sportsfield are in a delightful setting; they have been pressure washed and we hope to have them re-sprayed by the middle of May. Club Nights are on Wednesdays from 1730. There will be a curtain raiser social on SUNDAY 5<sup>th</sup> May from 1300 with refreshments provided; all current members and prospective new members are invited. For more information please contact:

Gerdine Cubitt: gcubitt75@gmail.com

Martin Rodgers: mam.rodgers@btinternet.com



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### **BILDESTON COMMUNITY CYCLING**

# HAVE YOU GOT A BIKE? JOIN OUR TUESDAY EVENING RIDES

**Every Tuesday**. They all leave at 6.45pm from the Market Square, back about 8pm. There are two groups of riders.

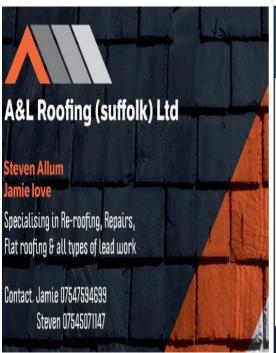
**A SLOW RIDE**, starting at 6 to 8 miles, specifically for new and returning riders, at a speed to suit the riders. Walking on hills is definitely allowed, and no lycra is necessary!

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. We regret no children under 12, no unaccompanied children under 16.





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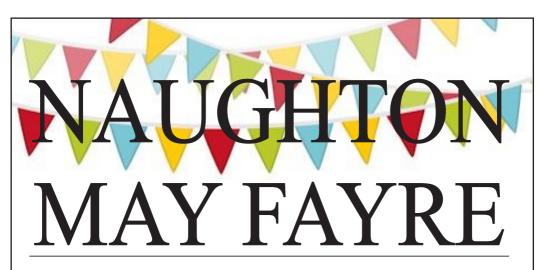
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### SERENDIPITY CHOIR EAST SUFFOLK MORRIS MEN

### BANK HOLIDAY MONDAY 6<sup>th</sup> MAY 2019 12.30-3.30pm NEDGING WITH NAUGHTON VILLAGE HALL

- Showman's Engine
- ® Tombola
- © Cake Stall & Refreshments
- ® Plant Stall

- Fairground OrganVintage EnginesClassic Bikes and Cars
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- ® Children's Corner
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- ® Birds of Prey
- **The Grand Draw and Raffle**
- & Much More!

A GREAT AFTERNOON OUT FOR ALL THE FA SO PLEASE COME ALONG AND JOIN IN THE FUN!

ALL PROCEEDS GO TO ST. MARYS CHURCH, NAUGHTON

### **BILDESTON'S WHO'S WHO**

This month I met up with Shaun Clifford, a local man with a big passion for woodturning. Shaun grew up in Sible Hedingham and moved to Bildeston fourteen years ago. He kindly invited me into his home for a coffee and chat. At the age of ten Shaun had his first go at wood turning, He'd seen a picture of a Lathe in a copy of Readers Digest and thought he would like to have a go, and this is how it all began. Shaun started his venture with help from "The Prince's Trust Grant" at the beginning of the 80s, selling his work to customers all around the country. Unfortunately later that decade the big crash happened which meant customers could not afford to purchase such items which resulted in Shaun's business closing. He still kept turning as a hobby every day, but he had to find another form of work to earn an income, resulting in Shaun having a few jobs including car salesman and a door man.

It wasn't long before Shaun was back working with wood but this time as a tree surgeon, also known as Arboriculture. At the age of Thirty-Four he started a tree surgery course at Otley College, excelling himself by winning various awards including Arboriculture prize, Adam Paul award of excellence, a distinction in his theory and practical work and still holds the highest achievement today. Shaun did tree surgery for 13 years travelling all over the UK. Once he travelled to London to cut down a tree that was on top of a building, also regularly working at Lakeside and Huntingdon. Shaun had to give up tree surgery due to ill health, and was poorly for 3 years. Later, feeling better he was able to do more and started wood turning again. Shaun restarted his wood turning business in 2012 by demonstrating his wood turning skills to clubs across the country. He also teaches students in his local workshop, his first students were two ladies who had booked a 2 day lesson. Before long, word had got around that Shaun was teaching and things started to get busier. A One day tuition with Shaun costs £180 which includes all the wood, tea/coffee and lunch, and Students will go home with two pieces of work that they have turned.

Shaun showcases his work in galleries across uk including Snape Maltings, Shaun attends Hartest Arts and Crafts market four times a year, Ickworth house, Melford Hall and Wierd and wonderfull wood a Haughley to name a few, he takes around thirty pieces of wood with him to exhibit, prices range from £15 for tea lights up to £1500 for a larger piece. Shaun has had loads of lovely comments about his work, one of them from the head of design at the London school of design said "Organic meets Contemporary" another "your work is faultless". Shaun uses English hard wood for his turning which is all found timber or fallen wood. If you would like to know more about what Shaun does or maybe fancy having a go at wood turning you can visit his facebook page shaunclifford wood turning or email scwoodturner @hotmail.co.uk

### **ANDYS LOGS**

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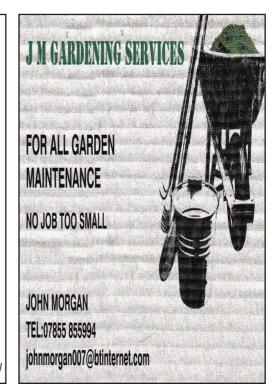
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\*Bags of wheat for Chicken feed also available collection only





Last Friday of the month (Apr 26th, May 31st, Jun 28th, Jul 26th)

#### **CASH PRIZES**

(Bonus game pay-out in region of £100)

Doors open 7:00 p.m.

Eyes down 7:30 p.m.

Bar

Chamberlin hall – all welcome

Come along and have some fun!

THE BILDESTON

### PRODUCE SHOW



### Saturday 17<sup>th</sup> August 2019

St Mary Magdalene Church

Entry forms and schedules can be obtained from Nancy Dales at 142 High St and from Angela Rodgers 'Malham', 36 High St

These will be available from June 1st



#### 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

### Recipe of the Month Lemon Verbena Possets

with thanks to Alison

#### Ingredients

2 Lemons125g caster sugar425ml double cream10 Lemon Verbena leaves[Don't worry if not available they can be left out]

#### Method

- 1. Grate the zest of the lemons into a saucepan, then squeeze out and add the juice, followed by the sugar and 6 of the lemon verbena leaves if available.
- 2. Place the pan over a low heat and bring to the boil, stirring occasionally until the sugar has dissolved.
- 3. Whisk in the cream and cook for 3 minutes.
- 4. Divide the mixture between four small glasses or ramekins. Leave to cool then chill for 2 hours until set.
- 5. Remove the posset from the fridge at least 30 minutes before serving and top each posset with a lemon verbena leaf.



### **PHYSIOTHERAPY AND PILATES**



Claire is an experienced Physiotherapist and certified Pilates Instructor.

#### Services offered:

- Physiotherapy
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- Pilates 1:1
- Pilates classes (BILDESTON & Hadleigh)
- Home visits

#### PHYSIOTHERAPY CAN HELP:

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- . Neck pain
- . Joint pain or sprains
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### **BILDESTON PARISH COUNCIL**

THERE ARE NO DRAFT MINUTES FOR THIS ISSUE AS THE PARISH COUNCIL MEETING WAS LATER IN APRIL BEYOND THE DEADLINE FOR PRINTING. FULL DRAFT MINUTES WILL BE PUBLISHED IN THE NEXT ISSUE





Did you spot the April Fool piece in last month's Bugle? Yes, of course you did. So, sadly, there is no vacancy. But very well done to the wonderful wag who plastered Parking Fine Notices on cars in Market Square early on the morning of 1st April. Whoever you are, brilliant!!

#### **BILDESTON PARISH COUNCIL**

#### **CURRENT VACANCIES**

Four candidates have been validly nominated for Bildeston Parish Council and they have been elected "unopposed" as an election cannot take place where there are the same or less than the number of seats available on the Parish Council. In Bildeston that number is nine.

Therefore, with effect from 8<sup>th</sup> May, 2019, the members of the Parish Council will be: Andrew Guttridge, Ashley Hubbard, Peter Hutchings and Richard Lester. They will each serve for a four year term ending in May 2023.

In the February edition of The Bugle, there was a short article about becoming a Parish Councillor which indicated that the Parish Council is eager to attract new Parish Councillors so that it can reach its allocated number of nine Parish Councillors. There is a procedure called cooption available now whereby, Parish Councillors can appoint new Councillors from within the local community. If you might be interested in becming a Parish Councillor please contact one of the four Parish Councillors named above or the Parish Clerk for further details. We would be delighted to hear from you.

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



#### Home-Start in Suffolk - Volunteers Needed!

In Suffolk

Home-Start in Suffolk is a charity which supports families across the county where there is at least one child under the age of 12. Families maybe in need of support for a variety of reasons, because of post-natal depression, illness or disability, isolation, family breakdown or bereavement.

We train and recruit volunteers who support families by visiting them in their homes on a weekly basis. We are seeking more volunteers to help us to meet the growing number of families in need of Home-Start support in the Bury St Edmunds Area. We offer our volunteers accredited training, ongoing support and friendship.

Here is one Family's story of how Home-Start in Suffolk helped them.

"Home-Start met Mum Lauren and her family shortly after their new baby was diagnosed with brain damage. Lauren and her husband were overwhelmed with the emotional and practical demands of caring for a baby who suffers from multiple seizures and is unsettled day and night whilst juggling the needs of their other young children.

Life was turned upside down for the family with hospital appointments, admissions and an unknown future. Their health visitor referred them to Home-Start Suffolk who introduced them to Ruth a trained Home-Start volunteer. Ruth visits Lauren and the children once a week providing support when Lauren's husband works late.

Having Ruth there to "share the load" enables all of the children to get one-one attention; reading, playing or doing school work. Mum or Ruth cook dinner and they can all sit down together whilst Ruth holds or sings to the baby.

Lauren's says she felt "immediately at ease" with Ruth and found it easy to talk to her when she was having a difficult week. Although the family's situation remains the same, her visits have allowed the family time to adjust and explore what ongoing support is needed and available to them".

Could 2019 be the year you can give the gift of time to make a difference to the lives of families in Suffolk?

Please contact us -

#### T - 01473 621104 or

E - headoffice@homestartinsuffolk.org www.homestartinsuffolk.org





# A2arts

Pop-up Gallery / Affordable Lifestyle Boutique



### **Ruth Simpson**

Sat 4 - Mon 6 May | Sat 25 - Mon 27 May Sat 8 & Sun 9 June

Silwood Gallery, Bildeston IP7 7SB www.a2arts.net



# Saturday 1 June 2019 1pm to 5pm

Recreation Ground, Church Hill, Monks Eleigh IP7 7JH

Traditional family fun Free entry

To be opened by a Celebrity

#### **Live Music**

- Alpaca and Owls
- Bouncy Castle
- Children's Competition
- Children's Corner
- Draw
- Face Painting
- Traditional Fete Games

- Afternoon Teas
- Bar and BBQ
- Archery
- Pre-loved Clothes
- Bric a Brac
- Plants
- · Lots of other stalls

Proceeds of the Fete will be used for the renovation of the Victorian piped organ in St.Peter's Church, a 15<sup>th</sup> century place of worship in the heart of the village



# What is county lines?

Children as young as 12 are being put in danger by criminals who are taking advantage of how vulnerable these young people are.

Criminal exploitation is also known as 'county lines' and is when gangs and organised crime networks exploit children to sell drugs. Often these children are made to travel across counties, and they use dedicated mobile phone 'lines' to supply drugs.



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#### **Lent Lunches**

Many thanks to all who supported the Lent Bible studies and lunches throughout the Benefice. I know that many charities where supported, local and abroad. From Bildeston we were able to send £100 to Tearfund in aid of their Cyclone Idai Appeal, that caused devastation across Mozambique, Malawi and Zimbabwe. Tearfund give much hope by helping to providing emergency assistance to people who have lost everything.

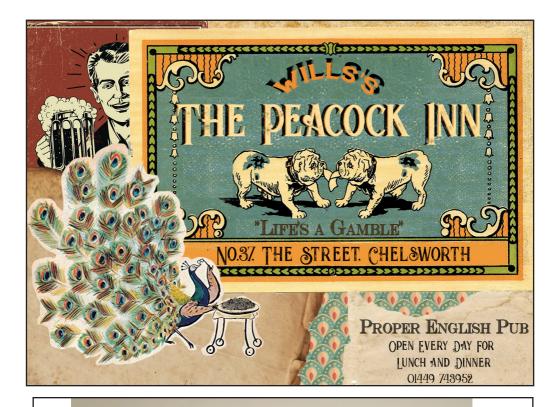
Many thanks to Jackie and Jim Sephton for organising and running these. God's blessings, Teresa Lester, St. Mary Magdalene Church, Bildeston

#### **Prayer Tree**

Some Children from Bildeston Primary School have written some prayers to go on our prayer tree up at the Church. They tell of the many things that the children care about in their lives today. I hope, on reflecting on them, we will all help to make our world a better and cleaner place to live; with prayers of peace, reconciliation and about our environment. Please do come up and read them for yourselves, in the Children's corner. God bless, St. Mary Magdalene Church, Bildeston

#### **BILDESTON CARPET BOWLS CLUB SUCCESS**

On Sunday 24th March Offton and Willisham Carpet Bowls Club staged a very successful Charity Event involving 22 local teams of 88 members. Their Village Hall Management Committee provided excellent refreshments throughout the day which lasted from 9.30am to 5pm. This event raised over £1000 to be shared by their Village Hall and Suffolk Oxygen Therapy Centre at Gt Blakenham. This Charity provides excellent help and relief for a variety of conditions including cancer. Congratulations to one of our teams consisting of Kevin and Jackie Bridges with Matt and Sue Hitchcock for achieving an excellent 3rd place out of the 22 teams. Jackie and Sue also won the Bird Quiz and Kevin won the big cuddly teddy bear by guessing his name. It was lovely to see so many people prepared to turn out to support this Charity Event. Our club is always keen to welcome new members. We are a happy, friendly group where we offer instruction and supply all equipment plus tea, coffee and biscuits! Why not come and give it a go? If you are of a mature age the gentle exercise will help to keep you fit, but age is no barrier as we also have a very talented 10yr old who plays in matches when she visits her grandparents. If you would like to come along and see what we get up to why not ring our Captain, Mike McIntyre on 01284 827688 who will be very pleased to welcome you.



#### **RESEARCH MY ROOTS**

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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.

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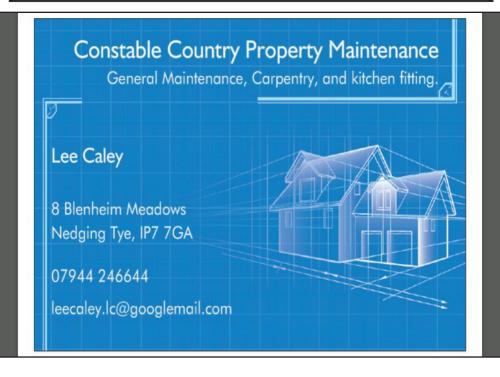
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\* on selected classes

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.

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## 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.

Please contact Elaine on 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 w WATTISHAM, LINDSEY WHATFIELD w SEMER, NEDGING & NAUGHTON

#### **Church Services – May 2019**

5 <sup>th</sup> May Easter 3	11.00 am 11.00 am 11.00 am	Holy Communion	Bildeston Whatfield Nedging
12 <sup>th</sup> May Easter 4	11.00 am 11.00 am	Holy Communion Morning Prayer	Bildeston Naughton
19 <sup>th</sup> May Easter 5	9.30 am 11.00 am	1	Naughton Whatfield
26 <sup>th</sup> May Easter 6	11.00 am	Benefice Holy Communion	Nedging
30 <sup>th</sup> May Ascension Day	10.30 am	Deanery Holy Communion	Hadleigh

To arrange baptisms, weddings etc. please contact the Churchwardens or the church office at Hadleigh email office@stmaryshadleigh.co.uk or phone 07704 778 325.

#### **CHURCHWARDENS**

Bildeston	Neil Ashwell	01449 741 370	Martin Rodgers	01449 743 120
Lindsey	Michael Moore	01787 210 373	_	
Whatfield	Chris Armour	01473 822 000		
Semer	Granville Bendall	01449 740 309	Keith Horn	01449 741 407
Nedging	Jill Taylor	01449 740 258	Gill Buckle	01449 740 972
Naughton	Carole Homer	01449 741 498		



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
Baby and Toddler Group	
Baptist Church 9.15 to 11.30am	Every Tuesday
Church Bell Ringing Practice	
St. Mary Magdalene church bell tower 8.00 to 9.15pm	Every Tuesday
Bildeston Community Cycling	
Market Square 6.45pm	Every Tuesday evening
Mens Breakfast	
Baptist Church 8.00am	Last Saturday every month
Baptist Church 8.00am Bildeston Tennis Club	
Baptist Church 8.00am	
Baptist Church 8.00am Bildeston Tennis Club	
Baptist Church 8.00am  Bildeston Tennis Club  Curtain raiser from 1.00pm	Sun 5th
Baptist Church 8.00am  Bildeston Tennis Club  Curtain raiser from 1.00pm  Ladies Club  Chamberlin Hall 7.30pm  Coffee Morning	Sun 5th
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Baptist Church 8.00am	Sun 5thThurs 9thThurs 9thSat 11th

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

