

This issue kindly sponsored by -

to say a massive heartfelt thank you to everyone who has helped us in any way since Kevin's accident. The support we've had has been very touching and much appreciated.

"Your kindness has kept us going"

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 17th 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.

Ask for BACS details or 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 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 and Alison Sims (Assistant Editors)
Pam Weaver (Distribution)
Lisa Chinery & Tracey Rose (Printing Assistants)

ED'S COMMENT

ALONE

Lying, thinking
Last night
How to find my soul a home
Where water is not thirsty
And bread loaf is not stone
I came up with one thing
And I don't believe I'm wrong
That nobody,
But nobody

Can make it out here alone.

Now if you listen closely
I'll tell you what I know
Storm clouds are gathering
The wind is gonna blow
The race of man is suffering
And I can hear the moan,
'Cause nobody,
But nobody
Can make it out here alone.
Alone, all alone

Nobody, but nobody Can make it out here alone.

This is by the American writer Maya Angelou (1928 - 2014). It is an abridged version of her poem first published in 1975, but the sentiments are very appropriate for us in lockdown. Human beings, of all ages, are not meant to be alone, isolated, separated from each other by walls, windows or even a couple of metres. It's unnatural because we are social creatures who thrive on simple, regular contact with friends and family. Keeping our distance is hard, not being able to shake hands when we meet friends or hug our dear ones, has been the hardest to bear. Of course we understand the reasoning behind the term 'social distancing' (more accurate would be to call it anti-social distancing!) and people's obedience to it has been superb. But just when we need the close comfort of those we love the most, that is exactly what we are denied. Just when we need the combined strength of those around us, we cannot access it in the way we used to. Just when we need to get together, face to face, to share how we are all managing, and to laugh too, we are prevented.

If it wasn't for the technology most of us now enjoy, the situation would be far worse. Some people have Smart phones, Facetime, Houseparty, Zoom, Facebook and other social media sites. At the very least we have what the phone was originally invented for, and just talk. But for families riven apart to keep their elderly and vulnerable relatives safe, it is excruciatingly hard not to be able to physically meet up. Many have missed special occasions, birthdays and anniversaries. All we know is that the catching up with all those we hold dear, and from whom we have been parted, is going to be one hell of a very special occasion! The British way is to 'keep calm and carry on'. Carry on by keeping our spirits up and having

and from whom we have been parted, is going to be one hell of a very special occasion! The British way is to 'keep calm and carry on'. Carry on by keeping our spirits up and having a laugh together. The British way is also to be creative, inventive and quick to get organised. Our village has demonstrated, along with many others, all those attributes. Our local community has pulled out all the stops to help ensure those in lockdown are not forgotten and not suffering any more than is necessary. Delivering food, medication and other basic supplies has been fantastic. Local shops and food businesses have been quick to adapt not only to help out people who cannot travel, but to stay viable as a business. We need our local outlets more than ever and hope their increased trade will continue long after lockdown is sorted out. Bildeston has pulled together proving Maya Angelou's point that, 'nobody, but nobody can make it out here alone.'

We are social distancing, keeping apart, but, ironically, we have never felt so together. Thank goodness we live in Bildeston, where no-one needs to feel alone.



Kevin Hollings KITCHEN STUDIO



Unit 14 Lodge Works, Stowmarket Road, Old Newton, IP14 4EE 01449 257160 www.kevinhollings.com info@kevinhollingskitchens.co.uk Bildeston Primary School

Greetings from Bildeston Primary School. I hope you are all safe and keeping well. We are still open and looking after the key worker and vulnerable pupils from four schools. When the lockdown was announced the head teachers from local schools got together, and Elmsett, Whatfield and Bildeston schools decided to pool resources locally and provide care for the pupils who needed it under the government guidance. Bildeston school, although hosting the provision, have been working with staff across the schools to provide this care, and recently have welcomed Ringshall into the mix.



Our numbers have varied from 1-25, and each day is different and staff have volunteered to provide care on a rota basis. One of the few positives about this situation has been the fact that our local schools have worked tirelessly to ensure this childcare provision is there for those who need it. We have also been lucky that our kitchen has remained open, and has been able to provide nutritious meals for the pupils and staff at Bildeston during this time.

During the first two weeks, before Easter, we provided some work for our pupils, but at the same time set up a small working group from across Bildeston, Elmsett and Whatfield to investigate the way we could effectively provide remote learning and guide the education of our children whilst they were at home.

We settled on a system called 'Class Dojo' and parents, children and staff have been really thrilled with how well it has worked. We have 100% of our families involved, and staff are able to see the interesting work pupils have produced, and give them feedback. Children can also upload short videos and audio files, and teachers have even been able to read them stories! We can only thank our fantastic families for their enthusiastic involvement, and those who have had to borrow technology from us to make it work have been keen.

Another extremely positive introduction to our school week have been 'zoom' meetings with the pupils. It has been lovely to see their faces, and for them to meet each other virtually.

All through this term we have been following a varied curriculum, and one thing we all celebrated in



some way was VE day. Pupils made some beautiful bunting and set up some mini celebrations in their home. We certainly are looking forward to the time when @We'll meet again'.

Wartime Code Breaker Medal by Riley based on a video he watched Poppies made from Egg Boxes by Imogen



Keep safe, keep well and look after each other, with love from pupils and staff of Bildeston School

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 Website: www.bildeston.suffolk.sch.uk

Home, But Not Alone

Supporting vulnerable people in Suffolk

The Home, But Not Alone free phoneline is for people who need **urgent** help and support during the Coronavirus pandemic. It is only for people who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

Coronavirus Emergency Phoneline



9am-5pm every day
For all other enquiries please visit: www.suffolk.gov.uk/homebutnotalone











Other useful contacts

National domestic violence 24-hour helpline:

0808 200 0247

 Mental health helpline, called First Response, run by the Norfolk and Suffolk Foundation Trust:

0808 196 3494

For any police matters please visit:

www.suffolk.police.uk



On behalf of: Community Action Suffolk, Babergh and Mid Suffolk District Councils, Church of England in Suffolk, East Suffolk Council, Ipswich Borough Council, Ipswich and East Suffolk CCG, Ministry of Defence, National Probation Service - Narfolk & Suffolk, NHS - Integrated Care System, Office of the Police and Crime Commissioner, Suffolk Association of Local Councils, Suffolk Community Foundation, Suffolk Constabulary, Suffolk County Council, Suffolk Voluntary



What's on in June

Monday/Tuesday from 3.45 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 10.30am-11.30 Zumba Gold with Sarah

Every Thursday 6 - 7.15pm Yoga contact: catherinerolfeyoga@gmail.com

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

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

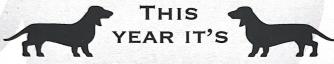
For bookings contact: 07716 921514 and chamberlin.bookings@gmail.com Most events are NOT taking place due to the Coronavirus.

Please check with each organiser to make sure.



Bildeston goes to the 'dogs'

DOG SHOW AND FAMILY FUN DAY



UNFORTUNATELY CANCELLED

A HOPEFULLY ON NEXT YEAR 2021

MORE INFORMATION WHEN KNOWN (OR TEXT/CALL: NICOLA ON 07766 393379)



Garden Maintenance
General garden tidy up
Landscaping
Hedge cutting
Hedge reduction
Fencing
Turfing
Lawn care

For all your gardening needs contact Steve:

01787 583828/07885728973

steve.wilding283@googlemail.com



New PCs & Setup
Tuition / Remote support
Repairs & Upgrades
Wi-Fi & Networks

"Due to COVID I am focusing more on remote support, please do contact me with any enquiries." - Olly

Website: xsalt.co.uk

Tel: 07443439508 Email: info@xsalt.co.uk

CPH Property Services

Painting • Decorating • Refurbishments & Repairs Fully Insured with Free No Obligation Quotations

A friendly local company with 30+ years experience

Tel: Chris - 07717059370 or 01787 210536

Tel: Paul - 07880727630 or 01449 740020

Email: chris.harman1990@gmail.com



Nominations are coming in thick and fast – don't miss out on nominating yours.

We know there are many unsung community heroes in Suffolk working tirelessly to support and/or help others.

We strongly believe this should not go unrecognised and know that people across our county would love to hear some of these heart warming stories of human kindness. Whether it's dressing up as a super hero to deliver food, taking part in fund raising challenges, starting a community response group, or going above and beyond to care for others with a smile to brighten someone's day; so many people are playing their part. There will be hundreds, nay thousands, of people across our county helping others and if we can say a big 'THANK YOU' to even just a few of them, we think that is a worthwhile endeavour.

We are so proud of our county, but it wouldn't be the place it is without the people that live and work here, so let's celebrate them. We will share as many 'Heroes' as we can across our networks – remember, they don't all wear capes!

(Well... some do, there does seem to be some well known Marvel Super Heroes popping up in Suffolk...)

To make your nomination, head over to our website:

https://www.communityactionsuffolk.org.uk/community-hero/

SPECIAL BIRTHDAY WISHES

Jean and Neil would like to wish their friend and neighbour, Sylvia Ruffell, a very special happy birtday for the 3rd of June.

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

Save the date!



THE BILDESTON

PRODUCE SHOW

Saturday 22nd August 2020

St Mary Magdalene Church

NJC

Clearance and Collections

Single item all the way upto full house and garden clearance, anything you need moved or removed.

Luton van with tail lift and tipper available.

Fully insured and licenced.

07999125413 njc.candc@gmail.com



 \bigstar Professional finish at reasonable rates

★ Clean and tidy lady decorator

★ Honest, reliable service

Tel: 07895 277357

Email: claire.marks@housetohomedecorating.co.uk

Web: www.housetohomedecorating.co.uk

Studio 66

Ladics and Gents Hairdressers



Bildeston Ladies Club



I have now cancelled our meetings for the rest of the summer. If the situation allows I hope that we will be able to meet again from September. Whenever we do have our first post-

Corona meeting, we will hold a very short AGM and plan for the year ahead. This will include voting for a new charity to support. With another month gone by, we are all becoming used to this new way of life - staying home and keeping ourselves and others safe. It is clear that one of the good things about this enforced time at home, is that so many of us have been catching up with jobs around the house. We have delved into the far corners of our cupboards and freezers and used up food items found lurking there, either near or past their sell buy dates. For many people this has also been an opportunity to learn how to cook and eat more healthily. The situation has made us all appreciate the food we have - stocks have to be more carefully managed and a simple trip to the supermarket has become a possible time of exposure to the virus. Thinking about food at a time when it is not certain that everything will be on the shop shelves, has also led me to think about those for whom finding enough food to feed their families has become an even more difficult task.

So, to the main point of this article - when we do meet again and make that decision about our chosen charity, I would like you to consider our local food bank as a possible cause to which we could donate, knowing that it would be supporting those within our own community who are in need of one of life's basics - enough food to eat.

If any of you have other suggestions to make, please contact me and I will include them in my article next month.

Take care, stay safe.

Chairlady - Jo Silburn - 01449 257045

HONEY BEE'S NURSERY

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 - 8.00a.m. Lunch Club Daily until 1.15p.m.

2 Indoor Rooms and Outdoor Areas
Ofsted Registered

Early Years Funding for all 3/4 year olds and eligible 2 year olds.

30 hrs funding also available.

Contact: Sharon Scarfe 07947621122 (mobile) 01449 740764 (hall)

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

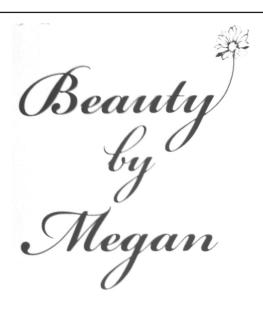




KINGS HEAD & Brewery

Nigel, Susie, Ryan, Freya and the Kings Head team send their very best wishes and hope everyone is keeping safe and well... www.bildestonkingshead.co.uk

- We again want to thank all the amazing people working to support and look after us from the dustbin men and shop workers to the emergency services, care workers and of course our incredible NHS.
- My family and I continue to do our part and support the NHS by keeping the pub closed, staying alert and staying in apart from exercising and the weekly shopping trip. We will continue to do so until instructed otherwise by the Government. We are keeping busy home-schooling our children and keeping fit!
- We have also volunteered to help as part of the **Bildeston Coronavirus Support Group**. If you need assistance, please contact them by email on <u>BildestonCovid19@gmail.com</u> or call on 033 33 355254 (calls are charged at a local rate and phonelines are open Mon-Sat 8am-6pm and Sun 9am-2pm).
- The Government have announced that they are hoping to open businesses including some pubs this summer (from 4th July), as part of the final phase of its three-step plan to ease lockdown restrictions. We are waiting for more clarity on the conditions needed for pubs to reopen and the "Covid-19 secure guidelines" we would need to adhere to in the hospitality sector.
- In the meantime the most important thing we can all do in fighting coronavirus is to stay alert. We must control the spread of the virus, in order to protect the NHS and save lives



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

LOCAL BUS SERVICES UPDATE

ROUTE 112 TO SUDBURY

GoStart Community Transport has launched a new minibus service from Bildeston to Sudbury. Bildeston Parish Council worked with other Parish Councils along the route, together with County and District Councillors and GoStart, to achieve this outcome following the withdrawal of subsidy for this route by Suffolk County Council.

Timetable: Tuesday and Thursday.

Outward: depart Bildeston Clocktower 9.30am, arrive Sudbury Bus Station 10.05.

Return: depart Sudbury Bus Station 12.30pm, arrive Bildeston 1.05pm.

The full timetable is displayed by the Clocktower.

Fares: £3 single, £4.50 return. Concessionary bus passes are accepted.

Social distancing applies, so seats are reduced from sixteen to nine at present.

Please support this new service. It is a lifeline for people without their own transport.

ROUTE 461 TO STOWMARKET

This service is among those which have been suspended as a result of the Covid-19 crisis. Hadleigh Community Transport hopes to reinstate the service at a later date.

Their Connecting Communities service is still operating for essential journeys only. To pre-book ring 01473 826242, 9.00am-3.00pm Monday to Friday.

A further update will be published when the current restrictions are lifted.



<u>Green Farm</u> <u>Vintage China Hire</u>





A large selection of Vintage china, glass and other items to hire for vintage tea parties, weddings and other occasions at very competitive prices.

20% of your china hire cost will be donated to the charity of your choice.

For more information, a price list and photos, please see my Facebook page:

Green Farm Vintage China Hire

Email: carole.homer@btinternet.com

Tel: 01449 741498 Mobile: 07879265756





BusyB

Quality Dressmaking, Alterations and Ladies Formal Gown Hire

A professional bespoke service from a friendly local dressmaker, now also providing a hire service for ladies formal wear – call for an obligation free quote.

Find me on Facebook as 'Bev Busyb'

or Google Maps – search for 'BusyB'

Tel: 01449 737618 Mob: 07753 177703

email: busybev@btopenworld.com

www.busybev.co.uk

Advice sessions at Hadleigh Health Centre

For Patients of Hadleigh, Boxford and Bildeston Surgeries

Hadleigh Health Centre Market Place Hadleigh Suffolk IP7 5DN



9.30am – 12.30pm EVERY Tuesday – patients can be referred by GP's, Practice Nurses or Care Navigators. Patients can also self- refer. Please speak to reception Tel 01473 822961

We provide free independent, confidential and impartial advice to everyone on their rights and responsibilities

We are here to help whoever you are and whatever your problem, including: Benefits - Debt - Consumer - Housing - Employment - Education - Health - Legal Immigration - Relationships

Sudbury & District Citizens Advice

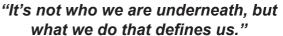
Keyse House, Acton Lane, Sudbury CO10 1QN Advice Number: 01787 321400, 03444 111 444 National Number or Suffolk number 0300 330 1151

email: advice@sudburycab.org.uk

website: www.sudburycab.org.uk www.citizensadvice.org.uk



BATMAN ALWAYS DELIVERS!



This is one of the best quotes from the Batman series. Underneath the costume is one of our own real life heroes, Craig Warner, our local postman. On Thursday 1st May, his round took him rather longer to complete than usual for three main reasons.

Firstly, he chose to do the entire round dressed as a superhero. Secondly, the mask meant he couldn't see very well, so kept stopping to make sure he was delivering the right envelope to the right address! Thirdly, he had with him a load of sweets for the children waiting to meet him, and he didn't disappoint any of them as several photos on the Bildeston Facebook Noticebook can testify.

A wonderful gesture from Craig who brightened up the day. The Bugle can tell Craig, on behalf of us all, he doesn't need to pretend to be a super hero, because we all recognise him in his usual scarlet red Royal Mail outfit as one of the best superheroes of all time!

Many, many thanks Craig. Now if you could just make those bills vanish!

Bildeston Sports Field Pavilion



Hall, kitchen & field for children's & adult parties,

meetings, clubs & rehearsals.

For details and hire rates contact 07711 904515 or 07766 527433

DON'T GO HUNGRY

Are you self-isolating or in quarantine?

Has work dried up or you have very little money?

In these difficult times **nobody** should go hungry.

If you and your family are struggling to put food on the table, we can help.

Bildeston Food Bank is a discreet service for Bildeston residents.

Call us on 0333 335 5254 (local call charges) or email bildestoncsg@gmail.com in strictest confidence

If you can help support Bildeston Food Bank, we would love to hear from you too.

We need tinned and dried food and toiletries.

Donation drop-points:

9-11 Duke Street 150 High Street 2 Brooksfield 3 Manor Road

Bildeston Village Stores













Paul's Carpentry

All Carpentry projects considered large or small Decking, Fascia and Barge Boards, Fences, Pergolas, Garden Rooms, Sheds, and Much More

Mobile: 0779 234 0365

Tel: 01449 616888

email:paulhb100@protonmail.com



HELP IN ISOLATION

If you are in a 'high risk' group or in quarantine with Covid-19, BCSG are here to help.

Prescription Collection

Dog Walking

Local Grocery Delivery

Postbox Service

This is a FREE service for Bildeston residents

Please call us on 0333 335 5254 (local call charges) or email bildestoncsg@gmail.com

We will do our best to help

BCSG also operate the Bildeston Food Bank

Supported by Bildeston Parish Council

THE BILDESTON CROWN

Foodboxes available

For more information call 01449 750140 or email reception@thebildestoncrown.co.uk thebildestoncrown.com/food-boxes

BILDESTON VILLAGE STORES

Deliveries available

For more information call 01449 740248









BILDESTON'S WHO'S WHO

This month I had a virtual interview with Beth Haley, a Beauty and Acupuncture Therapist. Beth was born in Melton Mowbray and grew up in Yorkshire. Beth studied Beauty Therapy Wakefield College in 2000, and went to college straight from high school and then straight from college to working in a spa. Beth had acquired herself a residential job in a prestigious spa called Hoar Cross Hall in Staffordshire, so off she went at 18 years old in her Fiat Punto. This is where Beth fell in love with the world of health spas, and set her standards pretty high, which makes it hard to please her when going to a spa now. After gaining lots of experience there Beth moved back to Yorkshire and worked in a city centre nail bar for 5 years improving her nail techniques. Beth had a short break from work to have her first son and then got back to work as a spa manager for Clarins. Beth really enjoyed working for Clarins and she has a passion for good quality skincare. From running a spa in Sheffield for Clarins Beth was promoted to head office in London's West End which brought her to Bildeston in 2010. Beth commuted in to London easily and enjoyed living in this beautiful part of the country. Beth's work involved her travelling around the south of the country supporting Clarins skin spa managers, helping with staff training and hitting performance targets etc, Beth did this until she had her second son in 2013.

Beth then made the choice to become self employed and has a better work/life balance. Beth started to build up a local client base providing mobile Beauty Treatments which has become a great success. Beth worked for the Weavers House spa in Lavenham as head therapist for a year but found her own Beauty business was successful enough for her to focus solely on that. Beth trained in acupuncture in 2018 and aims to progress to cosmetic acupuncture in the future. Beth's passion is high quality honest Beauty and nails. Over the last 3 years Beth has even started making her own face wash, facial moisturisers, body butters, body scrubs and facial exfoliators. Some of Beth's clients are big fans of her face wash and moisturiser, although this is not something she promotes very well.

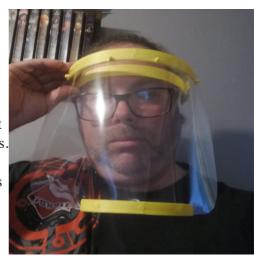
Beth works on Tuesdays at Secret Beauty in Nedging and on Thursdays at Platinum Hair and Beauty in Stowmarket, the rest of the week Beth is mobile or working from home. Beth is so thankful to all her loyal clients and friends during this quarantine time, she is particularly missing the friendship that she has with her clients and all the great conversations she has. It's great to look and feel good but she believes it's just as important to give people time and a great space to chat or off load.

Beth enjoys the outside life too, some of the things Beth enjoys doing are cycling, walking her dog and eating out at nice establishments. Beth loves to laugh and her northern spirit is strong, Beth says we are very loyal, blunt and honest but that's always the best way.

You can find Beth on Facebook....Beth H Nails and Beauty

GEORGE'S MARVELLOUS MEDICAL MASKS!

George Miller is helping to protect NHS and Key workers. Many people in our community have been playing their part during the Covid-19 pandemic whether it's volunteering to deliver prescriptions and food, creating the food bank or simply staying at home to protect themselves and others. But there are other things going on that are not as visible. One example is George Miller, who from his home in Bildeston is using technology to produce full face protective face masks. You will have seen them, they clip



around the forehead and provide a perspex cover over the entire face. From George's home he has set up a production line with his family. He buys the basic materials from Amazon and eBay and using two 3D printers, produces the head clips and then cuts out the perspex and attaches the face shield to the clip. It sounds quite simple, but George has been producing these in the hundreds since early March.

He said, "I just wanted to do something practical to help".

The simple cloth masks afford a level of protection but these masks provide a higher level of protection for those working in close proximity to Covid – 19 patients as part of the recommended Personal Protection Equipment PPE for NHS. George's masks have been given free to local Bildeston NHS workers, Charity shops and key workers. They have also been provided nationally directly to Morton Grange in Derbyshire and via BT Adastral Park distributed to NHS hospitals.

George is part of a wide group of people in communities across the length and breadth of the UK who are helping to produce PPE to protect our NHS workers supplementing the traditional supply that is stretched to capacity. It is making a real difference. PPE by its nature has to be disposable after short use, so George has said he will continue the production line whilst there is high demand. It's likely to be for some time.

Some Bildeston residents have generously made donations for materials. If you wish to add to this fund please contact George directly on **07508402370**.

SEAGER SWEEPS

Professional Chimney Sweeping Services

Chimney Sweeping Prices From £50

For 2019/20

(any standard chimney of lined stove)

Book online

www.seagersweeps.com

Tel: 01449 741595 / 07958739686 Email: info@seagersweeps.com

Bildeston, Ipswich, Suffolk, IP7





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



MULTI AWARD-WINNING Frames Conservatories

Your Complete Home Improvement Centre *H*

For a room you can use all year round, call us now on:

01284 799470

Unit 3, Barton Road Retail Park, Bury St Edmunds, Suffolk IP32 7BE (Nr Farm Foods) or visit www.fcdhomeimprovements.co.uk

ALUMINIUM PRODUCTS ★ CLADDING ★ WINDOWS ★ DOORS ★ CONSERVATORIES ★ FASCIAS & SOFFITS

YSTEMS Tree and Grounds Care

Tree Surgery, Felling, Dismantling, **Hedge Maintenance, Stump Grinding Woodland Creation, Commercial Grass Cutting**

Fully Insured NPTC qualified Council approved contractor FREE no obligation quotations and advice

DAN STANMORE

Bildeston 01449 741255 • Mobile 07980 290781 Woolcombers, Duke Street, Bildeston IP7 7EW

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 Cheat's Tiramisu

with thanks to Alison

Ingredients

serves 8
15 SPONGE FINGERS
8 TBSP COFFEE LIQUEUR – TIA MARIA
600ml DOUBLE CREAM
250g MASCARPONE
5 TBSP POWDERED DRINKING CHOCOLATE
2 TBSP ICING SUGAR

Method

- 1. Lay sponge fingers in a serving dish 20.5 x 15 cm. Drizzle over 6 tbsp of the coffee liqueur, turn them then set aside to soak up the mixture.
- 2. In a large bowl, whip half the cream, half the mascarpone, 4 tbsp powdered drinking chocolate and 1 tbsp icing sugar to soft peaks.
- 3. In another large bowl whip remaining cream, mascarpone, 2 tbsp coffee liqueur and 1 tbsp icing sugar to soft peaks.
- 4. Carefully remove the soaked sponge fingers to a plate for a short while. Spoon the chocolate cream mixture into the base of the dish, smooth to level.
- 5. Lay on the sponge fingers in an even layer then top with the boozy cream mixture.
- 6. Dust with the remaining 1 tbsp powdered drinking chocolate and serve.



page 29 - issue 356- June 2020

PHYSIOTHERAPY AND PILATES



Claire is an experienced Physiotherapist and certified Pilates Instructor.

Services offered:

- Physiotherapy
- Womens Health Physiotherapy inc MummyMOT
- **Running Analysis**
- Sports Massage
- Pilates 1:1
- Pilates classes (BILDESTON & Hadleigh)
- Home visits

PHYSIOTHERAPY CAN HELP:

- . 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: Kersey Mill Kersey IP7 6DP



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

Castell Carpentry

Doors Supplied & Fitted Shelves & Storage Cupboards & Cabinets Fitted Furniture

Call Tom 0757 900 8271

tom@castellcarpentry.co.uk

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 5HI

Bildeston Bookworms



Hello Bildeston. As I write this, we have had our 'lockdown' extended. A threeweek holiday would be eagerly anticipated, but three further weeks of restrictions are met with feelings of isolation and loneliness, resentment and

anger. Others will see it as time to spend together. Time to catch up with all those 'just' jobs. I wonder how this time in our history will be recorded?

As with other areas of our lives, many of us are making the most of the situation and trying to continue as 'normally' as possible. To this end our book club has endured. I can hardly describe my surprise and joy at our next choice. I have previously mentioned being able to revisit books and as I opened Jane Eyre, I couldn't wait to begin the journey again.

The story is well known. Plain Jane has a traumatic, often cruel childhood. This and her time at boarding school strengthen her natural independence and spirit. Her job as a governess in the home of the darkly handsome Mr Rochester and their developing love for each other are overshadowed by the secrets from his past. She discovers more about herself and in so doing, learns that she is not alone in the World and as one would expect from a gothic romance, finds love and happiness.

It is a story that has been made into numerous films and TV series, both good and bad, so many of us are familiar with the story. Through it all we are on Jane's side, willing her to find her ultimate happiness and to see that there is light at the end of the tunnel, something that many of us can identify with today.

My view is tremendously biased I am afraid, as it is truly my favourite book of all time. I have lost count of how many times I have become lost in the wild Yorkshire moors with Jane and fallen in love, again, with Mr Rochester and this is one of the joys of the book, you empathise with her.

Although written over 170 years ago, Jane Eyre reminds us of many modern novels, with its passionate depiction of a woman's search for equality and freedom. The language has a faintly old-fashioned feel, a blend of literary English and Yorkshire dialect, but is still easy to read. It is a powerful novel, full of intrigue and definitely worth a read or even reread

Sadly, it was a short discussion, as so many of us had already read Jane Eyre, but many said it was like meeting an old friend. It was interesting to see how the novel and some of it's themes are viewed today. Ideas that I had previously never thought about in connection with this book; the slave trade for example were suggested.

I hope you are enjoying having time to pick up a book and remember, "Reading gives us someplace to go when we have to stay where we are."



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



Done & Dusted

Cleaning Service

A professional, reliable business offering:

- Domestic Cleaning regular cleaning or one off spring cleans.
- Commercial Office cleaning.
- Ironing service Collected and delivered back to your door

Please call for a no obligation quotation:

Office 01449 258574/Mobile 07402 045572



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





9" Pizzas £5 each

Bildeston Village Square 4.00 pm - 6.30

8th Feb, 14th March,11th April. 9th May (2nd Sat of the Month)

Margherita

Veggie (Peppers, Onions, Mushrooms, Sweetcorn, Olives)

Ham & Pineapple

Meat feast

Pepperoni

Hot Pepperoni (Chilli flakes, Jalapenos, Onions)

Garlic Bread with cheese

Ham Mushroom Olives

BBQ base Chicken and Ham

Cajun Chicken (Chicken, Cajun spice, Peppers)

Meatball Special (Meatballs, Onions and Herbs)

Pre order on

Tel 07856 070123

Available for Events , Party, wedddings....



Dolly's pizza van

BILDESTON PARISH COUNCIL

DRAFT minutes of a Virtual Annual Council meeting held on Tuesday, 5th May, 2020 at 7.00pm

In attendance:

Councillors: Peter Hutchings (In the Chair)

Andrew Guttridge, Ashley Hubbard, Sarah Leigh-Hunt, Richard Lester,

Richard Powell and Virginia Tuck

Also Present: David Blackburn (Clerk) County Councillor Robert Lindsay

C01/20/21 APOLOGIES FOR ABSENCE

An apology for absence was received from Councillor Chapman.

C02/20/21 DECLARATIONS OF PECUNIARY AND NON PECUNIARY INTERESTS

The following declarations of non-pecuniary interest were recorded:

Kings Pightle Management Committee - Councillors Hubbard & Lester

Parochial Church Council - Councillor Lester

Sportsfield Management Committee - Councillor Hutchings

C03/20/21 DISPENSATIONS IN RESPECT OF PECUNIARY INTERESTS

There were none.

C04/20/21 MINUTES OF PREVIOUS MEETINGS

It was AGREED: That the minutes of the meeting of 10th February 2020, and the Planning & General Purposes meeting of 11th March, 2020 be signed by the Chair as a correct record subject to it being recorded that £400 has been donated towards the provision of a Defibrillator at Chamberlin Hall Minute (C143/19/20 refers of the meeting held on 11th March, 2020).

C05/20/21 MATTERS RAISED BY PARISHIONERS/PERSONS ATTENDING THE MEETING

There were none.

C/06/20/21 ELECTION OF CHAIRMAN

It was AGREED: That Councillor Hutchings be elected Chairman of the Parish Council for the municipal year 2020/21.

C07/20/21 ELECTION OF VICE-CHAIRMAN

It was AGREED: That Councillor Lester be elected Vice-Chairman of the Parish Council for the municipal year 2020/21.

Councillor Lester indicated that he would be prepared to serve for part of this term if any of the new Members of the Parish Council wished to be given the opportunity to serve as Vice-Chair.

CO8/20/21 APPOINTMENT OF LEAD MEMBERS

It was AGREED: That the following appointments be made for the ensuing year:

Area of Responsibility	Role	Councillor	
Burials & Cemetery	Lead	Ashley Hubbard Angela Chapman & Virginia Tuck	
Footpaths	Lead		
Planning Matters & CIL	Lead	Andrew Guttridge	
Roads and Traffic	Lead	Richard Powell 20mph Proposals – Andrew Guttridge	
Street Lights	Lead	Andrew Guttridge	
Wattisham Airfield Liaison	Lead	Peter Hutchings	
Parochial Church Council	Contact	Richard Lester	
TON Class Liaison Officer	Contact	Clerk	



Chamberlin Hall Mgt Committee & Playground	Nominee	Peter Hutchings
King's Pightle Mgt Committee	Nominee	Ashley Hubbard & Richard Lester
Sportsfield Mgt Committee	Nominee	Angela Chapman

(Note: Where nominations are made to outside bodies, the nominee's primary duty is to act in the interests of that body, if they are serving in a position of management or control. They should also avoid potential conflicts of interest when matters relating to the affairs of the outside body are brought before meetings of the Parish Council. There are no such requirements in respect of Lead Roles or Contacts).

CO9/20/21 CALENDAR OF MEETINGS

The programme circulated complied with the Local Authorities and Police and Crime Panels (Coronavirus) (Flexibility of Local Authority and Police and Crime Panel Meetings) (England and Wales) Regulations 2020 insofar as the New Regulations permitted virtual meetings.

It was AGREED: That the following programme of meetings be approved:

Tuesday, 5th May, 2020 at 7.00pm	Annual Parish Council Meeting	Virtual Meeting
Monday, 8th June, 2020 at 7.00pm	Parish Council	Virtual Meeting
Monday, 13th July, 2020 at 7.00pm	Parish Council	Virtual Meeting
Wednesday, 29th July, 2020 at 7.00pm	Parish Council	Virtual Meeting
Monday, 14th September 2020 at 7.00pm	Parish Council	Virtual Meeting
Wednesday, 14th October, 2020 at 7.00pm	Parish Council	Virtual Meeting
Monday, 9th November, 2020 at 7.30pm	Parish Council	Baptist Chuch Hall
Wednesday 9th December 2020 at 7.30pm	Parish Council	Baptist Chuch Hall
Monday, 11th January, 2021 at 7.30pm	Parish Council	Baptist Chuch Hall
Monday, 8th February, 2021 at 7.30pm	Parish Council	Baptist Chuch Hall
Saturday, 20th February, 2021 at 10.00am	Parish Council Forward Planning Meeting 3 for Grounds Maintenance and Partner Engagement	Chamberlin Hall
Wednesday 10th March, 2021 at 7.30pm	Parish Council	Baptist Church Hall
Monday, 12th April, 2021 at 7.30pm	Annual Parish Meeting of Electors & Parish Council	Sportsfield pavilion

(Note: The above will be subject to change in view of the restrictions on social distancing).

C10/20/21 TEST VIRTUAL MEETING

It was AGREED: The actions approved at the Virtual Test Meeting held on 28th April 2020 were ratified as recorded below:

BILDESTON CORONAVIRUS SUPPORT GROUP

It was AGREED: That the actions taken by the Parish Council to support Community Resilience Measures in Bildeston be endorsed including:

- a. Noting the management and oversight arrangements of the Parish Council;
- b. Noting that fortnightly liaison meetings will be held between the Parish Council and Bildeston Coronavirus Support Group (BCSG);
- c. Requesting statistics from BCSG to be shared on a fortnightly basis recording the types of community support provided;
- d. Endorsing the actions taken by the Clerk in consultation with the Chair and Vice-Chair to support the initiative:

- e. Noting the documentation prepared including an Overview Document, Safeguarding Policy, Operations Policy, Risk Assessment and Expenses Claim Form;
- f. Noting the insurance position regarding volunteers falling within the scope of the Parish Council's insurance policy for support provided within the village; and
- g. Noting that the "ring-fenced funds" from donors will be held in the Projects Reserve.

BILDESTON 20MPH SPEED RESTRICTION ZONE

It was AGREED: That the following response be submitted to Suffolk County Council to the draft proposals:

The Parish Council is pleased to have the opportunity to comment on the draft report. The case for a 20mph speed limit on the High Street is well evidenced by the report, but the PC considers that there are factors relating to the various side roads which are not apparent from the current draft:

Newberry Road

The report refers to this as facilitating vehicular access to the school. It also needs to be stated that it is also the sole pedestrian access route, and also to note that most children walking to school will also have to cross the High Street. This is due to both the geography of the village and the layout of pavements along the High Street.

Duke Street/ Chapel Street/ Market Place

It should be noted that these roads, along with the High Street itself, form the contiguous historic core of the village. It should also be noted that the Market Place in its entirety forms an important community space, used for key community events such as the BNatural music festival.

Wattisham Road

This is the one area of the current draft report which is substantially flawed. Both the description of the character of Wattisham Road, and the speed data shown in the report, do not apply to the short length requested for inclusion in the 20mph speed limit. The length proposed for inclusion is much narrower, to the extent that opposing traffic cannot pass without encroaching on private driveways. This length also does not have an open aspect. The narrow carriageway and adjacent narrow pavement means that passing traffic can be intimidating and potentially hazardous to pedestrians. Given the amount of housing on Wattisham Road and Brooksfield, this is a well-used pedestrian route for children going to and from school. As the character and road geometry is significantly different, the speed data collected further from the village is very unlikely to be representative of the short, narrow length requested to be included in the 20mph limit. The final report must adequately address all of these issues.

C11/20/21 PARISH COUNCIL PROJECTS AND COMMUNITY MATTERS

a. Village Sign

Councillor Hubbard provided details of the design ideas for the new Village Sign.

It was AGREED: That Councillor Hubbard continues to liaise with The Village Sign People and supplies photographs of local landmarks to assist in the preparation of the proposed design.

b. Local Bus Services

Councillor Tuck provided an update on the success achieved in retaining a regular bus service from the village to Sudbury.

It was AGREED: That, as per Minute C142/19/20, the Parish Council confirms its contribution of £500 towards the GoStart 112 bus service to Sudbury.

County Councillor Lindsay joined the meeting, having submitted a written report beforehand and welcomed the steps that were being taken by the bus service operator to continue the service. He also clarified that Babergh District Council had awarded a grant of £2000 from its Emerging Grants Fund towards the Bildeston Coronavirus Support Group.

C12/20/21 MAINTENANCE OPERATIVE

There was a discussion about how to conduct interviews for the position of the Maintenance Operative in the current circumstances whilst lockdown and social distancing measures were in place.

It was AGREED: That the Chair makes the candidates aware that interviews will be deferred until such time as face to face interviews may be held with the Selection Panel to comprise of Councillors Hutchings, Lester and Guttridge.

C13/20/21 FINANCIAL MATTERS

It was AGREED: That the following payments be confirmed as being authorised:

Payee	Description	Budget Category	Amount (inc. VAT)
2019/20 Paid before Year End			
Suffolk County Council	Maintenance & Energy Costs	Street Lighting	£2,266.80
David Bracey	Play Area Inspection	Playgrounds & Open Spaces	£144.00
Chamberlin Hall	Meeting Room - Part Year	Hall Hire	£280.00
April Payments			
David Blackburn	Clerk's Pay	Salaries & Expenses	£170.52
David Blackburn	Expenses	Salaries & Expenses	£18.00
David Blackburn	Copier Costs - Ink Cartridges	ICT & Website	£113.18
Fiona Lemon	Community Development Worker	Salaries & Expenses	£52.50
HMRC	PAYE (to end Mar)	Salaries & Expenses	£475.80
SALC	Subscription 2020-21	Subscriptions	£413.17
Tomlinson Groundcare	Grease Guard	Playgrounds & Open Spaces	£1.91
Tomlinson Groundcare	Mower Parts	Playgrounds & Open Spaces	£180.34
JRB Enterprise Ltd	Dog Bags	Playgrounds & Open Spaces	£352.80
Richard Lester	SMS Mail Boxes	ICT & Website	£60.48
Richard Lester	SMS Mail Boxes	ICT & Website	£45.60
BHIB Insurance Brokers	Insurance Premium	Insurance	£707.81
BHIB Insurance Brokers	Motor Insurance Premium	Insurance	£228.48
May Payments			
David Blackburn	Clerk's Pay	Salaries & Expenses	£170.52

David Blackburn	Expenses		Salaries & Expenses	£18.00
Fiona Lemon	Community Worker	Development	Salaries & Expenses	£162.07

(Note: All items to be paid for from the General Fund).

The Clerk reported that he has liaised with the internal auditor (Suffolk Association of Local Councils) and external auditor (PKF Littlejohn).

C14/20/21 PLANNING MATTERS

Planning Appendix A - Items for comment by the Parish Council

Reference	DC/20/01623 (re-submission of DC/19/05533)
Location	64 Brooksfield, Bildeston IP7 7EJ
Proposal	Householder Planning Application - Erection of two storey side extension with hipped roof and erection of front single storey extension (following demolition of existing porch)
Representation	No Objection (submitted previously by Clerk)

Reference	DC/20/01595
Location	Verandah House, 150-152 High Street, Bildeston IP7 7EF
Proposal	Application for Works to trees in a Conservation Area -
Representation	The Parish Council believes that there are a number of inaccuracies in the information provided with trees omitted and/or recorded incorrectly. The proposed works are quite extensive and the Parish Council would wish to receive an accurate plan before commenting on the application (submitted previously by Clerk)

Reference	DC/20/01436
Location	Dukes Hall Duke Street Bildeston Ipswich Suffolk IP7 7EW
Proposal	Householder Planning Application - Erection of single storey two-bay cart lodge
Representation	The Parish Council has no objection subject to their being strict compliance with the plans submitted, particularly in respect of the height of the ridgeline to the structure (submitted previously by Clerk).

Reference	DC/20/01685
Location	The Red House, 126 High Street, Bildeston, Ipswich Suffolk IP7 7ED
Proposal	Demolition of brick garage. Erection of single storey side/rear extension with glazed link connection including window/door alterations and conversion of outbuilding to form a studio and living area. Replacement of asbestos sheeting roof to the rendered garage and workshop outbuilding
Representation	No objection

Planning Appendix B - Items determined by Babergh District Council as relevant Planning Authority

Reference	DC/20/01260
Location	Minto House 72-76 High Street Bildeston Ipswich Suffolk IP7 7EA
Proposal Notification of Works to Trees in a Conservation Area - Lop Ash tre	
Decision	Granted by Planning Authority

Reference	DC/20/00712
Location	9 - 11 Duke Street Bildeston Ipswich Suffolk IP7 7EW
Proposal	Householder Planning Application - Erection of single storey rear extension (following demolition of part of existing extension), demolition of rear chimney, removal and replacement of rear fenestration, replace boarding on dormer window with lime washed render, part demolition of outbuilding and alterations to form workshop/store
Decision	Withdrawn

Reference	B/15/01433
Location	Land East of Artiss Close and Rotheram Road, Bildeston
Proposal	Discharge of Conditions – Protected Species Mitigation Measures
Decision	Approved

Planning Appendix C - Items where Appeals have been lodged

Reference	APP/D3505/D/20/3246803 Appeal
Location	Erection of 2no. Pergolas and a Gazebo (Retention of).
Proposal	Woodland Barn, Church Road, Bildeston, Ipswich Suffolk IP7 7EE

C15/20/21 MATTERS BROUGHT TO THE ATTENTION OF THE COUNCIL

Councillor Tuck reported on the poor condition of part of the Mill Lane footpath and the Clerk undertook to liaise with the contractor who had been appointed earlier in the year to undertake works to the path.

Councillor Tuck suggested that a flag be flown to mark the 75th anniversary of VE Day. Councillor Lester had a large flag and Councillor Hutchings would liaise with Robin Sidgwick over the possible provision of a flagpole. Councillor Lester reported that a flag would also be flown at the Church. Councillor Hubbard expressed his concerns about the length of time it was taking to resolve the issue of the Memorial Stone at the Cemetery which had been erected without the consent of the Parish Council. The Clerk was asked to place this item on the next agenda and to liaise with the legal advisers.

C16/20/21 STAFFING REPORT

Further to Minutes C76/19/20 & C151/19/20, the Chair and Vice Chair would conduct the review as delegated by the Parish Council.

The meeting closed at 8.15pm

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

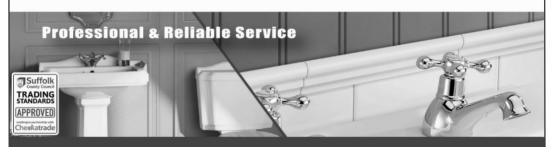
01473 658919 or 07876 244461

or email paul.cousins268@btinternet.com



07534 525 263 01449 258 254





Plumbing, Bathrooms, Heating, Boilers, Servicing, Underfloor Heating, Tiling, New builds & Renovations

gidneyph@outlook.com www.plumbinginsuffolk.com



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@gmail.com

Natalie Mottram Physiotherapist HPC & CSP Registered



- · Muscle and joint problems
- · Neurological conditions
- Stroke rehabilitation
- Fall prevention & balance rehabilitation
- · Pre and post-surgery treatment

For more information and rates please contact:

T: 01787 248061

M: 07758255583

E: nataliejmottram@gmail.com

Physiotherapy Clinic: The Beauty Gallery, 3 High Street, Lavenham, CO10 9PX

CHIMNEY SWEEP

ECO SWEEP

CHIMNEY SERVICES

NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES.

NDUSTRIAL HEPA FILTERED VACUUM.

FULLY INSURED.

NSURANCE RECOGNIZED CERTIFICATES ISSUED.
SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
ALL CHIMNEYS, WOOD BURNERS, AGA, BOILER
FLUES SWEPT.

Before During After



TEL. 01359 232335



Luxury Cat Hotel Exclusively for Cats

Telephone: 01449 744966

Web site: www.clayhillcattery.co.uk
www.facebook.com/clayhillcattery

Email: info@clayhillcattery.co.uk

Fully licensed and inspected by Babergh & Mid Suffolk District
Council – highest Five Star rating awarded

Family run cattery where your cat is treated like a member of our own cat family

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 & cosy in Winter, and cool & ventilated in Summer

Personal care & attention, a home-from-home for your cat
Free grooming, nail clipping & administration of medication
Ample parking, or try our collection and drop off service
Idyllic countryside setting surrounded by wildlife
24/7 on-site supervision and CCTV surveillance



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, 1.com | pilatesworks4u@gmail.com Tel: 01473 823 500 or 07855 394703

Dunstone Optometry

3 Queen Street, Hadleigh

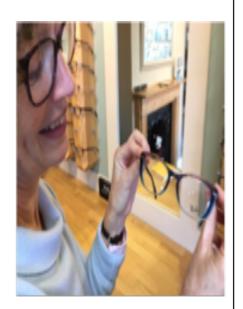
For your entire eye care needs

including contact lenses, latest Swept Source OCT eye scanner, examination of children and home visits

Frames include: Tom Davies, Tiffany, Ray-Ban & Esprit

To find out more please call in, telephone

01473 823755 or see dunstoneinsight.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

Benefice of Bildeston w Wattisham, Lindsey, Whatfield and Semer,

Nedging and Naughton.

Pastoral Letter - from Revd Elke Cattermole



"May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus". Roman 15:5

The past few weeks of "lockdown" because of the Covid19 pandemic, has been a challenge for most of us. Making changes to our daily routines and staying at home has at times been very testing for us.

Yet we have seen the endurance and stamina of many of those who work in many areas of society, to keep things going. Whether it is in healthcare in hospitals or community settings, those keeping us supplied and our government.

I have been impressed how people have wanted to be there for those who may need our help. Either individually or through local village support groups and the "Bildeston Foodbank Hub". Like many of you I like seeing and visiting people, yet all I can safely do is contact them by phone. That has proved to be very valuable and I have had some wonderful conversations.

Part of our endurance at this time may be learning new skills, especially those to help us keep in touch via the internet. I have started to use Zoom to see and talk to the family as well as church colleagues. My biggest challenge was to record Sunday services from the Rectory sitting room. Have decided not to do it 'Livestream' yet!

Like many of you the garden has become the place to exercise and enjoy the outside safely. The wonder of new birth from what had appeared to have died in the winter has come alive. The birds singing, all God's creation has come alive again among this chaotic world.

Though I cannot do all the practical things I would like, I know I and you can talk to God in prayer. I have had more time to join in daily prayer with others online and be open to God's guidance. Praying for people I know as well as those I do not know has been to me and others a way of uplifting them to God, through Jesus Christ and the Holy Spirit.

We can trust that through all this God has given us an endurance and encouragement and a spirit of unity.



Prayer from "To Worship in Silence", by Susan Sayers

"Knowing that our heavenly Father loves and cares for all he has created, we pray for those who are feeling discouraged. For those who are burdened with this crisis, Lord give them your encouragement. Lord you have promised us that you will be with us always. With the promise to encourage us in every situation, may we walk your way with joy, and infect the world with Hope."

Amen

Blessings to you all.

Revd Elke

Services that we can be part of:

Just because services in our churches are currently suspended because of Coronavirus COVID-19, it doesn't mean that we stop being church, and cannot still worship together. The following are just some of the resources that are available to all of us:

Television programs

Sunday: Songs of Praise at 1.15pm on BBC 1

Radio programs

Daily: **Prayer for the Day** at 5.43am on Radio 4

Daily Service at 9.45am on Radio 4 Longwave and DAB

(The Daily Service is available on a Radio 4 DAB side channel which is automatically made available about a minute before the programme begins. After tuning to Radio 4 DAB, select "Daily Service" (from your display) with the tuning wheel and press the selector button. On some radios the side channel can be stored on a preset button)

Weekly: Sunday's **Sunday Worship** at 8.10am on Radio 4

National "Virtual" Service at 8am on Local Radio

(and online in the Church of England and BBC from 9am)

Choral evensong at 3.00pm on Radio 3

Online / On Demand

Many TV's also have access to BBC iPlayer & BBC Sounds programs which offer a large number of Religious and Ethical programs.

Facebook

Monday to Saturday at 8.30am - Bishop Martin and Bishop Mike will stream Morning Prayer.

You can watch live or at a time to suit you at www.facebook.com/BishopsCofEsuffolk/

Monday to Friday at 5pm - St Edmundsbury Cathedral will stream Evensong/Evening Prayer.

Saturday & Sunday at 3.30pm - St Edmundsbury Cathedral will stream Evensong/Evening Prayer.

Other Resources

The Church of England have issued prayer and intercessions suitable for individual and families to use at home. They can be found at: www.tiny.cc/CofeHomePrayers

page 47 - issue 356- June 2020



	Bildeston Community Coffee Centre
Every Friday	Baptist Church 9:15-11:30
	Lunch club
1st Wed every month	Baptist Church 12.15 for 12.30pm start
	Craft it Together
1st Monday every month	01449 740716/741606 for details
	Strollers & Striders
Every Monday	Baptist Church Car Park 10.00
	Baby and Toddler Group
Every Tuesday	Baptist Church 9.15 to 11.30am
	Church Bell Ringing Practice
Every Tuesday	St. Mary Magdalene church bell tower 8.00 to 9.15pm
	Mens Breakfast
Last Saturday every month	Baptist Church 8.00am

The usual activities and events planned for June could now be cancelled due to the Coronavirus. Any meetings, clubs etc. still published, the Bugle would strongly encourage participants to check with the organisers if they are still running, before turning up.

Meanwhile, please observe the social-distance advice.
Continue to wash your hands regularly and thoroughly,
Stay alert, control the virus and save lives.
Stay well and let kindness go viral across our community.

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

