

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.

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 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 and Alison Sims (Assistant Editors)
Pam Weaver (Distribution)
Lisa Chinery (Printing Assistant)

### **ED'S COMMENT**

The original intention of a scarecrow was to scare! That was the last thing on most people's minds when they wandered around the village from 1st August. The sheer ingenuity, inventivenss and humour on display with eventually well over 70 scarecrows was stunning.

According to history books, the Egyptians used the first scarecrows to protect wheat fields along the River Nile from flocks of quail. Egyptian farmers put up wooden frames in their fields and covered them with nets. Then they hid in the fields, scared the quail into the nets and took them home to eat for dinner! Greek farmers in 2,500 B.C. carved wooden scarecrows to look like Priapus, the son of the god Dionysus and the goddess Aphrodite, who supposedly was ugly enough to scare birds away from the vineyards and ensure good harvests. They painted their wooden scarecrows purple and put a club in one hand to scare away the birds and a sickle in the other for a good harvest. The Romans copied the Greek scarecrow custom and when Roman armies marched through Europe they introduced Priapus scarecrows to the people there. Japanese farmers made scarecrows to protect their rice fields. They made scarecrows called kakashis, shaped like people. They dressed the kakashis in a raincoat and a round straw hat and often added bows and arrows to make them look more threatening.

In Germany, scarecrows were wooden and shaped to look like witches. Witch scarecrows were supposed to speed up the coming of spring. During the medieval times of Britain, the scarecrows originated as actual young children who would go through the fields throwing stones when birds would land in the fields. They would also make a noise, banging things called clappers (two pieces of flat wood banged together) to chase them away. But the only clapping heard this time, was gentle applause as one idea after another made us appreciate the skill and creativity of the clever Bildeston scarecrow makers.

Everyone had their favourites. The breadth of inspiration was wonderful. From a tower of tyres into minions, Prince Andrew and his alleged takeaway (has Robin reveived any royalties from Pizza Express?), Anglia Water operative at last fixing the leak, maids on bicycles, dancers, mermaids, gardeners, mechanics, Brian from Melton and his family, the crow from Disney, Mr Glencoe helping his wife in the flower bed, cowboys, flowerpot men, lots of NHS staff, the Simpsons, skeletons, covid sufferers, even the Bugle editor... the list goes on! And what won? The one scarecrow you could hardly see, the invisible man's scarecrow! Absolutely brilliant!

Huge thanks and well done to Debbie and Kevin Bailey for organising the competition and Grand Draw, dressing up and arranging for Mark Murphy of BBC Suffolk to judge the scarecrows. In total £1289 was raised for the Suffolk Community Foundation. But much more was raised. The reputation of the village was enhanced with many visitors adding to those wandering around on a balmy hot sunny Saturday 8th August. It raised a laugh, it raised our spirits and it also seems to have raised expectations of other local villages to do likewise. Barking has had their scarecrow display for a number of years and Hitcham has joined in. It was a great success and proved lots of things about Bildeston residents. They rise to a challenge, they are up for a laugh, but then take it seriously enough to compete and produce works of quality and technical ability! At the award ceremony Debbie suggested making it an annual event. Hard to see how next year can beat this, but appreciating the Bildeston scarecrow talent this year, we would bet a bigger, better scary success!



# 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

The last few months have been a very unusual time, and many of us have had to adapt and learn new skills, from zooming at school to teaching at home. I would like to thank our dedicated staff at school for maintaining in-school provision as well as guiding the learning of pupils. Many of our parents have been teaching at home guided by work set by teachers and this has been greatly appreciated. As a community we have pulled together and provided as best we can for our exceptional children.



The difficulties we have faced have not deterred us from keeping active! We have continued to take part in PE activities arranged through one of our sports providers, including the Sports Week Challenge where children completed activities like Speed Bounce, Keepy Uppys, Target Throws,



Step Up and Upside Down Challenges!! We also joined in with the Sports Week Step Challenge where we managed a grand total of 5732 steps, that's nearly to the top of Scafell Pike!! Children at home also joined in!

We have had Maths Quizzes by zoom as well as a parent question and answer session with teachers to help parents with their children's home learning.

#### **Transition**

I am sure you will all join me in wishing our current Year 6 every

success in their High School education. It was lovely to see them last Friday as they enjoyed time with staff and each other, and I know they will represent us well as they move on to High School.

We have made lots of zoom calls to our new parents and pupils as they embark on their education with us from September. We were sad not to have given our new pupils the usual Bildeston welcome to our school, but rest assured plans are in place to make sure that they



all settle well into their new environment in September.

On behalf of the staff, governors and myself, I wish you all an enjoyable and, hopefully, sunny summer holiday.

Learning and Growing Together

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

#### **CLAIMING UNIVERSAL CREDIT**

During these uncertain times, many people will be needing to claim Universal Credit for the first time. *Help to claim* is a dedicated service from Citizens Advice. It's free, independent and confidential. Our trained advisers can help with things like how to gather evidence for your application or how to prepare for your Work Coach appointment. Call free on 0800 144 8 444 or visit citizensadvice.org.uk/helptoclaim Get help making a claim for Universal Credit - from the application through to your first correct payment.



#### **BILDESTON FROM THE AIR**





### What's on in September

For bookings contact: 07716 921514 or chamberlin.bookings@gmail.com

MLSPA Performing Arts (07957 351941)

,		<b>3</b>	
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)	
<b>Every Thursday</b>	10.30am-11.30	Zumba Gold with Sarah	
<b>Every Thursday</b>	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)	
Every Friday	from 7.00pm	Bowls Club social evening short mat bowls	

### CHAMBERLIN HALL TO RE-OPEN

Chamberlin Hall Management Committee are managing the gradual reopening of Chamberlin Hall from 1st September.

Particular classes will be able to start but organisers are reminded about the following conditions:

- Covid 19 guidance should be followed around social distancing, face masks and own use of hand sanitisers;
- Toilets cannot be used until notified otherwise;
- The kitchen cannot be used:

Monday/Tuesday from 3.45

The bar remains closed

For more details please contact CHMC



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#### DAMAGE AT THE TENNIS COURTS

There has been clear, visual evidence of damage at the Tennis Courts in late July/early August. Two youths, aged approx 13/15, were seen attempting to gain access by scaling the surround netting on the side adjacent to the football pitch. On that specific occasion, the evening of 30th or 31st July, they ran off and did not access the court. However, prior to that date access had been gained via that route and a brand new bench purchased for £150 was damaged. Perhaps this started as a bit of harmless fun which ended up in damage to the surround netting and the bench; those involved were fortunate to escape without serious injury!! Furthermore, on the evening of Tuesday 4th August the combination lock on the gate was tampered with and rendered unserviceable. Whether or not all the damage was inflicted by the same two youths is not the issue as this is just mindless, irresponsible behaviour by people who have got no respect for anything that does not belong to them. Perhaps teenagers should be encouraged to read this just to see if it tweaks somebody's conscience.



# NJC

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# NEWS FROM THE BNATURAL COMMITTEE

Sadly there will be no festival this year - but see you all for our 10th Festival in September 2021

Like many other village events we have been unable to hold any fundraising events and so plan to host a socially distanced fundraising picnic on September the 6th - details will follow!

Lastly, we still need to hold and AGM and publish our accounts all of which will take place in the next 4 weeks.

Keep well, keep safe and many thanks for your continued support

www.bnatural.bildeston.org





#### SUNDAY THE 6TH SEPTEMBER BILDESTON SPORTS FIELD

The event starts at 2pm with live music courtesy of Adam and his busking broncos, the BNatural bar will be serving local beer, cold cans and Pimms, we will also have Tea and Cakes, Ice creams, and of course a raffle!

DUE TO SOCIAL DISTANCING YOU NEED TO BOOK YOUR BUBBLE IN ADVANCE.

2 PERSON BUBBLE £5.00
6 PERSON BUBBLE £10.00
THE BUBBLE HOTLINE IS DAMON ON 07799 858676

RAFFLE PRIZES OR DONATIONS PLEASE CONTACT SARAH ON 07803 117033

ALL MONIES RAISED GO STRAIGHT IN THE POT FOR BNATURAL 2021 - YEAR 10
YOUR LOCAL FREE FESTIVAL.

The event will be run in line with Government guidelines which may of course change!

### Bildeston Ladies Club

#### A BIT OF NORMALITY RETURNS TO BILDESTON!

I am pleased to tell you, that Chamberlin Hall is to reopen for certain group activities from September, after careful planning by CHMC.

Therefore, we Ladies are able to return under the new rules of "Covid Secure" operations. We will have to follow the guidance as set out below:

- · Please be mindful of social distancing at all times and on entry / exit follow the one way system.
- Use the hand sanitiser on entry and throughout your time at the hall
- Seating will be spaced apart and we will meet in the main hall
- · The kitchen will not be open, so please bring your own refreshments
- · Toilet access will be limited and care will be needed
- · To avoid excess handling of money, please bring the exact amount of £2:50
- Track & trace details will be taken from you
- · ABOVE ALL please do not attend if you feel at all unwell.

### Now to the more interesting bit!

I will be opening the hall at 7:15 p.m. for us to hold our AGM promptly at 7:30 p.m. We will begin with presentation of the charity fund to the Suffolk Oxygen Therapy Centre. Then, we will proceed swiftly through the AGM business, including a vote for our new charity. Please do not worry if you cannot make this early start, just come along as normal for our speaker at 8:00 p.m. - unless of course you would like to replace myself or Marion in our roles!!

Many of us will have missed trips to pamper ourselves whilst in lockdown and so I hope our talk will be most appropriate. Sabrina is coming to talk about how we can protect our skin from the sun and help to slow the ageing process. She will demonstrate a facial and explain the Tropic range of skincare goods that she uses. There will be an opportunity for some retail therapy and Sabrina is happy to take payment by cash, card, BACS or cheque.

Now, for the really good news. We have had a disrupted few months, being unable to meet and indeed we are not sure as to how the future months will be. Therefore, there will be no annual subscription for this coming year.

As we return, it will no doubt feel a bit strange, but I feel that we have to embrace new ways of doing things and try our best to get though these strange times together.

Thursday September 3rd Doors open: 7:15 p.m. AGM 7:30 p.m

8:00 p.m. Pamper Yourself At Home Tropic skincare with Sabrina



I hope to see many of you there.

Chairlady - Jo Silburn - 01449 25704

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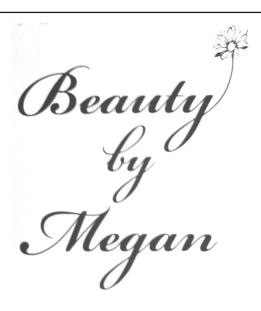




## KINGS HEAD & Brewery

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 have taken a cautious interpretation of the government guidelines. So, to ensure everyone stays safe and to stop the spread of the virus, whilst still providing a relaxing and enjoyable pub experience, we have initially opened just the beer garden from 12 lunchtime at weekends. Please come round to the back of the pub, use the hand sanitiser provided and find a table in the garden from which you will be served...
- On Sundays at 3pm there's a carefully organised Open Mic with socially distanced solo acoustic performances. We also have free live music, at a controlled volume, in the beer garden on Saturday 29<sup>th</sup> August at 7pm with Dan Fraiser, Sunday 30<sup>th</sup> August at 7pm with John 'Fanny' Adams and Saturday 5<sup>th</sup> September at 7pm with Brooke Telling.
- The **Kings Head kitchen has also opened** with a reduced menu, **our hours will be Saturday 12 2pm & 6 9pm and Sunday 12 4pm**. To ensure everyone's safety and help stop the spread of the virus, meals will be served as 'a takeaway' either wrapped in paper to take home or in a disposable lidded carton with wooden cutlery to eat in the beer garden.
- Baby steps, but by maintaining social distancing, with extra cleanliness and by staying alert we will protect the NHS and save lives. Additionally, if you are feeling unwell, please stay at home and seek NHS advice.
- A detailed risk assessment has been published on our website and will be reviewed regularly.



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Megan Pryke
VTCT, BABTAC
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# **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

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#### **Donation drop-points:**

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n Street 3 Manor Road

**Bildeston Village Stores** 



PLEASI TURN OV

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#### **Turning Thirteen at Orchard Barn**

When OBee Community Interest Company was founded in 2007 we had big plans in terms of community, heritage and the environment.

Now thirteen years later this is a little look at what we've achieved.

#### **Building community**

Currently we have 43 inducted volunteers who live very locally, throughout East Anglia and wider. Orchard Barn brings people together from all walks of life.

In our last accounting year volunteers clocked up a massive 1524 days. This was both behind the scenes writing funding bids, managing our accounts, and on the ground scything, composting, gardening, framing, uncovering the remains of the Long House, making items for sale and more.

#### **Building heritage skills**

During 13 years we've worked with over 3,000 trainees and volunteers with new (but very old) construction skills such as timber framing, wattle and daub and using lime.

In the last year we delivered 33 courses to a wide range of customers including Suffolk Young Carers, West Suffolk College heritage construction students, home-owners, architects and surveyors.

#### **Building environmental awareness**

In the last year we received two Greenest Suffolk awards. We won the Valuing Water award and were highly commended for Sustainable Building.

We hold open days with guided tours as well as wood working events.

Of course this spring and early summer has been very different, but on the positive side the garden and poly-tunnel are growing fantastic vegetables and socially distanced volunteers have been able to take stock and renovate more old tools for future use by trainees and volunteers.

Work has now resumed on the Long House timber frame and we hope to be able to widen up participation in the near future. If you'd like to get involved please email <a href="mailto:sarah@orchardbarn.org.uk">sarah@orchardbarn.org.uk</a> or drop in when the gate is open. We are just SW of Mill Road in Battisford. Or check out our website <a href="https://www.orchardbarn.org.uk">www.orchardbarn.org.uk</a>





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#### **DAN STANMORE**

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This information is to inform you of changes to the support offered by the **Home, But Not Alone** phoneline. This information will be useful to you if you are frequent or occasional users of the phoneline for those you look after.

In line with changes to Government guidance to those who have been shielding, as of 5pm on July 31st the Home But Not Alone phoneline <u>no</u> longer provides:

- Free emergency food deliveries
- Medicine deliveries

Shielded residents in Suffolk have been written to by Government and are aware of these changes.

For the short-term, the team at Home, But Not Alone will still be able to offer help and advice to those most vulnerable in our communities and signpost to neighbourhood or countywide support.

As the Government continue to lift restrictions, especially for those who are shielding, and the levels of COVID-19 continue to fall, we are reviewing the level of support on offer in Suffolk. This may mean that further changes may be announced to the support offered by Home, But Not Alone in the future. However, these services are designed to be reintroduced and stood up once again if there is a significant local outbreak. We will keep you updated on further changes.

Thank you for your support of the Home, But Not Alone service. We are incredibly proud of the fact we have been able to work together to help thousands of people during the most acute challenges of lockdown. This help has been made possible by the hundreds of community and neighbourhood groups in Suffolk and a significant number of volunteers. Thank you Suffolk!

With best wishes,

### Chrissie Geeson (Head of Localities and Partnerships, Suffolk County Council) Chair of the Collaborative Communities COVID-19 Board

The Board is made up 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 – Norfolk & Suffolk, Suffolk and North East Essex Integrated Care System, Office of the Police and Crime Commissioner, Suffolk Association of Local Councils, Suffolk Community Foundation, Suffolk Constabulary, Suffolk Council, Suffolk Voluntary Organisations Group, West Suffolk CCG, West Suffolk Council



















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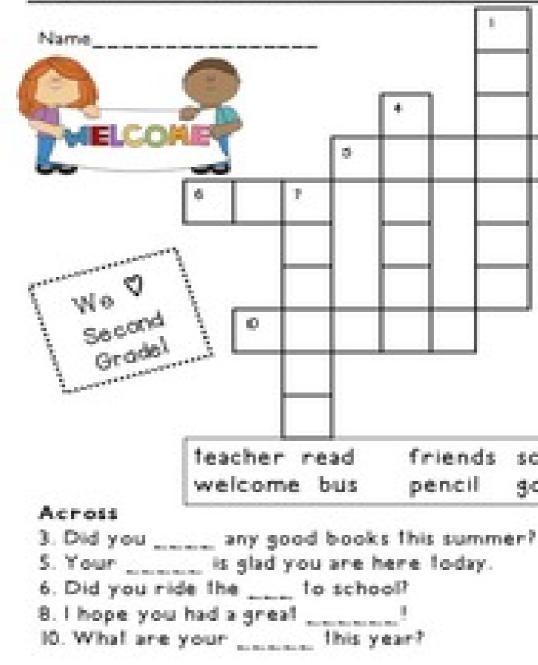


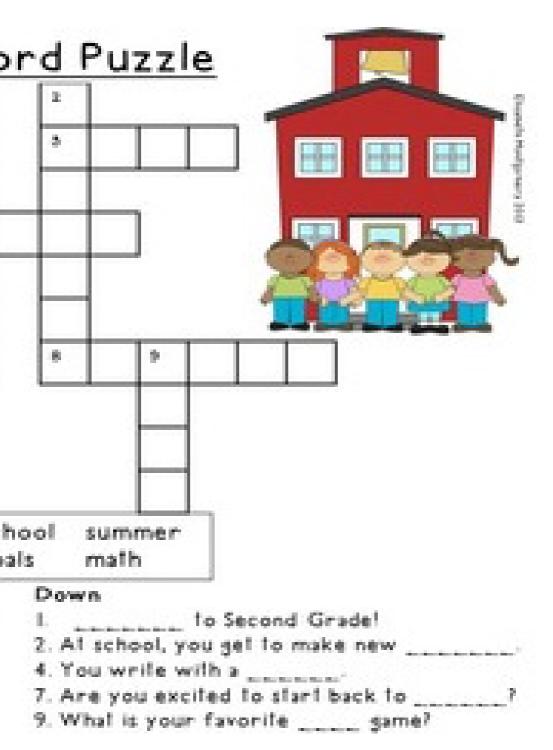
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#### **BILDESTON'S WHO'S WHO**

This month Aleksandra provided me with the following

My name is Aleksandra Whyman. I was born in Poland and have lived in the UK for 12 years, and in Bildeston for six. Bildeston is a great place and I have loved living here. I am a beauty therapist and make-up artist and have recently completed a degree in applied interior design. I enjoy being creative!

First, a bit of history. It seems ages ago now, but I met my husband, Mark, on an 'old-style' social media platform called Bebo. We used to chat to each other online, and then he started coming to visit me in Poland. We were married in 2017 at a village just outside the city of Poznan. Our wedding was a combination of English and Polish traditions. We had such a fantastic time and the British guests were 'blown away' by the 'Poland experience'. My country is almost as diverse as I am – with beautiful cities and landscapes, lake districts and even its own amazing seaside resorts on the northern coast.

I have enjoyed introducing some of our Polish customs to my new British family. They particularly enjoy our Christmas Eve celebrations, with our traditional dishes such as pierogi and krokiety (dumplings and croquettes) and, of course, the odd shot of Vodka. We also have our Easter Monday tradition called Smigus-Dyngus, which involves surprising people before noon - by throwing water over each other!! It's such fun and everyone tries to be first with the water!

I trained at the Suffolk New College to achieve my Beauty Therapy qualifications and then worked in several spas and salons locally, before setting up my own business eight years ago. I often do make-up artistry for fashion shows and photo-shoots, and a couple of years ago, I had an opportunity to work at both the London and Paris Fashion Weeks - helping to creating 'the look' for fashion designers, and felt excited and very honoured, to work with the legendary Vivienne Westwood at one of these events! Being creative, I have recently completed a course in Applied Interior Design and graduated in 2018 with a first-class honours degree. I design interiors, using CGI technology and enjoy creating different styles. 'Lockdown' has enabled me to hone my technology skills and this quieter time has enabled me to help my sister, who has her own interior design business in Canada.

When I'm not working, I enjoy doing lots of the simple things in life - exploring the countryside with my beautiful German Shepherd dog, Dutch, and entertaining friends at home.

You can contact Alexsandra by e mail.... alexsandrawhyman@gmail.com

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Member of the Registered Nursing Home Association

# Recipe of the Month Vegetable and Lentil Filo Pie

#### with thanks to Alison

#### Ingredients Serves 4

A spicy filling topped with a crisp pastry. For a meaty addition, add chopped chicken thighs with the lentils or stir in cooked prawns before finishing in the oven.

- 3 tbsp vegetable oil
- 1 finely chopped onion
- 175g red split lentils
- 1 large sweet potato, about 300g cut into 1.5cm pieces
- 1 tbsp Thai red curry paste
- 2 garlic cloves crushed

5cm piece fresh root ginger peeled and grated

- 400g tin coconut milk
- 400ml vegetable stock
- 175g baby spinach
- 4 large sheets filo pastry about 140g

#### Method

- 1 Heat 1 tbsp oil on a low heat and fry the onion for 5 mins, wash the lentils well and sieve under cold running water. Drain.
- 2. Stir the lentils, sweet potato, Thai curry paste, garlic, ginger and some seasoning into the pan and fry for 1 minute. Then pour in the coconut milk and stock and bring to the boil. Turn down the heat and simmer for 15 mins until the lentils are cooked through and potatoes are tender.
- 3. Stir in the spinach and check seasoning.
- 4. Preheat oven to 190C/170CFan Gas mark 5.
- 5. Empty lentil mixture into a 1.5-2 litre oven proof dish.
- 6. Brush the top of each file sheet with oil, scrunch up lightly and use to top the lentil mixture.
- 7. Cook in the oven for 15-20 mins, until filo is golden and the filling is piping hot.
- 8. Serve and enjoy.

# Studio-66

Ladies and Gents Hairdressers



#### **SESAW NEWS**

Like many households, we have completed lots of maintenance jobs during the lockdown and social distancing. Being a rather particular cat, I have stayed away during this time. Appearances matter and a gentleman such as myself does not wish to soil his sleek black fur with specks of dirt and sawdust - unlike Little Lord Fauntleroy. The precocious chihuahua trots around, inspecting the works then trails cobwebs, dust and mud indoors. Mind you, even he succumbed to the intense heat last month. Someone found Kenneth sound asleep on a blanket, hugging Jayne's knitted Rainbow of Hope! The end result of this activity is smart, new pens for the cats, five star accommodation for the rabbits and completely refurbished living quarters for the chickens. Double entry systems for safety, heated bedrooms and en-suite facilities for comfort. Throughout the pandemic we have been fully operational and remain ready to accept any animal, especially when the numbers increase as people return to work.

Meanwhile villagers set up garden stalls in August as part of the Leavenheath Sale Trail. Several SESAW supporters seized the opportunity to raise funds and were please to meet lots of friends who usually attend our Fairs throughout the year. Although we cannot accept donated goods, we are grateful for the food left in the collection bin at our gate. Everyone at SESAW looks forward to the day we can all meet again at which point, I will make myself scarce. There is a limit to how much fuss and socialising can be tolerated by a pup like me, Ken! Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, email: info@sesaw.co.uk



page 31 – issue 359– September 2020

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#### **BILDESTON PARISH COUNCIL**

There are no DRAFT Minutes for August as the meeting took place past the printing deadline for the Bugle.

Minutes will be published in the October issue



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#### LATEST COVID GUIDANCE

From 15 August, the following businesses can reopen and activities can resume provided they follow the Covid-19 Secure guidelines:

- casinos
- skating rinks
- bowling alleys
- indoor play areas, including soft play areas
- indoor performances
- remaining close contact services, including any treatments on the face such as eyebrow threading or make-up application
- wedding receptions and celebrations for up to 30 people, in the form of a sitdown meal

#### From 1st September:

- schools, nurseries and colleges will open for all children and young people on a full-time basis
- · universities are working to reopen as fully as possible

It remains the case that you should not:

- socialise indoors in groups of more than two households (anyone in your support bubble counts as one household) this includes when dining out or going to the pub
- socialise outdoors in a group of more than six people from different households; gatherings larger than six should only take place if everyone is from exclusively from two households or support bubbles
- interact socially with anyone outside the group you are attending a place with, even if you see other people you know, for example, in a restaurant, community centre or place of worship
- hold or attend celebrations (such as parties) where it is difficult to maintain social distancing and avoid close social interaction – even if they are organised by businesses and venues that are taking steps to follow COVID-19 Secure guidelines
- stay overnight away from your home with members of more than one other household (your support bubble counts as one household)

### KEEP CALM AND CARRY ON CREATING

The Scarecrow competition and Grand Draw took place on Saturday 8th August.

What an amazing day it was.

The sun was blazing and the village was buzzing as the scarecrows waited to be judged. Mark Murphy was hugely impressed with the amount of effort and creativity that was on display and we thank him for taking time out to be our judge. Many thanks too for the offers of cold drinks as we were walking round. Much appreciated.



Thank you so much to everyone who made scarecrows, gave draw prizes, bought draw

tickets, donated money and brought us refreshments on the square when we were melting in the heat!

Thank you to Chamberlin Hall Management Committee for generously providing the prize money for the scarecrow competition We raised £1289 for The Suffolk Community Foundation.

First prize went to 'The Invisible Man'

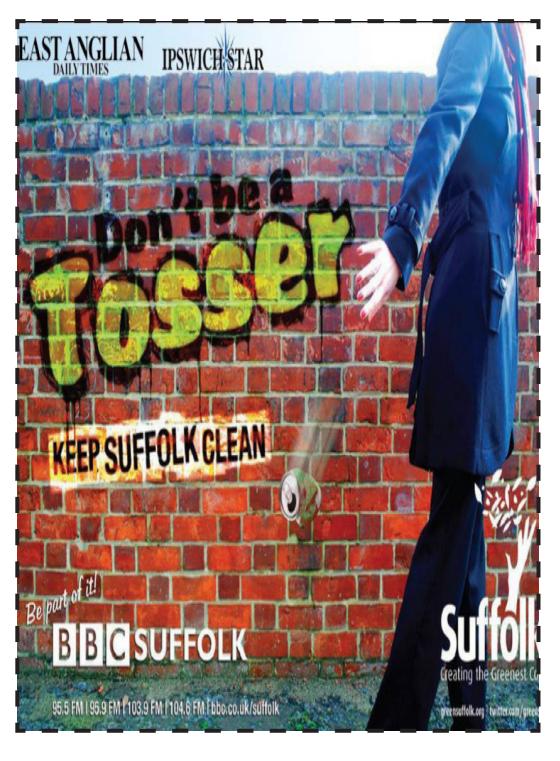
Second to 'The Puppet Master' and Third prize went to "If I Only Had a Brain'.



Special mention went to The Crow Family and Brian and Family of Melton at the Health Centre and Prince Andrew and his did he or did he not order Pizza.

Well done to everyone who made scarecrows. They were all brilliant.

Love and snuggleflumps Worzel and Aunt Sally xx



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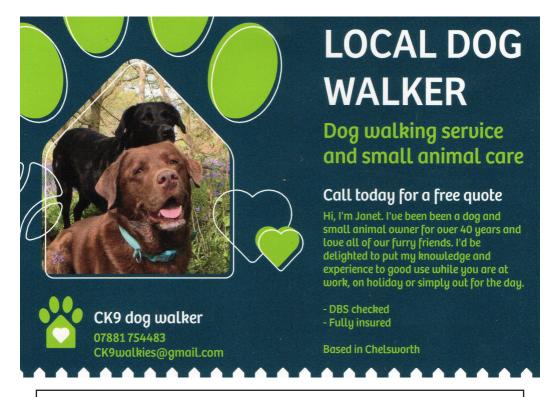
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\* on selected classes

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.

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.



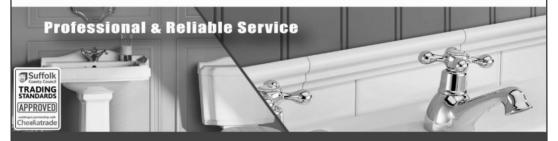


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# Benefice of Bildeston w Wattisham, Lindsey, Whatfield and Semer, Nedging and Naughton.

#### Pastoral Letter – September 2020 from Revd Elke Cattermole

"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8



September will no doubt signal a new flurry of activity; back to school, end of holidays, new beginnings, church services going back to what they have been before, etc. Unfortunately, this year is this what we are hoping for, rather than what we will be able to do. The Covid19 pandemic changed so much in our lives.

Yes, our schools will be back, but how different from previous years, not returning from the normal summer break, many children have not been at school since March. Schools and teachers have been working hard to make sure that the children will be returning into a safe learning environment.

We all will continue to adjust in the way we work, shop, visit places and meet with family and friends. The many plans we may have made last year for this year's summer holiday, weddings, activities around our villages have all had to be shelved for another year.

As a church we have never stopped praying for all those in our villages and community, even when we were told we had to close the church buildings. There has been access in our churches in the benefice for private prayer since June. In July we started to have the Benefice Sunday Worship at St Mary Magdalene Church, as it enabled us to manage the appropriate guidance and restrictions for places of worship.

In the next few days and weeks, with my team from each parish I will be making the decision on how each church can safely be opened for public worship.

As people we all want to meet each other again, whether it is at school, work, church, and other activities. We may have had to change in how we do things but what we can be reassured is that Jesus Christ is the same as he ever was. He will continue to be there for us, today, tomorrow, and forever.

Keep sa	afe.
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God Bless you all.

Revd Elke

#### ST MARY MAGDALENE CHURCH IS OPEN

Welcome to St Mary Magdalene Church, Bildeston. We are delighted to advise you that the church is now able to invite you in for private prayer. We have been open since Sunday 28th June 2020 and are now open as follows;

#### Wednesday and Sunday 11.00 am – 12.30 pm

On Sunday there is a recorded online 'Act of Worship' also offered. For more information about online worship and our opening hours visit our 'Church Near You' website: achurchnearyou.com/church/1899/ Sadly, we are not yet allowed to hold any form of public worship here, nor church viewing.

Please use the hand sanitiser provided and do not touch anything you do not need to. Please always keep a social distance as recommended by the government.

"May God bless you and your time of private prayer here". Rev Elke Catermole





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
Mens Breakfast	
Baptist Church 8.00am	Last Saturday every month
Bildeston Ladies Club Doors open: 7:15 p.m. AGM 7	':30 p.m.
8:00 p.m. Tropic skincare talk & demonstration with Sab	rina <b>Thurs 3rd</b>
BNatural Picnic	
Bildeston Sportsfield from 2.00pm	Sun 6th

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

Please observe the social-distance advice.
Wash your hands regularly and thoroughly,
Wear a face mask when entering any shop or enclosed space.
Keep well and let kindness and consideration
be the hallmark of our community.

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