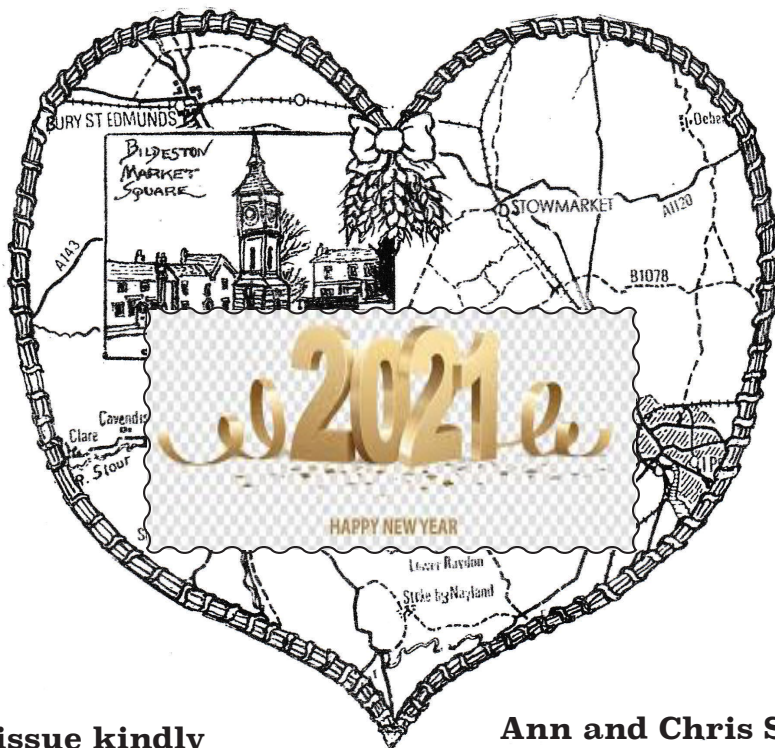


Issue number 363

January 2021



**This issue kindly
sponsored by -**

**Ann and Chris Shirley
to celebrate 50 years
of marriage and 50 years
living in Bildeston**

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

Bildeston Noticeboard public group | Facebook



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 before 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 (Printing Assistant)

ED'S COMMENT

It has been a long time since wishing everyone a very happy New Year has been said with so much genuine hope and sincerity. 2020 came in with a whimper and went out with a bang. 2021 is coming in with a bang, so hopefully, in the wonderful world of symmetry, it will go out with a whimper.

We have lived through an historic time recently, with our United Kingdom facing both natural and self-made crises. Over the Christmas period we received news that helped us get through bitter disappointments around planned Christmas celebrations. In no particular order, we were told Brexit was settled, though wading through a 1200+ word Agreement to find out what it actually meant, wasn't most people's idea of a fun Christmas Day. Mind you, given the record number of 'repeats' on TV, it was one of the few brand new things you could look at!

The second was the news our Bildeston Health Centre was organising Covid vaccinations from the Hadleigh Health Centre or East Bergholt Health Centres, starting this month in the priority order of elderly, vulnerable people over 80 years old first.

The Brexit saga seems to have provided us with a sort of end in sight. Common sense and compromise finally won as the real deadline of 1st January loomed large. Thousands of lorries using Kent as a car park over Christmas, might have helped focus minds across Europe. Over four years of continual news coverage, dire warnings, sound bites, negotiations, threats and fractious meetings was dominating our lives. Until coronavirus came along and moved it down to second place, replacing it with something even worse for us to be frightened of. So if 2021 gives us a chance to put Brexit to bed, whatever your views about it are, it will be another small step in our journey this year towards getting our lives back to normality.

The other small step is a proper national mass vaccination programme, the only real effective way of eventually defeating this virus. Another disappointment before Christmas, was to find out that not a single hospital in the whole of Suffolk had freezers capable of storing the Pfizer BioNtech vaccine. Suffolk looked doomed to be left out of a national roll out programme, forced to cross the border into darkest Essex! When could our vulnerable and elderly residents get the jab? Now the Oxford vaccine is authorised, we should get the 'jab' very soon and maybe even in our own Bildeston centre. Meanwhile, we are back in another lockdown, Tier 4 they call it, which is virtually the same.

2021 will turn out better. We need to stay optimistic, positive and resilient. We need to remember 2020 as a lesson in looking after each other, valuing our locality, our own community, its shops and its hospitality businesses. It wasn't the best of years, but, by and large, we rose to the challenges and, by the end of 2021, we should be able to look back and say, "we got through it, and we got through it together." The Bugle team mean it most sincerely when we wish you all a very happy New Year!

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

Bildeston Primary School

Learning and Growing Together

Christmas Lunch

Christmas lunch was enjoyed by all at Bildeston Primary on Thursday 10 December in their class 'bubbles'. They all made festive hats to wear for the occasion and had crackers donated by Squirrels Coaches. Goldcrest class had to self-isolate but they will not miss out on their festive lunch. Plans are in place for them to enjoy theirs on Wednesday 6th January and we have saved them their crackers!!

Christmas Assembly

Our virtual Christmas assembly was held on Friday 11 December for all classes and parents were able to join us too! Each class completed a short festive poem and Reverend Elke joined us for a Christmas blessing.

Christingle Assembly

Our virtual Christingle assembly was held on Thursday 17 December to all classes and across the federation to Whatfield classes. Each child made their own Christingle for the assembly and took them home afterwards. Each child collected change in a Children's Society candle for the charity.

Pantomime

We couldn't get to a Pantomime, so the Pantomime came to us!! Ms Golding, as her final treat before her retirement, paid for the New Wolsey Theatre tickets to show "The Snow Queen" virtually to all of our children, even those who were self-isolating. Everyone had ice cream too! Thank you Ms Golding x

We have some wonderful new signage at school now to complement our new look building – we hope you like it!!



Elves on the Shelf Antics!! Kindly donated by Staff at the Kings Head Pub



If you are considering Bildeston Primary as a school for your child, we would welcome a visit after school hours due to Covid-19 restrictions. 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**



I WOULD LIKE TO SAY A VERY BIG THANK YOU...

to each and everyone of you who very kindly sponsored hampers which included a Christmas Day lunch, tea and treats for 15 families who use the foodbank. Chicken, sausages and vegetables, bread sauce, stuffing, gravy and puds. Xmas pud, custard, trifle, mince pies, biscuits, bread rolls, ham and salad.

May I thank the following people please who made 15 families Christmas less of a worry.

Without your help this would not have been possible.

A full list of income/expenditure is available to view on request.

Your kindness is very much appreciated.



Spike and Sue Lorimer

Ian Randall - Bildeston Electrical

Theresa and Louis Escorio

Rob Moirse at Lifecycle

Chris and Meryl Smith - Cabin Brewery

Peter and Rosie Fewster

Marcus, Katie, Deia and Blake Leeder

Kate Clements

Tina Leaman - The Grill@25

Mr and Mrs Anonymous

Graham Gill - for donating the boxes

Kevin Clarke for covering them all

Shaun and Elspeth Moffatt and Jim and Elaine Haley for delivering them

East of England Co-op - Combs Ford

Home Bargains

Happy New Year to you all

Chris Clarke

Chamberlin Hall

BILDESTON'S COMMUNITY VILLAGE HALL



To find out more call our bookings

* **What's on in January**

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

Mondays	10.00am	Line Dancing
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)
Every Tuesday	7.15pm	Carpet Bowls
Wednesday	6.30pm	Drama Group (call Debbie: 01449 740375)
Every Thursday	10.30 -11.30am	Zumba Gold with Sarah
Thursdays	6.30-7.30pm/7.40-8.40pm	Badminton
Every Friday	11am	Pilates for Improvers (call Claire: 07900 440141)
Every Friday	from 12.00	Pilates for Beginners (call Claire: 07900 440141)

****The hall is currently closed for all activities until further notice***

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

FREE ESTIMATES

FULLY INSURED



JL ROOFING
FLAT-ROOFING AND EDPM

RUBBER-ROOFING SPECIALISTS

WE COVER ALL OF MID SUFFOLK

JAMIE: 07547594699

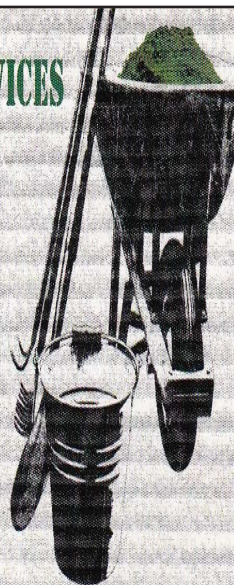
AARRON: 07894627354

JLROOFINGSERVICES@YAHOO.COM

J M GARDENING SERVICES

FOR ALL GARDEN
MAINTENANCE

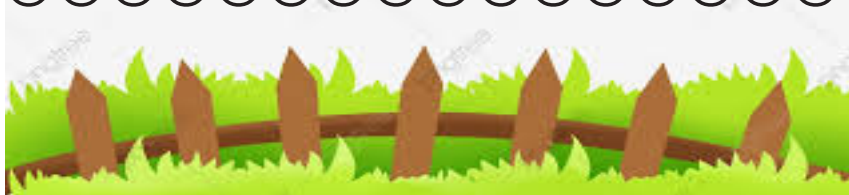
NO JOB TOO SMALL



JOHN MORGAN

TEL: 07855 855994

johnmorgan007@btinternet.com



KGT Fencing

For All types of fencing and fencing repairs

Also grass and hedge cutting

Gardens cleared

Guttering repairs and clearing.

Phone 07813 571820

email kgt417@gmail.com.

BILDESTON'S WHO'S WHO

This month a local resident reminisces about all the lovely shops and businesses that have sadly closed in Bildeston.

Below are quite a few that can be remembered:

- E J Raynham, who had a funeral business and also was a builder
- Stiff, who had a sweet shop
- C K Squirrel, Corn Merchant
- Bates, The Baker
- Sylvia's, Hair dressers
- Last, The Green Grocers
- Prentice, Who was the local Tailor
- Manning, The Cobbler
- Emerson, The Butcher
- Co-op, Butchers
- Co-op, General store
- Bantock, The Blacksmith
- Eade, The news agents
- Barton, Fish and Chips
- Blofield, Watch repair shop
- Healey, Pub/shop
- Pool, Stills stores
- Finter, Post Office
- Watsham, Red House Farm
- Bennets, Cycle shop
- Hills, General stores
- Garrod, Newberry Farm
- B A Taylor, Garage and Repairs
- Chandler, Ironmongery
- Simpson, Antiques
- Bow Window, Restaurant



I am sure there are many more that you may all remember! Happy New Year

FIREWOOD

DRY SEASONED LOGS

Various loads available

Also available is Kiln Dried Hardwood Nets



Call Carol Abbott on 01473 829130
or 07768 795981

Tree, Garden Work and Driveways also
Undertaken



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



Firstly on behalf of all us bookworms I would like to wish you all a Happy New Year!!

As we start 2021 we all hope this year will be better! With a New Year brings new optimism and for us bookworms a hope that we will be able to all meet up in person one day in the not too distant future!

We are carrying on as normal though with book choices and for December we have read *The Silent Patient* by Alex Michaelides. I, myself am three quarters of the way through and am finding it to be a compelling read. Each time I pick it up I find it hard to put it down. The author describes the characters so well you feel like you know them, an intense psychological thriller which keeps you gripped with unfolding twists and turns. Well worth a read!

Other members echo my thoughts, with reactions such as 'a great read!' and that they were 'unable to put it down'.

Our meeting to discuss this book is on 29th December and we will be choosing another book then.....

So if you feel like doing more reading in 2021 why not join us and read books you may never choose for yourself

Transform your home!



CLADDING

WINDOWS

DOORS

CONSERVATORIES

★★★★★ MULTI AWARD-WINNING

Frames Conservatories

Your Complete Home Improvement Centre *Direct*

Add some kerb appeal to your home, 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

SEAGER SWEEPS

Professional Chimney Sweeping Services

Chimney Sweeping
Prices From £50

For 2020/21

(For any standard chimney or 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*

Bildeston Ladies Club

I would like to say a great big Thankyou to all of you who gave so generously to our fundraiser for the Bildeston



Foodbank. We were able to fill bags with assorted Christmas treats for each of the families, which I hope brought enjoyment to them over the festive period. We also have monies left over to donate in the New Year.



I hope that you enjoyed the Christmas quiz sheets. My task for January is to mark them! Look out for the prize winners to be announced in next month's Bugle

I imagine that most of us are happy to say goodbye to 2020 and hoping that 2021 will bring an end to the Coronavirus pandemic. However, as we start the New year, it is still very uncertain how long it will take until all of us have been vaccinated and we feel safe enough to begin to socialise in a normal way. On behalf all of us in Bildeston Ladies Club, I wish everyone a healthy and safe New Year.

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 wish you a merry Christmas and **hope everyone is keeping safe and well...**

www.bildestonkingshead.co.uk

- To keep us all safe and to stop the spread of the virus we have adopted a **cautious interpretation of the government guidelines** and will continue to **adhere to any new rules** when we reopen on **Friday 4th December!** There's plenty of cover and blankets to keep you dry and warm outside or a safe environment inside with four socially distanced tables and a log burner for relaxed winter dining. Please come round to the back of the pub, use the hand sanitiser provided and find a table in the garden or wait to be seated inside...
- The **Kings Head kitchen will be open** with daily specials and on **Sundays a full roast lunch. Food/takeaway served Friday 5-9pm, Saturday 12-2 / 6-9pm & Sunday 12-3pm.**
- **Christmas Eve**, we'll be serving our usual **Fish & Chip supper 5-9pm**, telephone Sue or Nigel on 01449 741 434
- Our Christmas opening and food/takeaway times:

Christmas Eve	Open 4pm (fish & chip supper 5-9pm)
Christmas Day	Open 12-2pm for drinks
Boxing Day	Closed
Sunday 27th Dec	Open 12pm (food served 12-3pm)
New Years Eve	Open 4pm for drinks
New Years Day	Open 4pm (food served 5-9pm)
Saturday 2nd Jan	Open 12pm (food served 12-2pm & 6-9pm)
Sunday 3rd Jan	Open 12pm (roast/Sunday menu 12-3pm)
- **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.**

**Be Amazing and become a
Home-Start Volunteer**



Because Childhood Can't Wait

New Volunteer Preparation Training

Alongside our home visiting roles we now have telephone support and zoom video support roles available. If you can spare a couple of hours a week to support a family in need we would love you to join our amazing team of volunteers.

Prep training Starting 27th January and will take place weekly via Zoom

**For more information call Amanda on 07540 282074
or email: amanda@homestartmidsuffolk.org.uk**

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

BILDESTON HEALTH CENTRE

COVID VACCINATION - JANUARY UPDATE

We would like to inform our patients that Bildeston will be undertaking the covid vaccination programme starting mid-January.

The service will run collaboratively with our two local practices, Constable Country Practice at East Bergholt and Hadleigh Health Centre. The two hubs will be Hadleigh and East Bergholt.

We will not be writing to patients to invite them due to the short notice required to deliver the programme, instead we will call our patients from the surgery by telephone to invite you to attend either the Hadleigh or East Bergholt site. This may change as we move through the cohorts.

Please can we request that you do not call us, we will call you.

Patients will be invited following the strict criteria we have to follow. The first cohort will be patients aged 80 and over. We cannot vaccinate you earlier outside your cohort.

We need your help to communicate this information to relatives, friends and neighbours in this cohort who do not have access to social media, by letting them know that we will be calling them in January.

Please be patient with us, the roll out of the covid vaccination programme requires a lot of planning in order for us all to deliver safely and efficiently while we continue to deliver our normal service.

PAINTING SERVICES

Rob Harrison

Painting & Property Maintenance

Tel: 01449 741041

Mob: 07852 795469



Green Farm

Vintage China Hire



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

KEEP SUFFOLK SAFE

Help stop the spread of COVID-19 



Keep your distance

Stay 2 metres apart. When you can't, make sure you wear a face covering.



Wear a face covering

Wear a face covering in any indoor public space. Children under 11, people who need to lip read, and people with other disabilities are exempt.



Wash your hands

Wash your hands regularly, with soap, for 20 seconds.



Get tested

Get tested if you have symptoms: a high temperature; a new, continuous cough; a loss of, or change to, your sense of smell or taste.



Isolate

If you or anyone in your bubble has symptoms, follow the guidance on self-isolation.



Social gatherings

You can meet up to 5 other people, maximum of 6 including yourself, as long as everyone stays 2 metres apart.

Become a Covid-19 message cascader
www.suffolk.gov.uk/coronavirus-covid-19





S J WILDING
GARDEN SERVICES

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

xSalt

IT Services

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](http://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

News from Bildeston Sports Field Management Committee

We wish you a very Healthy and Happy New Year and hope you are continuing to enjoy our lovely open space.

The application for the license is almost ready to submit (hopefully in early January) full details of which will be on the Bildeston Village website when it has been submitted. The application may then be viewed on www.babergh.gov.uk or for further information contact the licensing team on 0300 123 4000 option 6. In the mean time if you have any questions or concerns we will be happy to help, contact details below.

The work on tidying the edges of the car park and cutting back overhanging trees has been completed.

We have an ongoing problem with litter and ask that all visitors use the bins provided or take their litter home with them so that we keep it looking good for us all to enjoy.

Bildeston Rangers are playing every Saturday, soggy pitch allowing, so please go along and support them at a good social distance!

In preparation for a return to some form of normality we would like to make some improvements both inside and outside, which we will do in line with Government Covid Safety Guidelines.

Thank you to all those who have already volunteered but if you would like to volunteer, make a booking, or have further information on what's going on please contact the numbers below or email: bildestonsportsfield@gmail.com
Secretary 07711904515 or Bookings Secretary 07766527433



S.A Roofing

Steven Allum

Specialising in Re-roofing, Repairs,
Flat roofing & all types of lead work

Contact: 01449 258346

07545071147

Email: sarroofing@hotmail.co.uk

Stowe Veterinary Group

For a professional caring service

Practices located in:

Stowmarket

Stowe Veterinary Centre

01449 613 130 • stowevets.co.uk

Stowe Farm and Equine Centre

01449 776 201

Needham Market

The Mustard Pot Veterinary Surgery

01449 722 198 • needhamvets.co.uk

Ipswich

Ipswich Veterinary Centre

01473 555 000 • ipswichvetcentre.co.uk

Elmswell

The Old Tea Room Veterinary Surgery

01359 241 761 • elmswellvets.co.uk

Bury St. Edmunds

Moreton Hall Veterinary Centre

01284 747 000 • moretonhallvets.co.uk



Independent practices with a personal approach



Paul's Carpentry

Paul's Carpentry

- **Decking**
- **Pergolas**
- **Window repairs**
- **Sheds Built**
- **Fascia and Bargeboards**
- **Doors replaced**
- **Shelving**
- **Bespoke Wardrobes**
- **Handrails replaced**
- **Understairs Cupboards**

Mobile: 0779 234 0365

Tel: 01449 616888

email: paulhb100@btinternet.com

Quality Logs

Ash (75%), Alder, Hazel, Silver Birch & Beech
Seasoned for two years

15KG bags - £5/bag or £20 for 5 bags

Call Shaun: 01449 257136 / 07971 645711

Delivery available throughout Bildeston



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

COVID-19 TIER 4 RULES FOR SUFFOLK

SINCE 26TH DECEMBER

The main message for Tier 4 is 'stay at home'. The government guidelines say: "If you live in Tier 4 you must not leave or be outside of your home or garden except where you have a 'reasonable excuse'." A 'reasonable excuse' includes shopping for essential items, work and care duties.

Can I meet up with other people?

In general, you must not meet socially or carry out any activities with another person. However, you can exercise or meet in a public outdoor place with people you live with, your support bubble (or as part of a childcare bubble), or with one other person. You must not meet socially indoors with family or friends unless they are part of your household or support bubble.

Will shops be closed?

All non-essential retail stores, such as clothing and homeware stores, must be shut.

What about pubs?

Hospitality venues such as cafes, restaurants, pubs, bars and social clubs must close. However, they can provide food and drink for takeaway (until 11pm), click-and-collect, drive-through or delivery.

Will gyms be open?

Leisure and sports facilities, such as leisure centres and indoor gyms, indoor swimming pools and indoor sports courts, must close.

Does this apply to entertainment venues like cinemas?

Entertainment venues including theatres, cinemas, museums and zoos are not allowed to open.

Can I go to the hairdressers or salons?

Personal care facilities such as hair, beauty, tanning and nail salons must shut. Tattoo parlours, spas, massage parlours, body and skin piercing services must also close.

What businesses can stay open?

- Essential shops; Market stalls selling essential items
- Businesses providing repair
- Petrol stations, automatic (but not manual) car washes, vehicle repair and MOT services, bicycle shops, and taxi and vehicle hire businesses
- Banks, building societies, post offices, short-term loan providers and money transfer businesses
- Funeral directors
- Laundrettes and dry cleaners
- Medical and dental services
- Vets and pet shops
- Animal rescue centres, boarding facilities, and animal groomers
- Agricultural supplies shops
- Mobility and disability support shops

- Storage and distribution facilities
- Car parks, public toilets and motorway service areas
- Outdoor playgrounds
- Outdoor gym, pools, sports courts and facilities
- Golf courses
- Archery/driving/shooting ranges (outdoors)
- Outdoor riding centres
- Places of worship
- Crematoriums and burial grounds

What are the rules around exercising outdoors?

You can have unlimited exercise outdoors alone, with your household, support bubble or one other person if you maintain social distancing. You must not meet socially indoors with family or friends unless they are part of your household or support bubble.

Can I travel outside of Tier 4?

You must stay at home and not leave your Tier 4 area, other than to:

- travel to work where you cannot work from home
- travel to education and for caring responsibilities
- visit or stay overnight with people in your support bubble, or your childcare bubble for childcare purposes
- attend hospital, GP and other medical appointments or visits where you have had an accident or are concerned about your health
- to provide emergency assistance, and to avoid injury or illness, or to escape a risk of harm (such as domestic abuse)

Should my children go to school?

Schools and colleges should remain open. The government has confirmed that all secondary schools and colleges in England will be offered help, support and facilities to implement an additional round of free coronavirus testing from the first week of January. This will be alongside a staggered return to face-to-face education in secondary schools, starting with exam years, vulnerable children and children of critical workers.

Can I go to a wedding, civil partnership, religious services and funerals?

Weddings, civil partnership ceremonies and funerals are allowed with strict limits on attendance, and must only take place in Covid-19 secure venues or in public outdoor spaces unless in exceptional circumstances.

- Funerals can be attended by a maximum of 30 people
- Linked religious, belief-based or commemorative events, such as stone settings and ash scatterings can be attended by up to 6 people
- Weddings and civil partnership ceremonies must only take place with up to six people

You can attend places of worship for a service. However, you must not mingle with anyone outside of your household or support bubble. You should maintain strict social distancing at all times.

Can I move home?

You can still move home. Estate and letting agents and removals firms can continue to work. People outside your household or support bubble should not help with moving house unless absolutely necessary.

Studio 66

Ladies and Gents Hairdressers



Restyling

**Foils & Highlights
Perms & Colours
Shampoo & Sets
Cut & Blow Dries**

Friendly Service from our Professional Team

Tue & Wed Senior Citizens

*****special rates*****

Opening Times Tues - Friday 9 - 5 pm Sat - 8 - 1pm



Tel 01449 740644

52A High St Bildeston IP7 7EA

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

2 Brookfield

150 High Street

3 Manor Road

Bildeston Village Stores



Bildeston

CORONAVIRUS
SUPPORT GROUP

PLEASE
TURN OVER

Does anyone have spare carrier bags please. We are running low
at the Bildeston Food Bank. If you do, please leave them in the
collection bin outside 9-11 Duke Street. Thank you

*Discover
something
unique...*



Breakfasts, Lunches & Cream Teas



Large Selection of Gifts & Cards



Beautiful Flowers & Plants



Falconry Displays & Experiences



Vintage Collectables and Furniture



Art & Craft Gallery



Quilting & Felting



Speciality Cake Shop



**BRIDGE
FARM
BARNs**

Telephone:
01449 740456

Monks Eleigh, Nr Lavenham, Suffolk IP7 7AY
www.bridgefarmbarns.co.uk

DISCOVER SOMETHING UNIQUE

Unique gifts • Unusual Cards • Women's clothing • Lifestyle & home • Toys
Morning coffee • Breakfast • Lunches • Afternoon Teas • Sunday Roast



Celebrating 30 years of serving our lovely customers!

Monks Eleigh, Suffolk IP7 7AY Open Tuesday to Sunday
Tel: 01449 740456 • www.bridgefarmbarns.co.uk

Recipe of the Month

Spotted Dick Roly Poly

with thanks to Alison

Ingredients

In case we haven't indulged ourselves over the festive period!!

Serves 6

175g self raising flour plus a little extra for rolling dough

25g caster sugar

100g vegetable suet

100g raisins

2 tsp vanilla extract

125g jam of choice



Method

1. Preheat oven to 180C, 160Fan, Gas mark 4. Put a large sheet of baking parchment on top of a sheet of foil the same size.
2. Mix the flour and sugar in a large bowl and using fingertips rub in the suet then the raisins.
3. In a jug mix the vanilla extract with 75 ml of cold water. Using a knife stir this liquid into the flour mixture. Knead very lightly to bring the mixture together to make a soft, but not sticky dough.
4. Roll out the dough on a lightly floured board to a 20.5cm x 28cm rectangle.
5. Spread the jam on top leaving a border of 2.5cm along both short edges, Roll up dough from a short edge.
6. Put the roll seam side down in the middle of the parchment bringing it up tightly around the sides to keep the rolls shape. Roll down the edges to seal at the top, leaving a little room above the pudding for expansion. Bring up the foil to enclose the parcel, seal the edges tightly again leaving room above the pudding.
7. Sit a wire rack on a roasting tin and half fill the tin with just boiled water. Sit the foil covered parcel on the rack then cover the whole tin with a tent of foil, this will help to keep the steam in.
8. Transfer to the bottom shelf of the oven and cook for 1 ¾ hours.
9. Carefully remove from the oven, unwrap and serve in slices with cream or custard.

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

£10 OFF!

***YOUR MOT WITH THIS
ADVERT***

LOWER FARM ROAD, GT BRICETT, IPSWICH IP7 7DR

01473 658987 / 01473 657704

SPONSOR A BUGLE IN 2021

If you have a special anniversary, event or celebration coming up this year, why not sponsor a Bugle for that month?

It is still just £15, and you have a message of your choice printed on the front cover to make it a personal and memorable issue for you.

To reserve a month in 2021 please contact the editor at
editor@bildestonbugle.co.uk

February is already reserved and the months get booked

THANKS TO JIM SEPHTON

Many thanks to Jim Sephton for the wonderful Nativity display outside the Church over the Christmas period. Covid restrictions sadly interfered with the planned Christmas Eve lighting up event, but nothing could dim the impact the scene had on those who saw it.



**Now Frying At Market Square
Bildeston**

Thursdays 4pm - 7.00pm

Fridays 11am - 1.30pm



**Local Mobile
Fish & Chip Shop**

**Functions Catered For
Shows • Parties
Weddings • etc.**

**Telephone
01473 830771**

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

COLLINS & CURTIS
MASONRY LTD

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



N D ROSE
Int / Ext Decorating

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

**Local established tradesman 25
years experience**

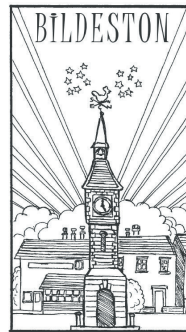
**Free estimates good rates
References available**

Tel: 01787 211042

Mob: 07518 040465

3 Fen Street Boxford CO10 5HL

BILDESTON PARISH COUNCIL



Minutes for virtual meeting held on Monday 9th 14 ber 2020, 7.00pm, via Teams

Present: Cllr Andrew Guttridge, Cllr Ashley Hubbard, Cllr Sarah Leigh-Hunt, Cllr Virginia Tuck, Clerk – Angela Chapman

C81/20/21 Chairman's Welcome & Apologies

In the absence of the Chairman, Cllr Guttridge took the chair and welcomed everyone to the meeting. Apologies received: Cllr Alex Banks, Cllr Peter Hutchings, Cllr Richard Lester.

C82/20/21 Declaration of pecuniary and non-pecuniary interests:

Cllr Ashley Hubbard – Kings Pightle Nature Reserve; Cllr Virginia Tuck – planning application.

C83/20/21 Requests for dispensations in respect of pecuniary interests - None.

C84/20/21 Minutes of the meeting held 9 November 2020 amended C77/20/21/c. Councillor Sarah Leigh-Hunt advised Fiona Lemon held funds not Bildeston Toddler Group/HomeStart. C75/20/21, Councillor Virginia Tuck pointed out it was suggested the PC make representations to SCC Highways, not County & District Councillor Robert Lindsay.

C85/20/21 Adjournments – meeting adjourned at 1904hrs

No report from County & District Councillor.

Parishioners letter considered. To ask Robert Lindsay to chase up the Housing Dept at Babergh DC re Paddocks Way. See below C88/20/21 e)

Reconvene 19.10hrs

C86/20/21 Planning Applications

Planning Appendix A – Items for comment by the Parish Council

Application. No: DC/20/05525. Householder Planning Application - Installation of garage doors and garage roof windows. Hill Top Barn, Church Road, Bildeston, Ipswich, Suffolk IP7 7EE
No objection.

Planning Appendix B – Items determined by Babergh DC

Proposal & Location of Development:

Application under S73 for removal or variation of a condition following grant of planning permission DC/19/03215. Town and Country Planning Act 1990. Planning (Listed Buildings and Conservation Areas) Act 1990. To vary Condition 2 (approved plans and documents) increase in size to provide adequate layout to impose safe social distancing in the work place.

Manor Wood, Ipswich Road, Bildeston, Ipswich Suffolk IP7 7BH

Granted

Proposal & Location of Development:

DC/20/02780 Application for Listed Building Consent - Replace door to front elevation like for like; Remove 2

No. internal walls; Replace and raise roof to single storey rear extension, install insulation and insert door

133 High Street, Bildeston, Ipswich, Suffolk IP7 7EL

Refused

Proposal & Location of Development:

DC/20/02777 Householder Planning Application- Replace door to front elevation like for like;
Replace and

raise roof to single storey rear extension and insert door

133 High Street, Bildeston, Ipswich, Suffolk IP7 7EL

Refused

DISCHARGE OF CONDITION(S) TOWN AND COUNTRY PLANNING ACT 1990

Proposal: Discharge of Conditions Application for DC/20/01436 - Condition 3 (Details of Bricks), Condition 4 (Agreement of Rainwater Goods), Condition 5 (Details of Roof Tiles and Ridges) and Condition 6 (Details of Eaves and Verges)

Location: Dukes Hall, Duke Street, Bildeston, Ipswich Suffolk IP7 7EW

All approved

DISCHARGE OF CONDITION(S) TOWN AND COUNTRY PLANNING ACT 1990

Proposal: Discharge of Conditions Application for DC/20/00534 - Condition 4 (Eaves and Verges) Condition 5 (Eaves and Verges), Condition 6 (Fenestration), Condition 7 (Timber Frame), Condition 8 (Works to Spine Beams and Joists), Condition 9 (Lath and Plaster) and Condition 10 (Rainwater Goods)

Location: Dukes Hall, Duke Street, Bildeston, Ipswich Suffolk IP7 7EW

All approved apart from Timber Frame.

Appeal Ref: APP/D3505/D/20/3246803

Woodland Barn, Church Road, Bildeston, Suffolk IP7 7EE

• The appeal is made under section 78 of the Town and Country Planning Act 1990 against a refusal to grant planning permission.

Decision

The appeal is allowed and planning permission is granted for the erection of a gazebo to patio and 2 small pergolas at Woodland Barn Church Road, Bildeston, Suffolk IP7 7EE in accordance with the terms of the application, Ref DC/19/05547, dated 27 November 2019, and the HM Land Registry plan, surrounding area plan, 1:500 scale Block Plan, patio and gazebo dimensions, 'ultimate pergola arch' details, and gazebo photo submitted with it.

C87/20/20 Joint Local Plan

Councillor Andrew Guttridge gave an update. A strong objection is being prepared to the proposed allocation of land for housing South of Wattisham Road, opposite Coronation Play-ground/ skate park. Very tight deadline for responses therefore moving on at pace, 2 consultants appointed, Kevin Ayen, Highways consultant and Jane Hudson, Planning consultant. These appointments need formal ratification. Unanimously approved. Cllrs Andrew Guttridge and Alex Banks met with Kevin Ayen, who has gathered information, took measurements, video information etc. Traffic and speed data collected by Suffolk County Council was passed over to KA who is dealing quickly and thoroughly with the information which will be passed to Jane Hudson, Planning consultant, who will draw up the representation to be sent to Babergh District Council. The representation must convince the independent planning inspector that the published Joint Local Plan is not sound and should be modified.

KBB (Keep Bildeston Beautiful) has kindly offered to meet the full cost of the consultants.

Jane Hudson had sent Terms & Conditions to be completed and signed. Delegated authority was approved by all Councillors for Cllr Guttridge to sign and return.

As no further meeting before the deadline delegated authority was approved for Cllrs Andrew Guttridge and Alex Banks to approve the representation to be sent to Babergh DC.

C88/20/21 Projects and Progress Reports

a) BCSG –the PC have not had sight of a Constitution. It was noted the initial agreement was reimbursement of receipts presented to the PC. PC to open discussion on identifying volunteers and their roles. Cllr Virginia Tuck appointed as the PC representative to the BCSG.

b) Village amenities –

- cemetery headstone alteration application received and approved. Hedge at cemetery been cut, needs to be lower to original level. Graves need top soil top up us, Cllr Ashley Hubbard has surplus he will use.
- plaque on Clocktower now back in place. Norman Ruffell refurbished the backing plate, plaque and fixed it back onto the Clocktower. Norman also helped with the Christmas tree along with Keith Fosker, the Parish Council would like to extend their thanks to both residents for their help and community spirit
- Kings Pightle – new bridge complete, built to bridle way specification
- bridge over Brook to Ipswich Rd has been repaired by SCC Public Rights of Way
- Chamberlain Hall – no representative
- Sports Field – Pavilion closed apart from when Bildeston Rangers football club can play during pandemic

c) Clockwinder/tower – annual payment increase ratified

d) Bildeston Toddler Group – funds being held by Fiona Lemon, PC agreed to hold the money, but that the same amount of money will be given over for a new group to start up when needed. Unanimously agreed.

e) Paddocks Way – nothing changed. Cllr Ashley Hubbard to contact DC Robert Lindsay to escalate.

C89/20/21 Administrative, Finance & Governance Reports

a) payment for approval – Cllrs VT and SLH to authorise bank payments

b) AGAR (Annual Governance & Accountability Return) approved

C90/20/21 Matters to be brought to the attention of the Council

- precept/budget to be considered. Clerk to set up virtual meeting for the Finance Working Group. Cllr AG to assist
- Cllrs SLH and AH reported increased litter on sports field and in the Pavilion car park
- several Cllrs were disappointed not to be consulted and able to give comments on publicised content from the PC; it was agreed everyone should have an opportunity to comment, either at a meeting or by email which should give a sensible deadline. No Cllr has sole authority.
- 2 Casual vacancies on the Parish Council, it was suggested the PC advertise in the Bugle and on the village website. Clerk to put text together and send to Cllrs for approval.

C91/20/21 Items for agenda

Precept; Market Place proposed seating – consultation and decision

Cllr Andrew Guttridge thanked all those who helped with putting the Christmas tree up. To be taken down 5 or 6 Jan.

Meeting closed 2054hrs.

Next meeting: Mon 11th January 2021 7.00pm via Teams

OFFENSIVE WEAPONS ACT 2019

People in Suffolk are being given three months to surrender certain items that will soon be classed as offensive weapons under new legislation coming into force. The Offensive Weapons Act 2019 introduces the new legislation as part of the Government's response to serious violence, that gives the police the powers to tackle the issue. The Act includes new measures to control the sale of knives and corrosive substances, it also introduces new offences relating to their possession and use and will bring in new knife crime prevention.

Under the new laws, the possession of specified rapid firing rifles, bump stocks, knives and offensive weapons for public safety, will be prohibited. In order to ensure the public can dispose of these items safely, a three month surrender period starts from Thursday 10 December and will run until Tuesday 9 March 2021. During this time the lawful owners of these weapons can begin to surrender them to the police and submit a claim form for compensation from the Home Office.

Temporary Chief Inspector Jon Chapman head of the Joint Roads and Armed Policing Team said: "It is extremely important that anyone who is currently in possession of one of the above items, is aware of the change in legislation. Although there is a three month surrender period, we urge lawful owners of these items to either return them to a designated police station or contact their local licencing department as soon as possible. The reason for this being that anyone found in possession of these items after the surrender period will effectively be in possession of an illegal weapon or firearm and could face up to ten years in prison. Please ensure that when you are transporting items to one of the designated police stations, you do so in a safe manner. This includes wrapping items or placing them in a bag or a box, if possible. Please also make sure that you do not take the items out until you are requested to do so by a police officer or member of staff. Members of the public should also continue to adhere to the Covid regulations when attending stations by making sure they are wearing a mask and socially distancing from those around them. If possible, please call 101 beforehand to ensure officers or staff are aware of your visit."

Police and Crime Commissioner for Suffolk Tim Passmore said: "I'd just like to stress how important it is for anyone who owns any of these weapons to hand them in as a matter of urgency. Laws change for good reason and I would not want anyone who holds these weapons now quite legally, to find themselves in trouble when the law changes in March 2021."

Those in possession of knives or other offensive weapons must fill in the following Offensive Weapons Act Surrender and Compensation Scheme Form, before bringing this and the item(s) to a police station designated for the purpose. This form must be completed regardless of whether the owner is seeking compensation or not. Owners should also bring valid Identification and proof of ownership - this could be a receipt of purchase or something similar. In Suffolk, the designated police stations are either Ipswich (Museum Street), Bury St Edmunds and Lowestoft.

To surrender Firearms, relevant certificate holders are likely to be contacted by force licencing departments, with arrangements to be made to collect these items from their homes, rather than requiring them to attend a police station. Please take all reasonable steps to make the firearm safe to handle. If you have not been contacted by the Firearms Licencing Unit, then please call Chris Wright on 07770831503 or email: christopher.wright3@norfolk.police.uk <<mailto:christopher.wright3@norfolk.police.uk>>. For more information about the scheme, including a full list of the above items, the forms and whether you are eligible for compensation, please visit: <https://www.gov.uk/government/publications/offensive-weapons-act-surrender-and-compensation-scheme> Help us keep our communities safe.

Police advice on a variety of subjects can be accessed via <https://www.suffolk.police.uk/advice> To report something, or to otherwise contact Police, use the link <http://www.suffolk.police.uk/contact-us> To report something anonymously call Crimestoppers on 0800 555 111 or visit www.crimestoppers-uk.org <<http://www.crimestoppers-uk.org>> Alternatively call 101 for non-urgent matters. Always call 999 in emergencies, or if an immediate police response is required.

Police Connect Team

January's Advice Page

I've fallen behind on my bills and the debts are building up, and there's Christmas on top of this. I don't know where to start.

You've already taken a great first step by asking for help, and it's important to know you don't need to face this alone. You can contact Sudbury & District Citizens Advice for help.

In the meantime, here are four steps you can take to get started:

1. **Work out how much you owe** - Make a list of whom you owe money to and add up how much you need to pay each month. If you don't have your most recent statements, contact your creditor to find out what you owe. Some creditors will have special arrangements for people with Covid-related arrears.
2. **Prioritise your debts** - Your rent or mortgage, energy and council tax are called priority debts as there can be serious consequences if you don't pay them. Separate these and work out how much you owe. Again, you can ask the companies or council what support might be available during the pandemic.
3. **Work out how much you can pay** - Create a budget by adding up your essential living costs, such as food and housing, and taking these away from your income. The Citizens Advice budgeting tool on our website, www.citizensadvice.org.uk can help.
Any money you have spare can be put towards your debts, starting with the priority debts first. If you have any money left after paying priority debts, but not enough to make your usual payments on other debts, consider getting advice on the best way for you to start getting on top of them. Or contact your creditors and offer them what you can afford to pay.
4. **If you can't pay your debts** - If you've got little or no money spare to pay your priority debts seek advice from Citizens Advice straight away. If you're struggling to pay for basics like food, seek help immediately to see what support might be available to you. If you can't pay off other debts, such as credit cards and loans, it would also be worth contacting your nearest Citizens Advice.

We know it can feel very daunting to deal with debt, but having a plan really helps and our team will be here to help you each step of the way.

Please note we are no longer seeing clients face to face until further notice

We are providing advice by telephone and email, Monday – Thursday, 10am – 1pm. Please phone 01787 321400 if you need advice and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number.

You can also ring our Advice line on 0800 144 88 48 or 0300 330 1151.

Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website www.sudburycab.org.uk.

Contact: Elaine Gorman Email: elaine.gorman@sudburycab.org.uk

Sudbury & District Citizens Advice

Keyse House

Acton Lane

Sudbury

Suffolk

CO10 1QN

BILDESTON PARISH COUNCIL

The Parish Council currently have 2 vacancies for Councillors.

The Parish Council is made up of nine elected members who volunteer their time for the good of the community without receiving payment for their services. Their diverse backgrounds, skills and experience are a great asset to the parish.

Representing the community

The role of the Parish Council is to represent the interests of the whole community, engaging with local residents, discovering the needs of different groups in the community, such as the young and elderly, and lobbying on behalf of Bildeston. The Parish Council is the tier of local government that is closest to local people. Babergh District Council and Suffolk County Council form the other two tiers of local government that cover Bildeston. Details of their respective roles and responsibilities can be found in the Council services section of the website www.bildeston.org.uk

Parish Councillors are subject to re-election every four years unless there are the same number (or less) of Councillors to vacancies in which case those nominees will be co-opted on to the Council. All Members of the Parish Council are required to comply with a Code of Conduct in the performance of their duties.

If you have any questions, or think you would like to join the Parish Council please contact the Clerk on clerk@bildeston.suffolk.org.uk or 07593 584209.

COUSINS & SON BILDESTON LTD

available to carry out all your building requirements
from

Renovations / Alterations / Extensions to General Repairs

Please contact Paul for a free estimate

01473 658919 or 07876 244461

or email paul.cousins268@btinternet.com



- ★ 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

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

**“I needed advice on
redundancy, the adviser has
given me so much help I can
now see a way forward”**

Need help with benefits, employment, money worries,
housing, relationships or anything else? We can help

**For Patients of Bildeston, Boxford, Hadleigh
Surgeries**

Free, confidential telephone advice 10am – 3pm

Tuesday	call	07834 429 361
Wednesday	call	07586 741 250
Thursday	call	07379 202 164



Sudbury & District Citizens Advice, Keyse House, Acton Lane, Sudbury, Suffolk, CO10 1QN
www.sudburycab.org.uk email advice@sudburycab.org.uk

Friendly Experienced Teacher

offers **ONLINE**

Individual MATHS Tuition

(Specialism - Confidence Building)

Y7-Y11 (GCSE)

Call Colin Plummer on 01449 736918

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: nataliejmotttram@gmail.com

**HOME
& CLINIC
VISITS
AVAILABLE**

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.

INDUSTRIAL HEPA FILTERED VACUUM.

FULLY INSURED.

INSURANCE RECOGNIZED CERTIFICATES ISSUED.

SPOTLESS, RELIABLE AND FRIENDLY SERVICE.

ALL CHIMNEYS, WOOD BURNERS, AGA, BOILER

FLUES SWEEP.

GUILD OF MASTER SWEEPS CERTIFICATED MEMBER.



Power sweeping



TEL. 01359 232335

LOCAL DOG WALKER

**Dog walking service
and small animal care**

Call today for a free quote

Hi, I'm Janet. I've been been a dog and small animal owner for over 40 years and love all of our furry friends. I'd be delighted to put my knowledge and experience to good use while you are at work, on holiday or simply out for the day.

- DBS checked
- Fully insured

Based in Chelsworth



CK9 dog walker

07881 754483

CK9walkies@gmail.com

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**



THE FLOWER SHOP

Your local independent florist

Creating beautiful
arrangements for
all occasions using
only the freshest,
seasonal flowers

Visit us in store
to view our flowers,
plants and
homeware items,
or order by phone
or online

Local and nationwide
deliveries

• ESTABLISHED 2013 •

www.theflowershopkm.com

THE FLOWER SHOP AT KERSEY MILL Near Hadleigh IP7 6DP

01473 805156

07534 525 263

01449 258 254



**Gidney
Plumbing &
Heating Ltd**

Professional & Reliable Service



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

gidneyph@outlook.com www.plumbinginsuffolk.com

Eco SYSTEMS

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**



BILDESTON BAPTIST CHURCH

Duke Street, Bildeston

Email: bildestonbc@gmail.com

Service every Sunday morning at 10:45

**We are following government guidelines during
covid-19, therefore we regret to say that we are unable
to hold the Community Coffee Centre at the present
time and, although we have recommenced Lunch Club,
we have to restrict it to those who have previously
attended and by invitation only.**



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



Pastoral Letter – January 2021 from Revd Elke Cattermole

Dear All,

The New Year starts with the new light of Christ shining in the World, a new start for us all.

I have heard so many people say how they cannot wait for 2020 to end. It has been such a difficult year for many because of the pandemic and they enter the New Year with fear and concern because of what happened to them or their families in 2020. However sceptical we may feel, do we not have to attempt to begin 2021 optimistically and attempt those challenges that face us.

There is a fundamental theme that is linked in our everyday lives, which has become more significant now more than ever, and is something that is essential to our survival as humans, namely adaptability. As humans we have an amazing capacity to adapt despite having to overcome extreme situations. During this last year we have all had to adjust to the enforced restrictions during this pandemic. Adapting in this way was new for many of us and unsettling in all areas of our life and we have had to learn to adjust.

We are used to it. Don't we remember becoming a sibling, starting school, becoming a teenager, aunt, uncle, or parent? Sadly though, many have recently had to cope with more severe circumstances such as losing jobs or livelihood, illness, loss or bereavement and our hearts go out to those who are suffering in mind, body, or spirit. We cannot help but wonder how some people have been successful in adapting to challenging circumstances and what helped them through this experience?

We have examples in our bible of people who overcame such difficulties, Abraham who faced the trial of leaving his homeland and Ruth who lost her husband. John the Baptist who was beheaded and Paul who wrote some of his best work in prison. In the twentieth century there was Revd Martin Luther King, opposing the segregation laws in USA and Sheena Duncan opposing segregation laws in South Africa.

All these servants of God faced persecution, heartache, and trials beyond our imaginations. Yet all of them, during the adversity were right where God wanted them to be. This can be exceedingly difficult for us to understand. This year I have observed through our local schools and members of my own family how teachers have had to adapt to the needs of the children, ordinary people doing extraordinary feats; nothing short of a miracle. Extraordinary essential work has also been undertaken by so many people in the NHS, health care, food shops and our own support groups in our village. We thank God for all those people.

Our Christmas celebrations in 2020 have been quite different to how we used to celebrate it in previous years, no parties, no carols, no singing, no crib service. Yet, let us remember our capacity to adapt as humans that undoubtedly, we already have. So, with the strength of faith, hope and love, we found new ways of celebrating the birth of the Christ child.

As January starts, the church celebrates Epiphany as we think of Christ as a light to lighten all people and to break all barriers. As the star led the Magi from the East, so we are all brought to find Christ as the light of the whole world. Let us all continue to offer the sign of friendship, love, and care to one another in the name of Christ in 2021

I wish you all a *"Happy and Blessed New Year for 2021"*.

Revd Elke

**BILDESTON w WATTISHAM, LINDSEY
WHATFIELD w SEMER, NEDGING & NAUGHTON**

Church Services – January 2021

Date	Church	Service	Time
Sunday 3 rd January	St Mary Magdalene, Bildeston	Holy Communion	11.00 am
	St Mary, Naughton	Morning Prayer	11.00 am
Sunday 10 January	St Mary, Nedging	Holy Communion	11.00 am
	St Margaret's Whatfield	Family Service	3pm
Sunday 17 January	All Saints, Semer	Holy Communion	11.00 am
	St Mary Magdalene, Bildeston	Family Service	3pm
Sunday 24 January	St Margaret's Whatfield	Holy Communion	11.00 am
	St Mary, Naughton	Holy Communion	11.00 am
Sunday 31 January Benefice Service	All Saints, Semer	Holy Communion	11.00 am



Lunch club (By invitation only for previous attendees)

Baptist Church 12.15 for 12.30pm start.....1st Wed every month

Craft it Together

01449 740716/741606 for details.....Not yet restarted

Strollers & Striders

Baptist Church Car Park 10.00.....Not yet restarted

Baby and Toddler Group

Baptist Church 9.15 to 11.30am.....Not yet restarted

Mens Breakfast

Baptist Church 8.00am.....Not yet restarted

Church Bell Ringing Practice

St. Mary Magdalene church bell tower 8.00 to 9.15pm.....Every Tuesday

**The Bugle strongly advises checking with organisers
to make sure any events in which you are interested
are still on and what Covid-19 actions you might have to take.**

Please tell us about your forthcoming events in **February**

email: editor@bildestonbugle.co.uk



When you're finished with this Bugle please pass it on or recycle it.