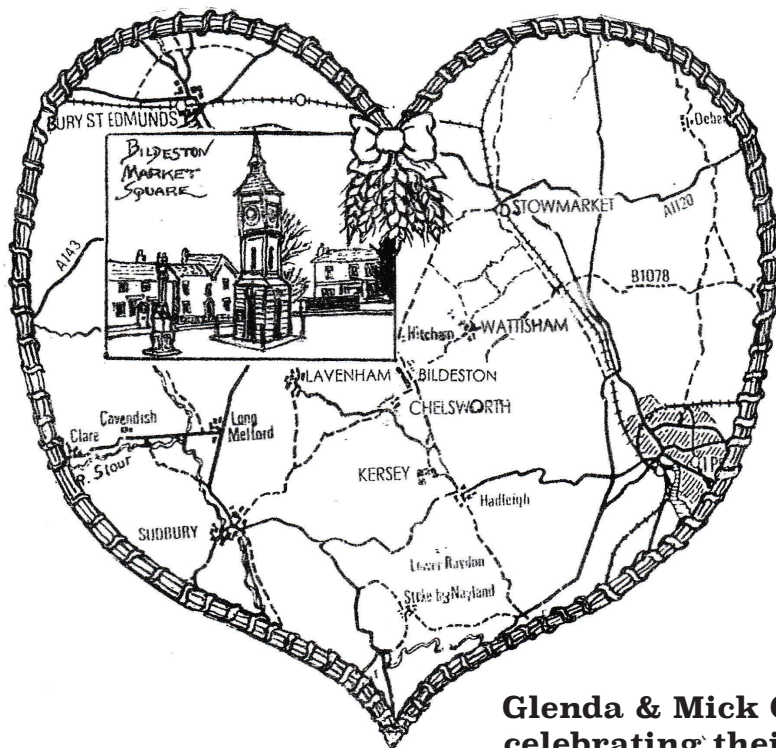


Issue number 383

September 2022



**This issue kindly
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Many congratulations**

**The village magazine produced for the people of Bildeston
online in full colour at
<https://bildeston.org/bugle-village-magazine/>**

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

Christine Hubbard (Finance Manager) 01449 740633

Alison Sims (Supplies Manager)

Pam Weaver (Distribution Manager)

Christine Hastings Tricia Baldwin (Printing Assistant)

ED'S COMMENT

September is the start of the new school year. Children could be starting a new primary school in Reception, a new Secondary school in Year 7 and a new class at any stage. Dusting out the cobwebs of a long, hot summer break and down to some new learning experiences.

We, at the Bugle team, have realised we need to help with some new learning too. For some time the Bugle has been available on line, on the internet, through any device linked to the web. We have uploaded every month the latest Bugle in full vibrant colour, but have come to realise so few people are even aware of that service provided to all village residents. Even if they are aware, they might not be too sure how to access the web version of the Bugle, which complements the printed one and offers another way to access it. So here is a quick and...

EASY GUIDE TO GET THE BUGLE ON LINE

- To go to the Bildeston village website, type ***bildeston.org*** in any search engine and it opens in its main page;
- When it is open, scroll along the line next to the title and click on the words ***'news/events'*** ;
- Scroll down to the word ***'Bugle'*** and click on it.

This opens up the Bugle page. You now have **two** ways to read the latest issue. First way is on the right hand side you'll find a list of the years where all the Bugle issues are uploaded. You can look at any issue you want by clicking on the **year** which then opens the Bugles in that year, and then click on the **month** of the Bugle you would like to read. To read the latest click on 2022 and all the months are listed. Next to September, click on the word ***'download'*** and this September Bugle will open. But doing it this way opens a very large Bugle where each page fills the screen, and you have to scroll down to read through. This is not the easiest to read and so we upload another version. This second way is a much better, exciting and really brilliant version.

To open this version ignore the year and month list on the right and scroll down to the bottom of the Bugle page where a picture of the very latest Bildeston Bugle is displayed. All you have to do is click on that picture and it opens up the Bugle in a new webpage called 3D. This works like a real magazine where you flip through all the pages and turn them as if you are reading a real newsletter, you even hear the pages turning and it is in full colour, so you see all the items, notices and adverts just as they were intended! Even better it is free, no subscription, like some newspapers. When you have finished reading just click on the white cross in the top left corner and you are back to the village website. Please try this out and start to use the on-line copy of the Bildeston Bugle, and let us know what you think. Like many things in print, the Bugle needs to drag itself into the 21st century. Welcome to the digital age! Please, please, give it a go.

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Bildeston Primary School

Learning and Growing Together

Head Teacher Note

Thank you to parents for all of your support last academic year. We are incredibly proud of all our pupils who worked so hard at all the different tasks and assessments they were asked to complete. We wish all our leavers well as they embark on a new journey at their chosen high school. We have fifteen new reception children starting at Bildeston this term. We very much look forward to welcoming them to our school community.

Rock Steady Music School

Children from different year groups have been attending Rock Steady music sessions and at the end of term they played to an audience of parents and class friends - they were fantastic!



Reading Certificates

Each term we award a gold, silver and a bronze certificate for reading for each class. This could be because a child has read every night for at least 10 minutes and completed their reading diary correctly. It could be that a child has made significant progress or has achieved a very high reading age well above their chronological age. Congratulations to our winners for the summer term.

Junior Road Safety Officers

Each September, pupils from Year 5 and Year 6 write application letters for the role of Junior Road Safety Officers. One Year 5 and one Year 6 are chosen. This year's JRSO's have done a brilliant job and have been awarded a GOLD certificate from the Suffolk Highways Department for all their hard work. Well done girls!



Word Millionaires Accelerated Reader

Congratulations to these children pictured who have been reading some very, very big books with lots of words in them. They have read so many books that they have each read over a million words since we began school in September through until now. That is amazing, well done!



Co-opted Governor Vacancy

We have a vacancy so if you are interested in finding out more, please call us on the number below for an informal chat.



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. We would love to meet you.

Bildeston Primary School

Newberry Road, Bildeston, Ipswich, Suffolk, IP7 7ESTelephone: 01449 740269

Website: www.bildeston.suffolk.sch.uk

CHAMBERLIN HALL
MACMILLAN TEA AFTERNOON
SUNDAY 25TH SEPTEMBER
2.00PM TO 6.00PM



BILDESTON GARDEN GROUP

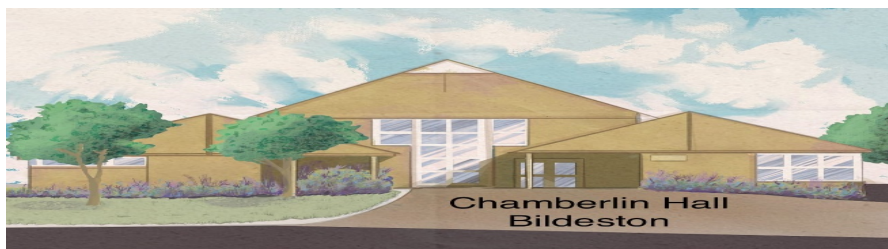
A brand new group for anyone in Bildeston interested in gardening and nature is being proposed.

Objects of the group are:

- To encourage and inspire each other with our gardens
- To organise horticultural projects around the village.
- To have our own Bildeston open gardens.

Launch meeting is on Wednesday 31st August 7pm at Wahrenonga Wattisham Rd (1st bungalow on the right as you turn into Wattisham Rd from the high street). Come along and bring your ideas and enthusiasm with you!

For more details contact Debbie Bailey 07948083769



What's on in September

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

Mondays	3.30 to 9.00pm	Miss Lesley's Dance classes (07957 351941)
Tuesdays	11.00 to Noon	Rosie's Line Dancing
Tuesdays	12.15 to 1.00pm	Zumba Gold
Tuesdays	7.15 to 10.30pm	Carpet Bowls contact Mike 01284 827688
Wednesday	7.30 to 11.30pm	Open Mic Night
Thursdays	10.00 to 11.00am	Zumba Gold
Thursdays	7.00 to 9.00pm	Badminton
Fridays	11.00 to 1.00pm	Pilates (call Claire: 07900 440141)
Fridays	7.00 to 11.00pm	Social evening, food served
Fridays	From 6.30pm	Bowls Club Social Evening
Saturday 10th	7.00pm	BINGO, eyes down at 7.30pm
Saturday 17th	7.00 to 11.00pm	KARAOKE!
Sunday 25th	2.00 to 6.00pm	Macmillan Afternoon Tea

Email: chamberlinhallmc@gmail.com for information



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Bildeston Ladies Club



As you can see from the photograph, the ladies came together for the celebration of 50 years since the club's formation in 1972 and had a thoroughly enjoyable afternoon tea party. We began with a toast to the club's success and future , followed by a wonderful spread of delicious savouries and cakes, supplied by Abi of The Queen B catering co. and the most amusing celebration cake, with our logo cleverly depicted in 3D, made by Sue Hunter of Hitcham. Bouquets were presented to Sylie Ruffell and Pauline Rampling who were both original members of the group.



Thanks also to Carolyn Oxford for stepping in at the last minute to help out with the kitchen chores.

Bildeston Ladies Club

As we begin a new term of events in September we will be electing a charity to support, so please let me know if you have any suggestions.

Due to the increase in the costs of hiring speakers, it has been decided to increase our monthly subs to £3:50 with an optional raffle ticket purchase remaining at 50p. Annual subs will now be due at the beginning of next year.

Our first speaker is coming to talk to us about 'Care In The Community', from 3000 B.C.to the present day. I hope to see you there.

THURSDAY SEPTEMBER 1ST

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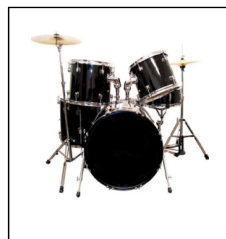
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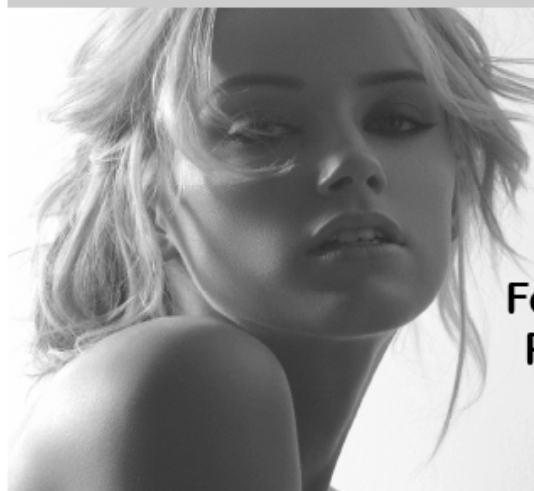
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BILDESTON COMMUNITY CYCLING

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IN OCTOBER, WE'LL HAVE A MONTHLY RIDE ON A
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BILDESTON COMMUNITY SUPPORT LAUNCHES WINTER APPEAL

We Need Your Help



Bildeston Community Support is really concerned about the effect of rising fuel prices and how it is already affecting some of our local residents. At least four Bildeston families went without heating oil last winter. Numbers of families we support through the foodbank are steadily growing and the battle to heat AND (not or) eat will be harder this coming winter.

Bildeston Community Support have decided to launch an appeal to support Bildeston families with their fuel bills.

We want to raise £4,000 which we can then share out on a means tested and assessed circumstances method.

We would appreciate any support you can provide in supporting this appeal. Bildeston Community Support will accept bank transfer donations as well as cheques. Bank details are:

Account name: Bildeston Community Support

Account number: 49886479

Sort: 523031

Meanwhile, Bildeston Foodbank still need ambient food and toiletries as well as carrier bags. We also still accept cash donations. Thank you so much for your continued support.



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email: bildestonsportsfield@gmail.com

Elaine Talbott 07766527433 or Angela Chapman 07711904515



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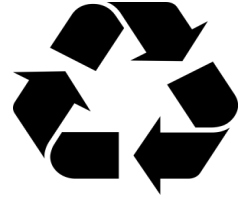


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Recipe of the Month

Blackberry Clafouti

with thanks to Alison

Ingredients

A sugar free bake
serves 6

1tsp butter to grease dish
100g blackberries
2 large eggs
150ml double cream
3 tbsp melted butter
60g plain flour
3 1/2 tbsp sugar alternative
1/4 tsp baking powder



Method

1. Pre heat oven to 190C/ 170C fan gas mark 5
2. Grease a 24cm pie dish with the tsp of butter
3. Sprinkle half of the berries over the base of dish
4. Into a large bowl or blender add the eggs, cream and melted butter and mix. Sieve in the flour, baking powder and sugar alternative and mix briefly again
5. Pour the batter over the berries in the buttered dish and add the remaining berries, press these 3/4 of the way into the batter
6. Place dish in hot oven and bake for about 20 minutes, the mixture should be set but retains a wiggle in the middle.

* Remember it will continue to cook once removed from the oven.

* Delicious served warm with thick cream or Greek yoghurt

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The cost of energy and food is so high now. I'm worried about how I'll put food on the table. I'm on a prepayment meter and I'm really scared we're going to be left without any gas or electric if I can't top up. What can I do?

First of all, I'm really sorry to hear how tough things have been for you. You're doing the right thing in reaching out for support and there are things you can get help with.

As a prepayment meter customer, your energy supplier will be able to give you temporary credit if you can't afford to top up your meter. They might add this to your meter automatically, but if they don't, you can call them and ask them to do this.

If you run out of temporary credit, speak to your supplier to explain your situation. They may give you extra temporary credit if you're struggling with living costs. There are other reasons why they might give you extra credit too, including if you're disabled, have a long-term health condition, or you have children under the age of 5. You'll have to pay back anything extra you get, but you can agree how to do this in a way you can afford with your supplier.

As you say, the cost of living is really high but there is help available. If you pay council tax and you're in bands A-D, you should get a payment of £150 automatically. It could take until the end of September, but if you've not had it already you might need to make a claim.

You might also be able to get help from the Household Support Fund, which helps those experiencing financial hardship. They can offer support with energy bills, with food or other essentials.

For more information on the £150 payment or the Household Support Fund, email Babergh & Mid Suffolk District Council on housingsolutions@baberghmidsuffolk.gov.uk or call **0300 123 4000**.

There's more government support coming from October in the form of a £400 payment to help you with your energy bills. If you have a prepayment meter, you'll be given vouchers in the first week of each month from October, via text, email or post. Make sure your energy company has your up-to-date details.

To help manage other costs, it's also worth checking you're getting all the benefits you're entitled to. There are benefits calculators you can use online or Citizens Advice Mid Suffolk can complete a benefit check for you. If you can't afford to buy food, Citizens Advice also can help you get a referral for a food bank.

We know this is an extremely worrying time and everyone's situation is different. Don't struggle alone.

Citizens Advice Mid Suffolk can provide advice on this or any other issue, including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us. For more information and our opening hours go to midsuffolkcab.org.uk.

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BILDESTON PARISH COUNCIL

There are no Draft minutes for the Parish Council meeting as no meeting is arranged for August

Date of next meeting: Monday 12 September 2022, 1900hrs, Baptist Hall, Duke Street, Bildeston.

Village website: www.bildeston.org



A DATE FOR YOUR DIARY

The St Mary Magdalene Church Christmas Fayre will be held on Saturday 12th November from 10am to 4pm.

In addition to those stalls run by the Church there will be a limited number of stands/stalls available for a modest fee.

Please contact Linda Ashwell,
lja2525@aol.com for further information.

BILDESTON BUGLE HELP

If you have just one hour or two to spend once a month, would you consider helping us on the day we print the Bugle?

Nothing difficult or technical, we just let the machine do all the work.

We put the printed Bugles into bags ready for distribution around the village.

We print all day so to make life easier we have a rota of helpers who come along for just a small amount of time, sit and chat and put the Bugles into bags ready for delivery.

If you can spare an hour or two one day in a month please call the editor on 01449 741645 or email editor@bildestonbugle.co.uk



Interested in
exploring the
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Then come along to
our **Alpha course**.

Share a meal, hear about the faith,
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Teresa on 01449 744120 or
Revd. Elke Cattermole on 01449 403698

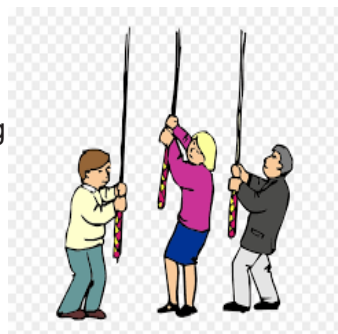
Life, Faith, and Jesus

BILDESTON BELL RINGING

We meet every Tuesday evening at 8.00pm,
and everyone (from complete beginners to more
expert ringers) is very welcome.

Spend an enjoyable hour meeting friends, getting
moderate exercise and stretching your mind with
some mathematical combinations?

For more details contact:
Neil Ashwell 01449 741370
or Martin Rodgers 01449 743120



What we do

Many families need help, friendship or support during those early years when their children are young.

Families Together work with families facing many different challenges and worries:

- Poor physical or mental health
- Isolation
- Coping with child behaviour
- Financial difficulties
- Postnatal depression
- Coping with illness

Being a parent has never been easy, but whatever struggles you are facing, we are here to help.

Our coordinators and volunteers are here for mums, dads and carers with children under the age of 11 in Suffolk.

We also offer groups for families with children aged 0-5, SEND groups and Perinatal mental health support groups.

You don't have to pay for Families Together help, and it's totally confidential.

What you can do

Do you have a few hours each week to help us provide vital support to families in your local community? Full training will be given and you could help by:

- Becoming a home visiting volunteer supporting a family weekly in their home
- Helping in one of our family groups that are run for parents with children under 5 years old
- Encouraging development of speech and language in our LENA project
- Assisting in our charity shop/eBay selling hub
- Becoming a Trustee to help develop the organisation and ensure it is run to Charity Commission standards

Supporting
Families Since
1983

**For further information contact
us on 01379 678552 or email
info@famielstogethersuffolk.org.uk**

Families Together Suffolk

Whether you are visiting a family at their home, or helping at one of our family, perinatal or SEND (special educational needs) groups, you will be giving real, practical support and encouragement to families, so that they can provide a strong foundation for their child's future. This support is needed now more than ever and is crucial in helping families to cope, develop resilience and stay positive through perhaps the most challenging time in their lives. I feel my skills and experience lie elsewhere – are there any other ways to help?

We have volunteering opportunities at our successful retail outlets - our charity shop in Eye, and our eBay selling hub in Stowmarket. At the shop you can either be customer facing, or if you prefer you can be in our back office, sorting and preparing donations for the shop floor, or using your IT skills to help with pricing or administrative tasks.

At the eBay selling hub, you can use your interests in fashion, collectibles and unusual items by researching, preparing, photographing and packing items for dispatch. This is a great role for anyone who has had experience of online selling, but this is not essential as training will be given – we are happy to help you learn new skills. There is also an ad-hoc need for a driver to travel between Eye and Stowmarket, transferring donations between the two locations. Even though you won't be volunteering directly with families, our retail outlets provide vital funds to keep our services going, supporting families all over the county.

Does it really make a difference? Absolutely! We are currently supporting 661 families across Suffolk through our home-visiting and groups. Here are some genuine quotes from parents/carers we have supported:

We would love you to utilise any skills you already have. For groups and home visiting, these can be everyday skills such as budgeting, cooking, arts & crafts, or simply encouraging conversation with an adult or encouraging play with a child. In our retail outlets, you can learn retail, customer service, display, creative or IT skills. We are a learning organisation, so we hold ongoing training for our volunteers in areas such as first aid, customer service, or in special project work. Full training is given to all of our volunteers. You'll gain confidence, meet new people, learn new skills, and gain a great deal of personal satisfaction, knowing you are making a difference.

Group volunteers are asked to attend a half day Zoom course (next course takes place via Zoom Monday 12th September, 9.30am to 11am). Home-visiting volunteers are required to attend a 7 session training course (1 per week). The next course starts on Tuesday 13th September and will be held in Bramford, just outside Ipswich, which has easy access from A14 and A12. Retail volunteers receive "on the job" training and support. If interested and want to know more please email info@families-together-suffolk.org.uk or call 01379 678552 for more information. There is a simple on-line form to fill in, we ask for 2 references and we also do a DBS check for home visiting and group volunteers.



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SESAN NEWS

The The volunteers are wilting and the dogs have flopped down in the shade as I write this in the middle of another heatwave. Hopefully it will be cooler when we have a stall on the Green at the Cavendish Fete on 3rd September, open 1-5pm. The following week our £1 Sale will be held at the Stevenson Centre, Stevenson Approach, Gt. Cornard, CO10 0WD. Doors open at 11am on Saturday 10th September, these sales are always popular so don't miss it!

This month I am looking for a special person who could take on an old pal of mine. Paddy is a nine year old Yorkie dog suffering from heart failure. He needs someone who can give him the home he deserves on a one to one basis. They will have no other pets, an empty lap with lots of time and love for a delightful little dog. Paddy has a healthy appetite and still enjoys a game of ball, a walk, a good cuddle, and life in general. At the moment all he needs is one pill twice a day popped in his food.

If you think you can provide the foster home Paddy needs, please leave a clear message with your name and number on 01787 210888 or email info@sesaw.co.uk. Please speak slowly so anyone can hear your contact details, even a little chap like me, Kenny (the Boss) Chihuahua!
Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 www.sesaw.co.uk



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Bildeston Village Stores



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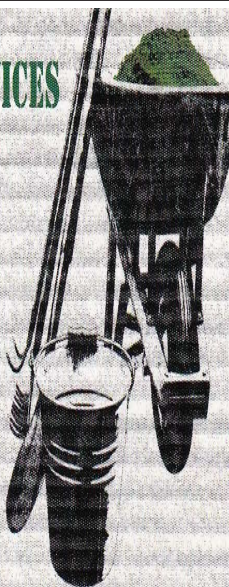
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Strollers & Striders Mondays 9:45am

Ring 07584 189356 or 07901 563281 for details

Craft it Together Mondays 2pm to 4pm

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All are most welcome.

Enjoy meeting old and new friends at any of these events

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Brett Valley Benefice

Pastoral Letter – September 2022

from Revd Elke Cattermole



Well, have you all survived the extremely hot July and August. While writing this letter the day is slightly cooler and in a normal summer would be regarded as a pleasant August day. It has given us all a respite from the extreme heat and even finishing the day with a small amount of rain. Our differing and extreme weather this year across the world has made us think more again about 'Climate Change' and our responsibility for the wellbeing of the planet earth. The terrible fires we have heard reported across this country, Europe and the world has had an impact on us all. This added to the other current worldwide situation of war and pending cost of living for many in this country and elsewhere can make us feel despondent.

But we are now beginning the month of September and whatever age we are, there is a sense of 'Back to School,' after a long break. New shoes, new blazers, new shirt blouse, uniform. To me it was always that feeling of a fresh start and in a way we all need to have a time when we refocus on our lives. A new journey, some may be beginning or our continual journey where we want to build up and have a positive influence on others.

In the Diocese of Suffolk there are many parish churches and each September there is the traditional **"Ride and Stride"** held this year on **Saturday 10th September 2022**. It is not just those who participate in the bike ride or walking challenges between the different parish churches but the positive outcomes for each church and those helping on the day. Every church visited and supported by whatever means often with refreshments for the visitors/riders and walkers show their own uniqueness and spirituality.

So much can be learnt from these churches as we travel around and learn and chat with one another. We know we must work together for not just our spiritual growth but for all those we meet. We can all in a way take this time to refresh our journeys in life, with the help of God. *Amen.*

A Psalm of David. "The earth is the LORD's and the fullness thereof, the world and those who dwell therein, for he has founded it upon the seas and established it upon the rivers"

Psalm 24: 1 -2

God Bless you all.

Revd Elke

Rector

Services in the Brett Valley Benefice
September 2022

Date 2022	Time	Service	Church
Sunday 4 September	11am	Holy Communion	Bildeston
Saturday 10 September "Bike & Stride"	All Day	<i>Time of Reflection in each church visited</i>	Around the Diocese
Sunday 11 September	11am	Holy Communion	Semer
	11am	Pet Service	Nedging
Sunday 18 September	11am	Holy Communion	Whatfield
	11am	Morning Prayer	Naughton
Saturday 24 September	2pm	Wedding	Semer
Sunday 25 September	11am	Holy Communion	Semer
	11am	Morning Prayer	Nedging

Brett Valley Benefice

(Bildeston w Wattisham, Lindsey, Whatfield, Semer, Nedging and Naughton)

From Revd Elke Cattermole, Rector
Benefice Administrator Required

Are you interested to fulfil the benefice administration in helping the coordination of the six parishes? To work alongside the incumbent and Lay Minister to enhance communication to churchwardens, PCC's, and individual parishes.

Initially this will be for 4 – 6 hours per week.

Can you help and are you interested?

For an informal chat please contact me on: Email: revdelkecattermole@gmail.com
Tel: 01449 403698
Mobile: 07957 419055



Lunch club

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

Craft it Together

01449 741772 for details..... Every Mon

Strollers & Striders

9.45 - various starting points 07584 189356 or 07901 563281 for details.....Every Mon

Family Group - 10am-12pm

07542 785649 to book a space.....Every Tuesday

Community Coffee Centre

Baptist Church 9.15 - 11.30am.....Friday mornings

Church Bell Ringing Practice

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

Bildeston Carpet Bowls Club

7.30pm Chamberlin Hall. Contact Mike 01284827688.....Every Tuesday

Bildeston Community Cycling

see next month's Bugle for the new Autumn/Winter programme

Open Mic Night Chamberlin Hall 7.00pm.....Every Wednesday

Social Evening Chamberlin Hall 7.00pm.....Every Friday

Village Social Sunday Cafe

Sports Field 10.00 to 12.00.....Every Sunday

Ladies Club Care in the Community

Chamberlin Hall 7.30pm.....Thurs 1st

Sportsfield AGM

The Pavilion 7.00pm.....Mon 19th

Bildeston Produce Show

St Mary Magdalene Church 2.30pm to 5.00pm..... Sat 27th

Bildeston Garden Group

First meeting 7.00pm Wahoonga, Wattisham Road.....Wed 31st

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

email: editor@bildestonbugle.co.uk

deadline 17th of every month



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