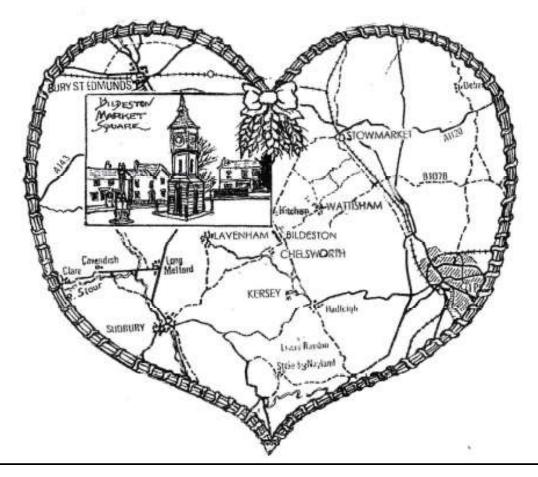


### **NOVEMBER 2023**



Do you have a special birthday or anniversary you would like to share? You can sponsor an edition of The Bugle for just £,15 per issue. More details inside...

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 the Editor 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: bildeston.bugle.editor@gmail.com

### Sponsor a 'Bugle' – £15 per issue

and have a brief message of your choice printed on the front of the Bugle

### Advertising Rates

	1 issue	12 issues	
1/4 page	£5.00	£35.00	65mm W x 92mm H
1/2 page	£10.00	£60.00	134mm W x 92mm H
Full page	£15.00	£110.00	134mm W x 190mm H

### THE SMALL PRINT

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

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

Ask for BACS details or make cheques payable to **Bildeston Bugle** and send to: Mrs C Hubbard (Treasurer), Bildeston Bugle, 6 Manor Rd, Bildeston IP7 7BG

If we do not receive payment by the 17<sup>th</sup> of the month your advertisement will NOT be included

### The Bildeston Bugle Management Team is:

Diane Brown (Editor)

Christine Hubbard (Finance Manager) 01449 740633
Alison Sims (Supplies Manager)
Pam Weaver (Distribution Manager)
Christine Hastings Tricia Baldwin Rita Bradley (Printing Assistants)

### ED'S COMMENTS

As I'm writing this, a pleasant calm has returned to the village after the past couple of days of everything being battered by Storm Babet. It seems that Bildeston became a small island with the majority of roads in and out of the village being so badly flooded that they became impassable. Videos and photographs emerged on social media pages showing floods, abandoned cars and other damage. I hope that for any of you that were affected by the storm were able to return to normality quite quickly.

By the time this issue lands on your door mat, it will be around Hallowe'en time and the dark nights will be closing in once the clocks have gone back over the weekend of 28th / 29th October. A week later and it's Guy Fawke's night....

If you are having fireworks at home, please ensure your pets are kept indoors and if possible have someone to keep them comfortable and reassure them. If you can, create a safe and comfortable space for your pet to go to with a few treats and toys and maybe a radio or some music to help drown the noise of the fireworks.

If you have a dog, try to wear them out during daylight hours so that by the time the fireworks go off, they're too tired to care!



Please also let your neighbours know in advance if you plan to have fireworks at home so that they have enough time to prepare and plan any adjustments they will need to make to ensure their pets feel safe too.

We used to keep a small flock of chickens and had to make a mad dash to find boxes big enough to fit them all in and bring them into the house when our then-neighbours decided to let off some rather noisy bangers and rockets!

Whatever you are doing, I hope you have fun. And as a footnote to fireworks – please be very vigilant around children, and ensure you are equipped with at least a bucket of water and a bucket of sand nearby.

Until next month, which is the last issue of 2023....

Diane

# TIPS FOR PLACING AN ADVERT IN THE BILDESTON BUGLE

### **Supplying Artwork**

When designing your Ad, the dimensions should be as follows:

1/4 page - 65mm W x 92mm H 1/2 page - 134mm W x 92mm H Full page - 134mm W x 190mm H

- We prefer all artwork to be in one of the following formats:

PDF at 300dpi resolution

Word Document

**JPEG** 

**PNG** 

Please contact The Editor at

email: bildeston.bugle.editor@gmail.com\_if you have other formats.

### **PLEASE NOTE:**

- If you use fonts that you have downloaded for the purpose of this ad, please also supply the TTF file.
- Backgrounds should be light (preferably left white) with black or very dark font. The more block and/or dark colouring that is on a page increases the print time, use of more toner, and as The Bugle is produced free of charge, we strive to keep the printing costs to a minimum.

Please remember that the booklet is printed in black and white, and only the online version is in colour. Please do a test-print of your ad in Grayscale to ensure you are happy with the quality before sending to us.

- Sometimes a small graphic in your ad draws the reader's eye rather than just plain text.

Please see inside of front cover for advertising rates.

### **BILDESTON ROUND-UP**

St. Mary Magdalene Church October Services

Sunday 12th November – 10.45am Remembrance Day Service on the Square at Bildeston

Sunday 19<sup>th</sup> November – am Holy Communion (due to retirement this will be the Revd. Elke Cattermole's final official service. Please come and show your appreciation of her last four years' service! Refreshments will also be available)

### **FUTURE EVENTS**

### Winter Fayre

The very popular Bildeston Christmas Fayre will take place on Saturday 4<sup>th</sup> November in St Mary Magdalene Church from 10am until 3pm. The traditional stalls of raffle, jams and preserves, cakes, Christmas 'surprise boxes' will be there, plus many more new and varied stalls! Delicious refreshments will be available throughout the day. Entry is free and we hope that the smell of the bacon rolls on sale in the morning freshly prepared outside the church will tempt many to make the trek up the hill.

### **DIARY DATES**

**Bildeston Community Cycling 'Winter Warmers'** - There will be a monthly ride on a Saturday morning. These rides will continue throughout the autumn and winter and begin at the Market Place at 9.30am, extend over approximately 25 miles with a café stop and returning at approximately 12.30pm. For more information and details and the dates please contact Robin Weaver 01449 741048.

**King's Pightle Quiz Night** – Sports Pavilion, Friday 17<sup>th</sup> November 7.00 for 7.30pm start. Teams of maximum 6 people, snacks included and a licensed bar. Please contact Steve Hiscock on 07585 534960 or email <a href="mailto:hiscock4@yahoo.co.uk">hiscock4@yahoo.co.uk</a>

Chamberlin Hall Beer Festival – 24<sup>th</sup> & 25<sup>th</sup> November, Real Ale, Ciders and Live Music!

**Over 60's Christmas Lunch** – Chamberlin Hall on December 9<sup>th</sup>. Doors open 12.30pm. Please complete the form in the Bugle and place in the box in the Clock Tower.

### Fundraising footnote for St Mary Magdalene

Maintaining our beautiful church takes time and money. We now have a problem with our chancel lights, which once again is down to us to resolve.

All donations are most welcome and to enable easy access to cash free donations and charitable giving please follow the link to the 'Give a Little' webpage

(https://givealittle.co/campaigns/dd2ce3a9-de16-447e-bb58-6814ba23ca65)

If preferred cheques made payable to 'Bildeston PCC' or BACS transfers -Account Name: BILDESTON PCC

Sort code 20-44-51 Account number 60187186

are very welcome too!

### **Bell Ringing**

The band of enthusiastic bellringers continue to thrive and practise every Tuesday. For more details, please contact either of the **Church Wardens** Neil Ashwell: 01449 741370 and Martin Rodgers: 01449 743120

### **Bildeston Community Support**

Bildeston Community Support is run by an amazing and dedicated team of volunteers. At its core are the principles of respect and discretion without judgment. Each month more than £1000 is spent on food and goods to help support our community. Thirty four families (including thirty two children) are helped by the wonderful support from residents who donate money and food to the cause. To help meet growing costs, the team are now operating a car-boot stall and would appreciate any items that you may wish to donate to help raise funds. If you have any donations for the car-boot stall, please call 01449 257136.,

Any monetary support is also much appreciated especially cheques and bank transfers.

(Bank details: Account name: Bildeston Community Support Account number: 49886479 Sort code: 523031) For more details to apply for support, please use the Food Bank contacts.

Meanwhile, **Bildeston Food Bank** also still need ambient food and toiletries as well as carrier bags. 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 bildestonesg@gmail.com in strictest confidence

Donation drop-points

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

Bildeston Village Stores

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CHAMBERLIN CLOSE, BILDESTON, SUFFOLK, IP77EZ 07716921514

### **UPCOMING EVENTS**

### November

24th & 25th - CH Winter Beer Festival - Real Ales, Ciders & Live Music

### **December**

9th - Over 60's Christmas Dinner - with entertainment 22nd - CH Christmas Party - 8 till late! 31st - New Years Eve Party 8 till late!

### **January**

26th/27th/28th - Panto by CHADS

### VISIT CHAMBERLINHALL.ORG TO FIND OUT MORE...



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## KINGS PIGHTLE

### Fundraiser Brain of Bildeston Quiz Night Friday 17th November

Sports Pavilion 7.00 for 7.30 start £5.00 per person, teams of no more than 6-table snacks included - licensed bar For more information and to book a place contact

Steve Hiscock email hiscos4@yahoo.co.uk or call 07585 534960

# FRIENDS OF BILDESTON SURGERY (FOBS) ANNUAL GENERAL MEETING

Thursday 16th November 2023 at 6:30pm At Bildeston Health Centre All Are Welcome.

Friends of Bildeston Surgery was formed in 1992 when a need was discovered for specialist equipment. Although a lot has changed since then, there is still a need to provide equipment for the surgery of which the latest was an ECG Machine, or to aid the surgery staff in providing the best posssible care for the patients.

If anyone would like to join the committee or think they might be able to help we are looking for a Secretary for which is a very important role. Or if anyone wishes to make a donation or help in any way it would be greatly appreciated.

If you require any further information please contact The Chairperson on 01473 827432.



### DECEMBER 9TH

Chamberlin Hall would like to invite you to the Over 60's Christmas lunch Doors open 12.30pm

Please fill in the attached form and place in the box in the Clock Tower

(	-
Name:	
Address:	
Lift required:	
Tel No. If lift req'd:	



### <u>Bíldeston Ladíes Club</u>

Our October speaker, Jade from Perrywood Nurseries, set out her

display of beautiful indoor plants and gave us a complete guide to their differing needs and loads of great tips on how to get the best out of them.



Jade happily answered queries and diagnosed a problem with a very sad looking specimen brought along by one member. With various care leaflets to take home with us and recommendations for

the season ahead, we all returned home hopeful of success with our own indoor gardens!

Our November meeting is a long awaited visit from Suffolk Prickles Hedgehog Rescue. I for one, am looking forward to hearing more about these adorable native creatures who seem to be quite rare nowadays!



I would like to express my thanks to all the ladies who baked items and helped in the kitchen on Sun  $1^{st}$  October for the Bikers Charity ride – a fantastic effort that was very well received.

Looking further ahead, we will be having a Christmas Party Night at Chamberlin Hall on December 7th with shared nibbles and some party games to raise



funds for the East Anglian Air Ambulance. Please remember to bring along your purses! We will also share our Secret Santa parcels. (Gifts to a maximum spend of £5 please)

Our Christmas meal at The Crown is on Dec 14<sup>th</sup>. The menu will be available for you in November to make your choices and Marion will collect your payment.

I look forward to seeing you all at our next meeting. If you have never been to our club before, please give us a try - you will be made very welcome.

Chamberlin Hall Nov 2<sup>nd</sup>
Doors open 7:30 p.m.
Members and guests £3:50

Jo Silburn - 01449 257045

### **HOSPITAL HEROES CHARITY BIKE RIDE**

Chamberlin Hall Management Committee and Bildeston Ladies Club recently co-hosted a pit-stop for the Hospital Heroes on their ride in aid of the Ipswich Hospital Cancer Support Fund.

You may have heard the roar as over 150 motorbikes came through the village and parked up, on the car park at the hall.

The ladies were on hand mugs at the ready to serve drinks and a selection of baked refreshments. It rather too hectic to do a count, but we estimate we served almost 200 drinks to riders and their pillion passengers.



We were pleased to support this event and we have heard from the ride organiser, Rick, that the total raised by them on the day was an amazing £2,544.

### Bildeston Toddler Group

The Toddler and Baby group is held at the Sports Pavilion, Consent Lane on

Tuesday mornings 10.00am-11.30am.

Cost is £1.50 per family and includes hot drinks and snacks for all.

All welcome, come and enjoy the lovely outdoor space at the Pavilion!

We currently have funding for the group until the end of the year.

Volunteers are needed to help keep this very important group running - to help set up, make drinks and plate up snacks for the children. It would be no more than 21/2 hours in the morning. Hopefully, we will have enough people so we can have a rota.

There is currently a leader, so any help would be on a support basis.

Please contact Angela on 07711 904515 for more information.

Thank you!

### **BILDESTON COMMUNITY CYCLING**

Why not join our monthly Saturday morning Winter Warmer series? These rides are for riders of all abilities. Electric bikes welcomed.

# **WINTER WARMER 2**

JOIN US FOR A RIDE OF ABOUT 25 MILES, STARTING FROM THE MARKET PLACE AT 9.30am, ON SATURDAY 25 NOVEMBER. CAFE STOP HALFWAY. BACK ABOUT 12.30pm.

### **PUT IT IN THE DIARY NOW!**

Warm clothing recommended. The ride will be mainly on quiet lanes, at an acceptable speed (no-one left behind!). Regret no unaccompanied children under 16.

JUST TURN UP; or for more information, contact Robin Weaver 741048



There are now opportunities for individuals to book a stall at a cost of £15 per stall. If you would like to book a stall, please contact Linda Ashwell (<u>lja2525@aol.com</u> or ring 07979 751132) as soon as possible.

To date several spaces have already been taken but there are still a few spaces left!



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### Bildeston Waytes Carols 2023

# Thursday 21st December at 7.30pm CALLING ALL SINGERS AND MUSICIANS!

The "Waytes Carols" evening is an extremely popular
Christmas event in Bildeston. An enthusiastic audience joins
talented local musicians and singers at Chamberlin Hall for a
fun-filled evening of festive singing!

If you sing, or play an instrument, please consider joining us for this ever-popular event. We will rehearse from 6pm, with the festivities starting at 7.30pm.

Details of the music will be available in advance.

Our website has all the information you need, including how to order your tickets:

www.bildestonwaytes.com

This is where Christmas begins - I look forward to seeing you there!

nansi@bildestonwaytes.com

07773 034635

# Recipe of the Month with thanks to Nicola



### Toffee gin

Another quick and super easy one....would make a lovely Christmas present for someone.

### You will need:

150g bag of Werther's Originals (the hard toffees, not the ones with the soft centre)

700ml gin

A large jar with tightly fitted lid

### Method:

Using a food processor, Blitz the toffees to a fine powder. Add the toffee powder and the gin to your jar, close tightly and shake well throughout the day until all powder is dissolved. And that is it!

Decant into bottles and label. This is Nice over ice or ice cream or use it in cocktails.

Any gin left over? Here comes a bonus recipe for a Hot Gin Toddy:

Pour 50ml hot water, 40ml gin, 20ml freshly squeezed lemon juice and a tsp of honey into a heat resistant glass or a mug, garnish with a slice of lemon or orange and use a cinnamon stick to stir well. Best enjoyed outdoors on a very cold but sunny day.

Enjoy!

#bildestoncooks

# BILDESTON CARPET BOWLS CLUB WOULD YOU LIKE TO TRY CARPET BOWLS?

We are having an open evening on Tuesday, 21st November at 7.30 pm in Bildeston Village Hall.

Carpet Bowls is a very friendly game that people from all ages and physical condition can play.

It takes some skill (with practice) and is also a lot of fun. We play on Tuesday evenings although matches can be on other nights of the week too. We play in the Suffolk league winter and summer and this year we came fourth in the league.

We are always looking for new members and it does not matter whether you wish to play socially on a Tuesday evening or want to compete in matches. Training will also be given if required. So, if you already play or would like to start, please come and join us

You can contact me at the details below.

Mike Mcintyre 01284 827688 or mrmcintyre@btinternet.com

Our next fixtures are as follows:

Tuesday November 7th - Belstead - Away

Tuesday November 14th - Elmsett - Home

Tuesday November 21st - OPEN EVENING

Tuesday November 28th - Great Blakenham - Home

Refreshments will be served as always.

### **BILDESTON BELL RINGERS**

We have a regular group of ringers every Tuesday from 8pm to 9.15pm but are always happy to get new ringers ringing. This takes a few weeks to get people up and running but most people get there in the end. We also ring before our Sunday services and special occasions, weddings, etc

For more details contact: Neil Ashwell 01449 741370

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### PROTEIN: YOUR 50s SECRET WEAPON FOR A VIBRANT YOU

Are you in your 50s or beyond and wondering how to maintain that youthful vitality? Look no further than the superhero of nutrients - protein! It might not wear a cape, but it sure does wonders for your health.

### Protein:

A Lifelong Hero Protein has been your trusty sidekick since day one, building and repairing tissues, and aiding in countless bodily functions. But as you reach your 50s, its role becomes even more critical.

### The Muscle Magic

One of the significant changes in our 50s is the natural loss of muscle mass. It's like your body's remodeling project, and protein is the chief architect. Maintaining or even increasing your protein intake can help slow down this process, keeping you strong and active.

### Metabolism Makeover

Metabolism tends to slow down as we age, but protein can give it a swift kickstart. It takes more energy to digest protein than fats or carbs, which means you're burning extra calories just by enjoying protein-rich foods.

### Bone Buddy

Worried about those creaky joints and fragile bones? Protein has your back here too. It's not just about calcium; protein helps your body absorb it, making your skeleton as robust as a fortress.

### Heart Health Guardian

Heart health is a big concern as you age, and guess what? Protein can be your heart's best friend. It helps lower blood pressure, reduces the risk of heart disease, and keeps your ticker going strong.

### A Protein-Packed Diet

You don't need to devour endless steaks to reap the benefits. Incorporate lean meats, poultry, fish, dairy, and plant-based sources like beans and nuts into your diet. Make sure your plate is colorful with veggies too.

### Final Words

In your 50s, protein is more than a nutrient; it's your fountain of youth. It supports muscle, metabolism, bones, and heart health.

### So, why wait?

Embrace the power of protein and enjoy the vibrant, energetic years ahead! Incorporate protein-rich foods into your daily diet, and you'll be amazed by the positive impact it has on your health and vitality.





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### Choose Refills 2



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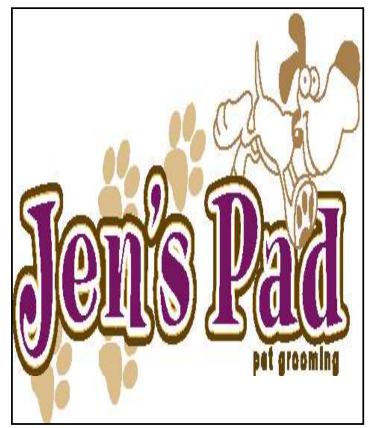




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### **ALLOTMENTS**

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

There will be an allotment available from October. Water is available on site, and the rents are reasonable.

If you are interested, please contact Ashley 01449 740633 or Robin 01449 741048



### PHYSIOTHERAPY AND PILATES

Based at Kersey Mill, Claire and her team are able to provide experienced Physiotherapy and sports massage services in the local area for both self-pay and insurance-covered appointments.

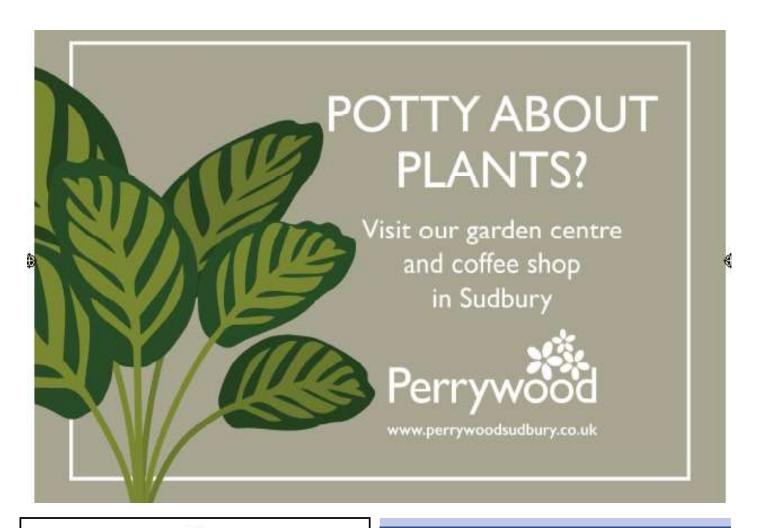
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Ante and post natal pain
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### **BILDESTON GARDEN CLUB**

Bildeston Bloomers gardening group meet once a month for a social chat and a drink to discuss our hopes and dreams for our own gardens whilst picking up tips from each other.

If you'd like to join us give me a call for dates and venues Debbie Bailey 07948 083769







The BNatural Christmas market on Sunday 10th December is when the community of Bildeston can gather for some festive fun and Christmas shopping in the market square. Father Christmas will find time in his busy schedule to see all the Bildeston children and listen to their Christmas wishes.

Trade stands for local crafts people and makers will be tempting you with unique gifts.

There will be Children's activities, entertainment and 2 tombolas (children's and adult's), and of course, The BNatural Bar.

BNatural is a not-for-profit organisation who plan events for the benefit of the community including the main event 'The BNatural Music Festival' every September. Fundraising and other activities continue throughout the year and volunteers & helpers are always welcome. Please contact us if you would like to get involved.

**Enquiries:** 

Trade stands: Nicola 07766393379 Tombola prizes: Sara 07803 117033

Volunteers and helpers: Damon 07799 858676





# BNaturai CHRISTMAS MARKET

SUNDAY 10TH DECEMBER 2023 11AM - 4PM · BILDESTON MARKET SQUARE

Gift stalls, entertainment, children's activities, Singing & music around the Christmas tree Visit Father Christmas in his 'Clock Tower Grotto'. The Tower Café will be open with festive drinks, delicious bakes & hot dogs.

- mww.BNaturalmusicfestival.com
- twitter.com/bnaturalfest
- (f) facebook.com/BNaturalFestival
- instagram.com/bnaturalbildeston







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**L** phone - 01449 740876

fhttps://www.facebook.com/groups/heatingbildeston

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for household insulation measures of the Suffolk Climate Change Partnership (consisting of all of Suffolk's Local Authorities) and with local PAS2035 retrofitters.

#### **Bildeston Parish Council**

Draft Minutes of the Parish Council meeting held Monday 9 October 2023, 19:00hrs, at the Baptist church hall, Duke Street, Bildeston.

Present: Cllr Alex Banks, Cllr Richard Lester (Vice-Chair), County Councillor Robert Lindsay, District Councillor

Deborah Saw, Cllr Virginia Tuck (Chairman), 8x residents, Clerk – Angela Chapman.

**Apologies:** Cllr Sarah Leigh-Hunt

**C398/23/24 Declaration of pecuniary and non-pecuniary interests.** Cllr Alex Banks – Sports Field & Pavilion, Cllr Richard Lester – Kings Pightle Nature Reserve & St. Mary's Church PCC.

C399/23/24 Requests for dispensations in respect of pecuniary interests. None.

C400/23/24 Minutes of Last Meeting held 11 September 2023, approved as true record.

C401/23/24 Adjournments. Meeting adjourned 1902hrs to receive reports from County and District Councillors, and consider any matters raised by local parishioners.

CC Robert Lindsay

Report from Suffolk County Councillor Robert Lindsay can be seen on www.bildeston.org

#### **DC Deborah Saw**

Report from Babergh District Councillor Deborah Saw can be seen on <a href="www.bildeston.org">www.bildeston.org</a>
Do Saw further reported she had spoken to Babergh's Community Officers regarding the situation at the Sports Field and Pavilion, as well as the Bildeston Rangers football club and the Suffolk FA.

#### **Residents:**

Sports Field and Pavilion situation – Cllr Richard Lester gave an update on the latest position, with the Management Committee now having 2 Trustees and a further 1 until the end of the year, all others have resigned. All existing bookings until the end of the year will be honoured; as the Treasurer resigned Richard Lester has agreed to be a Trustee and take over the Treasurers role. The Parish Council and the existing Trustees want to keep the facilities open for the community; however, Trustees are needed, with a structure for the committee, and all Trustees knowing their roles.

The Parish Council continue to support sporting clubs at the sports field, primarily football. A Management Committee needs to be established with broader interests.

Several residents said they were happy to join the Management Committee, one would like to understand the running costs. Another pointed out that a representative from each group in Bildeston could be on the Management Committee and agreed this would give a broader group of people. It was also suggested the facilities could be used more for youngster's sport.

Cllr Alex Banks, who is currently Chairman of the Bildeston Sports Field Management Committee (BSFMC) gave an update of the running costs of approx. £3,500 per annum, with income slightly more. However, ongoing increased costs for maintenance of the building and the environmental management of the field and surrounding trees and hedges is proving challenging. A new boiler has recently been fitted, a considerable water leak has been repaired, there has been vandalism, the patio has been lifted and re-laid, the paving around the building has been replaced, also maintenance repairs are going on to the roof, soffits etc which will cost £3k+. Better engagement with the football club would have helped.

David Lorimer Snr representing Bildeston Rangers FC stated he has no objection to anyone else using the facilities at the pavilion and sports field. It was pointed out that the pavilion facilities are intended for everyone in the community to use, not just one user.

Mr Lorimer also asked for the committee to be set up as quickly as possible, and not wait until the new year but could not give a timetable of dates as to when Bildeston Rangers football club may begin playing again after dropping out of the league. He did go on to say the club may suffer an 18 month ban but had no details on this either.

DC Deborah Saw reiterated she had spoken with the Suffolk FA, who confirmed it was difficult to recruit volunteers and numbers had gone down. She pointed out that Rangers FC were possibly a victim of their own success after being promoted but seemed unable to cope with the new criteria required to play in a higher league.

Grants are available, however, for capital expenditure only, not running costs.

She suggested a line was drawn under the situation and restart. Also, the management committee meets with the Babergh grants team, with the village deciding what the programme is for the future.

Cllr Richard Lester finished the discussion agreeing an emergency open meeting would be held in Chamberlin Hall to plan out the next steps and timetable.

Noise nuisance - TMJ Interiors — several residents brought to the attention of the Parish Council they could hear a constant low droning noise during mid-week, which started very early in the morning until early evening, which has been happening for around 1 month. The nuisance had been reported to Babergh DC by the Parish Council, and an environmental officer was on the case. One resident had recorded the noise and DC Deborah Saw asked for a copy. A survey has been carried out and they are awaiting a report. Once to hand the Parish Council will contact residents and put a piece in the Bugle, social media and noticeboards.

Reconvened 2005hrs.

#### C402/23/24 Planning Applications

#### **Planning Appendix A**

DC/23/04350

Proposal: Application for works to trees in a Conservation Area - Fell 1No Sycamore Tree (T1)

to ground level. Reduce 1No Silver Birch Tree (T2) reduce by 1 - 2 metres.

The removal of the Sycamore will allow the Silver Birch to develop into better tree, the restricted courtyard area in which they grow does not permit room for two mature trees.

Location: 1 Ipswich Road, Bildeston, Ipswich, Suffolk IP7 7AP No objection.

#### Planning Appendix B – Items determined by Babergh DC

Proposal & Location of Development:

Application for Listed Building Consent - Internal alterations, replacement windows and doors.

Additional insulation as per drawings and Design & Access/Heritage Statement.

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

#### C403/23/24 Progress and Projects Reports

- a. Sports Field and Pavilion see C401/23/24 above
- **20mph scheme** CC Robert Lindsay had contacted SCC Highways, after the works were postponed due to an emergency traffic diversion. It was suggested the Parish Council liaises with Community Speedwatch once the works are complete.
- **c. Historical Talk by Sue Andrews** date provisionally booked, review position in the new year.
- **d. B Natural Christmas Market** not looking for any funding from the PC, approved to go ahead.
- e. Christmas Tree agreed to purchase. Clerk to arrange delivery and volunteer help to put it up.
- **f. Go Start 112 bus** Chairman Virginia Tuck is canvassing passengers using the service, and will report back next meeting once complete. It was proposed a £500 grant to enable the service to keep running. Approved.

- g. Noise pollution see C401/23/24 above.
- h. Update on village amenities -

Planters on the village sign triangle are doing well, and resident Sue Durrant was thanked for her help in watering them. Robin Sidgwick was also thanked for his help with these, along with the other tasks he undertakes in the village on a regular basis.

#### C404/23/24 Administrative, Finance and Governance Reports

a) Payment for approval – Cllrs Tuck & Lester to authorise as follows:

Payee	Description	Net of VAT
Playquip UK Ltd	Play area remedial work	3,908.00
PKF Littlejohn Ltd	External audit fee	315.00
Unity Trust Bank	Bank charges	18.00
A Chapman	Clerks salary	
A Chapman	Clerks expenses	45.21
Moser Groundcare	Environmental management	860.00
KGT Fencing	Play area remedial work	50.00
Income		
Babergh District Council	Precept	14,900.00
Unity Trust Bank	Bank interest	114.42

- b) Scribe monthly accounting reports Cllr Lester checked and signed off September reports.
- c) External Auditors report and Notice of Conclusion noted.
- d) CIL Return signed
- e) Grant request framework and application form review and adjust template for approval next meeting.
- f) Change meetings date approved to change date of meetings to the first Monday of each month.
- g) Clerk's annual appraisal review and outcome carried out in private at the end of the meeting.

#### C405/23/24 Matters to be brought to the attention of the Council

None.

#### C406/23/24 Items for next agenda

Grant request framework and application form Environmental management for 2024 season Budget considerations

Meeting closed 2035hrs.

Date of next meeting: Monday 6<sup>th</sup> November 2023, at 1900hrs at the Baptish church hall, Duke Street, Bildeston.

Village website: www.bildeston.org

## Councillor's Report for Bildeston Parish Council Meeting 9th October 2023

#### Report from Babergh District Councillor, Deborah Saw

#### **Newberry Farmhouse**

A site visit has been arranged with the owners of the above property, Cllr Lindsay, the Principal Heritage Officer, Babergh District Council and Melanie Hall, Community Liaison Engineer, Suffolk Highways to discuss a solution to lorries damaging this listed building.

#### **Paddocks Way**

The areas in front of the bungalows are now clear. Paddocks Way will be on a monthly schedule by the Neighbourhood Officer. The Parish Council alerted me to maintenance issues at the car park. The grass has now been cut and weeding, hedge-cutting and general tidying up are on Public Realm's schedule.

#### **Strategy into Action**

The new administration has set its overall political priorities for its term.

https://www.midsuffolk.gov.uk/news/coalition-puts-climate-housing-and-community-at-heart-of-its-priorities/

Now it is time for communities to tell us what you think. Are we focusing on the right issues? What do we need to do more of or less of?

We are embarking on a major engagement exercise with residents, communities, businesses, stakeholders and partners – so they can tell us.

Views will be sought in a range of ways, both online through a survey, here

Public participation platform of Babergh and Mid Suffolk District Councils | CitizenLab

and in person workshops with a range of groups from farmers to business and community group over the next six weeks. The responses will then help shape our priorities and the plan of action for the next 3.5 years. We will promote any consultation through all our usual channels and would be grateful for your support in helping to spread the word.

The first element in this exercise is the parish/town council liaison meeting which I know the chair of the Parish Council and the Parish Clerk will attend on

Monday 30th October, 9.30-11.30 am at the Stevenson Centre in Great Cornard.

There are some items on the agenda which I think you would find interesting including an update on the Joint Local Plan.

Items for presentation and discussion will be:

- Workshops on BMSDC's new Corporate Plan
- An update on the progress of the Joint Local Plan (JLP)
- An update on the "healthy behaviours" work from Communities
- Increasing democratic engagement across the district
- Grant Funding (from the Communities team)

#### Climate\_Roadshows

Residents can find out more about the climate action they can take within their communities at community roadshow events this month. The roadshows will give residents the chance to speak to

local groups and organisations about climate action tips about how to lower their energy bills, initiatives, and opportunities in their area.

The roadshow nearest to Bildeston takes place in Hadleigh on Saturday 14<sup>th</sup> October between 2-5pm at the Ansell Centre.

#### **Net Zero Business Advice Service**

Community and environment charity Groundwork East has partnered with Babergh and Mid Suffolk District Councils, along with the county's other local authorities, to deliver free and impartial expert advice to help businesses and organisations save energy, reduce their emissions and establish tailored decarbonisation plans.

The new Net Zero Business Advice Service will provide free support to enable businesses, the voluntary sector and other organisations working within Suffolk to understand their greenhouse gas emissions, to set a plan to reduce these and access grant funding to implement carbon reduction actions.

With several energy efficiency and sustainability grant schemes now in place across Suffolk Groundwork East can identify which ones offer the best return.

Advisors from Groundwork East will be able to identify new actions for organisations or establish the anticipated cost and carbon savings that planned actions will achieve; whether this is a switch to a low carbon heating system, installation of solar PV or focusing on upgrading to lower polluting vehicles.

More information about the Net Zero Business Advisor can be found at

<u>carboncharter.org/suffolk-business-consultancy</u> or people can call 04173 350370 or email <u>netzerosuffolk@groundwork.org.uk</u> to speak to a Net Zero consultant.

#### **Capital Grants**

You will be able to apply for a capital grant for any improvements you might want to make to the village hall or any recreational facilities. The window for applications opened on 4<sup>th</sup> December and will close on 31<sup>st</sup> January. We could also explore CIL funding which would allow you to bid for larger pots of money but again CIL is for capital funding.

#### New, improved website

Babergh has launched its new website, www.babergh.gov.uk

We think it is much more accessible and easier to navigate. Next step improve the forms

#### Save our Wild Isles Community Fund

Aviva, in partnership with WWF and the RSPB, is giving £1 million to support community groups across the UK to protect and restore nature in their local area.

This fund will give you £2 for every £1 you raise to help your project reach its fundraising target quicker, with a total match available of £15,000 per community project. Projects accepted will receive a one-off £500 pledge when they go live on the website and start their fundraising campaign.

The Save Our Wild Isles Community Fund will close for new applications on 11:59pm on Wednesday, 1 November 2023. There is still £300,000 in the fund.

https://www.saveourwildisles.org.uk/community/fund

#### 20mph limit Bildeston

As you know the 20mph speed limit installation is half complete, with 30mph buffer zones at the north and south ends of the village yet to be installed. Work was stopped by the fact that the High Street needed to be used as a diversion for a road closure elsewhere. Meantime Kier's contract with Suffolk came to an end, and there will be an inevitable delay until the new contractor Milestone picks it up. I will let you know the date for recommencement as soon as I have it.

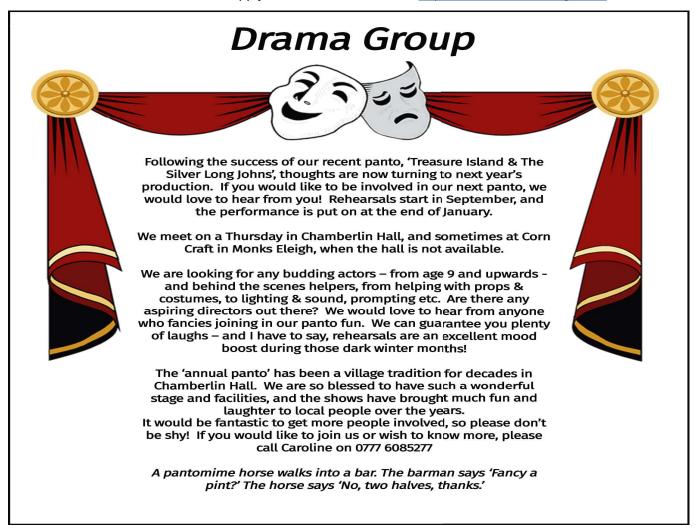
#### Project to sustainably heat Bildeston surgery and school

I have provided £666 from my locality budget to Bildeston Heating in order for them to pay an adviser for "pre-feasibility" advice to see whether it is feasible to heat the Surgery and Bildeston School next door via a borehole and a ground source heat pump. Both operations have massive heating and electricity bills which would be reduced with a heat pump, but capital costs of installing a ground source heat pump may be an issue.

#### Launch of £100k Fund for Net Zero Business Solutions

Suffolk's Public Sector Leaders group have announced a £100k fund to spark net zero innovation across the county. The 'Net Zero Innovation Fund' will provide grants to businesses for innovative solutions that drive the county towards its net zero target. The fund is being coordinated by the Carbon Charter, Suffolk's hub for sustainable business, and is part of a package of work to deliver the Suffolk Climate Emergency Plan, which sets out the shared ambition of a net zero county by 2030.

To find out more information and to apply, businesses should visit <a href="https://carboncharter.org/nzifs/">https://carboncharter.org/nzifs/</a>



#### **SESAW NEWS**

Is it too early to mention the 'C' word when bonfire smoke has yet to fill the chilly evening air?

I hope not because one our supporters has the ideal gift for avid readers. They say everyone has a book inside them. Well in Frank Payne's case it's not one, not two -

but three!

Frank Payne started to chronicle his full and interesting life during lockdown, as a fundraising exercise for SESAW. "Here Today, Goon Tomorrow" began with his childhood in wartime London to a promising career in sports journalism cut short by National Service. "Well Worth



Waiting For" charts extreme highs and lows in sales and advertising, whilst raising a family and rescuing dogs.

The trilogy is completed with "It All Kicks Off on Sunday" which lifts the lid on the inside story of football after forty three years as a referee. Our awesome author is offering all three volumes for £12, a perfect Christmas present or enjoyable holiday reading for you. Frank is donating all proceeds to SESAW, please phone him on 01206 263006 or email cahors@live.co.uk to place an order.

Look out for our SESAW stall at the Charity Craft Fair on Sunday 18th November at the Old School, Long Melford, CO10 9DX. A bumper festive event, open 10am-3pm.

Please keep your pets safe during the firework season and check for hedgehogs before you build a bonfire. Mum says now the clocks have gone back (where to, I know not!) and Autumn has arrived, our opening hours are subject to change so please check before visiting us. Mum also says that's quite enough writing from me, I'm not to get any big ideas, the world is not ready for the memoirs of me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, email: info@sesaw.co.uk website: www.sesaw.co.uk

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#### **Brett Valley Benefice**

#### Pastoral Letter – November 2023 from Revd Elke Cattermole



I lift my eyes to the hills – from whence will my help come? My help comes from the Lord, Who made heaven and earth. Psalm 121.1-2

It is a lovely attribute when remembrance and gratitude are bound up together, especially in our past personal relationships. It is an important thing to have those special memories. Again November takes us to the wearing of the red poppy the symbol that has always been a very personal and emotional outward sign of remembrance. This remembrance also incorporates those who sought to be healed from the trauma of war and the community voicing this commemoration. People serving in the armed forces have a comradery that often instils fond memories. We are reminded though of the destructive nature of war and how it can invoke dark long-term emotions.

The world still has many wars that can have an impact on many of us. The invasion in Ukraine by Russia and recently the invasion of Israel by Hamas. The harrowing stories of the innocent being murdered or maimed. In these countries and many other countries where wars continue. What can we do?

Our only place to go at these times is to cry out to God for help and pray for a peace that can be recognised for all.

This November also brings to me mixed emotions, as I have made the decision to retire as Rector/Incumbent from this benefice.

I cannot adequately convey my profound gratitude to God for calling me to serve here these past four years. To each of you whether from the church or village community for sharing in all the richness of being a part of my ministry here.

Five months after I arrived, we all experienced the 'fall out' from Covid. Churches, schools, and many other community activities shut down. Like many of you I had to learn to communicate in a different way. From undertaking online services, via YouTube, and Zoom and continue with Collective Worship/Assemblies online.

My ministry has taken different forms and I have enjoyed the Baptisms and weddings I have conducted and observed the great joy as families begin a new journey. Some of my most precious times have been when I have had the privilege to conduct funeral services. Meeting with families and supporting them in times of sadness and difficulty. A time when many have had to learn to readjust as a new chapter of their lives have begun.

Whenever a rector/vicar leaves, the parish/benefice, the community, and those who they have served inevitably encounter mixed feelings of gratitude and grief, along with a combination of hope and anxiety about what comes next. What we do know is that God through Jesus Christ is our Hope of an earthly and eternal future. Knowing His presence through all of life's joys and sorrows gives us the confidence and courage to go on.

I wish to thank everyone across the benefice for your kindness over the last four years to me and my husband Roger. We will miss you all.

.God Bless you all this month and for the future.

Revd Elke. Rector.

## Services in the Brett Valley Benefice November 2023





Date 2023	Time	Service	Church
Sunday 5 November	11am	Morning Worship	Naughton
12 November Remembrance Sunday	10.50am	Remembrance	Bildeston Square
	10.50am	Remembrance	Whatfield
	10.50am	Remembrance	Semer
	10.50am	Remembrance	Nedging
Sunday 19 November Benefice	11am	Holy Communion	Bildeston
Sunday 26 November	11am	Morning Prayer	Semer
'Christ the King'			



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 5632	81 for details <b>Every Mon</b>			
Baby & Toddler Group. All welcome.				
Sports Pavilion 10am - 11:30am	Every Tuesday			
Art for Us				
Sports Pavilion 2pm to 4pm	Every Tuesday			
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			
Open Mic Night Chamberlin Hall 7.00pm	Every Wednesday			
Social Evening Chamberlin Hall 7.00pm	Every Friday			
Bildeston Garden Group				
call Debbie 07948083769	Last Wed of the month			
Ladies Club 1st Thursday of the month				
Chamberlin Hall 7:30pm	Thursday 2nd November			
Bildeston Parish Council Meeting				
Baptist Church Hall, Duke Street, Bildeston 7.00pm	Monday 6th November			

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

email: editor@bildestonbugle.co.uk deadline 17th of every month

More details on these events inside.

