FELSHAM + GEDDING

june 2025

VILLAGENEWS



Working in the Garden?

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COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

The Village News welcomes your feedback. Do you have any comments about what we do, what's going well, anything you'd like us to change?

NEWSLETTER GENERAL POLICY

We do publish acknowledgements, articles of general interest, artistic works and similar.

We do publish factual material from recognised organisations.

We do publish to the Village

Website at

http://felsham.onesuffolk.net

We do not publish defamatory, rude, blasphemous, racial or other inappropriate material.

We reserve the right to edit contributions to suit publication needs.

We are reliant on contributions from many sources, taken in good faith, and cannot be held responsible for any errors or omissions.

Copyright waiver is presumed implicit on all submissions unless clearly stated otherwise

Contents of this Edition of the Felsham and Gedding Village News

Table of Contents

Welcome	4
Monthly Puzzles	6
Citizens Advice	<i>7</i>
Bradfield Woods in June	8
Bradfield Woods events – June	9
What's on this month in Felsham, Gedding and surrounding villages	10
Calendar	14
Cockfield Benefice Services and Events	16
Gedding Church - A service of Thanksgiving	18
Bus timetable	20
Puzzle answers	20
Advertisements	21
Village Directory	28

Welcome to this edition of the Felsham and Gedding Village News.

Welcome to the June Edition A huge thank-you to everyone involved in organising the recent VE event. It was a beautifully thought-out evening of remembrance—respectful, moving, and a powerful reminder of the strength of community when people come together with care and intention.

As the school year heads into its final stretch, we know many families are juggling busy schedules—and our younger residents are taking on exams, performances, and summer jobs. It's a lot, and we're cheering you on every step of the way.

A quiet thank-you, too, to those who keep village life running smoothly behind the scenes—from setting up chairs and watering plants to managing hall bookings and clearing up after events. Your efforts may not always be seen, but they're deeply appreciated.

As always, if there's someone you'd like to thank, a story to share, or a project worth spotlighting, do get in touch. The Village News is here to reflect you—and every small contribution helps bring our pages to life.

Warm wishes, Corina

When You Can't Remember a Thing - It Might Be Stress, Not Age

Welcome to June. The roses are blooming, elderflower is out, and gardens all around the village are starting to show off. But while everything outside is full of colour and energy—have you ever found yourself walking into a room and forgetting why you went in?

Or maybe you've been halfway through a sentence and lost your thread completely. Forgotten someone's name. Misplaced the same thing three times in one morning. It's frustrating—and a little worrying.

But often, it's not memory loss. It's stress.

When your brain is under pressure, it starts prioritising short-term survival over everything else. As we touched on last month, your prefrontal cortex—your thinking, planning, remembering centre – gets less energy when your nervous system is on high alert.

In simple terms: stress clutters the brain. And when there's too much clutter, nothing sticks.

This can also knock your confidence. You second-guess yourself. You avoid speaking up. You might even feel like you're "not quite yourself" lately. But again—this isn't weakness, and it's not permanent. It's your brain asking for a breather.

Here's a simple way to start clearing space:

Try a "brain dump" each morning. Before the day gets going, jot down everything that's circling in your head—things to do, worries, random thoughts. Don't organise it. Don't judge it. Just get it out.

This little act gives your brain room to breathe. And when your brain has more space, your memory—and your confidence—can start to come back online.

Next month, we'll explore how movement affects your mood and focus, and how even a short walk down the lane can do more for your wellbeing than you might think.

Until then, take care—and maybe keep a notepad by the kettle.

Warmly, Corina

Monthly Puzzles

4	2	7	5		8	9		3
		5		4				7
6	8							4
7	6		2	1			3	
1		2			5			9
	9	8			4		6	
3			8	5	1			
8	7	1			6			
2		6	4		3			1

Step Ladder

Your task is to climb from ROSE to PINK changing just one letter at a time and without disturbing the order of the remaining letters.

5 steps shown but not in the correct order

	PINK
Bygone	
Sit for an artist	
Liquid Measure	
Gasp for breath	
Mail	
	ROSE





Armed Forces Veterans and their Families

We are delighted to share some exciting news with you.

Citizens Advice Mid Suffolk has been awarded funding from the Veterans' Foundation to launch *Veteran Connect* – a brand-new initiative supporting Armed Forces veterans and their families across Mid Suffolk.

This project, initially funded for one year, will deliver **accessible, impartial, and non-judgmental support**, with a particular focus on veterans living in rural communities. Many of these individuals face significant challenges in accessing vital services such as healthcare, housing, and employment.

Veteran Connect will help bridge these gaps by offering **personalised**, **localised support** and improved access to existing services.

At the heart of this project is a dedicated Veteran Connect Adviser, who will work closely with individuals and partner organisations to ensure that no veteran or family member is left behind.

We will be working **collaboratively** with local organisations to:

- Improve access to services for veterans and their families
- Reduce duplication across the support landscape
- Enhance the quality of advice and guidance provided in our community

As the only Advice Quality Standard-accredited organisation in Mid Suffolk for benefits, debt, and disability advice, Citizens Advice Mid Suffolk is well-positioned to deliver high-quality, trusted support to those who need it most.

You will find more information on our website https://midsuffolkcab.org.uk/ under 'Veteran Connect'.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.



Bradfield Woods in June

May was a beautiful month in the woods. The Spring wildflowers were wonderful. Sadly, there were not so many early purple orchids this year, but everything else seemed to do well.

As I write this, we are waiting for the spotted flycatchers to arrive. They have nested in the woods for several years now, and it is a joy to watch their fly catching in action. My Merlin bird app (highly recommended for bird song) picked up a Nightingale recently, although I'm not sure this was accurate or not, as it hasn't picked it up since. I did have the good fortune to lead a school visit to Arger Fen in May, the perfect time to see a fantastic show of bluebells, and to hear 3 nightingales, a raven and a cuckoo!

The height of summer will see the emergence of many of our butterflies in the woods. White admiral, silverwashed fritillary and purple emperor can be seen in the summer, July and early August usually being the best time for butterflies. On warm sunny days recently, there were orange tips, commas and speckled wood butterflies amongst others. Wasp beetles and queen hornets were also spotted. One hornet was taking quite a fancy to our office, where it was gently shown the way out!

Bradfield Woods events - June

Wild and Well

Thursday 5 June 10am - 2pm

A mindful day in the woods to relax, connect and enjoy.

Price: £25

Craft club - Pendants

Thursday 19 June 5.30pm-8pm

Join fellow woodcraft enthusiasts, beginners and experienced folk alike, for an evening craft session in

the woods.

Price: £15 / £10 (self-led)

Craft club - Seed labels and butter **knives**

Thursday 5 June 5.30pm-8pm Join fellow woodcraft enthusiasts, beginners and experienced folk alike, for an evening craft session in the woods.

Price: £15 / £10 (self-led)

Exploring wild drinks & infusions

Saturday 28 June

4-6pm

Join Jon Tyler to discover which plants are good to drink.

£25

Wild Fibres

Friday 6 June 10am - 3pm

Spend a day in the woods preparing plant fibres and creating natural cordage.

Price: £45

Wild cocktails

Saturday 28 June

7-9pm

Discover how to make cocktails and mocktails from wild plants with Jon Tyler.

£25

What's on this month in Felsham, Gedding and surrounding villages

West Stow Anglo-Saxon Village - Saturday 21st & Sunday 22nd June, 11am-4pm

Celebrate the 10th anniversary of Dragon Fest with a weekend filled with mythical creatures, live performances, and interactive activities. Highlights include:

- Meet resident dragons Brym and Snarl Junior
- Enjoy the comedic antics of Bring Out Your Dead Productions
- Experience the tale of Beowulf by Quill and Inkling
- Get up close with prehistoric giants from Rent a Dinosaur
- Participate in circus skills, archery, and axe throwing
- Indulge in delicious food and drink from various stalls
- Relax with wellbeing sessions



Prehistoric Beasts: Land, Sea, Sky at Moyses Hall Museum

Discover the world of prehistoric creatures in this exciting exhibition, perfect for dinosaur enthusiasts of all ages. Exhibition available from May to October 2025.

Summer Solstice Fayre - Sunday 22nd June, 10:30am–4pm, Thurston

Join the Suffolk Earth Spirit Pagan & Alternative Mid Summer Festival to celebrate the season of summer. The fayre features:

- Outdoor gazebos and an indoor market with ethical and spiritual gifts
- Ceremonies, talks, and workshops inspired by nature and pagan symbolism

All activities are included in the price of admission.

Taste of East Anglia 2025 - Saturday 14th June, 10am–5pm, Kentwell Hall

This one-day festival celebrates the best of East Anglia's food and drink, featuring:

- Over 80 artisan food and drink stalls
- Mouthwatering street food options
- Craft ales, Suffolk lager, summer cocktails, and East Anglian wines
- Free cooking demonstrations by top local chefs and bakers

Workshops & Exhibitions at The Food Museum

East Anglian Storytelling Festival - Friday 30th May - Sunday 1st

June. The Food Museum, Stowmarket. Immerse yourself in a weekend of stories. music, and dance with:

- National and regional storytellers
- Ceilidhs, story rounds, and interactive activities
- Live music and performances from local communities
- Evening tales for adults and daytime programs for families
- · Camping options available on-site

Bread Making Workshop with Giovanni Di Sarno - Sunday, 8th June 10:00 AM - 4:00 PM

Details: Join fifth-generation master baker Giovanni Di Sarno for a hands-on workshop covering the making of cottage loaves, traditional bloomers, and olive bread. The session includes discussions on ingredients, equipment, and baking techniques.

IFST Food Science Discovery Day - Wednesday, 18th June, 10:00 AM - 3:00 PM

Details: In partnership with the Institute of Food Science and Technology, this event offers insights into the food and beverage industry, aiming to inspire the next generation by highlighting the role of food science in our daily lives.



Music & Entertainment

Bury Folk Festival - Saturday 28th June, Nowton Park, Bury St Edmunds. Enjoy a day of folk music performances in the beautiful setting of Nowton Park

Annika Rands at Legends Bar - Saturday, 14th June, Stonham Barns Park, Stowmarket. Enjoy a live performance by Annika Rands at Legends Bar, offering an evening of music and entertainment.

Frank is Back at Legends Bar - Saturday, 28th June, Stonham Barns Park, Stowmarket. Experience a tribute performance celebrating the music of Frank Sinatra, bringing classic tunes to life.

Lavenham Sinfonia Summer Concert - Sunday, 22nd June, 7 pm. Tickets from TicketSource St Peter and St Paul's Church, Lavenham,

- Classical symphonies framing Shostakovich's Second Piano Concerto
- Guest conductor: John Chillingworth
- Pianist: Bocheng Wang

Lavenham Hidden Gardens - Sunday, 8th June, 12:00 pm - 4:00 pm. Tickets available on the day to view various private gardens throughout Lavenham.

Historical Talk: Holbein and Tudor England - Saturday, 14th June, 7pm. Tickets from Eventibrite. Lavenham Village Hall. An insightful lecture exploring the works of Hans Holbein and their significance in Tudor England



Markets & Local Produce

Stowmarket Farmers Market - Saturday, 7 June

- The relaunched Farmers Market features high-quality regional produce, including bread, sweet treats, meats, jams, and preserves.
- A hot food vendor, coffee van, and seating area will be available to enhance the market atmosphere.

Stowmarket Family Friendly Market - Saturday, 21 June 2025

- This special market offers children's entertainment and specialist stalls, including crafts, music, bubbles, and circus skills.
- A hot food vendor, coffee van, and seating will be available for families to enjoy the festivities.

Lavenham Farmers' Market - Village Hall Sunday, 22 June 2025, 10:00 - 13:30

- Over 30 stalls offering local meats, cheeses, baked goods, and more
- A great opportunity to support local producers and artisans

STOP PRESS - HOLD THE DATE

- 9^{TH} August at 7:30 pm The Victory Variety Show in the Village Hall.
- 25th August, Bank Holiday Monday, from 12 noon Felsham Fete, Village Hall. All the fun of a traditional Fete with games, stalls, refreshments, steam engines and lots more.



STALL ENQUIRIES - SANDY.WHITEHEAD13@HOTMAIL.COM ref.SF25

Monday	Tuesday	Wednesday	Thursday			
2	3	4 Curry Night	5			
			BROWN BIN			
9	10	Curry Night	12 \$\int_{\mathbb{B}\text{ingo}}\$			
16	17	Curry Night	BROWN BIN			
23	24	Curry Night	26 Quiz night			
30						
	Fish and Chips Van, Thursdays 5.50-6.30pm @ VH					
		Fresh Fish from Lowestoft, Fridays at 10.45 in the VH Car Park				

Friday		Saturday	Sunday			
GREEN BIN	6	7	Sunday Roast -last one before the summer menu starts			
BLACK BIN	13	Time for a Cuppa, raising money for dementia	Fathers Day Special – sharing meat board			
BLACK BIN						
GREEN BIN	20	21	Summer menu starts			
Build a Burger nig	27 ght	28	29			
BLACK BIN						
		Library Van will be ir @10.10, then at Fels				
		Events at the Felsham Six Bells				

Cockfield Benefice Services and Events

Dear Friends

We are nearly at Midsummer which this year falls on 24 June. Midsummer started as a pagan ritual for fertility and a successful harvest during the Stone Age. The pagans believed that plants had healing properties during the summer solstice and they honoured the day by showing reverence to nature with rituals. They danced around maypoles, herbs were picked on Midsummer's Eve and bonfires were lit to keep away any evil spirits. It was said that spirits were free to roam the earth when the sun was turning towards the Southern hemisphere.

In the fourth century, the holiday was changed to fit into Christian beliefs that honoured St John the Baptist, called St John's Day. In the Gospel of Luke, St John's birthday is said to be six months before the birth of Jesus, which would put his birthday in June. It was celebrated by bathing in water the night before the holiday, but despite the name change, some of the customs from Midsummer remained.

Many of the original Midsummer traditions no longer exist, but in some areas of the country such as Cornwall, a few of the traditional midsummer rituals have been revived. And of course, many people travel to Stonehenge in Wiltshire to celebrate the summer solstice sunrise.

In the benefice we will be celebrating another saint - Saint Peter. There will be a Patronal Festival service at St Peter's Church, Cockfield at 10.30am on Sunday 29 June - where we will remember Peter and his life as a disciple of Jesus. And we will have a new member of our Church coming to meet us, our new Assistant Curate Fiona Malby and her family will be attending her first service in the benefice. Fiona will be ordained deacon the day before at St Edmundsbury Cathedral at 11am, and we are really looking forward to her joining the Ministry Team here in the benefice. Everyone is invited to join us at that service, to meet Fiona and to share in the celebration of St Peter!

with every blessing,

Sharon

revsharon2@gmail.com 01284-828599, 07825 086063

Cockfield website: www.cockfieldbenefice.com

Cockfield Benefice Services and Events - June 2025

Sunday 1 June Easter 7	9.30am Holy Communion at St Nicolas, Stanningfield 11am Holy Communion at Bradfield St George 6pm Celtic Communion at St Peter, Felsham
Sunday 8 June Pentecost Sunday	10am Morning Prayer at St Peter, Cockfield 11am Holy Communion at Bradfield St Clare 4pm Confirmation service with Bishop Tim at Felsham
Tuesday 10 June	11am Holy Communion followed by soup and sandwiches at Felsham Village Hall
Sunday 15 June Trinity Sunday	9.30am Morning Prayer at St Nicolas, Stanningfield 10am Praise God Together at St Peter, Felsham 10.30am Holy Communion at St Peter, Cockfield
Sunday 15 June	2-5pm Open Garden & Jazz Afternoon at The Lodge, Bury Road, Bradfield St Clare
Thursday 19 June	2-4pm Village Friends, over 65's group at Felsham Village Hall - Bring'n'buy in aid of local charity
Sunday 22 June Trinity 1	9.30am Holy Communion at St Thomas, Gt Whelnetham 10am Worshipping Together at Bradfield St George 10am Communion followed by BYO picnic in the Churchyard at Gedding St Mary to give thanks for the life of the Church
Saturday 28 June	7 for 7.30pm Music on a Summer Evening. 'Angels Delight' a flute and harp duo will at Bradfield St George Church.
Sunday 29 June St Peter's Day	10.30am Benefice Communion at St Peter, Cockfield

A service of Celtic-style Morning Prayer is <u>usually</u> held every Tuesday at Cockfield at 9am and at Stanningfield every Thursday at 9am.

Please note these services may be subject to change – for up-to-date service times see the benefice website at www.cockfieldbenefice.com or contact Rev Canon Sharon Potter, revsharon2@gmail.com, 01284 828599 or 07825 086063.

Gedding Church - A service of Thanksgiving

I recently wrote of the challenges of keeping services going at Gedding Church, where congregation numbers are down to 3-4 people at the monthly Sunday communion service, and that Gedding will become known as a 'Festival Church', which means that services will be held around festival times such as Christmas and Easter.

We are going to be holding the last regular monthly service for the time being at Gedding this month, on **Sunday 22 June at 10am** to which everyone is invited, followed by a BYO picnic in the churchyard - hot and cold drinks will be available.

I do hope that you will be able to come, and hear about the future of Gedding Church as well as join together in giving thanks for this beautiful building and all that it has witnessed.

Rev Canon Sharon Potter

Church Wardens

We have two new Church Wardens:

- Tricia Wilson
- Phil Cockell

VILLAGE FRIENDS

an over 65's friendship group
the next meeting will be on
Thursday 19 June
at Felsham and Gedding Village Hall
this month is 'Bring'n'Buy in aid of a local charity
If you would like to come please contact:
Canon Sharon 01284-828599 or 07825 086063 revsharon2@gmail.com
(drivers are able to provide lifts, just let Canon Sharon know)
Organised by the Cockfield Benefice



Bus timetable

To/From	To/From Bury St. Edmunds			Tues	Wed	Thurs	Fri	Sat	Sun
	Outward	Felsham Six Bells			10.38				
		Gedding Bus Stop			10.41				
		Bury Bus Station			11.07				
379	Return	Bury Bus Station,			12.55				
		Stand 5							
		Gedding Bus Stop			13.19				
		Felsham Six Bells			13.22				

Puzzle answers

4	2	7	5	6	8	9	1	3
9	1	5	3	4	2	6	8	7
6	8		1	9	7	2	5	4
7	6	4	2	1	9	5	3	8
1	3	2	6	8	5	4	7	9
5	9	8	7	3	4	1	6	2
3	4	9	8	5	1	7	2	6
8	7	1	9	2	6	3	4	5
2	5	6	4	7	3	8	9	1

Step Ladder

	PINK
Bygone	PINT
Sit for an artist	PANT
Liquid Measure	PAST
Gasp for breath	POST
Mail	POSE
	ROSE

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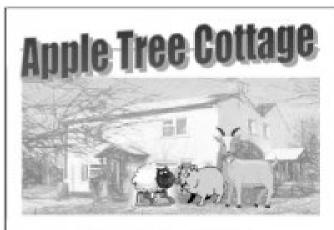
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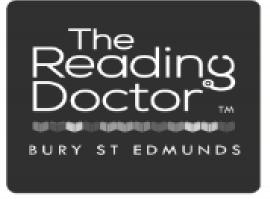


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Apple Tree Cottage Lamb Club



WE ARE NOW TAKING ORDERS FOR WHOLE AND HALF FELSHAM GROWN LAMBS FOR AUGUST DELIVERY.

A whole lamb fills two carrier bags so it's not a lot of space in your freezer. We will be charging £95.00 per half lamb (roughly 10 kg) and £180 per whole lamb (roughly 20kg). This is cheaper than what you can buy in the supermarket and you can guarantee what it is, where it has come from and what it has eaten!

Limited Supply - call Jo or Mark on 01449 737793

VACANT ALLOTMENTS

We have several half and full plots available on the allotments behind the church here in Felsham. Although the vacant allotments are currently unkept they will be rotovated prior to being taken up by the new gardener. The rent is low compared to other village allotment gardens as we would like to encourage full usage. With the ever-rising cost of vegetables, now is the time to start growing your own. Nothing better than fresh vegetables grown by yourselves, cooked and eaten within hours of harvesting. No air miles there then!!!!

£15 P/A full plot, £7.50 P/A half plot.

Contact Bryn, felshamallotments@btinternet.com, or message 07401 100172



FELSHAM & GEDDING COMMUNITY SHOP

8.

POST OFFICE

Volunteers Wanted

We are a community shop benefitting from have an integral Post Office but to continue providing these services to our villages both the **Shop** and the **Post Office** need volunteers to cover: opening hours, ordering, collecting goods, shelf stacking etc.

Can you spare an occasional 2hrs or more
Once a week? Once a fortnight? Once a month?
Do you you like meeting and helping people?
Would you like to gain some work experience and gain new skills?
Would you be interested in volunteering in the Post Office?

If you can answer "YES" to any of the above then please contact:

Tricia Wilson; Email: pawilson4@btinternet.com

Tel: 01449736330

No previous experience necessary as all training will be provided. A good sense of humour, lots of enthusiasm, a few spare hours and a warm welcome for customers that's all that's required!

Village Directory				
ALLOTMENTS	Brinley Hart (Bryn)	07401 100172		
ST PETER'S CHURCH, FELSHAM	REVEREND SHARON POTTER	24224 222522		
ST MARY'S CHURCH, GEDDING	Revsharon2@Gmail.Com	01284 828599		
OLILIBOLI MARDENIO	Tricia Wilson	01449 736330		
CHURCH WARDENS	Philip Cockell & Brian Deards	01449 736272		
DOCTORS SURGERY	Woolpit Health Centre, Heath Road,	01359 240298		
PHARMACY	Woolpit	01359 242394		
FELSHAM AND GEDDING COMM	IUNITY STORE	01449 736042		
FELSHAM AND GEDDING POST (OFFICE	01932 616107		
F&G FUEL GROUP	Pawilson4@Btinternet.Com	01449 736330		
FACEBOOK	Felsham & Gedding Community			
FAGENDS	Philip Cockell	01449 736272		
THE FELSHAM SIX BELLS		01449 258 216		
FELSHAM CHARITY	Tricia Wilson Pawilson4@Btinternet.Com	01449 736330		
	Simon Garrod, Chair	01449 737728		
FELSHAM PARISH COUNCIL	Isabelle Reece			
	Felshamparishclerk@Gmail.Com			
GEDDING PARISH MEETING	Stephen Drury - sdrury@btinternet.com	07946 417828		
MEMBER OF BARLLAMENT	Peter Prinsley	peter.prinsley.mp		
MEMBER OF PARLIAMENT	Https.Peterprinsley.Org/	@parliament.uk		
MID SUFFOLK DISTRICT	Nicky Willshere			
COUNCILLOR	Nicky.Willshere@Midsuffolk.Gov.Uk			
COUNTY COUNCILLLOR	Penny Otton Penny.Otton@Sufolk.Gov.Uk	01449 736482		
MID SUFFOLK DISTRICT COUNCIL	Needham Market	0845 606 6170		
PLAYING FIELD	Philip Cockell, Chair	01449 736272		
SHELTERED HOUSING	Mid Suffolk District Council	01473 826639		
DOLLOS	Safer Neighbourhood Team One	101		
POLICE	Stowmarket.Snt@Sufolk.Pnn.Police.Uk	999 (emergency)		
TABLE TENNIS	Adrian King	01449 737495		
TREE WARDEN	MARK TAVERNOR,	07512 783887		
THEE WARDER	Mtavernor@Btinternet.Com	0701270007		
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