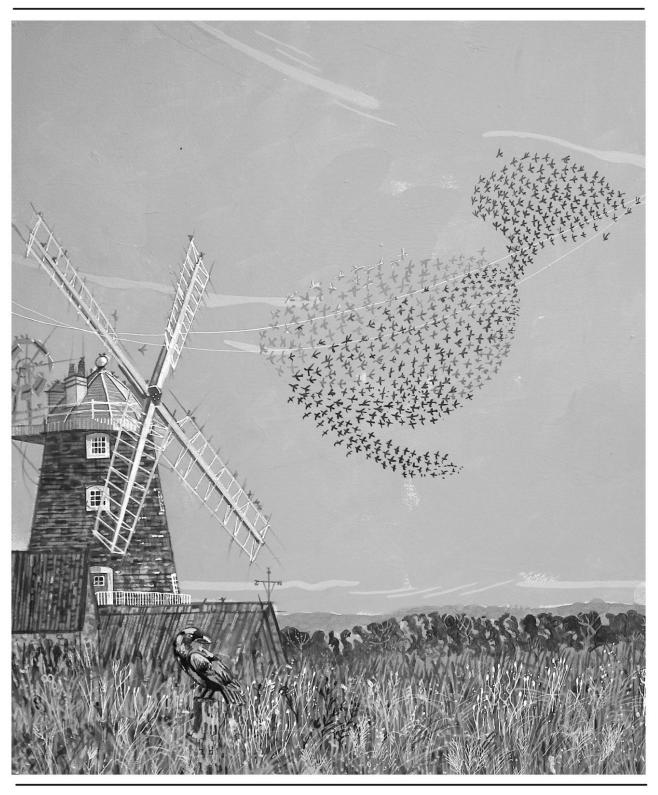
# FELSHAM + GEDDING

october 2025

# I LAGENEWS



ISSUE 252

# Contents of this Edition of the Felsham and Gedding Village News

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#### **NEXT COPY DATE: 21 OCTOBER 2025**

Please be aware that items submitted after the deadline cannot be guaranteed to appear in the magazine.

#### **COPY SUBMISSIONS**

Email: fgvillagenews@gmail.com or call Gwen on her landline 01449 737355

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We do not publish defamatory, rude, blasphemous, racial or other inappropriate material.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

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

As promised last month, the Wellness page is back—after making room for the exciting announcement about our fantastic new village sign. It's already become a real talking point, and a lovely reminder of how much pride there is in our local history and identity. A big thank-you again to everyone involved in making it happen.

This month, we're rounding off our series on anxiety with a final piece full of simple, practical tools. If there's a topic you'd like us to explore next—stress, sleep, relationships, or something else entirely—please let us know. We're always open to ideas.

October often marks a shift in pace, with shorter days and cosy routines starting to settle in. But there's still plenty happening in and around the village—so be sure to check the *What's On* page.

As always, if there's something worth sharing—a neighbour to thank, a story to tell, or an idea to spotlight—we'd love to hear from you.

Until next time, Warm wishes, **Corina** 

#### 

Hello Vielhauers, Last time, we talked about how small physical actions can calm anxiety faster than thinking alone. This month, here they are: six quick tools that work with your body to turn down the alarm.

#### 1. Chewing Gum

Why it works: Chewing imitates eating—a signal of safety. After all, you wouldn't eat if you were in danger.
What happens: Chewing lowers cortisol, boosts blood flow, and calms your stress response.

**Try it:** At the first sign of anxiety, chew gum for 60 seconds. Notice how your breath and heart rate start to settle.

#### 2. Cold-Water Reset

Why it works: Cold activates the parasympathetic nervous system (your rest-and-digest mode).

What happens: A splash of cold water triggers the 'dive reflex,' lowering heart rate and breathing.

**Try it:** Splash your face or wrists with cold water, then close your eyes and take a slow breath.

#### 3. Change Your Visual Field

**Why it works:** Anxiety narrows your focus—literally. Shifting your gaze signals safety.

**What happens:** Looking at open spaces or distant objects reduces internal stress signals.

**Try it:** Step outside or look out a window. Scan the space. Let your eyes rest on the distance.

#### 4. Walk It Out

Why it works: Anxiety prepares your body for movement—so give it what it expects.

What happens: Even a 2-minute walk helps burn off excess adrenaline and reset your system.

**Try it:** Step away from your screen and walk to the end of the garden or hallway. Breathe. Return.

#### 5. Interrupt the Spiral

Why it works: Worry loops take brainpower. A focused task helps reclaim control.

What happens: You shift from emotional overwhelm to logical engagement.

**Try it:** Count backwards from 100 in 3s, name European capitals, or recite song lyrics.

#### 6. Ground with 5-4-3-2-1

**Why it works:** Sensory input pulls you out of your head and back into the present.

#### Try it:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

It's simple, portable, and surprisingly effective.

Which one will you try first? Let me know how you get on—we'll revisit some of these in more depth soon.

Take care,

#### Corina

# Monthly Puzzles – Felsham History Quiz

# 1. What was the name of Felsham as listed in the Domesday Book of 1086?

- A) Felsham
- B) Fealsham
- C) Faelsham
- D) Fealfha

# 2. To which Abbey was Felsham given by Earl Ulfketel before the Norman Conquest?

- A) Abbey of Bury St Edmunds
- B) Westminster Abbey
- C) Abbey of Ely
- D) Abbey of St Albans

# 3. What architectural styles are dominant in St Peter's Church in Felsham?

- A) Norman & Gothic
- B) Decorated & Perpendicular
- C) Romanesque & Baroque
- D) Tudor & Georgian

# 4. What happened to Felsham's windmill?

- A) It still operates
- B) It was destroyed in a storm in the 17th century
- C) It was moved to nearby Gedding and then demolished in 1867
- D) It is now a private residence

# 5. Which river (or tributary) has its source near Felsham?

- A) The Stour
- B) The Orwell
- C) The Gipping/Rattlesden River (also called the River Rat)
- D) The Waveney

# 6. What is a "mausoleum house" in Felsham notable for?

- A) It's a medieval castle's remains
- B) It has a mausoleum built after a dispute between the house owner and the rector
- C) It is the site of Felsham's first church
- D) It was a royal hunting lodge

#### 7. What was the "Six Bells"?

- A) A manor house
- B) The name of a farm
- C) A public house (pub)
- D) A school

# 8. Which family bought the manor(s) of Old Hall and Broke Hall in Felsham in about 1550?

- A) The Strange family
- B) The Risby family
- C) The Peachey family
- D) The Chamberlayne family

## 9. What is special about Bradfield Woods near Felsham?

- A) It's a Neolithic site
- B) It has been managed as coppice woodland since at least 1252 and is very rich in plant species
- C) It was used in WWII as an airfield
- D) It's entirely owned by the village

# 10 What is one of the earliest known charitable gifts to the parish by a local resident, according to Felsham history?

- A) Land to build a school in the 18th century
- B) The Church House given in 1563 by John Slepper
- C) A library in the 19th century
- D) An organ for the church in the early 20th century



#### Bradfield Woods in October

The nights are drawing in now and the trees are starting to change colour. Autumn is here. This year is a mast year. This is when trees and shrubs produce unusually large amount of fruits or nuts, called "mast". This benefits wildlife by providing plentiful food. This cyclical event happens roughly every 3-5 years for many species, and is triggered by spring temperatures and rainfall. This Spring was exceptionally dry. As a result, there are huge amounts of acorns under oaks in the wood. If anyone would like to grow some oak trees, come and collect a few acorns. The fungi are now starting to pop up after the rain. The woods are home to a good number of different species. If you would like to find out more about the fungi at Bradfield woods, we have an adult course coming up later in the month.

#### Our October events are:

- Tuesday 21<sup>st</sup> October Wild and well Forest bathing and woodland crafts 10am -2pm
- Sun 19 October Bowl carving breakfast bowls
- Thurs 23 Oct Introduction to fungi identification 10.30am 3.30pm
- Wed 29th Oct Holiday club for 6-11year olds 9am-3.30pm
- Thurs 30<sup>th</sup> Oct Wild Halloween for families 6-8pm
- Fri 31st October Women of the woods 6-8pm

Full details can be found at our website: www.suffolkwildlifetrust.org

#### What's On in Bury St Edmunds – October 2025

#### **Arts, Music & Culture**

#### Felsham & Stowmarket

#### Hold the date.... Saturday the 1st November, Quiz night in the Village Hall

#### **Bury St Edmunds**

Date	Event
	Bury St Edmunds Literature Festival: author talks, workshops, creative
9-12 Oct	writing & more. <u>Bury St Edmunds &amp; Beyond+2Bury St Edmunds &amp;</u>
	Beyond+2
23 Oct	The Music of Coldplay by Candlelight at St Edmundsbury Cathedral
23 001	<u>stedscathedral.org</u>
18 Oct	Oktoberfest at Bury St Edmunds Rugby Club <u>events.bookitbee.com</u>
21 Oct	Ghostly & Macabre Walks start in Bury (running from Halloween, then
31 Oct	Fridays thereafter) Bury St Edmunds & Beyond

#### Also regular markets:

- Bury St Edmunds Farmers Market on 13 October. Suffolk Market Events
- Other "What's On" items include tours, walks, photo event days, etc. <u>Bury St</u>
   <u>Edmunds & Beyond+1</u>

#### **Stowmarket**

Date	Event
29 Oct	Go Green Go Wild! — a family-fun, environment themed event by
29 001	Stowmarket Town Council Stowmarket Town Council
10 Oct	Music by Moonlight – Cinematic Classics at Helmingham Gardens (near
10 001	Stowmarket) <u>Helmingham Hall</u>
14 Nov	(Outside October, but in same venue) next event at Helmingham Gardens
14 NOV	is "Great British Rock" etc. <u>Helmingham Hall</u>

Also in Stowmarket in October: gigs & shows at the John Peel Centre, such as "Ian McNabb" on 11 October johnpeelcentre.com

#### Lavenham

Date	Event
23 Oct	Classic Seger – Bob Seger & The Silver Bullet Show at Lavenham
	Church Gigantic Tickets+2weloveconcerts.littleboxoffice.com+2
19 Oct	Wedding Open Day at The Swan at Lavenham The Swan at Lavenham
19 001	Hotel & Spa

24 Oct Murder Mystery Dinner at The Swan at Lavenham <u>The Swan at</u>

Lavenham Hotel & Spa

Throughout late Guided walks: Discover Medieval Lavenham at Lavenham Guildhall

Sept → end Oct (several dates up to 31 Oct) National Trust

#### **Sudbury**

• Sudbury Farmers Market on 25 October. Suffolk Market Events

• Exhibitions & listings via Sudbury & Gainsborough's House / Arts Centre usually have autumn exhibitions & talks (check their sites)

Please support your Community Store. If every person in the village purchased just one item each week, it would so help the future of this valuable village asset. Consider it an investment for your property.

Any property with a shop and or pub, in its village, can add 5-10% to its value, based upon research by the *Plunkett Foundation*.



Please view the calendar for all activities held in our Village Hall and the Six

#### VILLAGE FRIENDS

an over 65's friendship group - all are welcome to attend!

the next meeting will be on Thursday 16 October 2-4pm

at Felsham and Gedding Village Hall

This month our theme is 'Who do you think you are?'

So bring photos or other mementos of your family life – and a family tree if you have one!

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



Thursday 6th Nov.

Gates open 6.30pm Fireworks start 7.15pm

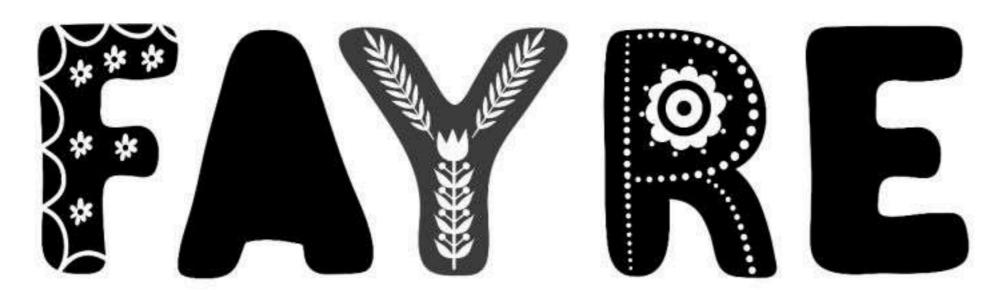
BBQ, Bar and Refreshments on sale Glowsticks and toys for the children

NO SPARKLERS PLEASE



# FELSHAM & GEDDING





VILLAGE HALL, FELSHAM IP30 OPP SUNDAY 16TH NOVEMBER 10AM - 4PM



ADMISSION £1 ADULTS - CHILDREN FREE INCLUDES ENTRY INTO THE REINDEER HUNT

# FATHER CHRISTMAS VISITS £5 PER CHILD

# CRAFTSTALLS

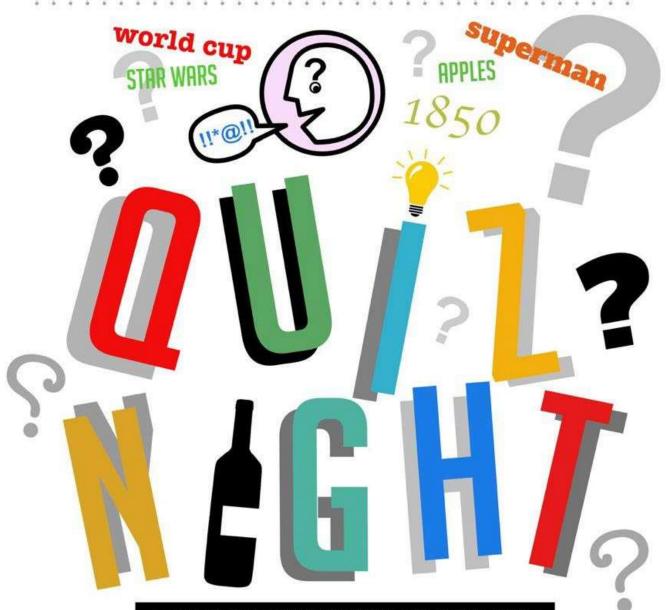
REINDEER HUNT
TOMBOLA AND RAFFLE

WRAPS AND CREPES REFRESHMENTS

# MORE DETAILS TO COME

for information contact: Sandy Whitehead sandy.whitehead13@hotmail.com

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FELSHAM AND GEDDING VILLAGE HALL

SATURDAY 1ST NOVEMBER 2025

COST - £5 PER HEAD

UP TO 6 PER TEAM - WE WILL ALLOCATE YOU TO A TEAM IF NEEDS BE

HALL OPENS 7PM - QUIZ STARTS AT 7.30

**6 BOTTLES OF WINE FOR WINNING TEAM** 

TICKETS FROM THE SHOP OR ANDREW CONQUEST ON 01449 737619

Monday	Tuesday	Wednesday	Thursday
		1	2
6	7	8     Carpet Bowls     @7.30pm	9 BROWN BIN Bingo 7pm
13	14	15 Table tennis @7.30pm	16
20	21	22     Carpet Bowls     @7.30pm	BROWN BIN
27	28	29     Table tennis     @7.30pm	30 Quiz 7pm



Fish and Chips Van, Thursdays 5.50-6.30pm @ VH

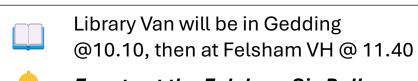


Fresh Fish from Lowestoft, Fridays at 10.45 in the VH Car Park



Village Hall events

Friday	Saturday	Sunday
3  BLACK BIN	4	5
10  GREEN BIN	11	12 Sunday Roast
17    BLACK BIN	18	19 Sunday Roast
24  GREEN BIN	25	26 Sunday Roast
31  Build a Burger  BLACK BIN		





#### Cockfield Benefice Services and Events

#### **Dear Friends**

As I write this I can hear the wind whistling around the Rectory. It's been rather stormy weather of late, and I suspect we won't have seen the last of the storms as the last three months of the year begin.

Our unpredictable weather has made life difficult for our farmers. The spring weather was very good which meant that most of the winter barley and winter oilseed rape was harvested by August. But the latter stages of the harvest, particularly for wheat and spring barley, were challenging, resulting in lower yields for many with falling grain prices creating significant financial challenges.

It is a precarious business, and our hearts and prayers go out to all who have been affected by this year's challenges. As we celebrate the harvest in our churches and our schools this October, we shall be donating our service collections to local farming charities, as well as collecting food for our local foodbanks. For at the same time that farmers are having to sell their grain at lower prices, families are having to pay more for the food they are buying, and there are those who live in our communities who are struggling to make ends meet.

Some may wonder what the Church can do for those who are struggling. In fact the Church is one of the largest institutions in the UK that helps people with their food shopping. Many foodbanks are staffed by Christians from local churches. There are top-up shops in many urban areas, and in rural areas there are one or two 'porch projects' where food is left in the church porch for people to take if they are in need. Aside from this, our congregations are always generous in giving to the farming charities, and our diocese has an Agricultural Chaplain, whose name is Graham Miles. He is a volunteer and spends hours driving around Suffolk supporting farmers who need help.

If you know of someone who needs help, please do let me know because I can put them in touch with someone who can assist them, on a need-to-know basis.

And of course, all those who struggle are in our prayers. *Canon Sharon* 

revsharon2@gmail.com, 01284 828599 or 07825 086063 www.cockfieldbenefice.com

#### **Cockfield Benefice Services and Events - October 2025**

Saturday 4	2pm-4pm Knit'n'natter at Bradfield St Clare Village Hall.				
October	All crafters/knitters/crocheters welcome!				
	9.30am Holy Communion at Stanningfield				
Sunday 5					
October	11am Holy Communion at Bradfield St George				
Trinity 16	6pm Celtic Communion for creation at Felsham Village Hall				
	3-5pm, 'Pop up Afternoon Tea' at the Marquee, West Lodge,				
Sunday 5	Bradfield St George, IP30 0DL. With 'Angels Delight Flute &				
October	Harp Duo'. No entry charge but please contact 01284 388311				
	or 079543 23461 to book for catering purposes.				
Sunday 12	10am Harvest Thanksgiving at Cockfield				
October					
Trinity	11am Holy Communion at Bradfield St Clare				
17/Harvest	6pm Praise and Worship for Harvest at Gt Whelnetham				
Tuesday 14	11am Holy Communion at Felsham Village Hall				
October					
Thursday 16	2-4pm Village Friends at Felsham Village Hall - this month's				
October	theme, 'who do you think you are?'				
	9.30am Harvest Service with Holy Baptism at Stanningfield				
Sunday 19	10am Draige Cod Together at Folehem Village Hell				
October	10am Praise God Together at Felsham Village Hall				
Trinity	10.30am Holy Communion with Holy Baptism at Cockfield				
18/Harvest					
	6pm Evening Prayer at Bradfield St Clare				
0	9.30am Holy Communion at Gt Whelnetham				
Sunday 26	10am Worshipping Together at Bradfield St George				
October					
Last Sunday	1pm Holy Baptism at Gt Whelnetham				
after Trinity	On the Library and The pulse of the LAVA/In a language and				
	3pm Harvest Thanksgiving at Lt Whelnetham				

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 <u>www.cockfieldbenefice.com</u> or contact Rev Canon Sharon Potter, revsharon2@gmail.com, 01284 828599 or 07825 086063.* 



I've seen lots of stories in the news about people being left out of pocket if events they've booked tickets for have been cancelled at the last minute. How can I get a refund if this happens to me?

Keep an eye on the organiser's website and social media profiles for all the latest updates. You won't be entitled to a refund if you change your mind about going or realise you can't go anymore - but if an event is cancelled, your refund rights will depend on how you bought the ticket.

If you bought your ticket from an official seller and the organiser cancels, moves, or reschedules the event, you should get a refund. The official seller is the best point of contact to ask about how to get your money back. If you're having no luck getting a refund, check to see if the seller is a member of the Society of Ticket Agents and Retailers (STAR). If they are, you can use STAR's complaints procedure. STAR members should receive a refund at face value if the event is cancelled and the organiser has agreed to refunds.

You'll probably only get the face value of the ticket back - the amount printed on it. Some sellers might refund postage if, for example, the event is cancelled before the tickets are sent. If you had to pay any booking or card fees, you might not get those back. If the official seller isn't a member of STAR, check how you can solve an ongoing consumer problem with a business seller. You may also be able to get your money back another way, such as through your credit card company.

If you bought your ticket from a ticket-reselling website, refunds would depend on the site's terms and conditions.

If you bought from a private seller and the event is cancelled or rescheduled, then it is unlikely you will be able to recover your money. We still recommend you contact the seller.

Be aware of scams. Unfortunately, we've found that in these situations' scammers can prey on those who are affected.

If your event is cancelled and people or companies get in touch to offer their services to try to recover money on your behalf, be alert and make sure that you're looking out for the signs of a potential scam. For more information on getting a refund, take a look at the Citizens Advice website.

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.

#### September at St Nicholas Hospice

This September, St Nicholas Hospice Care is proud to join the Secondhand September campaign, inviting everyone to discover the joy of sustainable shopping in our charity shops.

From vintage gems and high street labels to quirky home décor and bestselling books, our stores are bursting with pre-loved treasures waiting to be found.

Shopping secondhand isn't just about saving money

it's about making a difference. Every purchase helps us provide compassionate hospice care across West Suffolk and Thetford, ensuring no



one faces dying, death, or grief alone. It costs around  $\mathfrak{L}9.5$  million a year to run our Hospice, but we face an annual funding gap of approximately  $\mathfrak{L}6.66$  million. This means that every day, we need to raise over  $\mathfrak{L}18,000$  just to keep services running and we rely on the generosity of our community to do that.

By donating good quality items or choosing to shop with us, you're helping to reduce waste, cut down on fast fashion, and create a reliable source of income that

allows us to plan sustainably for the future.

Join us this Secondhand September, discover treasures, do good, and support hospice care that lasts. Find your nearest shop or learn how to donate at <a href="https://www.stnicholashospicecare.org.uk">www.stnicholashospicecare.org.uk</a>.



#### Bus timetable

To/From Bury St. Edmunds		Mon	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

#### **ANSWERS**

- 1. D) Fealfha
- 2. A)Abbey of Bury St Edmunds
- 3. B) Decorated & Perpendicular
- 4. C) It was moved to nearby Gedding and then demolished in 1867
- 5. C) The Gipping/Rattlesden River (River Rat)
- 6. B) It has a mausoleum built after a dispute between the house owner and the rector
- 7. C) A public house (pub)
- 8. B) The Risby family
- 9. B) It has been managed as coppice woodland since at least 1252 and is very rich in plant species
- 10. B) The Church House given in 1563 by John Slepper



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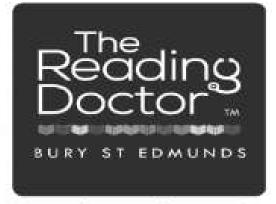


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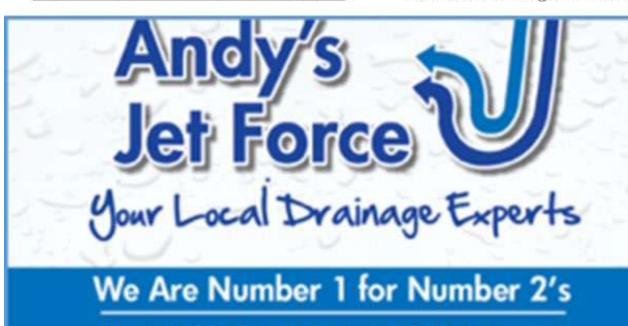
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Tel: 01449 737458

Mob: 07531795064

Email: nicobraz@hotmail.co.uk

Villaga Directors				
Village Directory	E	I		
ALLOTMENTS	Brinley Hart (Bryn)	07401 100172		
ST PETER'S CHURCH, FELSHAM	·			
ST MARY'S CHURCH, GEDDING	Revsharon2@Gmail.Com	01284 828599		
CHURCH WARDENS	Tricia Wilson	01449 736330		
CHORET WARDENG	Philip Cockell	01449 736272		
DOCTORS SURGERY	Woolpit Health Centre, Heath Road,	01359 240298		
PHARMACY	Woolpit	01359 242394		
FELSHAM AND GEDDING COMM	1UNITY STORE	01449 736042		
http://www.felshamgeddingstore	e.org/	01443730042		
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		
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	Simon Garrod, Chair	01449 737728		
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	Safer Neighbourhood Team One	101		
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