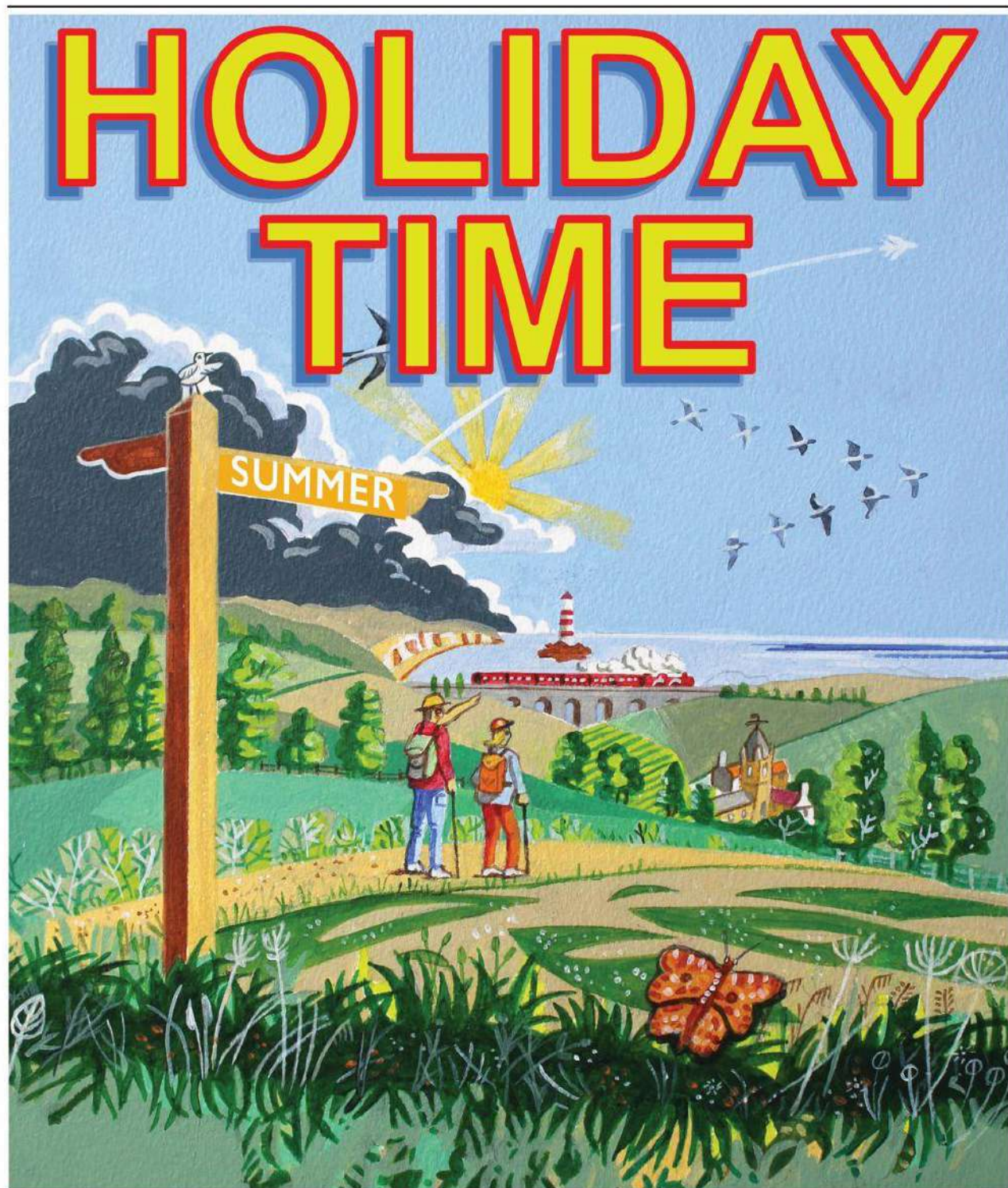


FELSHAM + GEDDING

july 2026

VILLAGE NEWS



ISSUE 259

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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

ADVERTISING

Email: **fgvillagenewsadverts@gmail.com** or call Jo on her landline 01449 737793

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We do not publish defamatory, rude, blasphemous, racial or other inappropriate material.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

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

Welcome to July

We hope everyone enjoyed this year's Felsham Village Fair. By the time this edition reaches you, the stalls will have been packed away, the BBQ extinguished and, no doubt, plenty of happy memories made. A huge thank you goes to everyone who helped organise, volunteer, bake, donate, set up and clear away. Events like these are only possible because so many people are willing to give their time, and that's something our village can be very proud of.

As always, there's plenty happening in and around the village over the coming weeks, and you'll find all the latest news, upcoming events and community updates throughout this edition.

Please look for the advert for the Sale Trail, taking place in Felsham & Gedding on the 25th July. Just £3 to register and have your pitch at home or on the lawn in front of the Village Hall.

This month, our wellbeing article looks at **Helping Kids Build Emotional Vocabulary** - exploring why giving children the words to express their feelings is such an important part of building confidence, resilience and lifelong emotional wellbeing.

Whether you're enjoying a quiet coffee, catching up on village news, or simply taking a few minutes to yourself, we hope you enjoy this month's edition.

Happy reading!

Best regards,

The Village News Team

Helping Kids Build Emotional Vocabulary

Why the words children learn today can support their wellbeing for years to come.

As adults, we often ask children, "How are you feeling?" But answering that question isn't always easy. Many children experience big emotions long before they have the words to describe them.

They may know they feel "bad" or "upset," but struggle to explain whether they're frustrated, disappointed, worried, embarrassed or overwhelmed. Helping children develop this emotional vocabulary is about far more than communication - it plays an important role in their overall wellbeing.

Research in psychology and neuroscience suggests that when we can recognise and name our emotions, we're often better able to manage them. This is why psychologists sometimes use the phrase, "*Name it to tame it.*" Simply putting feelings into words can help make them feel less overwhelming.

Children who can express how they feel are often better equipped to cope with challenges, build healthy friendships, solve disagreements, ask for help when they need it and show empathy towards others. These skills don't just benefit childhood - they provide a foundation for lifelong mental and emotional wellbeing.

The good news is that emotional vocabulary doesn't need to be taught through lessons. It grows naturally through everyday conversations. Reading stories together, talking about how characters might be feeling, discussing events at school or simply naming emotions as they arise all help children understand themselves a little better.

It's also worth remembering that every emotion is valid, even if certain behaviours are not. A child can feel angry without it being acceptable to hurt someone. By helping children separate feelings from actions, we teach them that emotions are not something to fear or hide- they are something to recognise, understand and manage.

Just as we help children build their vocabulary for reading and learning, we can also help them build the language of emotions. Those simple conversations today can become some of the strongest foundations for resilience, healthy relationships and emotional wellbeing in the years to come.

Mini Resource: Growing Emotional Vocabulary

Instead of asking, "**How was your day?**", try asking:

- What made you smile today?
- Was there anything that frustrated you?
- What made you feel proud?
- Did anything make you feel nervous?
- What helped you feel better?

These simple questions encourage children to move beyond "fine" and begin understanding the rich world of their emotions.

Training

We are proud to be heavily invested in the development of future healthcare professionals and non-clinical staff. At Woolpit Health Centre, several of our multidisciplinary team possess qualifications which allow us to train a number of different types of trainee healthcare professionals at various levels in their career, such as:

- **Medical Students** – Students in their 4-6 years of initial training to become a doctor;
- **FY2** – Foundation level doctors in their second year of training beyond medical school;
- **GP ST2/ST3** – Doctors in their final one or two years of speciality GP training;
- **Trainee Nursing Associate** – Trainee Nursing Associates on their way to becoming a Registered Nursing Associate;
- **Trainee Practice Nurse** – Healthcare Assistants or Nursing Associates completing their training to become a Registered Nurse;
- **Pre-registration Pharmacist** – Trainee Pharmacists in their final year of training;
- **Independent Prescribing Pharmacist** – Fully qualified Pharmacists completing additional training in order to prescribe medication;
- **Medicine Counter Assistant** – Counter Assistants undergoing training to give basic advice and sell over the counter medicines;
- **NVQ Level 2/3 Dispensers** – Dispensers in training at varying levels of their profession which allows them to complete more complex tasks; and
- **Non-clinical apprenticeships**, such as Institute of Leadership and Management Level 5 in Leadership & Management and Mary Seacole programmes.

You may be seen by any of the healthcare professionals in training listed above. Occasionally, there will be a fully qualified member of the training profession sitting in on the appointment to assess consultation skills. Similarly, early in trainee rotations, the trainee may sit in on consultations with their mentor to gain experience and understand our practice.

Patients will always be notified if another person is due to be present within their consultation and invited to provide their consent.



How to Make an insect hotel



the express way!

What you need:

- hollow plant stems, like bamboo canes
- twigs and sticks
- String

- 1 Collect handfuls of stems, twigs and sticks.
- 2 Tie the bundles quite tightly in two places.

- 3 Post into a hedge/bush or hang in a sheltered place.



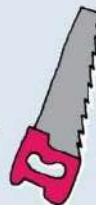
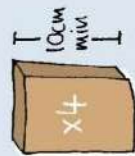
the deluxe way!

What you need:

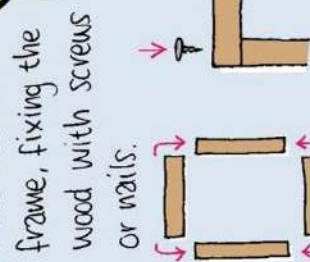
- Small logs or untreated timber
- hollow plant stems, like bamboo canes
- twigs and sticks

An adult to help with tools:

- saw
- nails and hammer
- or screwdriver and wood screws
- drill and 5mm wood bit



1 Make a wooden frame, fixing the wood with screws or nails.



2 Fill the frame with stems, twigs and sticks.

3 Fix a wire loop to the back of the frame and hang somewhere sheltered.

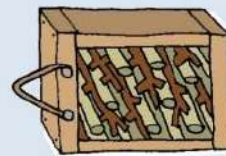
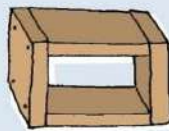


Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2015



FELSHAM & GEDDING SALE TRAIL

26TH
JULY

Visit any time from

10am Till 2pm

maps from village hall £1

CLOTHING | GADGETS |
FURNITURE | BOOKS | AND MANY MORE!

What's On This Month

Felsham – It's all happening in July, the Village Fair on Sunday 5th and the Sale Trail, Saturday 26th from 10 to 2 pm

Week 1 (1–5 July)

Bury St Edmunds

- **Saturday 4 July** – Proms in the Park at Culford School. Outdoor picnic concert with the West Suffolk Symphonic Wind Band and Laura Wright.

Stowmarket

- **2–5 July** – 29th Festival of Beer & Brewing at the Food Museum. CAMRA ales, craft beer, cider, food and live entertainment.

Long Melford

- **From 2 July** – Weekly Walk for Wellness at Melford Hall.

Lavenham

- Coffee Morning (2 July)
 - Parish Council meeting (2 July)
 - Duplicate Bridge (3 July)
 - Fish & Chip Van (4 July)
 - Open Mic Night at The Greyhound (5 July).
-

Week 2 (6–12 July)

Sudbury

- **8 July** – *A Few More Suffolk Villages* illustrated talk.
- Thursday and Saturday Markets.
- Boudica exhibition continues.

Long Melford

- **From 11 July** – Art by Torchlight tours begin at Melford Hall.

Lavenham

- **12 July** – Guided Lavenham Airfield summer walk.

Nearby highlight

- **11–12 July** – Clare Priory Craft Fair.
 - **12 July** – Brass on the Grass concert at Clare Castle Country Park.
-

Week 3 (13–19 July)

Long Melford

- **18 July** – Summer of Play begins at Melford Hall.
- **18 July** – Beatrix Potter talks begin.

Sudbury

- **18 July** – Step Into the Sudbury Story guided walking tour.
 - Regular Thursday and Saturday markets.
-

Week 4 (20–26 July)

Lavenham

- **20 July** – Flix in the Stix community cinema.

Long Melford

- **25–26 July** – Magic Weekend at Kentwell Hall with wizards, fairies, costumed characters and family entertainment.

Sudbury

- Boudica exhibition continues until 26 July.
-

Week 5 (27–31 July)

Sudbury

- **29 July** – Mayor's Charity Curry & Quiz Night.
- **31 July** – Sudbury Farmers' Market.

Lavenham

- **30 July** – Dinner & Piano Night at The Great House.

Citizens Advice – Mid Suffolk

I've recently had to give up work due to a back injury, and I'm worried about how I'm going to cope with the drop in income. I'm not sure what benefits I can get - where should I start?

Lots of people miss out on benefits they're entitled to, so it's worth checking what you can get.

Claiming benefits also means you can get access to other financial help like cost-of-living payments and discounts on energy and transport.

To get started, you can use an online benefits calculator. For the most accurate answer, you'll need information about your savings, income, pension, childcare payments and any existing benefits for you and your partner, if you have one. You can use the Entitled to benefits calculator or (Policy in Practice version (<https://www.betteroffcalculator.co.uk/login>) for a detailed overview. The Turn2us online tool (<https://benefits-calculator.turn2us.org.uk/>) can provide a quick idea of what benefits and other financial help you might be eligible for.

The main benefit available for most people of working age is Universal Credit. You should check if you can get Universal Credit if you're over 18 and under State Pension age you can check your State Pension age on the government website (<https://www.gov.uk/state-pension-age>), and if you have less than £16,000 in savings or other investments. You can check if you're eligible on the Citizens Advice website.

If you're finding it difficult to work because of your injury, you might get more Universal Credit or not have to look for work. You'll need to inform the Department for Work and Pensions that you have a health condition when you claim Universal Credit and, if possible, submit a fit note. You can find out more on the Citizens Advice website.

You might be entitled to other benefits depending on your situation, like your age, if you're disabled or if you have a child. Some people can claim more than one benefit - for example, disability benefits such as Personal Independence Payment (if you're under pension age) or Attendance Allowance (if you're over pension age) and Universal Credit. These disability benefits aren't means-tested and can often be claimed in addition to other benefits like Universal Credit. Look at our website for more details.

If your medical condition makes it difficult to work, you may also be entitled to the new-style Employment and Support Allowance (ESA). Check if you can claim ESA on our website.

If you pay council tax, you might be able to get a reduction in your bill. You can check if you can pay less council tax on the Citizens Advice website.

There is also help available if you don't have enough money to live on. You might be able to get extra money from the government, your local council or a charity. Find out more about the support you can get with the cost of living on the Citizens Advice website.

if you're still not sure, remember you don't have to face this alone. Our advisers can help to check what benefits and financial support you might be entitled to and help you find a way forward.

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.

Why would you have a Personal Alarm?

- Crash!
- Bang!
- Wallop!
- Splat!
- On my back.
- On concrete.
- Excruciating.
- Alone.
- No.
- A voice.
- From my alarm.
- Reassurance.
- Rescued.

My personal alarm was invaluable and although I was in France it worked magic. If you have a personal alarm, do wear it at all times. Mine looks just like a watch and you never know when you might need help

If you are alone or vulnerable and you haven't got one, please do look into getting one.

Happy to help if needed.

Take care

Sue Jell

01284 828892

Film Night

FELSHAM & GEDDINGVILLAGE HALL SOCIAL CLUB FILM EVENING

18th July, 7 for 7:30pm

“Stand By Me”

American drama from 40 years ago -1986

VACANT ALLOTMENTS

We have several half and full plots available on the allotments behind the church in Felsham.

The rent is lower than comparable villages around as we like to encourage full usage of our allotments.

With the ever-rising cost of vegetables, now is the time to start growing your own!

Nothing tastes better than fresh vegetables grown by yourself, cooked and eaten within hours of being harvested. No food miles at all!

Please contact BRYN on 07401 100172

Monday	Tuesday	Wednesday	Thursday
29  Spud & Slice 5 to 8 pm	30	1  Table Tennis  Curry Night	2  Special £7.50 2 course lunch BROWN BIN
6  Spud & Slice 5 to 8 pm	7  Parish Council 7.30pm	8  Carpet Bowls  Curry Night	9  Special £7.50 2 course lunch & Evening Bingo
13  Spud & Slice 5 to 8 pm	14  Holy Communion 11am	15  Table Tennis  Curry Night &	16  Special £7.50 2 course lunch Evening - USA Themed Menu  Village Friends 2-4pm BROWN BIN
20  Spud & Slice 5 to 8 pm	21	22  Carpet Bowls  Curry Night	23  Special £7.50 2 course lunch
27  Spud & Slice 5 to 8 pm	28	29  Table Tennis	30  Special £7.50 2 course lunch Pub Quiz Night BROWN BIN

Friday	Saturday	Sunday
  BLACK BIN +		 Sunday Summer Menu  6pm Celtic Style Communion
 GREEN BIN +		 Sunday Summer Menu
  Whist Drive 7:30 pm BLUE BIN		 10am Café Church 
 24/7 BLACK BIN 31/7 GREEN BIN  BUILD A BURGER		 Sunday Summer Menu

 Fresh Fish, 10.45 in the VH Car Park	 St Peter's Church, Felsham
 Library Van will be in Gedding @10.10, then at Felsham VH @ 11.40	
 Events at the Felsham Six Bells	 Events at the Village Hall

Rev Sharon

Dear Friends,

The end of the school year presents challenges to all ages: exams, school trips, proms and, of course, the long, school holidays.

At the end of each school year I always have that sense of journey – our year 6 class moving on to secondary school and each year group moving on to a new teacher and new challenges. We pray for all the children who are leaving their Primary schools to move on to their next school, wherever that may be. It is a transition in life that can be both exhilarating and slightly scary at the same time, a bit like a roller coaster.

The concept of travelling is very familiar to Christians. We talk of being ‘on a journey of faith’, and ‘travelling the road with Jesus’. Jesus was an itinerant preacher, he moved around the region with his group of followers, preaching to the crowds who gathered to hear him. He may not have known where his next meal was coming from, or where he would lay his head each night.

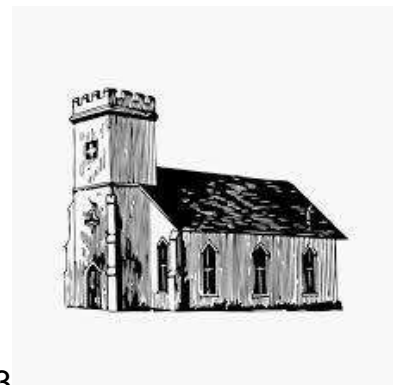
In our society, which is on the whole very settled, it is difficult to imagine this kind of lifestyle. Yet many are on the move in our world at the moment, searching for a new community where there is the hope of prosperity and most of all, peace.

Peace is something that our Church prays for every day, and not just for the end of war, but for that peace which Jesus said the world cannot give, the peace that comes with faith and the sense of belonging to one another in Him. It is hard to imagine that our world will ever be completely at peace, but it is a hope that I’m sure all of us would like to see fulfilled. Who knows, perhaps our children will grow up to be the peacemakers that finally bring everlasting peace to the planet! Let’s pray that they do.

With every blessing,

Sharon

www.cockfieldbenefice.com



revsharon2@gmail.com, 01284 828599 or 07825 086063

Cockfield Benefice Services and Events - July 2026

Saturday 4 July	2-4pm 'Knit & Natter' at Bradfield St Clare Village Hall, refreshments and a space to craft/knit/crochet/sew. All welcome!
	7 for 7.30pm 'Arcadian Recorder Concert' at Bradfield St George Church, IP30 0DH. £12.50 admission including canapés and a glass of wine/soft drink! Contact 07443626499 or christinestainer57@gmail.com.
Sunday 5 July Trinity 5	9.30am Morning Prayer at Stanningfield 11am Holy Communion at Bradfield St Clare
Saturday 11 July	 3-5pm, Venue tbc. For all children accompanied by parents/carers. Crafts - Food - Fun - Story
Sunday 12 July Trinity 6	10am Morning Prayer at Cockfield 11am Holy Communion at Bradfield St George 6pm Praise & Worship at Gt Whelnetham
Tuesday 14 July	Holy Communion at Felsham Church followed by soup and sandwiches. All welcome!
Thursday 16 July	12.30 - 3pm Village Friends at Felsham Village Hall, 'Fish'n'Chips' and a film. Booking essential. Contact Canon Sharon for details.
Sunday 19 July Trinity 7	9.30am Holy Communion at Stanningfield 10am Café Church at Felsham Village Hall 10.30am Holy Communion at Cockfield 6pm Evening Prayer at Bradfield St Clare
Sunday 26 July Trinity 8	9.30am Holy Communion at Gt Whelnetham 10.00am Worshipping Together at Bradfield St George

A service of Celtic-style Morning Prayer is usually 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*



Christian Aid

The recent collection for Christian Aid in Felsham and Gedding raised £ 750
Thank you to everyone who contribute to this splendid amount and to those
who left envelopes which you brought
to the shop who kindly accommodated the Bucket
A big,thank you too from Christian Aid who support people who work hard to
support parents in the Third World to make a good living
And send their children to school and further education and to care for
elderly people in their villages.
The total raised in our 6 villages was £1, 869 22 which has been sent to C/A.
Many thanks

Brian Deards and Beryl Meed

Gardening

In The Veggie Patch



July is a peak month for harvesting, watering and autumn sowing

SOW

- batches of lettuce, radish and rocket, spring onions every week.
- winter vegetables carrots, and beetroot
- Plant out winter cabbage, sprouting broccoli, kale, and leeks
- Peas
- French beans

HARVEST

- Courgettes and beans regularly
- Garlic and onions when the foliage turns yellow
- Runner beans
- Onions
- Shallots
- Beetroot
- New potatoes
- Summer salads

PLANT OUT (for the autumn and winter)

- Cabbages
- Cauliflowers
- Brussels sprouts
- Kale

PLANT CARE AND TRAINING

- pinch out, climbing beans, side shoots on tomatoes and cucumbers and fertilise weekly
- Keep the weeds at bay
- Pest control, keep an eye out for aphids, caterpillars, slugs etc.
- Mulch to conserve moisture
- Feed tomatoes and peppers
- Cover heads of cauliflowers
- Blanch celery and endive
- Earth up brassicas and potatoes
- Check for pests and deploy your method for dealing with them
- NET AGAINST BIRDS!!
- Plenty of watering to prevent bolting

SHOPFRONT

Have a little of what you want ... what you really, really want!

An essential aspect of convenience is being able to provide customers with precisely what they want. To achieve this, we offer an ordering service. Tell us what you want in the way of bread, meat, cheese, fruit and vegetables and we'll make sure your request is added to our next order.

So call us on 01449 736042 and speak to one of us or leave a message. Or email us on enquiries@felshamandgeddingstore.org and let us know what you need and when you need it.

Our ordering/deliveries regime is as follows:

What	From	When
Fruit, veg and milk	Ridleys	Contact us before 3:00pm and your order will be delivered first thing the next day.
Meat, sausages, pork pies, pasties, cold cuts	Lavenham Butchers St Edmunds Butchers	Contact us on Monday or Thursday to order what you want from St Edmunds Butchers. Contact us on Tuesday to order what you need Lavenham Butchers to deliver on Thursday.
Bread, rolls, scones, croissants, etc	Sparling & Faiers in Lavenham	Place your order with us on Sunday, Tuesday, Thursday or Friday for next day delivery.
Magazines and newspapers	Sicklesmere Post Office	Order what you need a few days before you need it and we'll ask them to deliver it.

If there is anything else you need please don't hesitate to ask us to order it for you. One of our suppliers will normally stock it and supply it to us.

If you want to support your community store by volunteering, or by providing some financial support, please call Andrew on 07976743944 or Nick on 07850456950 or Gwen on 01449 737355.

Village Friends

VILLAGE FRIENDS

an over 65's friendship group

the next meeting will be on

Thursday 16 July

12.30-3pm as this month it's 'Fish'n'chips'

at Felsham and Gedding Village Hall

Booking Essential!

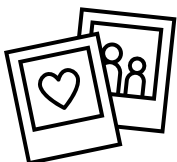
If you would like to come please contact:

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

Do you know any neighbours who you would like to invite? Please spread the word, we want to ensure nobody is alone with the Village Friends.



Bus timetable

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

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Separate Room

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Storage available by arrangement

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