

FELSHAM + GEDDING

october 2026

VILLAGE NEWS



October

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

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We do not publish defamatory, rude, blasphemous, racial or other inappropriate material.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

Table of Contents

Welcome to October.....	4
I might need that one day	5
Citizens Advice Bureau	7
Christmas Carols.....	8
What's on in October	9
Film night	11
Kids' corner	12
October Gardening	13
News from your Village Store.....	14
What's In Your Village Store.....	15
Calendar	16
Rev Sharon	18
Cockfield Benefice Services & Events	19
Dementia event	20
Mc Millan coffee morning	22
Woolpit Health Centre	23
Haughley Hoofers	24
Village Friends & Bus timetable	25
Classified Adverts.....	26
Village Directory	32

PS Do you like our coloured front cover? We would like to keep it each month. You may donate to the printing of the Village News by dropping a donation into our tin, it's situated by the till in the Village Store ~

Thank you

Welcome to October

There is nothing quite like a burst of sunshine to reveal all the jobs you have been successfully overlooking. As I write, Paul is having a last-minute go at the windows. The sky is blue, there are a few clouds scattered about, and it is still lovely and warm. I am thoroughly enjoying it. Paul may have a slightly different view, although it should at least be a clearer one by the time he has finished.

Last week, I found another excellent use for the sunshine: sitting in my neighbours' beautiful garden, having a cuppa and a gossip with them. A thoroughly brilliant way to spend part of a wonderfully sunny day. They are, admittedly, the best neighbours in the world, so the company was always going to be good. The sunshine was simply a bonus.

Between us, then, Paul and I have covered both sides of the seasonal dilemma: getting a few more jobs done and making the most of the chance to sit outside. I feel I have contributed admirably to the latter.

October, meanwhile, brings several important household decisions. Is it cold enough to put the heating on? Where did we put the warmer duvet? And how long can we reasonably admire the fallen leaves before someone has to clear them up?

In other news, the windows are receiving attention. The cupboards have so far escaped. Which brings me to this month's wellbeing article, "I Might Need That One Day..." It takes a gently humorous look at the things we keep, from unidentified keys to boxes that are far too good to throw away, and explores why some belongings mean rather more to us than their practical value might suggest. My mom makes an appearance, too. Anyone who knows her will understand why no discussion of useful boxes would be complete without her.

Throughout this edition, you'll find news, events and updates from around the village. Thank you to everyone who contributes, organises activities and helps keep us all informed and connected. If you have a little piece of village news or a story to share, we would love to hear it. It needn't be headline-making to be worth telling.

Enjoy October- and if the sun catches your windows at an unflattering angle, you could always pop next door for a cuppa. Happy reading! The Village News Team

Happy reading!

The Village Team

“I Might Need That One Day...”

The things we keep -and why they matter

October is a month for bringing things out of cupboards: warmer jumpers, proper shoes and the coat you put away in spring with every intention of sewing that button back on.

It can also be a time for putting things away. And that, of course, requires finding somewhere to put them.

Most households seem to have at least one drawer dedicated to things that have no obvious home - or, in some cases, no obvious purpose. Keys to unidentified locks? Yes, I have a few of those. Batteries of uncertain age? Plenty. A cable that must belong to something, although nobody can remember what? Oh my goodness- a whole drawer full. And a small metal object that looks far too important to throw away? I can account for a couple of those, too.

Then there are the boxes. A good, sturdy box is a difficult thing to part with. Just ask my mom, the Queen of Boxes. “Keep that - it might be useful one day,” I can hear her saying. It might be exactly the right size for posting or storing something. What that something might be is beside the point. The box is ready.

“I might need that one day” is a remarkably effective argument. It requires no date, no clear purpose and absolutely no evidence. Once spoken, it can secure an object’s place in the house for another twenty years.

Occasionally, of course, we are proved right. A particular screw, an old piece of ribbon or a spare plant pot turns out to be exactly what is needed. This is a glorious moment for the person who kept it - and provides sufficient justification for keeping everything else. Right? And to be fair, if we ever need anything, we only have to ask mom. Out comes a box, and there it is - usually accompanied by “See? I told you it would come in handy.”

But usefulness is only part of the story. Some things stay because of the people or possibilities attached to them. A handwritten recipe. A chipped mug that belonged to someone we loved. The wool for a project we still fancy starting. A cupboard can hold memories, good intentions and several perfectly serviceable hobbies waiting to happen.

As I write this, I can picture at least one of each of those things. Perhaps a few of yours have come to mind as you read, too?

That may explain why a simple clear-out can take an entire afternoon - or even a day or a week and result in very little actually leaving the house. You begin by sorting a shelf and end up reading old letters, looking through photographs or wondering whether you should take up knitting again.

And here is where our belongings meet our wellbeing. Familiar objects can offer comfort and a sense of connection. Yet the same cupboard can become a source of frustration when we cannot find what we need, or when every unfinished project feels like something else we ought to be doing.

Perhaps a useful question is: **“How do I feel about having this in my life now?”**

Does it bring a smile? Is it useful? Would you still enjoy finishing that project - or do you feel guilty every time you see it?

There is no need to turn the answers into a major clear-out. You might put a treasured photograph somewhere you can enjoy it, give an unused item to someone who would welcome it, or let go of a project that no longer interests you. You are allowed to have changed your mind about learning to crochet.

If you do feel like making some space, one drawer or one shelf is a perfectly reasonable place to begin. Give yourself ten minutes and permission to stop. You do not have to settle the fate of every possession in a single afternoon.

Our homes hold traces of the lives we have lived and the lives we still imagine for ourselves. There is room for affection, practicality and a little gentle humour in deciding what stays. Although it would be nice to find room for the winter coats. And that mysterious metal object? I think we had better keep it for now. It does look important.

You may not solve the problem—and that may not be the point.

Until Next Time
Corina



Mid Suffolk

I finished school in the summer and since then I've applied for countless jobs, but I'm not having any luck - most companies don't even bother getting back to me. It's really getting me down - what can I do to be more successful?

Navigating your first steps into the world of work can be really daunting. If you're struggling to find a job, you're not alone. Nearly one million young people aged 16 to 24 in the UK are not in education, employment or training. Clearly, there are some big structural and economic issues that are making it hard for young people to find work, but there are still things you can do.

When you're applying for a job, it's vital to do your homework. Make sure you've done your research about both the role and the employer and adjust your CV to fit the position you're applying for. Employers will usually want to know why you're interested in working for them specifically, so take some time to look into who they are and their values as an organisation. Then discuss how they align with what you're looking for in a role in your application.

Be cautious about using AI. When you're feeling the pressure to get out as many applications as possible, it can be tempting to turn to AI to help you write your CV, cover letter or application form. But employers can usually tell when you've used AI, and some may use AI detection tools when screening your application. It might put them off wanting to progress your application, so it's best to always use your own words.

If you're worried about your lack of experience, one way to make your CV stand out from the crowd is to try volunteering. Not only will you gain vital skills and work experience but also make a positive difference to people's lives. For example, volunteering in your local Citizens Advice service can give you office experience and customer service skills - you can find out more about opportunities in your area on our website.

If you're struggling financially, you should check what benefits you're able to get. If you're over 18 (or in some cases 16 or 17), not in education or training, and you have less than £16,000 in savings or other investments, you may be eligible for Universal Credit. You might also be able to get 'new style' Jobseeker's Allowance for up to six months while you look for a job. You can check what benefits you can get on the Citizens Advice website.

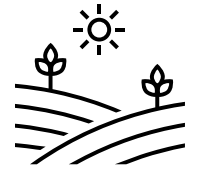
And lastly, job hunting can take a real toll on your mental wellbeing. Endless applications, back-to-back rejections or being ghosted entirely can all chip away at your self-esteem and affect your mental health. If you're finding it tough, there's help and support available. You can reach out to organisations like Student Minds, try Young Minds or get in touch with Mind - you don't have to face it alone.

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.



What's On in October 2026

Bury St Edmunds • Stowmarket • Lavenham • IP30 & surrounding villages



Felsham

Harvest Thanksgiving & Supper, held in the Village Hall at 7 pm Friday 2nd October
Coffee Morning, in support of Macmillan Nurses – Soup, Sandwiches & Cake, held in the Village Hall at 11 am to 2 pm on Friday 30th October.

Christmas Carols – First Rehearsal of many for the Felsham Choir, held in the Village Hall at 7:15pm Monday 2nd November. See your invitation in this Village News.

Bury St Edmunds

Sat 3 Oct A Country Night in Nashville — The Apex • 7.30pm

Sun 4 Oct Gilbert O'Sullivan — celebrating 60 years of music — The Apex • 7.30pm

Wed 7 Oct Cheetah: Caught in Conflict — talk with author Ric Edelman — Bury Library
• 1pm • FREE

Sat 9 Oct Switzerland — psychological thriller – Theatre Royal (until the 24th October)

Sat 10 Oct Martin Kemp: Back to the 80s — The Apex • 7.30pm

Mon 12 Oct Tim Peake: Astronauts — The Apex • 7.30pm

Wed 14 Oct Wishbone Ash — The Apex • 7pm

Fri 16 Oct Comedy Market — Hunter Club • 8pm

Wed 21 Oct The Creative Journey Behind My Debut Novel — Bury Library • 1pm • FREE

Fri 23 Oct A Night at the Opera by Candlelight — St Edmundsbury Cathedral

Wed 28 Oct 10cc's Graham Gouldman & Heart Full of Songs — The Apex • 7pm

Sat 31 Oct Antarctic Monkeys — The Apex • 7.30pm

Sat 31 Oct Witch Trials exhibition opens — Moyse's Hall Museum

Stowmarket - John Peel Centre & town events

Fri 2 Oct Ady Johnson — John Peel Centre

Sat 3 Oct Beth Eliza + Grace Calver — John Peel Centre

Sat 3 Oct Frankie Freeman & Oli Bruce — John Peel Centre

Sat 3 Oct Northern Soul & Motown Night — John Peel Centre

Wed 7 Oct Common Ground: The Phantom of Friar Street

Fri 9 Oct Prince Fatty & Horseman — John Peel Centre

Sat 10 Oct Blue Nation — John Peel Centre

Sat 10 Oct Theatre Tour

Sat 17 Oct Family Friendly Market — FREE entry

Fri 30 Oct Forest School

Sat 31 Oct Oh What A Night!

Sat 31 Oct–Sun 1 Nov Apple Pressing Sessions

Lavenham

Thu 1 Oct Lavenham Parish Council Public Meeting — Village Hall • 7pm

Sun 4 Oct Open Mic Night — The Greyhound • 4.30pm

Sun 4 Oct Lavenham Sinfonia Autumn Concert — St Peter & St Paul's Church • 7pm

Throughout Oct Discover Medieval Lavenham — guided walks (selected dates through 23 Oct)

Throughout Oct Lavenham Guildhall 75 Years exhibition

Fri 16 Oct Ultimate ELO — The ELO Live Experience — Lavenham Village Hall • doors 7pm

Fri 30 Oct Halloween Drag Bingo Party — Lavenham Village Hall • doors 6.45pm

Sat 31 Oct The Rocky Horror Show — Lavenham Village Hall • 1pm

Sat 31 Oct The Rollin' Stoned — Lavenham Village Hall • doors 6.45pm

Lavenham's Guildhall 75th-anniversary exhibition runs from 25 September to 20 December 2026.



OCTOBER — QUICK PICKS

Family & autumn days out

3–4 Oct Rougham Pumpkins — first pumpkin weekend

10–11 Oct Rougham Pumpkins

17–18 Oct Rougham Pumpkins

24–31 Oct Rougham Pumpkins — daily

27 & 29 Oct SEN-friendly pumpkin sessions

31 Oct Woolpit Craft Fair — FREE

31 Oct Halloween events and evening entertainment in Bury & Lavenham

Music & entertainment

3 Oct Country Night in Nashville — Bury

4 Oct Gilbert O'Sullivan — Bury

4 Oct Lavenham Sinfonia

10 Oct Martin Kemp — Bury

14 Oct Wishbone Ash — Bury

16 Oct Ultimate ELO — Lavenham

23 Oct Opera by Candlelight — Bury

28 Oct 10cc / Graham Gouldman — Bury

31 Oct Antarctic Monkeys — Bury

31 Oct The Rollin' Stoned — Lavenham

Useful local venues

Bury St Edmunds The Apex • Theatre Royal • Abbeygate Cinema • St Edmundsbury Cathedral • Bury Library

Stowmarket John Peel Centre • Food Museum • town centre/community venues

Lavenham Guildhall • Village Hall • St Peter & St Paul's Church • The Greyhound

IP30 Rougham Estate / Pumpkin Field • Woolpit Village Hall & Institute • Great Whelnetham Community Centre



FILM NIGHT

October 24th 7 pm

COAL MINER'S DAUGHTER

A moving true story of ambition, love and the power of music

Join us for the much-loved 1980 film ***Coal Miner's Daughter***, starring **Sissy Spacek** in her Oscar-winning performance as legendary country singer **Loretta Lynn**.

Growing up in a poor Kentucky mining community, Loretta Lynn discovers a remarkable talent for singing. From humble beginnings, she goes on to become one of country music's most celebrated stars — but her journey is filled with challenges, family struggles, love and determination.



Starring: Sissy Spacek, Tommy Lee Jones & Beverly D'Angelo



Music • Romance • Family • True Story

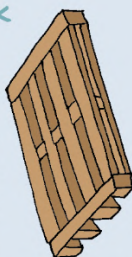


How to build a bug hotel



You will need:

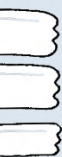
- Wooden pallets x4



- Bricks



- Plastic bottles*



- Bamboo canes



- Straw



- Leaves



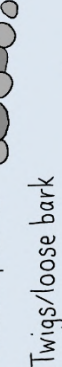
- Tiles



- Cardboard



- Stones/pebbles

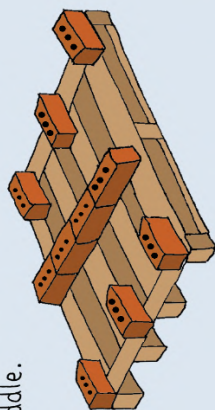


- Twigs/loose bark

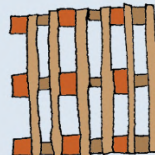


*Use old plastic bottles for this, and always recycle after use.

- 1 Place a wooden pallet in your chosen location. On top of the pallet, line bricks around the corners and across the middle.



- 2 Place your next pallet on top of this and repeat the process for all of your pallets.



- 3 Cut off the top two-thirds of your bottles. Fill up half of them with bamboo canes and the other half with rolled up cardboard. Place these inside the hotel.



- 4 Fill in the remaining spaces with bricks, leaves, pebbles, stones, tiles, loose bark and straw.



- 5 Add in any extra materials that you want to recycle e.g. old pipes, carpeting, toilet tubes, old plant pots. Be creative - add a welcome sign or give your hotel a name!



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

October Gardening

October is a busy month in the garden. The soil is still relatively warm, while cooler weather and autumn rain help newly planted plants establish their roots.



FLOWERS & BULBS

- Plant **daffodils, crocuses, alliums and other spring bulbs**.
- **Tulips** can be planted towards the end of October and into November.
- Plant winter bedding such as **pansies, violas and wallflowers**.
- Leave some flower seedheads standing — they provide winter food for birds and shelter for insects.



TREES, SHRUBS & HEDGES

October is a good time to plant **trees, shrubs, roses and hedging** while the soil remains warm. Water newly planted specimens during dry spells. Avoid planting when the ground is very wet or waterlogged.



VEGETABLES

October is a good month to:

- Plant **garlic and overwintering onions**.
- Sow **broad beans** in a sheltered, well-drained spot.
- Plant spring cabbages.
- Sow hardy winter salad leaves.
- Harvest pumpkins, squash, leeks, carrots and late crops before severe frost.



LEAVES & COMPOST

Collect fallen leaves from lawns and paths and make **leaf mould** — an excellent soil conditioner.

Add healthy garden waste to your compost heap and spread finished compost around established plants.



HELP THE WILDLIFE

Leave a small area of leaves, stems and twigs undisturbed to provide shelter for insects and other garden wildlife. Keep bird feeders clean and provide fresh water.



A little autumn preparation now means a brighter, healthier garden next spring!!

News from your Village Store

A **village pub and village shop** are much more than places to buy things or have a drink. In a small community, they can act as the social heart of the village.



Why a village shop matters?

- **Everyday essentials close to home** – particularly important for older people, people without cars, and anyone who cannot easily travel to a supermarket.
- **A reason to leave the house** – popping in for milk or vegetables can also mean seeing a familiar face and having a conversation.
- **Reduces isolation** – for someone living alone, a five-minute chat with the person behind the counter may be surprisingly important.
- **Keeps money within the village** – spending locally helps support local employment and other village businesses.
- **A source of local information** – notices, community events, lost-and-found items, local services and word-of-mouth information often pass through the shop.
- **A place where generations meet** – children, parents, working people and older residents can all use the same community facility.
- **An emergency resource** – during bad weather, transport problems or other difficulties, having basic supplies locally can make a real difference.



Why the village pub matters?

The pub provides something slightly different: **a social space where people can meet without needing a particular reason to be there.**

It can be where people:

- meet friends and neighbours;
- celebrate birthdays, weddings and village occasions;
- have meals together;
- join quizzes, music nights and community events;
- welcome newcomers;
- arrange clubs and groups;
- simply sit and talk.

For someone new to the village, **the pub can be one of the easiest ways to become part of village life.**



Together, they create something bigger

What's In Your Village Store

Do you know what your store has in stock?

Drop by and wander around, you may see something you would like and you'll see, we may have that something you have made a special trip to town and didn't need to, we are on your doorstep

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.

Monday	Tuesday	Wednesday	Thursday
		 Carpet Bowls	¹  Special £8.50 2 course lunch
⁵  Spud & Slice Pizza 5 to 8 pm	⁶  Parish Council 7.30pm	⁷  Table Tennis 	⁸  Special £8.50 2 course lunch Evening Bingo BROWN BIN
¹²  Spud & Slice Pizza 5 to 8 pm	¹³  Holy Communion 11am	¹⁴  Carpet Bowls 	¹⁵  Special £8.50 2 course lunch 7pm Fijian theme menu
¹⁹  Spud & Slice Pizza 5 to 8 pm	²⁰	²¹  Table Tennis 	²²  Special £8.50 2 course lunch Quiz night BROWN BIN
²⁶  Spud & Slice Pizza 5 to 8 pm	²⁷	²⁸   Carpet Bowls	²⁹  Special £8.50 2 course lunch Quiz Night

Friday	Saturday	Sunday
2 GREEN BIN	3	4 Sunday Roast 6pm Celtic Style Communion
9  BLUE BIN	10	11 Sunday roast
16  Whist Drive 7:30 pm BLACK BIN	17	18 10am Café Church Sunday roast
23  GREEN BIN BUILD A BURGER	24 Movie night – Coalminers Daughter @ 7:30pm Doors open at 7 pm	25 Sunday roast
30  BLUE BIN BUILD A BURGER	31	

 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 Reader,

We are now in Harvest season across our Churches in the Benefice, a time to come together to give thanks for all those who continually sow and reap crops. Farmers, vegetable growers, those who transport the produce, and those who sell it are at the heart of our thanksgiving, and we pray for them in what for some are very difficult times.

This year we are going to celebrate the harvest with a traditional harvest supper at Felsham Village Hall on **Friday 2nd October at 7pm**. There will be a very short act of worship followed by the supper. If you would like to come then please do let me or Tricia Wilson know for catering purposes.

Across Church of England parishes there is deep concern about our world as the climate warms up, and the land and our animals are suffering as a result. We have just had one of the warmest summers ever recorded, and yet there does not seem to be a great rush by those who govern countries across the world to move away from using fossil fuels.

At Bradfield St Clare we are part of a scheme to help us think about our energy footprint, both as a church and as individuals. We qualified for a bronze award from Eco Church (from a Christian Charity called A Rocha that encourages us to think about how we care for the planet).

It may seem that we can do very little to help the situation, but every little helps. It has been great to see the new recycling scheme introduced by the County Council, even with its teething problems! I pray that more initiatives and schemes to help us move towards a greener future will be introduced very soon. We need to preserve our planet for those who come after us.

Yours in Christ,

Sharon
revsharon2@gmail.com
01284 828599 or 07825 086063

Cockfield Benefice Services & Events October 2026

Friday 2 October	7pm Short act of worship followed by Harvest Supper at Felsham Village Hall - please message Canon Sharon if you'd like to attend.
Saturday 3 October	2-4pm 'Knit & Natter' at Bradfield St Clare Village Hall, refreshments and a space to craft/knit/crochet/sew.
Saturday 3 October	 3-5pm, at 'The Hive', Bradfield St George, IP30 0AZ (outdoor venue). For all children accompanied by parents/carers. Crafts - Food - Fun.
Sunday 4 October Trinity 18 & Harvest	9.30am Morning Prayer for harvest at Stanningfield 11am Holy Communion at Bradfield St Clare 6pm Celtic-style Communion at Felsham
Sunday 11 October Trinity 19 & Harvest	10am Harvest Festival & Pet Service - bring your pets along to Cockfield for a blessing! 11am Communion at Bradfield St George 6pm Praise & Worship for Harvest at Gt Whelnetham
Tuesday 13 October	11am Holy Communion at Felsham Village Hall followed by Soup & Sandwiches
Thursday 15 October	2-4pm Village Friends at Felsham Village Hall Filling 'Link to Hope' shoeboxes
Sunday 18 October Trinity 20 & Harvest	9.30am Holy Communion at Stanningfield 10.30am Holy Communion at Cockfield 11am Harvest Celebration at Bradfield St George followed by harvest refreshments
Sunday 25 October Last after Trinity	8.30am Holy Communion BCP at Gedding 9.30am Holy Communion at Gt Whelnetham 11am 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*

The Dementia Event

THE DEMENTIA EVENT

*Live well with dementia
with the right support.*



Are you worried about dementia or supporting someone living with dementia?



Hear **Dr Peter Prinsley MP's** keynote speech on dementia followed by a Q&A session.



Experience what it's like for someone living with dementia on our **Dementia Virtual Tour Bus**.



Engage in discussions with brilliant organisations, charities and businesses offering support for those living with dementia.

Join us at **The Dementia Event** at Stowmarket Golf Club



Lower Road, Onehouse,
Stowmarket,
IP14 3DA



Friday, 9th October



11:00am – 3:30pm

FREE ENTRY

Kindly sponsored by



Stowmarket Golf Club
at Finborough Park



ENGLAND
GOLF
CHAMPIONSHIP
VENUE



Together we can make a difference.

THE DEMENTIA EVENT

Live well with dementia with the right support.

The Dementia Event is coming to Stowmarket Golf Club on Friday, 9th October, from 11am to 3:30pm, offering an opportunity for local people to learn more about dementia, discover sources of support and connect with organisations that can make a real difference.

With the message "Live well with dementia with the right support," the event is aimed at anyone who is worried about dementia, supporting someone living with dementia, or simply wants to understand more about the condition and the help available locally.

Visitors will have the opportunity to experience what it's like for someone living with dementia on the Dementia Virtual Tour Bus. This interactive experience offers valuable insight into the challenges people with dementia can face in everyday life and encourages greater understanding and empathy.

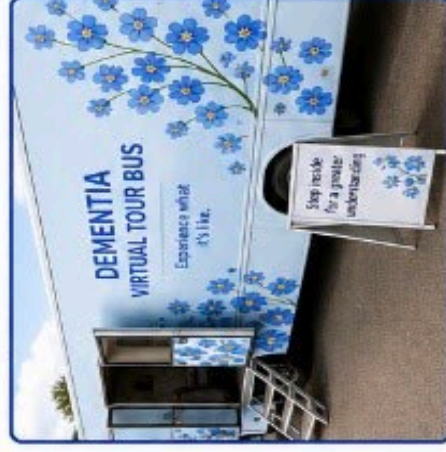
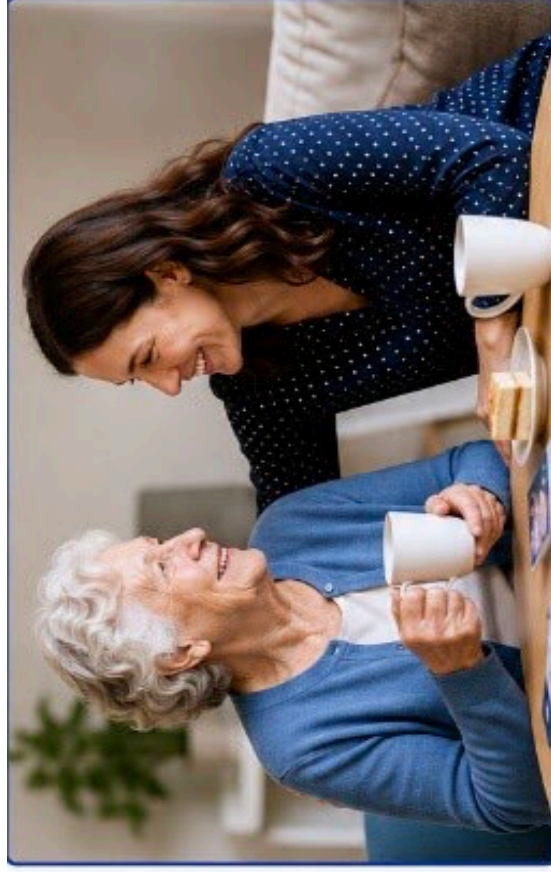
The Dementia Event has been kindly sponsored by Frantec and Stowmarket Golf Club, with support from local partners helping to bring this important community event together.

Whether you are personally affected by dementia, caring for a loved one, or simply want to learn more, come along, ask questions, meet local organisations and discover how the right support can help people live well with dementia.

A keynote speech will be delivered by Dr Peter Prinsley MP, focusing on dementia and followed by a Q&A session, giving attendees the opportunity to hear from and engage with him directly.

The event will also bring together a range of brilliant organisations, charities and businesses, providing information, advice and practical support for people living with dementia, their families and carers. It is hoped that the event will help visitors discover services they may not previously have known about and provide reassurance that support is available.

Held at Stowmarket Golf Club, Lower Road, Onehouse, Stowmarket, IP14 3DA, the event is free to attend and everyone is welcome.



Kindly sponsored by

frantec



Stowmarket Golf Club
at Finsborough Park



FREE ENTRY



Stowmarket Golf Club, Lower Road,
Onehouse, Stowmarket, IP14 3DA



Friday, 9th October | 11am – 3:30pm





**TO BE HELD AT THE VILLAGE HALL ON
FRIDAY OCTOBER 30TH**

From 11am 'til 2pm

Join us for lunch - Soup, Sandwiches and Cake

This is in aid of the MacMillan Nurses who provide invaluable care for patients suffering from Cancer and for their families both at the Hospice and at home and in Hospital.

Most of us have known people who have benefited from this Charity and we invite you to come to the Coffee Morning and support this work.

It is a great opportunity to meet friends, have a chat and enjoy delicious cakes and savouries as well as tea and coffee.

We shall also have a cake stall and a raffle and all contributions will be gratefully received



The past 3 months has been a busy time in the Health Centre. We have received a total of 11,256 Anima requests, averaging 185 per day.

Contacting us

We are proud to offer our patients different options for contacting the health centre, online using Anima, via our reception team or through Andi.

- *We remind patients using the telephone for access that they can utilise the callback function if there is a queue.*
-

Un-attended Appointments

In the last 3 months 4% of the 4,440 face to face GP appointments were un-attended and not cancelled.

This wastes 35 hours of time dedicated to patients, equating to 175 appointments that would have been available over the 3-month period.

Reminder to Patients

Please remember to contact the health centre if you need to cancel your appointment. You can do this over the phone or via the NHS app. Every appointment missed and not cancelled is an appointment that could be used by someone you know who needs our help.



COFFEE TIME



HELD AT WOOLPIT VILLAGE HALL

JOIN US FOR A MONTHLY NATTER

10AM - 12PM

(£1.50 SUGGESTED DONATION)

DATES

FRIDAY 2ND OCTOBER
FRIDAY 6TH NOVEMBER
FRIDAY 4TH DECEMBER
FRIDAY 8TH JANUARY (THIS IS THE 2ND FRIDAY)
FRIDAY 5TH MARCH

KINDLY FUNDED BY THE FRIENDS OF WOOLPIT HEALTH CENTRE



MAKE FRIENDS



PLAY GAMES



ENJOY SOME CAKE



Feel like some exercise? Enjoy music? Love dancing?

Come and try North West Clog, street dance with a difference!

**Free taster session Sun 18 October 2026,
2.30 – 4.30 pm
Village Hall, Park Road, Wetherden, nr Stowmarket, IP14 3JS**

Open to all, friendly group, good exercise and fun!

No experience needed and no obligation.

Acoustic musicians welcome too.

For more information:

haughleyhoofers.nwclog@gmail.com

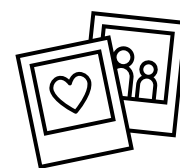
Facebook: Haughley Hoofers official page



Village Friends

VILLAGE FRIENDS

an over 65's friendship group
New members welcome!



Thursday 15 October
2-4pm at Felsham and Gedding Village Hall

This month we will be filling 'Link to Hope' shoeboxes to be sent to those who are in need at Christmas

contact Canon Sharon for more details:
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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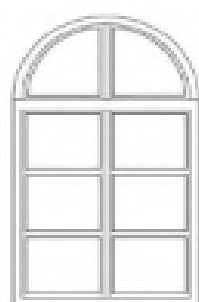
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The rent is lower than comparable villages around as we like to encourage full usage of our allotments.

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

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ALLOTMENTS	Brinley Hart (Bryn)	07401 100172
ST PETER'S CHURCH, FELSHAM	REVEREND SHARON POTTER	01284 828599
ST MARY'S CHURCH, GEDDING	Revsharon2@Gmail.Com	
CHURCH WARDENS	Tricia Wilson Philip Cockell	01449 736330 01449 736272
DOCTORS SURGERY	Woolpit Health Centre, Heath Road, Woolpit	01359 240298
PHARMACY		01359 242394
F&G COMMUNITY STORE & POST OFFICE		01449 736042
F&G FUEL GROUP	Pawilson4@Btinternet.Com	01449 736330
FACEBOOK	Felsham & Gedding Community	
FAGENDS	Philip Cockell	01449 736272
THE FELSHAM SIX BELLS		01449 258216
FELSHAM CHARITY	Tricia Wilson Pawilson4@Btinternet.Com	01449 736330
FELSHAM PARISH COUNCIL	Simon Garrod, Chair	01449 737728
	Isabelle Reece Felshamparishclerk@Gmail.Com	
GEDDING PARISH MEETING	Stephen Drury – geddingparishmeeting@outlook.com	07946 417828
MEMBER OF PARLIAMENT	Peter Prinsley https://peterprinsley.org/	@parliament.uk
MID SUFFOLK DISTRICT COUNCILLOR	Nicky Willshire Nicky.Willshire@Midsuffolk.Gov.Uk	
COUNTY COUNCILLOR		
MID SUFFOLK DISTRICT COUNCIL	Needham Market	0845 606 6170
PLAYING FIELD	Philip Cockell, Chair	01449 736272
SHELTERED HOUSING	Mid Suffolk District Council	01473 826639
POLICE	Safer Neighbourhood Team One Stowmarket.Snt@Sufolk.Pnn.Police.Uk	101 999 (emergency)
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VILLAGE WEBSITES	FELSHAM: Felsham.Onesufolk.Net GEDDING: Gedding.Onesufolk.Net	
WHIST DRIVE	Isabella Challis	07927 963900