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MENDLESHAM HEALTH CENTRE	01449 767722				
NEWSLETTER ~ Editor, Cally Buch	01449 766417				
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Contributions from the village community for inclusion in the newsletter are welcomed

Deadline for copy 15th of every month



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The opinions expressed in articles are not necessarily those of the editor. We cannot be held responsible for the accuracy of material submitted for publication; however, we reserve the right to refuse inclusion; to edit or amend as we think appropriate.

The newsletter is produced in good faith but errors and omissions may occur during the process of production. Please let us know if this is the case so that any errors may be corrected in future editions.



Welcome to the December/January issue of your Newsletter



Bumper issue this month!

There is the welcome news of the return of 'Curtains Up' and their panto; we hear what our primary school has been up to and about the Christmas activities at The Middy; news of the local conservation project at Pitman's Corner and a new article from the Citizens' Advice Bureau ...and much more. As usual, the times of all the church services are included, and we also have the bin collection dates for the holiday period and for 2022. To get you in the mood for late night ghost story telling around the fire, you can find this year's ghost story on p Enjoy your Christmas. With very best wishes for a happy and healthy 2022

Cally (Editor)

THANK YOU

to the Newsletter volunteers

Towards the end of each month
(except December) the Newsletters are
printed and begin their journey to each
household in the Parish.



This couldn't happen without the help of the volunteers who turn out every month to deliver them, whatever the weather. So as 2021 moves toward its close, it's time to say thank you (in no particular order) to:

Malcolm, Angela and Des, Lesley, Andrea, Sue (M), Sue (S), Tim and Jo, Gerda, Shirley, Linda, Clizabeth, Fiona, and Mike and Angle.

Enjoy the festive season and see you again in 2022



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Curtains Up presents

Pan's PirOlympics Pantomime.

Friday & Saturday 11th, 12th February *** (+ Saturday matinee - Full performance details to be announced)

Full rehearsals are underway for our February Panto. It has been challenging times - due to the interruption of Covid, and now, finding alternative rehearsal venues while the village hall is under renovation.

We've been away a long time but we are getting back into Panto mood

OH, YES WE ARE!!!

Our Director, Sarah Maundrell, has written this year's panto .. Expects some twists and turns - all of which we hope you will enjoy - but still filled with all the traditional pantomime package we all love!

*** Expect Pirates, Lost-boys, Song and Dance and much more ***

We have some new cast members which is always great, but you will still see many of the regulars and, as always, we aim to bring you a fun panto that all can enjoy. But we need you - our lovely audience, to make the magic come to life

Watch out for full details of when the Box Office opens / Ticket sales and Performance times ...on our Facebook page ~ Curtains Up ~ and the Wetheringsett

Village page—wetheringsettcumbrockford.onesuffolk.net

Or call 01449 767752 for more information

We look forward to seeing you all soon

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Snippets from the Village History

Has been squeezed out this month. Back again in February 2022.

2022! - can't really believe it!

WETHERINGSETT CHURCH OF ENGLAND PRIMARY SCHOOL

Church Street Wetheringsett Suffolk IP14 5PJ tel: 01449 766215 email: info@wvcpschool.com



Website: https://www.wvcpschool.com TWITTER: follow @wvcp

Hello Everyone,

I hope this finds everybody well. This half term continues to be moving swiftly and enjoyably on and we feel we have adapted to all of our new regimes. The children continue to work hard and their positivity and energy are certainly a joy to be around. The staff and pupils have achieved so much already since September but there is still so much more learning and fun to fit in before the end of term!

Remembrance



The children have all made poppies in class in remembrance of Armistice Day, which we have displayed on our walls. This has also stimulated a lot of thoughtful discussions with the children. We held a two minute's silence on the playground.

WETHERINGSETT CHURCH OF ENGLAND PRIMARY SCHOOL

Church Street Wetheringsett Suffolk IP14 5PJ tel: 01449 766215 email: info@wvcpschool.com



Salvation Army Christmas present appeal

We are very proud of all the children who have supported the Salvation Army shoe box gifts. Together we had 14 shoe-boxes, which have been successfully delivered to Jubilee Baptist Church in Occold. The lady who was there to receive the boxes was so grateful and thrilled to see the efforts of the children. She asked for her thanks to be passed onto the school as a whole and the children who wrapped the boxes so beautifully!

She said she would let us know when she receives information about the boxes: where they went in the world etc.

We would like to thank the school council and Bella who had the idea.



Thank you to friends who raised £193 on the Bonfire event. Friends are looking forward to the Christmas fayre at the church on the 16th December. It will be lovely to see you there!



Jokes for Christmas ...

What wears a red suit and goes Oh, Oh, Oh?Santa walking backwards

In what year does New Year's Day come before Christmas? EVERY year!

What kind of motorcycle does Santa like to ride? A Holly Davidson!

What do you get when you combine a Christmas tree with an iPad?

A pineapple!

What do you get when you cross a snowman with a vampire? Frostbite!



Wailing Woods

As the sun leaves the sky and long cold shadows cover the ground in a wood comprising of Bird Cherry trees, oak, ash and hazel you may chance hear the sorrowful wails of young children penetrating the growing damp air. Their pitiful cries are often heard and distressed travellers have searched in vain to find and comfort the young owners of such anguished calls. Those woodland walkers are doomed to abandon their fruitless quests, to be left only with haunted memories.

The Wailing Woods did once give up two small bodies - found at the foot of an oak tree where, legend has it, the bodies had been covered with leaves by robins so moved at the pitiful sight of these two babes clinging to one another in death. In 1879 that tree was reputedly struck by lightning and destroyed. Those babes, had they lived, were orphans in the care of an uncle at a place called Griston Hall and due to inherit their father's fortune once they came of age. Their untimely deaths meant the inheritance passed to the person who had been entrusted with their care. The story tells of two thugs, hired by the uncle, to take the children into the woods near Griston Hall and dispatch them there. One of the cut throats murdered the other, (perhaps to rob him of his half of the bloody fee?), and then abandoned his intended victims to a more terrifying and lingering death: – left to wander, crying out in fear for some comfort before finding a final resting place together, dying of exposure and starvation.

There are also tales of white wraiths flitting from tree to tree as darkness falls in what is now known as Whayland Wood. And the story of the *Babes in the Wood* was once depicted in wood carvings in Griston Hall. You will also find the tale commemorated in the village signs of Griston and Watton.

Carolyn Lesley



Debenham & District

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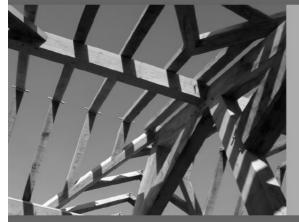
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Wetheringsett cum Brockford Parish Council Report on the meeting held Monday 1st November 2021



<u>Village Hall</u> — during the refurbishment and replacement work currently being carried out on the south wall of the Hall the condition of the under floor wooden supports were discovered to be in a very poor and rotted condition - beyond repair. This has necessitated replacement of the whole wooden floor. The replacement cost totals £16,867.00. As lessee of the Hall the Parish Council is looking into borrowing this sum to fund the work. Further information will be available on the funding at the next parish council meeting but unless this work is carried out urgently the Hall will not be able to re-open. Members recorded thanks the Village Hall Committee for all their work in overseeing these necessary and unforeseen repairs.

<u>VAS equipment</u> – the VAS has been moved to Brockford Street and this time the equipment is facing south, following the concerns raised by residents at the speed of traffic approaching Brockford Street on the A140 travelling north. Although the equipment has to remain on the east of the carriageway it is hoped the monitoring will still be effective. A report on this will be available at the next meeting.

Remembrance Sunday – Thanks were recorded to Cllrs Mrs Aldred and Mrs Arnold for laying wreaths on behalf of the Parish Council at the British Legion Remembrance Services at Wetheringsett and Mendlesham on behalf of the USAAF 34th Bomb Group.

<u>Fuel Shortage</u> – thanks were recorded to Brockford Garage for keeping sufficient fuel available for NHS workers and local residents during the fuel shortage in early autumn. Although a difficult time for all, this was a thoughtful gesture and much appreciated locally.

<u>Town Lane Haulage Site</u> – the considerable increase in container storage at the site was noted. Cllr Stringer confirmed a decision on the recent planning applications was still awaited.

<u>Brockford Road Planning Enforcement Appeals</u> – Plots 1-8. Cllr Stringer stated that he had attended the appeal hearing. The Inspector had been very thorough and the Environment Agency had attended to give evidence as to whether the area was in a flood plain or not. The Inspector's decision would be available in two/three months.

Dates of next meetings: Monday 6 December 2021 and Monday 10 January 2022 at 7.30pm.

In the meantime, our Parish Council Members take the opportunity to wish all parishioners a very Happy Christmas and Peaceful New Year.

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A Celebration of Nature The Robin



A few interesting thoughts on the favourite British bird this festive season

The robin is a prominent figure in folklore, with the most obvious association with Christmas. During the Victorian period the postmen of the time were dressed in red uniforms and were nicknamed 'robins' as people would eagerly await delivery of Christmas cards and hence the robin became a symbol of the festive season.

In Norse mythology, the robin was associated with the god Thor and another myth claims the species developed the red breast after being touched by the blood of Jesus as he hung on the cross.

A particularly strange (to modern tastes) custom was that of sending friends and



family a morbid missive of a dead bird and this was often a robin. The cards were particularly prominent in 1880s Britain. With the popularity of mourning rituals and posthumous portraits, death was visually present in daily life. The 18th Century rhyme "Who Killed Cock Robin" that includes the funeral of the slain bird may well have had some influence or Victorian empathy for those less fortunate than

themselves may reference common stories of poor children freezing to death at Christmas. And yet, killing either a wren or a robin was once a good luck ritual performed in late December. In particular, the Irish St Stephen's Day on December 26 is known as 'Wren Day", with a traditional hunt of the bird (now a fake one on a pole). Therefore, receiving a card with the little prone bird, feet curled in rigor mortis, could be meant to wish nothing more than good cheer on the new year, and a card with a dead Robin on the front may carry the words "May Yours be a Joyful Christmas". Not to our tastes, of course, but times move on, thankfully.

Whatever you wish to believe our 'Robin Redbreast' is always a welcome visitor to our gardens!

They are tuned in to activity outside and will often appear, as we weed, to gather insects or worms and being fairly tame, even help out in the greenhouse if they spot a spare spider or two!

You can entice them further by putting out such things as mealworms, suet, seeds, and sunflower hearts. Bird food suppliers offer prepared bird food mixes, often tailored to bird types.

This December you can attract our seasonal friend with a Christmas gift of its favourite meals on your bird table!

A Merry Christmas to you all!



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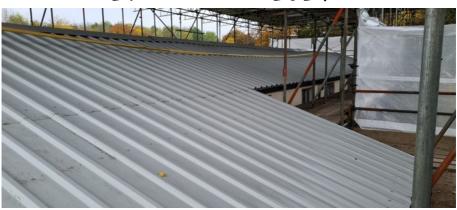
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Calling every 4 weeks on Thursdays

Next visits: Thursday 23rd December Thursday 20th January

Village Hall Refurbishment — Update 25th November 2021



The roof is almost completed, the new steel panel will be finished by Friday 26th November.

The scaffolding will then be removed from 30th November.

This will allow the builders back into the Hall to complete the internal plastering and then render the outside of the new South Wall.



Once this is completed the new patio will be created to give a seating area outside the new bi-fold doors and a path down to the parking area.

A painting party is to be organised to decorate the new wall (watch this space) and the new floor will be sanded and sealed.

All this is to be completed before the re-arranged Quiz Night on 22nd
January. Busy Times



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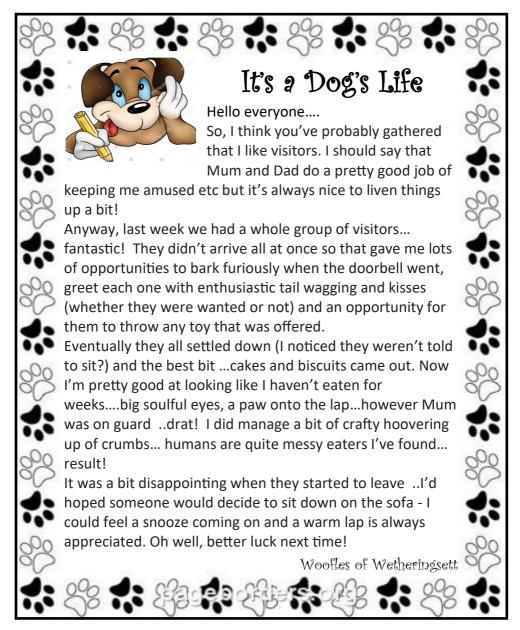
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What do you call a reindeer with bad manners? .. RUDE-olph!

What did Santa say to Mrs Claus? Looks like rain-dear!

What do you call a reindeer who wears earmuffs? Anything you want! He can't hear you!

Reindeer Jokes

Friends of Debenham Library

See www.suffolklibraries.co.uk/coronavirus for the latest details

The library will be closed on UK public holidays, including: Christmas Day, Boxing Day, Tuesday 27th December, New Year's Day.

Please continue wear a face covering in the library, to protect customers and staff. Thank you.

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School Corner, Debenham IP14 6PL (next to the Primary School)

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Quotes of the month

A good conscience is a continual Christmas.

Benjamin Franklin
It's not how much we give, but the love we put into giving it.

Mother Theresa

Christmas Services at Wetherinasett

Wednesday December 22 6.00pm Carol Service with Christingle Christmas Day 10.30 am Family Service















CHRISTMAS CARPS 2021

If you wish to deliver Christmas cards to residents in the Wetheringsett Parish (including Brockford, Wetherup and the Greens) you may leave them in the church porch in the box from December 1st to 19th. If you wish to see if there are any cards for you, the church will be open on December 20th and 21st when you can collect them. After that any remaining cards will be delivered to the addresses, which need to be written on the envelopes.











ALL SAINTS WETHERINGSETT-CUM-BROCKFORD

Coffee Mornings

Wednesdays 10:30-12:00 with the usual scrummy spread.

Short Morning Prayers, at 10am, precede the coffee mornings

This year's last meeting is 8th December and they resume on 2nd March 2022

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South Hartismere Benefice

Recovery Worship Rota

For services held in church and online (subject to change due to government guidance)

December 2021

Wednesday 1st December Thursday 2nd December

Mid-week Worship On-line 7.00pm Telephone Church BCP Holy Communion 11.00am

Week 1 Sunday 5th December The 2nd Sunday of Advent

On-line 9 00am Gislingham 10.30am Thorndon 10 30am Thorndon 4.00pm

Worship for All Worship for All Holy Communion Carol Service

Worship for All

Wednesday 8th December Thursday 9th December

Mid-week Worship On-line 7.00pm Telephone Church BCP Holy Communion 11.00am

Week 2 Sunday 12th December The 3rd Sunday of Advent

On-line Mellis Stoke Ash Thornham Magna

Gislingham

On-line

9 00am 10.30am 10 30am 3.00pm

Worship for All Holy Communion Carol Service with the G S Band

Wednesday 15th December Thursday 16th December

Mellis

Carol Service 7.00pm

Telephone Church BCP Holy Communion 11.00am 7.00pm Carol Service

Week 3 Sunday 19th December The 4th Sunday of Advent

Wetheringsett Thornham Parva Thorndon

9.00am 10.30am 3.00pm 4.00pm

Worship for All Holy Communion Carol Service CONNECT

Wednesday 22nd December Thursday 23rd December

Wetheringsett

7.00pm

Carol Service Telephone Church BCP Holy Communion 11.00am

Friday 24th December Christmas Eve

Gislingham Yaxley Thornham Magna Stoke Ash

3.00pm 4.00pm 11.30pm 11.30pm

Crib Service Carol Service

Midnight Holy Communion Midnight Holy Communion

Saturday 25th December Christmas Day

Gislingham Wetheringsett Mellis Thorndon

9.30am 10 30am 10.30am 10.30am

11.00am

9 00am

Christmas Worship Christmas Worship Christmas Worship Family Service

On-line Week 4

Sunday 26th December

The 1st Sunday of Christmas Thursday 30th December

Worship for All

Holy Communion

Telephone Church BCP Holy Communion 11.00am

Reverend Canon Julia Lall - Rector rev.julialall@gmail.com 01379 678064

Reverend Lauren Moore - Curate rev.laurenmoore@gmail.com 07798705876

South Hartismere Benefice

December 2021 Newsletter



At the heart of Christmas



As we approach Christmas this year, I am reminded of the number of families who had a new baby during lockdown, and how difficult that was for all involved. It was not possible to fully share this wonderful celebration with family and friends. I know many grandparents who have spoken about how hard it was for them, having to wait a long time to give their new grandchild a hug, and making do with photos or seeing them virtually on Zoom or WhatsApp or Skype.

The Christmas story tells of a young mother also giving birth in isolation, miles from home and without the support of family and friends. But the birth of her son was announced by angels, and humble shepherds were the first to hear the news that a saviour had been born who would transform the world. We are told that Mary his mother treasured all these words and pondered them in her heart. *Luke* 2.19 I wonder what things were said about us and our future when we were born?

'At the heart of Christmas' is the Church of England's theme for Advent and Christmas 2021. Our churches will be welcoming our communities – in church and online – throughout December to celebrate and share the good news of Christ's birth through carol services, Christingles, Christmas tree festivals, Fayres and school celebrations.

In 2020, many of us experienced a Christmas when so many of the ways we traditionally mark the season were suddenly denied to us. This year we hope and pray for the return of many of the familiar experiences that help Christmas come alive in our homes, our churches and communities. At the heart of Christmas invites us to discover – or rediscover – the good news of the birth of Jesus. It is also invites us to ponder in our hearts – as Mary did on that first Christmas – what those extraordinary events might mean for us and our communities now and in the years ahead.

I look forward to celebrating with you at the various Christmas events and activities, details of which are listed elsewhere in the magazine

With every blessing for Christmas and for all that lies ahead in 2022

Julia

From the Parishes:

Congratulations to Christopher Ward and Sophie Buckle who were married at Wetheringsett in August, and to Andrew and Lois Herman on the occasion of their wedding blessing, also at Wetheringsett in August



South Hartismere Benefice

Recovery Worship Rota

For services held in church and online (subject to change due to government guidance)

January 2022

Week 1

Sunday 2nd January The 2nd Sunday after Christmas Gislingham 10.30am Thorndon 10 30am

Thorndon

Holy Communion Worship for All

Wednesday 5th January

Thursday 6th January Epiphany

Mid-week Worship On-line 7.00pm Telephone Church BCP Holy Communion 11.00am

Week 2

Sunday 9th January The Baptism of Christ

On-line 9 00am Mellis 10.30am Stoke Ash 10 30am Worship for All Holy Communion Worship for All CONNECT

Wednesday 12th January Thursday 13th January

Mid-week Worship On-line 7.00pm Telephone Church BCP Holy Communion 11.00am

Week 3

Sunday 16th January The 2nd Sunday of Epiphany

On-line 9.00am Thornham Parva 10.30am Wetheringsett 10.30am Thorndon 4.00pm

Worship for All Holy Communion Worship for All CONNECT

Wednesday 19th January Thursday 20th January

Telephone Church BCP Holy Communion 11.00am

4.00pm

Mid-week Worship On-line 7.00pm

Week 4

Sunday 23rd January The 3rd Sunday of Epiphany

9 00am On-line 10 30am Yaxlev Thornham Magna 10.30am Thorndon 4.00pm Worship for All Holy Communion Worship for All CONNECT

Wednesday 26th January Thursday 27th January

Mid-week Worship On-line 7.00pm Telephone Church BCP Holy Communion 11.00am

Week 5

Sunday 30th January The 4th Sunday of Epiphany

On-line 9 00am Worship for All Yaxlev 10.30am Benefice Holy Communion

Thorndon CONNECT 4.00pm

Contact:







Reverend Canon Julia Lall - Rector rev.julialall@gmail.com 01379 678064

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2021 SANTA SPECIALS AT THE MID-SUFFOLK LIGHT RAILWAY

Dates: 4th, 5th, 11th, 12th, 18th, 19th

December

For a magical Christmas treat for children up to 10 years old, a trip on a Mid-Suffolk Light Railway Santa Special is not to be missed.

Steam trains run from Brockford Station to 'North Pole Halt', for an individual visit to Santa in his Christmas Guards Van and each child receives a



present. The Stations, Brockford and 'North Pole Halt' and the Museum and cafe, will all be decorated in full 'Christmasy' style. Plus on the return from their Santa visit passengers can follow the signs for the Christmas Market where Christmas crafts, hot drinks, waffles and even festive mulled wine will be available to buy.

There will also be two traction engines in steam and a Dutch Street organ on site to give an added festive feel and, for children (of all ages), there will be model railway layouts and a live steam model traction engine.

Visitors, especially children, can enjoy the unique atmosphere created at Suffolk's only standard gauge award winning railway museum. The Santa Special's genuine Great Eastern Railway Victorian four-wheeler coaches are a historical experience for any passengers. This is a seasonal treat not to be missed, early booking is recommended.

Advanced booking only, compartments for 2 - 8 people priced at £12.50 per person, minimum 2 passengers - £25.00. For all bookings and train times or further information visit www.mslr.org.uk/bookings For larger parties email: events@mslr.org.uk 01449 766899/01449 766874



Also why not start the new year at the Steam & Light Festival at Suffolk's only



standard gauge preserved railway.

Join us on January 1st for your first steam train ride of the year and visit to the Historical Lighting Association's display of fascinating vintage oil lamps dating from the Mid-Victorian era as seen everywhere from grand houses to practical work places.

The Middy's offers a fascinating visit for families and rail fans alike. Opening times are from 10.30 to 17.00 (last train 16.00). Prices are £10.00 adults, £5.00 children under 16, families (2 + 2) £25.00.

Middy Café

Now open to the local community on Wednesday and Staturday mornings 9am-1pm (when the railway volunteers are there) plus friday evenings 6 to 9pm; all for tasty take-aways!





Village Christmas Quiz POSTPONED

NEW DATE – January 22nd 2022 Wetheringsett Village Hall

We apologise that the Christmas Quiz, scheduled for 11th December has been cancelled due to some additional work needed on the Village Hall.

A new date has been set:

Saturday 22nd January 2022, at 7.0pm at Wetheringsett Village Hall.
Sadly, there will be no Christmas Jumper competition,
but there will be *a raffle* lots of questions and the opportunity to
welcome the New Year in our rejuvenated Village Hall.

Please bring your own refreshments. Wearing of masks is recommended unless seated at a table.

We hope that villagers and their friends will feel able to support this event. All proceeds will go to Village Hall funds.

Tickets cost £6.00 per team and can be reserved through .. Sue (01449 767752) or Rachel (01449 767781).

The Cedars Pool and Beyond

Cedars Pool: Although the pool is still warm, we are down to the keen swimmers, some holiday guests and those being taught to swim by Amanda during the evenings and Saturdays.



Yoga: All fitness is important and we hope that the Yoga classes will flourish when the Village Hall demonstrates its new self.

Tony Alston

tonyalston@hotmail.com



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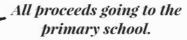
Wetheringsett Christmas Fayre

Wetheringsett Church Thursday 16th December 3pm - 5pm

All welcome. Please join us

Tea, coffee Games and cakes craft stalls

Father Christmas



The PTA would be extremely grateful for any raffle prizes or gifts for the Christmas hampers.

Please contact Vicky - vicky.dreher@yahoo.co.uk
to arrange collection or drop off
Thank you in advance

"Thanks to Rosedale,
I now feel closure and
a sense of peace, after
all the upheaval of
recent weeks."

 from a family we have cared for at Rosedale



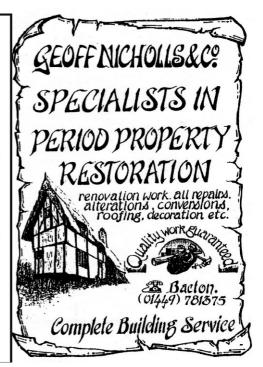
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Have your say

This month - not a point of view, but *two* 'good news' stories from the village ...

WILDLIFE CONSERVATION PROJECT

Pitmans Corner, Wetheringsett

Here at Pitmans Corner, we have been working on improving the biodiversity of the ponds and verges adjacent to the track that provides private access to the four properties situated just off High Lane. The track runs along a designated Public Footpath (no. 19) and is 'unadopted', meaning that responsibility for the maintenance of the track rests with the residents, as it has for fifty or more years. We are particularly mindful of the



importance of ensuring safe passage for footpath users.

Our conservation project, which is self-funded, was set up in 2019 with the aim of conserving and improving the biodiversity of the ponds and verges adjacent to the track for the benefit of all those who use the footpath. In November 2021, one thousand naturalising daffodils were planted along the length of the left hand verge, along with 100 wild garlic bulbs. Planted under the watchful eye of a squirrel, we are still hopeful that these will survive. Also planted were over 250 wildflower plug plants, including common yarrow, toadflax, and bellflowers, all grown from seed. Over fifty foxgloves have also been planted. The track is already home to families of moorhens and ducks. A barn owl also nests nearby.

We are looking forward to a wonderful display in the spring. Paula and Mike Laycock

Have your say

Samaritan's Purse

My daughters and I decided we were going to make up our shoeboxes for The Samaritans Purse shoebox appeal this year. The filled shoeboxes are delivered around the world to the children who would not otherwise receive gifts this Christmas time.



The idea alone must've made an impression on my youngest daughter, Bella, as she put the idea forward at school for more people to get involved!

Mrs Sheeran, at Wetheringsett school supported her fully and Bella was tasked with making a leaflet during the half term holiday which was then given out on the first day back at school.



The idea is great, on so many levels, and is fully supportive of the school's values too. However, we hadn't given parents much notice and so when on Friday 12th November the pupils bought in 14 boxes between them to be decorated and wrapped with love it was fabulous!

Thank you to all the parents who managed to fulfil this request.

The following Monday I collected the beautifully wrapped shoe boxes and delivered them to Jubilee Baptist Church in Occold where they were all very gratefully received. We will find out where they were delivered to in January.

In the meantime, both the recipients and the Church and I would like to express an enormous thank you to everyone who supported this wonderful cause and well done to Bella for speaking up at school and rallying the troops in such a short space of time!

Tracey May

Dates for the Diary

December

Wednesday 8th Wednesday 22nd Christmas day

Last Coffee Morning in the church of 2021 Carol Service with Christingle 6pm All Saints Wetheringsett

Family Service 10:30am All Saints Wetheringsett

January

Saturday 11th Christmas Quiz



It feels like everything is getting more and more expensive and with Christmas coming up, I'm really worried about how I'll manage. My partner and I would love to treat our kids but we're keen to avoid huge debts. Do you have any advice?

Christmas can be costly for many of us and we know lots of people are struggling already this year. There can be a lot of pressure to spend more than you can afford, so here are a few key things to remember as we head into 2022.

Be realistic and budget accordingly

Work out how much you can afford to spend – and stick to it. There's nothing wrong with managing expectations, and suggesting things such as spending limits, secret Santas or maybe even that you don't need to swap gifts.

Don't forget the everyday bills

Remember that the rent or mortgage, utility bills, food bills and other existing debts still have to be paid – the consequences can be severe if they're not. Even though it's Christmas, it's not worth starting the New Year being behind on your bills

Tempted by Buy Now Pay Later (BNPL)?

While it can be tempting to split payments, make sure you have a plan for how to pay the money back - particularly if your circumstances or income were to change. If you're using BNPL repeatedly or using multiple BNPL options, make sure you know how much you owe in total. Make sure you understand what you're signing up for, how you'll make the repayments and what will happen if you can't pay on time.

Buy safe to be safe

Whatever the deal, whatever the temptation, don't buy from unauthorised traders and don't borrow from unauthorised lenders. These could put you at risk of unscrupulous collection methods — including threats and harm, unsafe products and unexpectedly high interest rates. You may also not be protected by Financial Conduct Authority rules

Shop around

Try as many different places as possible to find the best price. Buy what you want and not what other people say you need. Be wary of extended warranties; the cost of a repair could be less than the cost of the warranty.

Get help if you're struggling

Citizens Advice Mid Suffolk can provide advice on this or any other issue, including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us. For more information and our opening hours go to **midsuffolkcab.org.uk**.



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The Anne Robson Trust Helpline

If you or someone close to you is dying, you can talk to us 'No one deserves to die alone'

The Anne Robson Trust has launched a telephone helpline to provide support to people who are struggling with the imminent death of someone they care about.

Losing someone close can affect us in many different ways, but many of the physical and emotional impacts often come before the loss of life itself. It can be so hard to talk about all of the emotions we may experience during the time it takes for a loved one to die.

People facing the end of life, whether their own or a loved one's, need support during what can often be a deeply isolating time.

For Elise*, having a warm, kind human being on the end of the phone made a huge difference. "I was losing my dad to cancer and feeling at my lowest ebb. The pain I felt was overwhelming, but speaking to the lovely people on the helpline helped me though the awful days, for me, hearing that kind voice and being able to just chat freely really helped."

Our telephone helpline is manned by specially trained volunteers to support people across the UK.

The Anne Robson Trust Telephone Helpline 0808 801 0688 Lines are open: Monday to Friday 12-6pm

Calls are completely free from all UK landlines and mobiles

To find out more please visit our website www.annerobsontrust.org.uk

The Wetheringsett-Cum-Brockford Church and Town Estate

ARE YOU IN NEED?

- * Are you struggling to pay for transport to school, college or for hospital appointments?
- * Are you unable to pay all your bills for services e.g. heating or electricity?
- * Would you benefit from a piece of medical equipment or therapy?
- * Do you need an essential piece of equipment for school, college or university?
- * Do you run a community group?

If the answer is yes, you may be eligible to apply for funds from the charity. We were set up to help the church, school and those in need living in the Parish of Wetheringsett-Cum-Brockford.

You can apply for funds in writing to:

Clerk of Wetheringsett Townlands Trust, 23 High Street, Debenham, IP14 6QL

Or via email to: wetheringsettcttrust@gmail.com

Please give a brief outline of your need and the amount you are applying for. Where possible please provide quotes. We may not be able to cover the whole amount, as the funds need to be divided equally, but may be able to contribute towards the cost



ACORN

Better days, Better lives

Wetheringsett Manor

Wetheringsett Manor School With the Autumn term almost over, there have

been lots of trips and adventures at Wetheringsett Manor School so far.

Pupils are currently enjoying going Rock climbing and visiting and Diss Swimming pool. They also visited Banham zoo after a talk with Alfie Bowen, a photographer who draws upon his experiences of autism and bullying within

his pieces. Here







are a few of the photos that pupils took after seeing his work

If you require further information call: - 01449 703935

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WETHERINGSETT PARISH COUNCILLORS

Par	Parish Councillors	
Cllr Elizabeth Cain CHAIR	eccain@btinternet.com	
Clir Mrs Ann Arnold VICE CHAIR	broadoaksuffolk@googlemail.com	01449 767781
Clir Charles Harvey	charles@the-harveys.org	
Clir Tony Alston	tonyalston@hotmail.com	01449 766231
Cllr Barry Lacey	sally.lacey@btconnect.com	01728 860273
Cllr Mrs Elizabeth Aldred	aldred.sons@gmail.com	01728 860482
Cllr Mike Pease	mikepease@btinternet.com	
Cllr Mrs Hilary Green	greenhils2911@gmail.com	
Clir Mrs Rachel Leech	rachelleech67@btinternet.com	
Cllr Claire Estcourt	clairehestcourt@gmail.com	
Cllr Lizzie Drury	equine.nutrition1972@gmail.com	07470 513211
Parish Clerk: Mrs Lynne Cockerton	lynne.cockerton@btopenworld.com	01728 862001
County & District Councillor:	Andrew.Stringer@midsuffolk.gov.uk	01449 780339
Cllr Andrew Stringer	8	
Stowmarket Safer Neighbourhood Team	Stowmarket.snt@suffolk.pnn.police.uk	101 (non emer- gency calls only)

Mid Suffolk District Council

Christmas & New Year Waste Collection Schedule 2021/22

	Usual Collection Date	Revised Collection Date	Change
	Monday 27th December 2021	Wednesday 29th December 2021	2 days later
Se	Tuesday 28th December 2021	Thursday 30th December 2021	2 days later
Refuse	Wednesday 29th December 2021	Friday 31st December 2021	2 days later
~	Thursday 30th December 2021	Tuesday 4th January 2022	5 days later
	Friday 31st December 2021	Wednesday 5th January 2022	5 days later
	Monday 3rd January 2022	Thursday 6th January 2022	3 days later
l <u>≅</u> ′	Tuesday 4th January 2022	Friday 7th January 2022	3 days later
Recycling	Wednesday 5th January 2022	Saturday 8th January 2022	3 days later
န္တ	Thursday 6th January 2022	Monday 10th January 2022	4 days later
	Friday 7th January 2022	Tuesday 11th January 2022	4 days later
	Monday 10th January 2022	Wednesday 12th January 2022	2 days later
Se	Tuesday 11th January 2022	Thursday 13th January 2022	2 days later
Refuse	Wednesday 12th January 2022	Friday 14th January 2022	2 days later
ď	Thursday 13th January 2022	Saturday 15th January 2022	2 days later
	Friday 14th January 2022	Monday 17th January 2022	3 days later
	Monday 17th January 2022	Tuesday 18th January 2022	1 day later
<u>ĕ</u>	Tuesday 18th January 2022	Wednesday 19th January 2022	1 day later
ည်	Wednesday 19th January 2022	Thursday 20th January 2022	1 day later
Recycling	Thursday 20th January 2022	Friday 21st January 2022	1 day later
	Friday 21st January 2022	Saturday 22nd January 2022	1 day later

From Monday 24th January 2022 refuse and recycling collections return to the normal schedule.

Please note: There will be no garden waste (brown bin) collections during the weeks commencing 27th December 2021 and 3rd January 2022. Please refer to the garden waste collection schedule, which is available at: www.midsuffolk.gov.uk/waste-services

Waste Services

Web: www.midsuffolk.gov.uk/waste-services Email: recycling@baberghmidsuffolk.gov.uk

Phone: 0300 1234 000 (option 4)



Mid Suffolk District Council

Refuse & Recycling Collection Schedule 2022

December 2021	January 2022	February 2022	March 2022
Mo Tu We Th Fr Sa Su	Mo Tu We Th Fr Sa Su	Mo Tu We Th Fr Sa Su	Mo Tu We Th Fr Sa Su
1 2 3 4 5	1 2	1 2 3 4 5 8	1 2 3 4 5 6
6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13	7 8 9 10 11 12 13
13 14 15 16 17 18 19	10 11 12 13 14 15 18	14 15 18 17 18 19 20	14 15 16 17 18 19 20
20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 28 27	21 22 23 24 25 28 27
	'''''''		
27 28 29 30 31	24 25 26 27 28 29 30	28	28 29 30 31
	31		
April 2022	May 2022	June 2022	July 2022
Mo Tu We Th Fr Sa Su	Mo Tu We Th Fr Sa Su	Mo Tu We Th Fr Sa Su	Mo Tu We Th Fr Sa Su
1 2 3	1	1 2* 3** 4* 5	1 2 3
4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 ⁴⁴ 7 8 9 10 11 12	4 5 6 7 8 9 10
11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
18 19 20 21 22 23 24	18 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
20 20 27 20 20 00	30 31	21 20 20 00	20 20 21 20 20 00 01
	50 51		
August 2022	September 2022	October 2022	November 2022
Mo Tu We Th Fr Sa Su	Mo Tu We Th Fr Sa Su	Mo Tu We Th Fr Sa Su	Mo Tu We Th Fr Sa Su
1 2 3 4 5 6 7	1 2 3 4	1 2	1 2 3 4 5 6
8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13
15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20
22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27
29 30 31	26 27 28 29 30	24 25 28 27 28 29 30	28 29 30
EX EX		31	
		WI.	

Refuse (general rubbish) collection week

Recycling collection week

Please refer to the Christmas & New Year Waste Collection Schedule 2021/22

Collections following a bank holiday will be a day later than usual for the rest of the week

All recycling collections during the week commencing 6th June will take place a day later than usual

Please make sure your bin is out by 6.30am on collection day

^{*} Refuse collections for Thursday 2nd June will take place on Saturday 4th June instead

^{**} Refuse collections for Friday 3rd June will take place on Monday 6th June instead





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Tel: 01449 767070

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