WETHERINGSETT-CUM-BROCKFORD

NEWSLETTER



USEFUL CONTACTS	
Parish website; http://wetheringsettcumbrockford.onesuffolk.ne	t/home/
VILLAGE HALL BOOKINGS ~ Sue Stannard	01449 767752
RECTOR ~ Rev. Canon Susan Loxton revloxton@gmail,com	01379 388493
PCC SECRETARY ~ Emma Morris	01449 766117
ADMINISTRATIVE CHURCH WARDENS ~ Tim Rowe ~ Edward Gordon-Hall	07775 872742 07780 495851
WETHERINGSETT V C PRIMARY SCHOOL Executive Headteacher ~ Imogen Walli Head of School ~ Samantha Sheeran Chair of Gove	
PARISH TREE WARDEN ~ Elizabeth Aldred	01728 860482
TOWNLANDS TRUST ~ Lynne Cockerton	01728 862001
PARISH FOOTPATH WARDEN ~ Elizabeth Aldred	01728 860482
RSPCA Suffolk Central ~ lan Hendry	01449 767747
NON-EMERGENCY POLICE ~ Reporting, Info or Enqu	iries 101
MENDLESHAM HEALTH CENTRE	01449 767722
NEWSLETTER ~ Editor, Cally Buch	01449 766417
~ Adverts/Invoicing, Bernie Grindlay	07745 503967
~ Distribution, Sue & Eddie Payne	07857 686067
Email ~ wetheringsettnews@gmail.com	

DISCLAIMER

All adverts are placed in good faith, and the publishers cannot undertake responsibility for work carried out.

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 November issue of your

What a terrible day for so many in the village on 20th October. So



much devastation left in the wake of the flood waters, which were so unexpected. And then the stories of the community spirit that came out of it all. I'm sure everyone could tell their own stories of the help, kindness and generosity they have witnessed. A huge thank you—all round.

Stay warm and dry everyone

There is government support for those affected by the Storm Babet floods.

See page 28 for details

Cally (Editor)

Dates for the Diary

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November	
Sunday 5th	Bonfire Night
Friday 10th	Memorial unveiling (Oaksmere) see p. 36
Saturday 11th	Armistice Day (Remembrance Day)
Sunday 12th	Remembrance Service All Saints Church 10am
Monday 20th	Meet to discuss Summer Fete—Village Hall see p.16
Thursday 30th	Final date for comments on Neighbourhood Plan
December	
Saturday 2nd	Christmas Crafts & refreshments in the Church 10am-
Saturday 2nd	Pre-Christmas Quiz - 7pm Village Hall
Sunday 17th	Carol Service All Saints Church 6pm

November 5th looms -

and I make a plea again to remember our 4-legged friends who are terrified by

the noise of fireworks (not only the bangs). If you intend to light your own fireworks—stay safe, and please limit your celebrations to one night only. Thank you



Contributions from the village community for inclusion in the newsletter are welcomed

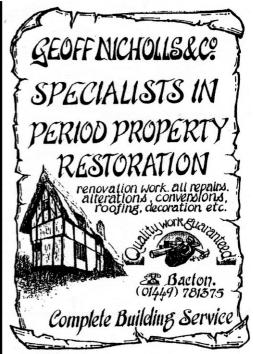
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It's a Dog's Life

Hello everyone

I hope you are all ok after all this rain. I'm not too keen on very wet weather I must say. Mum has tried to get me to wear a coat (I mean, really!)

but I'd much rather stand there looking bedraggled so that she takes pity on me and we go home.

When I was a nipper I loved being out in all weathers but now, as an elder statesman, I prefer outings when the weather is more pleasant. That's not to say I don't enjoy a good shake from head to tail after a showery walk and if I can, a good drying off on the rug or any other soft furnishings!

However the recent rain was a bit scary. Mum nearly got stuck in the car. I mean, what would I have done? I can't use the phone or operate a can opener- no thumbs.

Anyway, panic over, she made it home, very bedraggled. However I noticed she didn't dry herself on the soft furnishings! Take care everyone

Woofles of Wetheringsett





The staff at Wetheringsett Manor would like to say a big thank you to the residents of

Wetheringsett Manor School News

Thank you

Wetheringsett who offered help during the flooding on Friday 20th by getting pupils across the floods in boats and on boards so they could leave the school safely and get home for half term.

Our thoughts are with those who are dealing with the aftermath of the flooding and associated water damage.

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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 structuraling with the imminent death of someone they care about.

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

Do you have anything 'to say'? Any thoughts you would like to share with the rest of us— or just something you would like to 'get off your chest'

Please send your thoughts about any of the articles in the newsletter - or any other matter, to wetheringsettnews@gmail.com

(Please refer to Disclaimer on page 2)

Portrait of a Hack

Hello, and straight off, may I thank the editor for this opportunity to introduce myself and my work.

Since my partner, Ann, and myself moved to the area some eight years ago, I have tried to use my retirement time by becoming an author of adventure and speculative fiction novels. Some would argue, perhaps, that to start writing books at



my age (I'm in my seventies) is, at best, a bit optimistic, and, at worst, downright foolhardy. Stick to short stories – more chance of finishing them!

They've got a point, of course, but I can only reply that nothing can compare with the feeling that comes from seeing something you've created from scratch, come to fruition – no matter what age you are! That, and I'm bloody-minded enough to think that I might do the job reasonably well.

My first two books, 'The Coming (Past Imperfect)' and 'Second Coming (Present Chaotic)' are now in print - the second has just been published. They are parts one and two of a trilogy about a space faring race, called the Eldorans, who are fleeing the destruction of their home planet, and who seek to influence the evolution of another (called Rega) over a period of around two and half thousand years! They are (hopefully) entertaining, sort of science fantasy adventures. Of course, they're set in an alternative universe, but address, I hope, many of the social, religious and political problems we grapple with on earth. I hope you might give them a try!



Both titles are available online in printed or ebook formats from Amazon, Waterstones and Foyles web sites. Published by Olympia Publishers.

Should you decide to take a chance on the scribblings of a (possibly deluded) old – resident – I hope you will enjoy the experience. And should you happen across a shambling old scruff wandering the lanes hereabouts, please be kind – it might be me!

Colin Wheeler

Are you looking for something fun to do with your dog? Come and try

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VILLAGE FETE 2024?

Do you remember summer fetes?

Sunny days.....or rainy days....fancy dress or hoopla....music......dancing...
a chance to meet and have fun
This is an open invitation to all to come along and talk about the possibility of a village fete next summer.

Monday 20th November Wetheringsett Village Hall 7.30 pm to 9.00pm

Enjoy a glass of mulled wine and a mince pie while sharing ideas.



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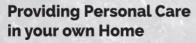
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Classes every Wednesday evening at Wetheringsett Village Hall 6.30pm start

If you are interested in coming along, please contact me for further details: -

Amanda Wearing. Telephone: 01449 711674; Email: atwearing@vahoo.co.uk





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wetheringsett Village Hall pre-Christmas Quiz

Saturday Ind December 2023
7.0 pm

Tickets £10.00 per person

– including a light supper

Teams of up to 6 people, or come along and make a team with others

Please bring your own drinks

Raffle for festive prizes



All proceeds to the Village Hall Charity



To reserve your tickets:

please phone
Sue Stannard on
01449 767752

Wetheringsett cum Brockford Parish Council Report of meeting held 2 October 2023

<u>A140 Road Closures due to movement of abnormal load</u> – please see separate note in this magazine from Suffolk CC Highways regarding road closure dates.

<u>Neighbourhood Plan</u> – the Chair of the Working Group Mr Robert Townshend gave a presentation on the 2nd Pre Submission document. Councillors agreed the proposed document and the Plan is now out for consultation for parishioners' comments 16 October – 30 November 2023. Please view the document via the Wetheringsett website at <u>wetheringsettcumbrockford.onesuffolk.net</u> and go to Neighbourhood Plan.

<u>Parish Council Vacancy</u> — there is still one vacancy remaining following the elections in May this year. Our members are very keen that the vacancy is filled to ensure parishioners are properly represented in the village. Please do consider this important role, parish councils give parishioners the opportunity to express views on local issues at the grassroots level of local government. Meetings are held on the first Monday evening of each month at the Village Hall. Please do get in contact with a councillor or clerk if you think you may be interested — we would be pleased to hear from you.

<u>Village Hall</u> – Cllr Harvey reported Wi-Fi connection had been successfully installed at the Village Hall with free Guest access for visitors to the Hall. It is hoped this will enable an internet café to be set up and with access available to hirers of the hall will also increase hirings.

<u>Proposed Solar Panels: Village Hall</u> – With a view to making savings on electricity charges at the Hall, Cllr Lingard gave an update on his investigations into the installation of a 16-panel solar system on the eastern section of the south facing hall roof. Installation quotations received estimated the cost to be in the region of £13,000. It is hoped the majority of the funding would be via grants from MSDC, Suffolk CC and Section 106 monies with any addition required from local donations.

<u>30mph Speed limit: Brockford</u> – County Cllr Stringer reported that following discussions with County Highways regarding the request to extend the 30mph speed limit at the south and north of Brockford Street, County Highways department had stated it did not see a justifiable need to extend the speed limit zones.

<u>Village Sign</u> – following damage to the sign councillors were pleased to hear the sign had been re-instated it having been repaired and repainted. Thanks were recorded for the re-painting work.

Date of next meeting: Monday 6 November 2023, 7pm at the Village Hall, Wetheringsett. ALL WELCOME TO ATTEND

A new venture at The Middy Michael and Sue Invite you to dine at



Open every Friday evening through the winter months, 18.00 - 22.00 (last food orders at 21.00)



Cosy, intimate atmosphere

3-course menu with specials like aromatic Sidari chicken curry served with rice & a naan.

Special offer - until 24th Nov -Free glass of wine with your meal To book a table please call Michael on 07530 958666.

COMING SOON - INTERNET CAFÉ

Wetheringsett Village Hall

The internet is part of our daily life, but for some it is unfamiliar and a challenge. We are planning to run some sessions featuring a common sense approach to the web, with advice on accessing online services, security and communication.

Sessions will be for absolute beginners or those wishing to improve their skills.

If you are interested please let us know, either by email - internetcafe@wetheringsettvillagehall.org.uk

or by dropping a note with your contact details in the letter box on the village hall wall.

More details to follow.

Village Hall Committee

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South Hartismere Benefice

NOVEMBER 2023

Saturday 4 th November	Wetheringsett	10.30am -12noon	CONNECT
Week 1 Sunday 5 th November The 4 th Sunday before Advent	Gislingham Thorndon	10.30am 10.30am	Worship for All Holy Communion
Saturday 11 th November	Stoke Ash	10.45am	Act of Remembrance
Week 2 Sunday 12 th November The 3 rd Sunday before Advent Remembrance Sunday	Wetheringsett	10.00am	Worship for All followed by Act of Remembrance in church and village war memorial
	Yaxley	10.30am	Worship for All and Act of Remembrance
	Gislingham	10.50am	Act of Remembrance
	Mellis	10.50am	Act of Remembrance
	Thorndon	10.50am	Act of Remembrance
	Thornham Magna	10.50am	Act of Remembrance followed by Holy Communion
Week 3	Thornham Parva	10.30am	Holy Communion
Sunday 19 th November The 2 nd Sunday before Advent	Thorndon	4.00pm	CONNECT
Week 4	Thornham Magna	10.30am	Worship for All
Sunday 26 th November Sunday next before Advent	Wetheringsett	10.30am	Holy Communion

Telephone Church BCP Holy Communion is on Thursdays at 11.00am









Reverend Canon Susan Loxton Rural Dean of the Hartismere & Hoxne Deanery revloxton@gmail.com 01379 388493

Reverend Debbie Nicholls - Curate rev.d.nicholls@gmail.com 01379 678753

https://www.facebook.com/groups/SouthHartismereChurches/

South Hartismere Benefice

November Newsletter 2023



Remembrance

We are now entering a month filled with remembrance, starting with All Saints Day on the 1st of November, All

Souls Day on the 2nd, Remember, Remember the 5th of November (Bonfire Night) then Remembrance Day on the 11th followed by Remembrance Sunday on the 12th.

A time to think about and reflect on all those special people that are no longer with us. Reflecting on the times we have had with those people is often painful and sad, as that person is not with us anymore, but we do get comfort from our memories of them. All the happy times we spent, the funny things they said or did, things they taught us, special days together, the light they brought into our lives. We especially remember those who lost their lives or have been injured in war. To have a moment of time to be thankful to them, to think about the families that have been left behind to grieve. To light a candle in their memory.

November is a hard month, the trees and gardens are becoming bare as leaves, berries and seeds fall to the ground. The winds get stronger and colder, the frosts come and start killing off plants in the garden. Summer warmth becomes a memory and Spring is a long way off. Birds have flown south for the winter and animals are hibernating. The clocks have just gone back, the days get shorter and shorter as the month goes on. We should also take this as our chance to think about resting at the end of the day, to relax, to reflect, to recuperate. To be still.

Psalm 46 v10 says "Be still and know that I am God."

Being still is one of the hardest things for us to do. Even if we sit down, we are still going through the long list of things we need to do, or haven't done. We just need to give ourselves permission to be still to let go of anything unnecessary - easier said than done. I know.

There are Acts of Remembrance at many of the Churches in the Benefice on the 12th of November.

Emma Morris Schools and Families Minister

News from the Parishes:

Welcome to: William Blake baptised at Gislingham

Congratulations: to Henry Ellis and Megan Cogman;

Steven Benns and Dawn LeGros on their marriages at Thorndon

Frederick Vaudrey and Rebecca Hatwell on their marriage at Thornham Magna

In Loving memory:

Beatrice Farrow (Wetheringsett); Nicholas Barron (Mellis); Janice Barker (Gislingham); Norah Cracknell (Wetheringsett); Audrey Ward (Thwaite) and David Attwood (Thorndon)



Swimming Lessons

Private one-to-one swimming lessons nr Wetheringsett For all ages and abilities

30 min sessions

Available on weekday evenings and weekends Experienced, STA Qualified, CRB checked and Insured Call **07910 376 906** or

Email theswimteacher@yahoo.com for details

Coffee Mornings

All Saints Church Wetheringsett

every Wednesday between 10:30 &12:00

Scrumptious home-made spread, teas and coffees

Why not drop in and join our cheerful social gathering
All ages welcome and friendly dogs too

We do not charge, but donations as you see fit are welcome

Did you know?

The word "lethologica" describes the state of not being able to remember the word you want

@

Hummingbirds are the only birds that can fly backwards

The real name for a hashtag is an octothorpe.



At the auction in October of PAWS-itivity labradors, Suffolk Libraries raised around £24,000





help our 45 libraries in Suffolk running (plus mobiles). The Friends successfully bid for *Leopardor* by local artist Lily Hammond's, which will be on display in Debenham Library and may even follow us around at other local events!



Books, DVDs, WiFi, Computers, Printing/photocopying/ scanning, CDs and audiobooks, downloadable films/ music/audiobooks/ebooks, free reservations. The room is available for hire outside opening hours.

www.suffolklibraries.co.uk/visit/locations-and-times/debenham-library

Opening hours:

Tuesday: 0930 am –1300 pm Wednesday: 1500 –1930 pm Saturday: 0900 am –1300 pm

Sunday: 1200 –1600 pm

School Corner, Debenham IP14 6PL

Email: debenham.library@suffolklibraries.co.uk Facebook: DebenhamLibraryAndFriends

Tel: 01728 861940

Did you know....?

As it's getting colder now, Warm Spaces resumes in all Suffolk Libraries, and in Debenham hot drinks are available.



A family has moved into the house next door and is being a nuisance, yelling late at night over a loud television and leaving bin bags strewn over the front of the house. I don't want to antagonise them in case they become threatening. What can I do?

Anti social behaviour (ASB) can have a big impact on someone's quality of life, so we can understand how frustrating this situation must be.

You could try to resolve problems by speaking with your neighbour, if it's safe to do so. Explain the effect their behaviour is having and ask them to stop. If the problem continues, keep a record of incidents, which will come in handy if you decide to take the matter further.

If your neighbour has a landlord, you can ask your neighbour's landlord to speak to them on your behalf. If your neighbour lives in social housing, their landlord should have a policy for dealing with antisocial behaviour.

If you've tried everything but the problem persists, ask for an "Anti Social Behaviour Case Review". You can do this by reporting the issue to the council, the police or a social housing provider. It means these agencies have to work together to find a solution, if the ASB meets the threshold. These agencies have powers to deal with ASB, in ways such as:

Civil injunctions

Criminal behaviour orders

Public space protection orders

Community protection notices

Dispersal powers

Closure powers

More information on how ASB case reviews, including how to request a case review, the threshold for it being dealt with and the process for it being dealt with can be found on

www.gov.uk/guidance/anti-social-behaviour-asb-case-review-also-known-as-the -community-trigger

If you are not online, or you need more help with this, please get in touch and we can give you more information.

If your neighbour becomes violent, you should call the police on 999.

Citizens Advice Mid Suffolk can provide 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. Our opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

Remembrance
Service
Sunday 12th Nov.
10am
In church and at
the
War Memorial



Carol Service

And Christmas Tree Festival Sunday 17th Dec. 6pm

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Notice from Suffolk County Council Highways A140 Closures due to movement of abnormal heavy load

Sunday 22 October 2023 (Load 1)

6am - Depart Ipswich Docks

The second half of the journey will be reviewed when it reaches Bury Road/Old Norwich Road, Ipswich and will only continue to Eye Airfield if safe to do so. A decision will be made by Suffolk Police based on safety and daylight hours restrictions, as to whether the load stops at Old Ipswich Road, Claydon (bus section south of Hill View Business Park) or continues along A14. If it is deemed unsafe to continue, the second half of the journey will continue on Sunday 29 October 2023. (Well, it was considered safe and the load finished its journey to Eye airfield. ...Editor)

If the load movement continues on the following Sunday, the previous route will be followed, via Claydon/Coddenham.

<u>A14 (possible second route)</u> – Should the decision be made to continue along A14, traffic will be managed by Suffolk Police to allow for the loads to travel safely along A14 from Whitehouse (J53) to A140 (J51), leaving and rejoining at Claydon (J52) to allow traffic to flow. The load will travel in the wrong direction and a rolling roadblock will be in place with traffic being held temporarily.

Sunday 29 October 2023 (Load 2)

6am - Depart Ipswich Docks

Sunday 5 November 2023 (Load 3)

6am - Depart Ipswich Docks

Other possible move dates – 19 and 26 November and 3 December 2023.

The A140 will be closed on 3 of the 6 Sundays detailed above.

(Pleased they made that clear!!)

Abnormal load travelling through Brockford







Wetheringsett Church & Town Estate Charity Registered Charity No. 209940

ARE YOU IN NEED?

Applications are invited from Wetheringsett Parishioners for funding from this local Charity set up for the benefit of local parishioners in need. An example of the financial assistance considered includes the following:

- Transport costs to school, college or hospital appointments
- Contributions to heating or electricity in cases of difficulty
- Contributions to medical equipment or therapy
- Essential equipment for school, college or university
- Community Group assistance

Applications should include a brief outline of your need, the amount applied for and where possible please provide quotes. The Charity may not be able to cover the whole amount as funds need to be divided equally but may be able to make a contribution towards the cost.

Applications can be sent in writing before 31 October 2023 to The Clerk at 23 High Street, Debenham, IP14 6QL or via email to wetheringsettcttrust@gmail.com



Wetheringsett Village Hall **Newly refurbished**



Bookings available at weekends. evenings and holiday periods Please contact Sue Stannard 01449 767752

Rates for hire of the Village Hall are:

£12.00 an hour £50.00 for half a day (up to 5 hours) and £100.00 for a full day (incl. the evening)

MPD TANKS LTD



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Registered Technician Telephone: Mendlesham
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Storm Babet - flood recovery information

You can apply for up to £500 to help with immediate costs .

To access government support you need to contact the local council first: https://www.suffolk.gov.uk/about/flood-recovery-information-for-suffolk

If you need to contact the council on this or other issues: contact the Suffolk County Council on lpswich-0345-606-6067
Mid Suffolk District Council on lpswich-0300-123-4000 (closed Mondays!)
Mid Suffolk District Council: Out of hours emergencies, including housing issues, please phone 0808 168 7794





Mid-Suffolk Light Railway Museum

01449 766899 www.mslr.org.uk Brockford Station, Wetheringsett, IP14 5PW



Steam Railway Day + Vintage & Bygones Fair & Exhibition Sunday 26th November

Amongst the items on display will be musical boxes, planetary clocks, lighting and oil lamps, stoves and cookers, model trains from clockwork to steam, vintage clothing and much more, all in keeping with the carefully composed Middy style of an Edwardian country railway.

2023 SANTA SPECIALS

Dates: 2nd, 3rd, 9th, 10th, 16th, 17th December

8 trains per day, first train 10.00

For a magical Christmas treat for children up to 10 years old

Steam trains run from Brockford Station to 'North Pole Halt', for an individual visit to Santa at 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. Returning from the Santa visit there will be Christmas crafts, hot drinks and festive finger food available to buy

Tickets on sale from 18th October Advanced booking only.

Tickets are available on the day but cannot be pre-booked

NEW YEAR'S DAY STEAM & LIGHT FESTIVAL

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. You will be able to ride the trains as often as you like in the genuine Great Eastern Railway Victorian four-wheeled coaches are a historical experience for any passengers, especially children.

Our Tea Room will be open for tasty New Year treats and beverages and the

For Santa Special bookings or more information visit www.mslr.org.uk/bookings or call 01449 766874.









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children's hair and barbering. Offering a vast array
of other treatments including dermal fillers, anti
wrinkle injections.

Stop PressStop raining!



Apart from Aberdeenshire, Mid Suffolk seemed to have caught more rain than anywhere else! Amounts varied but up to two month's worth of it.

But it has happened before, of course! August 1953, the coast was hit but so were we. I remember paddling down the street in Brockford in a rubber dingy; and my father saying to a bus driver who was minded to go through the water, to be careful as there was a car totally submerged in the middle.

The middle of Wetheringsett has been flooded several times to a depth of over 3 feet. A newcomer to Church Close was unable to get house insurance because it was shown to flood

more than once in 100 years. They asked the Parish Council to say this was not true, but the 'more experienced' members of the Council were able to name dates as well as 1953, in the last 50 years. The other notable event, apart from '47 and '63 hard winters, was the storm of Oct 1987.

The road outside the post office was forded by the stream and there are 3 pictures in the Village History showing the wooden walkway where the pavement now runs. I could not find in the History when the road was raised and the water ran underneath. I can remember my father carrying an elderly lady through the flood waters, but it was too deep to see if it was along the pavement or walkway!

But on average, we get the best weather in the country, don't we?! Tony Alston 21.10.2023

Brockford Sidings Dog Park

A fun and secure place to exercise your dogs in the countryside! Bring your own dogs' toys or make use of our supplied agility equipment.

Park inside the field so no need for a lead! Shelter for rain cover and a clean water tap for dog bowls and washing your dog off also available.

Bookings online only at: www.brockforddogpark.co.uk

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Public consultation on the 2nd draft of the Neighbourhood Plan

Following suspension of the Neighbourhood Plan Examination in May 2023, formal public consultation on the amended Neighbourhood Plan for Wetheringsett cum Brockford begins on **16**th **October** and concludes at midnight on **30**th **November 2023.** Look out for a leaflet through your door which explains how you can comment.

The Wetheringsett Cum Brockford Neighbourhood Plan is a planning policy document written by the community to guide future development in the area.

The Steering Group want to know your views on the draft Plan. Comment on the Plan this autumn.

Read a copy of the draft Plan in the porch of **All Saints Church**.

Or read a copy online www.wetheringsett cumbrockford.onesu ffolk.net/neighbourhood-plan-2/

Consultation closes on 30th November 2023.



After this consultation, the Neighbourhood Plan will be revised and submitted to Mid-Suffolk District Council for examination and local referendum. If voted for by residents of Weatheringsett Cum Brockford, it will become part of the statutory development plan for the area.





Dementia Connect East & West Suffolk

Provided by Alzheimer's Society in partnership with Suffolk Family Carers

Service Summary

Dementia Connect is a personalised dementia support service for anyone with dementia, their carers, families, friends, or anyone concerned about their memory. Dementia Connect is free, easy to access and puts you in touch with our expert Dementia Advisers who will provide person-centred support, information and advice. They will offer the support you need from local help to telephone and online advice. Alzheimer's Society will keep in touch with you to make sure you keep getting the support you need. And because it's never easy to tell your story, you'll only ever need to tell it once.

- Face-to-face support: Dementia Advisers in Suffolk will offer pre-assessment and post-diagnosis
 support to help people with dementia come to terms with their diagnosis and navigate the maze
 of health and social care services. They will also provide crucial emotional and practical support
 so that individuals feel empowered to take control of their condition and live well with dementia.
- Telephone support: Dementia Advisers will offer information provision, advice and signposting in a timely manner over the phone. Our regular Keeping in Touch calls ensure that individuals can be easily referred into the face-to-face service if more support is needed.
- Online support: People with dementia or memory concerns, their family and carers will be able to access a range of online support available 24/7. This includes a library of digital information booklets, peer support communities (Talking Point) and a directory of dementia friendly services across Suffolk.
- Alzheimer's Society will deliver the service together with Suffolk Family Carers who will undertake Carers Assessments and Carers Emergency Plans.

Referrals

Self-referrals into Dementia Connect can be made via telephone, email or our online referral portal for professionals. The Memory Assessment Service and GPs can also refer individuals into the service with their consent.

t: 0333 150 3456

e: dementiaconnect@alzheimers.org.uk portal: alzheimers.org.uk/refer

Operational Hours



Telephone support will be available between 9am − 8 pm MondayWoednesday, 9am − pm Thursday to Friday, and 10am − pm weekends.



Face - to - face support will be available am 5pm weekdays.

For more information about our national and local services, please visit our website:

alzheimers.org.uk





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For 13 American Airman who died when their aircraft attempted an emergency landing near Brome on 10th November 1943

Ernest H Barker, from Wetheringsett, was one of 4 local men killed when the American aircraft crashed

The Oaksmere Hotel, Brome, Suffolk 10th November 2023

This is a public service and all are welcome to attend

At the time of the newsletter going to print, The Oaksmere has given a time as 10am - but stated that this may be subject to change. Please call to confirm time 01379 873940

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Debenham Shed

As a trial until Christmas -

we are opening <u>all day on Fridays</u>, from 10am to 5pm. Our Craft Days for the rest of 2023 are as follows, on Saturdays from 10am to 2pm.

Please book in advance at

events@debenhamshed.org.uk or telephone contacts below.

18th November: Provisional activities are Christmas decorations, baubles, Christmas cards and candle making

2nd December: Christmas wreaths and wood turning

For more details look at our website (details below, see Events and Projects)

Accessibility has now been improved to our composting toilet by a concrete ramp and handrails, funded from our MSDC Councillor's locality budget. Also we have received a grant from Thrive Renewables (who run large wind turbines at Eye) for insulation and heaters in our new extension. As part of their Community Benefit Programme they are running free Energy Essentials Training webinars, which anyone can join:

Wed 25 October, 12-1.15pm: Fuel poverty awareness and basic energy advice Wed 22 November, 6-7.15pm: Community approaches to tackling fuel poverty Thurs 18 January, 11am-12.15pm: Energy efficiency in your community building

See www.cse.org.uk/my-community/community-projects/thrive-renewables-community-benefit-programme for more details and to book.

We now have a "pay as you go" membership option for those who can't come regularly: £10 p.a. plus £1.50 per session. You can join online on the website.

Debenham Shed is at 2 Fields Farm, Low Road (IP14 6BJ). We are open on Monday mornings 9am-12pm, Fridays 10am-5pm and normally the second Saturday morning of each month.

Chairman: Rob Davies 07952 556152 Treasurer: Tony Hutt 07906 614328. Visit our website at www.debenhamshed.org.uk (sign up to newsletters on the Contact page) Email info@debenhamshed.org.uk . Like our Facebook page at www.facebook.com/DebenhamShed.

What is Debenham Shed? A place to make things by yourself, with guidance or with others. It could be in metal, cloth, wood or plastic. We have lots of tools and sourcing materials. You may want to repair or make new—the limit is your imagination. It is also for social connecting and friendship building, sharing skills and knowledge, and of course a lot of laughter. **Debenham shed is open to all adults.**



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If you require further information please call: - 01449 703935

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> Email: help@suffolklibraries.co.uk Telephone: 01473 263838

Calling every 4 weeks on *Thursdays*

Next visit: Thursday 26th October

WETHERINGSETT PARISH COUNCILLORS

Pa	Parish Councillors	
Cllr Elizabeth Cain CHAIR	eccain@btinternet.com	
Clir Mrs Rachel Leech VICE CHAIR	rachelleech67@btinternet.com	
Clir Charles Harvey	charles@the-harveys.org	
Clir Tony Alston	tonyalston@hotmail.com	01449 766231
Clir Barry Lacey	sally.lacey@btconnect.com	01728 860273
Cllr Mrs Elizabeth Aldred	aldred.sons@gmail.com	01728 860482
Cllr Nigel Lingard	nigel.lingard@hotmail.co.uk	01449 766918
Cllr Lizzie Drury	equine.nutrition1972@gmail.com	07470 513211
Clir Kaylee van Zyl	mrandmrskvanzyl@gmail.com	
Parish Clerk: Mrs Lynne Cockerton	lynne.cockerton@btopenworld.com	01728 862001
County & District Councillor : Cllr Andrew Stringer	Andrew.Stringer@midsuffolk.gov.uk	01449 780339
Stowmarket Safer Neighbourhood Team	Stowmarket.snt@suffolk.pnn.police.uk	101 (non emer- gency calls only)





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