

DEBENHAM PARISH MAGAZINE

50p

March 2016



Goodbye to The Post Office - More inside

Hair

by

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I set myself a task for the first three letters of the year to talk about a thinking church, a praying church, this month - an active church.

I tried to verify a reference, but couldn't manage to recall its source; but it went approximately: *'After Pastor Trocme came, we never went home satisfied for Sunday lunch.'* In context, it was that his preaching always disturbed them and did not let them off the hook. Obligations of religion do not stop at, but rather start with our weekly worship. The same comment is true, I have suggested over the last two months, of thought and prayer: not an end in themselves, but spurs to action, a trinity in themselves.

Believing in Christ doesn't mean we can leave it all to him to sort out – at the best it means that we are on the side that will ultimately win. In the meanwhile there are still battles to be fought. Prayer and thought should help us to commit ourselves to those battles – and work out what they are.

If people have no faith they commit themselves to worldly targets: which are normally set as achievable. They then can rest at peace. People of the Christian faith have to set targets that are not achievable: dreaming impossible dreams of justice, fairness, equality and the wise use of this world's resources for the good of all. Dreams of loving one's neighbour as oneself, and forgiving all those who wrong us. These targets will mean that there is always work for us to do, will mean that we can never quite be satisfied, yet we may take a modicum of comfort in knowing that we believe we are trying to do what is right.

One of the strengths and challenges of Christianity is that it is not, at its best, a religion of rules. It leaves us with a general rule, 'love'; then lets us get on with it, using our local knowledge to sort it out. We cannot, therefore, predict or make rules for how the church should act; that depends on circumstances of the time. Anecdotal evidence might help.

First: I was reminded of a night shelter where the towel hooks had been put above the mirrors behind the wash basins: a member of staff had seen how some unemployed couldn't bear to look at themselves in the mirror.

Secondly: The church in Sweden, when the country was beginning to have felt it



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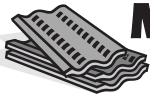
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had done more than its share of migrants [163,000 – a greater percentage than any other European country], asked questions like ‘Are we simply lucky to have been brought up in Sweden not Syria? Or are we neighbours to each other notwithstanding where we are coming from? Which links us back to Pastor Trocme who, in occupied France, set up support for Jewish people. The authorities demanded that the pastor cease his activities. His response was clear-cut: "These people came here for help and for shelter. I am their shepherd. A shepherd does not forsake his flock... ***I do not know what a Jew is. I know only human beings.***"

Our thoughtfulness and prayer should bring us to that sensitivity of spirit that means we can never be at ease whilst anyone is suffering anywhere. It should inspire in us the deepest of importunate desires to act in kindness. There are more than enough who suffer to give us a lifetime’s work.

My lifetime’s work soon to go pastures new, but I have one more letter to write for next time .. so farewell notes then .. may your Lent proceed thoughtfully and prayerfully, and Easter be discovered with fresh joy and insight – in your worship and in your actions

Patrick

Church Notices

March coffee mornings: 8th ‘ordinary’ 15th Mothers [Dads] and Toddlers.

Philosophy 7

I am minded to attempt a session on April the first, entitled ‘Old men dream dreams or Human life is a mystery logic alone cannot illuminate’. Watch out for confirmation in the Link or posters nearer the time. There will be an opportunity afterwards to explore any ongoing plans that may be envisaged.

Flag days

The flag will be flown on the following days in March:

- 1st St David’s Day (Union Flag)
- 17th St Patrick’s Day (Union Flag)
- 27th Easter until 4th April (St George’s Flag)

St Mary Magdalene Debenham, Services for March

6th Family Service (*Fourth Sunday of Lent / Mothering Sunday*)

| | | | |
|------|-------------|-------------------------------------|---------------------------------|
| 9.30 | Readers | Colossians 3.12-17 John 19.25-27 | Gillian Barrett Alison Payne |
| | Intercessor | Katie Read | |
| | Sidespeople | Sue Jackson & Carole Edgley | |

13th Holy Communion (*Fifth Sunday of Lent / Passion Sunday*)

| | | | |
|------|-------------|------------------------------------|---------------------------|
| 9.30 | Readers | Philippians 3.4b-14 John 12.1-8 | Chris Bishop Val Watts |
| | Server | Lynden Jackson | |
| | Elder | Joan Wilkins | |
| | Intercessor | Diana Barclay | |
| | Sidespeople | Mary & John Avery | |

20th Holy Communion (*Palm Sunday*)

| | | | |
|------|--------------|------------------------------------|---------------------------------|
| 9.30 | Readers | Philippians 2.5-11 Luke 23.1-49 | Pam Steel-Jessop Peter Holme |
| | Server | Lynden Jackson | |
| | Chalice Asst | Jenny Scase | |
| | Intercessor | Sue Hutt | |
| | Sidespeople | Ray Watts & Pam Steel-Jessop | |

Monday, Tuesday, Wednesday, Thursday: 7.30pm Holy Communion and address

Good Friday:

8.30am Aspell Church open for quiet reflection before the walk

9am Walk from Aspell to Debenham, with Donkeys and Cross: the story of Holy week (MT)

10am Debenham, A service for Good Friday (MT) and in Dove Cottage and outside, 'Sunday School' (CB and PC)

12 noon The first words from the cross, Pettaugh. (VB)

2p.m. Last words from the cross, Debenham. (RB)

Saturday:

Pettaugh, 6.30 p.m. Readings suitable for Holy Saturday

27th Holy Communion (*Easter Sunday*)

| | | | |
|------|-------------|-------------------------------|-----------------------------------|
| 9.30 | Readers | Acts 10.34-43 John 20.1-18 | Carole Edgley David Carruthers |
| | Server | Lynden Jackson | |
| | Elder | Carole Edgley | |
| | Intercessor | Chris Bishop | |
| | Sidespeople | Sue Jackson & Sue Wood | |
| | Sidespeople | Sue Jackson & Sue Wood | |

March Services for Aspall, Debenham, Framsdén, Helmingham, Kenton, Pettaugh and Winston

6th

| | | | |
|-------|---------------------------|---|-----------|
| 8.00 | Aspall | Holy Communion | P Cotton |
| 9.30 | Debenham | Family Service | M Trevitt |
| 10.00 | Winston Framsdén Pettaugh | Helmingham All Age Holy Communion | P Cotton |
| 11.00 | Kenton | Family Service | M Trevitt |

13th

| | | | |
|-------|------------|-----------------|------------|
| 8.00 | Kenton | Holy Communion | P Cotton |
| 9.30 | Debenham | Holy Communion | P Cotton |
| | Winston | Morning Prayer | V Berriman |
| 11.00 | Pettaugh | Holy Communion | P Cotton |
| | Framsdén | Family Service | V Berriman |
| 6.30 | Helmingham | Evening Service | V Berriman |

20th

| | | | |
|-------|--------------|------------------|---------------|
| 8.00 | Aspall | Holy Communion | R Barnes |
| 9.30 | Debenham | Holy Communion | P Cotton |
| | Framsdén | Morning Prayer | M Trevitt |
| | Helmingham | Holy Communion | R Barnes |
| 11.00 | Winston | Holy Communion | P Cotton |
| | Pettaugh | Morning Prayer | M Trevitt |
| | Kenton | Morning Prayer | R Barnes |
| 4.00 | Dove Cottage | Tea and Teacakes | P Cotton / CB |

See previous page for Holy Week services

27th

| | | | |
|-------|------------|--------------------------|------------|
| 8.00 | Aspall | Holy Communion | P Cotton |
| 9.30 | Debenham | Holy Communion | P Cotton |
| | Helmingham | Holy Communion | R Barnes |
| | Framsdén | Holy Communion (by ext.) | M Trevitt |
| 11.00 | Winston | Holy Communion | R Barnes |
| | Pettaugh | Holy Communion (by ext.) | V Berriman |
| | Kenton | Holy Communion | P Cotton |

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| Thursday | 6am-1pm | 2pm-5.30pm |
| Friday | 6am-1pm | 2pm-5.30pm |
| Saturday | 6am-5pm | (open all day) |
| Sunday | 6am-1pm | - |

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| Revd Robin Barnes | 01379 678850 | robin@whisper01.plus.com |
| Mrs Veda Berriman <i>Reader</i> | 01728 861363 | r.berriman111@btinternet.com |
| Mark Trevitt <i>Reader</i> | 01473 890568 | |
| Tony Hutt <i>Benefice Administrator</i> | 01728 860173 | tony@tonyhutt.co.uk |
| Jean Waddell <i>Debenham Organist</i> | 01728 860224 | |

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| Mrs Carole Edgley, Moores Green Farm, Wetheringsett | 01728 860389 |

Helmingham

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| Dr Peter Haas, Benau Lodge, The Green, Ashbocking | 01473 785381 |
| Mr Robert Styles, 32, Deben Rise, Debenham | 01728 860239 |

Aspall

| | |
|---|--------------|
| Mr John Chevallier-Guild, The Old Schoolhouse, Aspall | 01728 860492 |
| Mr Andrew Ward, 36 Henniker Road, Debenham | 01728 860343 |

Framsden

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|--|--------------|
| Mr Peter Syers, Old Police House, Framsden | 01728 860505 |
| Mrs Christine Schofield, Swan Hill Cottage, Framsden | 01449 723650 |

Kenton

| | |
|--|--------------|
| Mr Vic Woodgate, The Old Vicarage, Church Lane, Kenton | 01728 861118 |
|--|--------------|

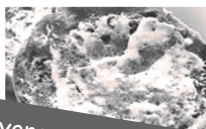
Pettaugh

| | |
|--|--------------|
| Mrs Sheila Janson, Four Seasons, 4 The Lentins, Pettaugh | 01473 890883 |
| Dr Hilary Marlow, 5 Mill Field, Pettaugh | 01473 892090 |

Winston

| | |
|--|--------------|
| Mr William James, Winston Hall, Winston | 01728 860233 |
| Mr Robert Branch, The Red House, Winston | 01728 861004 |

'Tea & Teacakes'

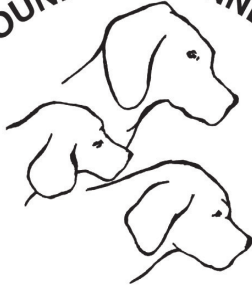


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Debenham History Society

Tuesday 1 March 2016

'The Skills and Crafts of our Ancestors' - Derek Palgrave

The talk is based on marginal illustrations found in old manuscripts which show the skills and crafts of the time. These are supplemented with illustrations from ancient textbooks describing the various crafts our ancestors practiced in agriculture, building and primitive technology.

Tuesday 12 April 2016

The History of Bressingham Gardens and Live Steam Museum' - Dave Steward

The talk covers Alan Bloom's early life, when he moved to Bressingham, a Gentleman's country estate. It illustrates what he created and how he did it; looks at the Museum and Gardens in their heyday and today; detailing changes made over the last 35 years. We will also learn where some of Bressingham's major exhibits have ended up.

Regular lectures are held in:

Room 31, Debenham High School, Gracechurch Street, Debenham, IP14 6BL
Commencing at 7.30pm; fee £3.00 per lecture;
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Enquiries: Clive Cook, Chairman 01728-861754: debenhamhistory@sky.com
Non-members most welcome



CAMEO (Come And Meet Each Other)

**Dates for March - Tuesday 1st and 15th
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If you are interested in finding out more, please come along or telephone Diana Barclay on 860977. **All are welcome to join us.**

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Next meeting is on

Wednesday, 16th March 2016

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Organic Gardening - Karen Kenny,

Radio Suffolk gardening presenter

Next month

20 APR: Moghul Gardens & Plants of India - Maggie Thorpe, President of
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**We look forward to welcoming current members back to our meetings
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MASS TIMES:

Saturdays (First Mass of Sunday)

St Mary's C of E Church, Woolpit IP30 9QG - 6.00 pm

Sundays

Our Lady's, Stricklands Road, Stowmarket IP14 1AW - 8.30 am & 10.15 am

Holy Days

Our Lady's, Stricklands Road, Stowmarket - 8.00 am, 10.00 am and 7.30 pm

Weekday services in the Parish are advertised at the front of Our Lady's Church, in the weekly newsletter and on the Parish Website www.ourladystowmarket.org.uk

HOLY WEEK AND EASTER 2016

Palm Sunday of the Passion of the Lord, 20th March:

We commemorate the Entry of Jesus into the City of Jerusalem at the start of Holy Week and read the Gospel of the Passion. Masses at usual Sunday times, blessed palms being available at each Mass. 10.15 Mass will begin with the Procession.

All the following services are at Our Lady's Catholic Church, Stowmarket:

Maundy Thursday, 24th March:

We remember how Jesus gathered with his Twelve Disciples to eat the Last Supper, washed their feet as an example of service and gave us the Sacrament of the Holy Eucharist as the abiding Memorial of his Passion and Death. Mass of the Lord's Supper at 7.30 pm.

Good Friday, 25th March:

Catholics observe Good Friday as a Day of Fast and of Abstinence from meat. We commemorate the suffering and death of Jesus on the Cross for us all. Liturgy of the Passion at 3.00 pm; Stations of the Cross at 7.30 pm.

Holy Saturday, 26th March:

After waiting in spirit during the day at the tomb of Christ, we celebrate his Resurrection and our new life in him at the Easter Vigil and First Easter Mass at 8.00 pm. There is no evening Mass at Woolpit Church on Saturday, 26th March.

Easter Sunday, 27th March:

With Masses at 8.30 and 10.15 am we share Easter joy in the Risen Lord.

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Humanity has its own syncing issues. It’s all too easy for humans to get out of sorts and out of sync. Not plugged into the right places, the right people or the right power sources. What should we be getting our lives hooked up to? Where should we be plugging in? How can we get connected and stay connected?

It’s time to ‘sync’ or swim.

6 March Getting Plugged into the Forge Vision (Steve Fenning)

13 March Getting Plugged into Each Other (Steve Fenning)

20 March Getting Plugged into a Higher Power (Steve Fenning)

28 March TBA

Every Sunday at **10.30am** at **Debenham Leisure Centre** (live streamed at www.live.forgechurch.com and you can watch later too) and at Thurston New Green Centre at 4pm. Kids & Youth programmes also available.

Forge Quiz Night, Saturday 5th March at Debenham Leisure Centre

Dave Burgess is the Quiz Master. Teams of (up to) eight people. You may bring your own food, but the bar will be available so please do not bring drinks, but do bring along friends and family! Cost £5/person: go to www.forgechurch.com/coming-up/quiz-night or email Jan Watson at jan@vanburghwatson.fsnet.co.uk.

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Obituary.

ANNIE (ANNE) WILCE. 1st September 1926 – 6th January 2016

Anne died recently at Cedrus House Nursing Home after a short illness which left her unable to remain in her own home at Pear Tree Cottage, Aspall Road. Anne was born in County Sligo, Ireland where she lived with her parents and sister Evelyn. Her father was a dairy farmer and her mother a housewife. Both died fairly young. She attended school at the local convent which she left in 1942.

Anne came to England in 1944 on her own and settled in Ipswich. She did a three year nurses' training course and continued to work at the hospital. One day she saw a notice requesting pen-pals for men doing their National Service in the Middle East and took up the offer which is how she met and married Percy in 1948. Percy will be remembered as a skilled and brilliant carpenter and antique furniture restorer. Their daughter Pauline was born in 1952. In 1975 Anne and Percy moved into the Old Cooperage, Aspall Road and spent the next twenty years renovating the property. With retirement in mind they sold The Old Cooperage, retaining some of their land and in 1966 moved into the home of their choice they'd had built.

Anne had many interests and was a keen reader and fond of Irish poetry especially Yeats. She enjoyed knitting blanket squares, embroidery and patchwork, producing quilts and cushions for family presents. She loved playing Bridge, gardening and cookery. After her retirement she continued to work in the nursing profession as a Health Visitor, Mid-wife and for Marie Curie.

Anne was a devoted Catholic and attended her Church of Our Lady at Stowmarket where her funeral was held. She was a strong family woman and enjoyed her daughter Pauline, grandchildren and great-granddaughter. Her grandson Mark died tragically on 27th February 1999 aged 20 with whom she will be reunited, along with her husband Percy. She will be sadly missed by her family and her associates.

Eternal rest grant unto her, O Lord, and let perpetual light shine upon her. May she rest in peace.

Pam Steel-Jessop

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to bring your horse in before it gets dark?



Loneliness and Companionship

Loneliness is a massive issue for elderly people in the UK. As people grow older they will inevitably lose more of their friends, neighbours and even their spouse or partner. This reduces the social interaction that they might have. Also the elderly can have limited contact with family members due to them living away or having busy lives. All of these issues can lead to feelings of loneliness.

Loneliness can then lead to a cycle of behaviour. As the elderly person feels more isolated they may become more withdrawn and spend even more time on their own which can lead to anxiety. This anxiety can then lead to more prolonged spells of time on their own and the vicious cycle has begun.

Loneliness may not seem like a serious problem but the effects of the loneliness are. It can lead to serious depression and anxiety and can also lead to physical health problems. Prolonged loneliness can seriously affect a person's well being. This is why companionship is so important and can help to keep loneliness and its effects at bay.

There are lots of ways we can help the elderly in our community helping them with shopping or taking meals round for them. However it's also important to spend the time with our elderly to help combat the loneliness and isolation they may be feeling. Stopping for a cup of tea and a chat, playing a game of cards, doing a jigsaw, going out for a walk, watching a movie together – all these activities allow an elderly person to enjoy themselves.

Companionship can also be offered as a service by care companies. This isn't as a luxury but as a vital aspect of someone's care to help keep those feelings of loneliness and isolation at bay.

We all need to do everything we can to help the elderly in our community to feel more content and confident, and perhaps inspire them to do more things, and reduce any anxiety about the world outside their front door.

Claire Bewley is a Director at My Care at Home based in Stowmarket

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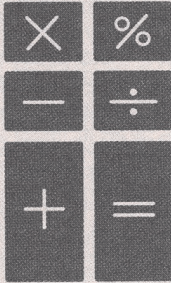
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Debenham WI

Jill Gow was in the chair for the February meeting and began the meeting with the news that Christine Collins and Mary Goudy were now out of hospital. The resolution chosen for discussion

concerned “First Aid to Save Lives” for discussion at the NFWI AGM.

Volunteers were needed to compete in two classes for the Suffolk Show.

Toiletries for charities abroad were still needed and could be taken to the Suffolk East AGM at Trinity Park for collection.

The speaker at the meeting was Jason Salisbury, a dairy farmer, who makes and markets Suffolk cheeses, which are produced with milk from his own herd of Guernsey cows. Although not coming from an agricultural family, he attended Agricultural College before working on dairy farms, gaining experience in all aspects of the job including being an AI operator. Whilst working at Cambridge University he met his wife, a veterinary student who later worked in Suffolk and led them to live in the county where they later bought their farm. At the conclusion of this very entertaining talk we were able to purchase samples of the three cheeses which were Suffolk Gold, Suffolk Blue and Suffolk Brie.

- The speaker at the next meeting on March 3rd will be Mrs. Marianne Brame. Her subject is “Silver and Gemstones.”

Mid Suffolk

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Obituary.

MARIE GWENNETH POWER, 28th December 1925 – 2nd February 2016.

Gwen was born in Grimsby to a Welsh mother and Norfolk father whose job was to oversee ports. She spent her formative years in a variety of places including Scotland and the London area, moving to Suffolk in 1974 with her husband Ron who was a free-lance technical author.

Gwen did a five year training to qualify as a physiotherapist, after which she worked at the hospitals of Eye Hartismere and Blythburgh. She married Ron in 1947 on 4th January, six days after her twenty-first birthday as her father would not grant his permission prior to her birthday. Also there was a tax for those who married under the age of twenty-one. In 1975 they moved into the Red House, Kenton, where they managed to survive in three rooms until Teddy Peck completed the building work. They brought up their three children, David the eldest, Tim and Tessa.

Always Gwen has led a very busy life, filling each day with her many interests. She helped her husband Ron in his work, carried out her physiotherapy, was a keen gardener, helped with 'Meals on Wheels' and was a driver for hospital transport. For many years Gwen was treasurer of the Eye W.I. Market for which she made jam and cakes to sell while Robert produced the vegetables. For ten years Gwen edited the Debenham Parish Magazine and introduced "Notes for the Editor" and formatted the advertisements. She was computer literate after attending a training course at Otley.

Gwen was involved in the Debenham Project from the outset, introducing people to the organization, transporting them to Winston lunches and then, as she grew older, using the benefits the Project offered for herself. She took part in the new initiative ActivLives, a local charity for people over forty-five to encourage them to keep active and she enjoyed the New Age Kurling session. It is hoped that the charity will be well supported in the future to offer social and physical skills.

Although Gwen was a determined, independent woman she was most supportive to all her family especially when her granddaughter Alex suffered and died from cancer at a young age. Robert and Tessa her parents were instrumental in raising £25,000 for cancer and Gwen contributed in any way she could to aid the fund-raising.

Despite her illness towards the end of her life, she maintained her interest in everyday events and was able to remain in her own home as, in June 2015, Robert and Tessa moved in with her permanently, accompanied by their black Labrador Colin – a loving character in his own right. She enjoyed outings and trips to the seaside for fish and chips. She celebrated her ninetieth birthday with a party at her son Tim's home at Waldringfield, attended by family and friends.

Always it is sad to lose a close family member but even harder when it is someone who has played an active part in their lives and the community of Debenham for many years. Helping others was her life and she will leave a big void in the lives of her family, David and his wife Valerie and their children Robert and Catherine, her son Tim and children Ross, Anne, Thomas and Vicky, her daughter Tessa and son-in-law Robert and their children Patrick and Keiley and also her many great-grandchildren.

We say "Goodbye" to any old friend and God bless her.

P.S - J

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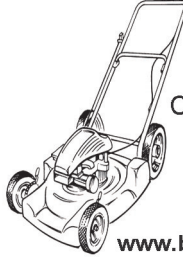
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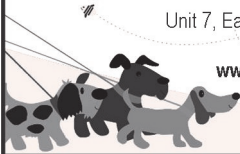
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Friends in Deed

The group raised £2317.78 during 2015.

On 31st January, Lucy Herron, the founder of Msizi Africa, came to the Benefice Service at St Mary's and received the cheque from several representatives of Friends in Deed.

During the service she spoke about the work of the charity and the difference that the money would make to the lives of orphans in Lesotho. The proceeds of this year's fundraising will be shared

between the appeal for Louis' Assistance Dog and Pro-Corda, a charity that provides music therapy for children with additional needs. The first event is an Easter Coffee Morning on 19th March. (See poster elsewhere in the magazine)

Friends in Deed is a group of local school pupils whose aim is to do something to help improve the lives of people less fortunate than themselves. As the members get older they go off to college or university and the members become fewer: if you know of any young person who may like to join the group please contact Chris Bishop 860124 or Betty Connors 860513.





Coffee Morning

Saturday 19th March

10am -12 noon

Dove Cottage by St Mary's Church

Tea, Coffee, Cakes, Raffle, Easter
Gifts and Potted Plants

Friends in



Deed

Raising money for Louis' assistance dog and music workshops for children with additional needs

“CLAP YOUR HANDS ALL YOU PEOPLE”

Recently I took an assembly at a local school and spoke about Noah having the courage of his convictions to do what God called him to do – even though on the surface it seemed crazy, and despite probably having to face a lot of scepticism from family and friends. At the conclusion of my talk, the children burst into spontaneous applause – surprising both myself and the head teacher who’d never witnessed such a reaction previously. I’m not often lost for words, but I was on this occasion, yet equally delighted that they had clearly appreciated my take on this important Old Testament reading.

It reminded me of an incident in my home town of Brighouse involving my elderly Aunt and her husband Bert. They’d gone to a Salvation Army band concert at the local Citadel with another couple and she recalled how they’d thoroughly enjoyed themselves and clapped enthusiastically after the last item. The Major then got up to give thanks, and rounded off the evening with prayer. At the end of the prayer, everyone present said the usual ‘AMEN’ (‘Let it be so’), except Bert and his close friend. Much to the amazement of my Aunt, they started to clap! Naturally they were dug in the ribs and told that it wasn’t the done thing to clap for a prayer. Bert replied: ‘Nay lass, if I can clap when I’ve enjoyed the band, I should be allowed to clap when I’ve appreciated a good prayer’. Different – but how right!

I was also present with over 300 other people at the funeral of James who I referred to last month. His Grandfather spoke very movingly – both sharing tears as well as laughter – but captured James’ life perfectly. When he concluded, again the congregation burst into spontaneous applause, both for a Grandfather who had offered memories from the heart in deep love and gratitude, but also I’m sure for James’ life whose presence had lit up every room and relationship he blessed in his short life.

During this time of Lent, many churches up and down the country are using study material from the York Courses entitled this year: ‘The Psalms – Prayers for Today’s Church’. In the first session the participants are encouraged to reflect on expressions of thankfulness, making the point that adults’ prayers usually begin with the word ‘please’, whereas children’s prayers usually began with the words ‘thank you’. Although it might be a bit of generalisation, the point made is that adults are likely to ask God for things in prayer, but children are more mindful of the things that bring comfort and joy, thus expressing an appreciation of what is, and taking delight in those who provide, nurture and support them along the way.

We are reminded that thanksgiving is a constant theme within the Book of Psalms. Psalm 136 for instance contains a long list of ‘thank you’s; Psalm 18 is a beautiful and heartfelt song of adoration and thanksgiving; and Psalm 150 is just one short, sharp burst of praise and thanksgiving. The Trappist monk, Thomas Merton, is quoted as saying: ‘If we have no real interest in praising (and thanking) God it shows that we have never realised who He is’.

We are therefore encouraged through the Psalms to thank God for the gift of each day, each meal, each friendship, each expression of care and support, each breath - knowing that we are totally dependent upon Him for all the blessings of this life as we journey towards the next. This may include giving God a spontaneous clap as a thank-offering for all that He has done for us, and the promise of eternity given that the Psalmist encourages with the words: 'Clap your hands, all you peoples, shout to the LORD with a joyous shout!' (Psalm 47: 1). Certainly different – but I'm sure the Psalmist is right. If we can clap when we've enjoyed an offering of talents, then surely we ought to do that to a God who has given generously for our delight and enjoyment. Maybe we should try it sometime, but it's better if it's spontaneous

God Bless

Chris

(Rev'd Chris Wood – minister of Stowmarket, villages and Debenham URCS)



DEBENHAM UNITED REFORMED CHURCH



Services, Meetings and Speakers for March 2016

| | | | |
|--|---------------------|---------|------------------|
| Mothering Sunday 6th | Mr John Webb | 10.45am | <i>Communion</i> |
| Sunday 13th | Rev Richard Edwards | 10.45am | |
| Palm Sunday 20th | Rev Chris Wood | 10.45am | |
| Easter Sunday 28th | Rev Chris Wood | 10.45am | |

Thursday Mornings

Join us for Tea, Coffee and Fellowship 10.00am to 11.30am

Thursday Afternoon Women's Fellowship - 2:15pm

10th March - Speaker: Mrs Meg Mitchell

24th March - Speaker: Mrs Chris Chapman

EVERYONE WELCOME TO ALL THESE MEETINGS

Points of contact

| | | |
|-----------|-----------------|--------------|
| Minister | Rev Chris Wood | 01449 678173 |
| Secretary | Mr Ernest Read | 01728 860600 |
| Treasurer | Mrs Janet Smith | 01728 860857 |



*Friends of St. Mary's
Debenham*

Spring Quiz

Dove Cottage Debenham IP14 6QN

PLEASE NOTE CORRECTED DATE

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Sun 12th June 2.30pm-5.30pm

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popular demand Dave Browning (Grand
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Emails: wattsdebenham@aol.com

Friends of St Mary's
Folk Evening with
Robert Brown

Saturday 23rd April 7.30pm

at St Mary's Church, Debenham IP14 6QN



Back by popular demand.

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singer-songwriter.

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Joined this time by ERIK FRANSEN -

Legendary, American Greenwich Village virtuoso guitarist.
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Who has recorded with Bob Dylan among many others
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Local draught ale or wine on sale and also some light
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TICKETS £8

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Lynne Cockerton 01728 860140

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or Ray Watts 01728 860255.

Traders of Debenham - second in a series

Debenham Post Office



After well over 150 years Debenham lost its own separate Post Office on February 24th. Mary and Peter Bloom have decided to retire and the business will move to the Co-op - so it's the end of an era. Time moves on and it is no longer policy to have separate post offices, especially in smaller places like Debenham. But thankfully the service still survives in the village within another shop.

The postal service as we know it now goes back a long way. Firstly there were the mail coaches, then gradually the mail service became more formal. The penny black stamp was introduced in 1840 and the first pillar post box in England appeared in 1853. Early Debenham postal history can be traced in Kelly's Directories. In the 1855 edition it has Mr Francis Arnold as the postmaster. Apparently letters were dispatched by foot post via Stonham at 6:30 in the evening and received at in the morning at 8:30. The Stonham Post Office was at the Magpie public house on the main road. Often called the Stonham Pie, post was dispatched from there by mail cart to Ipswich at 11:20pm and to Norwich at 7am.

In the 1879 directory it shows Thomas Gardner had taken over postmaster duties and there were foot post deliveries to Kenton, Aspell, Ashfield and Winston. There was also a telegraph business (telegrams) from 8am to 8pm and this was even available between 8am and 10am on Sunday. Also money orders were issued and paid.

In the 1896 Kelly's - letters arrived from and were sent to Stowmarket, just as they are today. However sorting and delivery was done by local staff. There were also two daily deliveries to houses and even one on a Sunday! At the end of the nineteenth century Miss Annie Gardner became sub-post mistress and in the early 1900s Miss Rose Read took over.

The post office itself has not always been at 10 High Street. It was originally on the other side of the street. Over the years post masters and mistresses have come and gone. Current Debenham inhabitants probably remember the Blooms predecessors. After Miss Read there was Mr Reynolds, then Mr

Yates before Mr and Mrs Brown took over. They were there for over 20 years. Mr Brown owned a pre-war black Rolls Royce which had many admirers! Also, we mustn't forget those who delivered the post through our letter boxes. Flossie Woods and Elsie Denny are names remembered by senior residents - when bicycles were used instead of vans. Would Harry be happy on a bike? Not if he had to cycle from Stowmarket I wouldn't think?



This old picture (probably from the 1960s) is from Peter Carter's wonderful archives. Can you spot the differences? Peter is planning to publish a DVD of his photos and memories later this year. It will be sold in aid of church funds. Look out for details.

Share your memories of Debenham Traders

Next month I'll be having a break from the traders but will be featuring Abbots in the May issue. Do you have a special recollection? Maybe you have an old photo?

Next month there will be a special farewell to Rev Patrick Cotton. Please send in any stories or special memories for publication to the editor. Thank you.



Dear everyone,

It doesn't seem long since I last wrote to you, but yet so much has changed. You will no doubt have noticed that the proposed move has now been confirmed and our leaving date set, indeed at the time of publication, I believe we will have sold the last stamp and paid the last pension from here.

I write to you now in thanks. Thank you for your custom, thank you for your support and thank you for your understanding. We moved to Debenham 22 years ago and were welcomed warmly by so many. Sadly some of our old friends are no longer with us yet their kindness remains with the new ones that have arrived. A lot has changed in 22 years, both for us personally, we raised 3 children and are now proud grandparents, and in the village. We have lived and laughed with you and despite the years and the changes the warmth and friendship have remained. We know it won't be the same, we'll certainly miss a great many of you. I'm sure, just on the odd occasion you understand, you may be able to find us propping up a bar somewhere!

I was very touched by the leaving presentation by the parish council and wish to thank them too, what a wonderful way for us to remember our time here when we have left.

I'm sure it may take some time for things to settle in at the Co-op. Those of you who remember when we first came will remember how slow and unsure we were. I hope that you can afford the staff there the same patience we were afforded and don't worry, I imagine they will quickly get the hang of it all.

Thanks again, for everything.

Mary and Pete.



From Thursday February 25th the Post Office will move to -
East of England Co-operative, 1 Chancery Lane, Debenham.

Opening hours (now longer and in line with shop opening)

Monday - Saturday 7:00am - 9:00pm

Sunday - Sunday 10:00am - 4:00pm

Services - * Mail * Cash Withdrawals * Travel Money
* Telecoms

Memories of the Post Office

These two from Chris Bishop -

Mr Brown - He used to stock odd items of grocery and other bits and pieces that he picked up from the cash & carry; I remember he used to try to sell milk a halfpence less than Barry Turner if he could get it cheap enough!

The Blooms - I pay in the church collections and through all the years Mary and Peter always said "You never make a mistake" This week (09/02/16) after all this time I broke the spell and put a 10p in with the £1 coins! I hang my head – thank you Peter and Mary.

Mrs Brown - She loved the children coming into the Post Office and always had a sweet for them. (from Pam Steel-Jessop)

Miss Read - She used to wear a pork-pie hat and had one bad eye. (from Grace Webster)

Bloom - ing Marvellous!

This village has many treasures
Which luckily we all may share
People who give their time
To ensure what's needed is always there.

For more years than most can remember
Two have done their very best
Helping those with difficult times
Each day a different test.

Yet, always there and supportive
Guiding those who easily forget
Making sure the elderly
Never ever slip through the net.

Sadly, most of us took them for granted
Not realising their worth
But now we know they are leaving
Recognise they are salt of the earth.

Their business too is moving
To the Co-op, that's the plan
And while it will be well run
We will miss Mary and her man.

So, from us all, yes everyone
Thank you for all you have done
We trust and hope you can enjoy life
Now you are moving on.

All of us, who live here now
Will never ever forget
Though we wish you all the best
Your leaving we truly regret!

"Bless You Mary and Peter Bloom."

John Garrard



FAIR TRADE SALE

Saturday 19th March

10am to 2pm

11 Moores Close, Debenham

Buy your
Easter Eggs here!



Refreshments and
soup lunch
in aid of the charity
Tearfund



All welcome
For more info phone
Julia on 861243



March 2016 Newsletter

Serving the community.

Adult Learning Courses

Recently we have been trying to focus more attention on the leisure side of the centre by putting on more workshops and classes. Last month there was our 'making the most of your iPad' workshop and hope to run more later in the year. We are also looking into running some short courses for various subjects soon, including a creative writing course, so watch this space!



Everyone up dancing at the Valentine's Dinner Dance

Debenham
Sports & Leisure

The Valentine's Dinner Dance last month was packed out, especially the dance floor which was filled thanks to the brilliant *The Rock Hudsons!* More importantly than that however, was how much money was raised for DLC FC. Without fundraisers such as the dance, the football club couldn't keep going, so well done everyone on a top night!

March Events

| | |
|------------|---|
| Sat 5th | DLC FC Reserves vs Cedars Park FC, 2.30pm kick-off |
| Sun 6th | Debenham & Eye Country Music with Sean Wilson, doors 7pm |
| Tues 8th | DLC FC vs Diss Town FC, 3pm kick-off |
| Sat 12th | 'Friends' Jumble Sale, 2-4pm |
| Sat 12th | <i>Bowls Club Fundraiser</i> Camel Racing, doors 7pm |
| Sun 13th | Skates & Scooters, 2.30pm - 4.30pm |
| Sun 13th | Debenham & Eye Country Music with Blacksteel, doors 7pm |
| Sat 16th | DLC FC vs Team Bury FC, 3.00pm kick-off |
| Sun 20th | Debenham & Eye Country Music with Kenny Paul, doors 7pm |
| Wed 23rd | Painting & Drawing Workshop, 10am-1pm |
| Thurs 24th | Easter Flower Workshop, 10.30am-3pm, <i>advance book only</i> |
| Mon 28th | DLC FC vs Woodbridge Town FC, 7.45pm kick-off |

Stand & Deliver Open Mic Night



They're back!

Last Friday of every month

Starts 7.30pm in the Deben Lounge

All welcome! Come along and perform songs, read poetry or just watch and enjoy!



Jumble Sale

Saturday 12th March from 2 - 4pm

If you would like to donate items such as clean clothes, toys or general bric-a-brac then either contact us to pick them up or just drop them in!

Camel Racing

Debenham Bowls Club Fundraiser

Saturday 12th March at 7.30pm

Bar - Tote - Raffle - Ploughman's Supper

Tickets £8 each or 2 for £15

Tickets available from:

Julie: 07956 013989

John: 01728 861116



phone: 01728 861101



SIR ROBERT HITCHAM CEVAP SCHOOL

All Systems Go Green!

Immediately after last year's Go Green textile collection I thought I was being very organised and pre-booked this year's collection for May, only to discover in late December that the company we have used for the last nine years had gone into administration earlier in the month, and the future of Go Green was in jeopardy! I spent much of my spare time in January trying to find a worthy alternative. You wouldn't believe how many companies claim to be able to offer a textile collection service, especially when told that there will be a 2 to 3 tonne pile of bags already collected in one place and waiting to be picked up! Thanks to the Textile Recycling Association I managed to reduce the prospective candidates to eight companies, short listed two and last week came to an agreement with one of them.

So, it's all systems Go Green once again and I'm pleased to announce that Go Green 2016 will take place:-

**at Sir Robert Hitcham Primary School,
Debenham,**

on Thursday 28th April

between 8:00am & 3:30pm

Look out for more details in next month's Parish Magazine, but as usual, bags of textile items may be brought to the school on the day or, for Aspall, Debenham, Kenton and Winston residents only, left outside your house for collection. Flyers will be posted door to door in early April.

This year we will get £400 per tonne, so once again please think of us when you are spring cleaning your airing cupboards and wardrobes this year. It will cost you nothing but could make a significant amount of money for the benefit of our primary school children; nearly £6500 in total over the last nine years! 2015's collection alone raised a record £966 which was used to purchase colourful, child-friendly cameras for every class. So why not help us try to break the £1000 barrier this year and donate to this worthwhile local cause?

Thank you all for your continued support,
Jane Simpson Go Green Coordinator on behalf of the FoSRH



Friends of Sir Robert Hitcham School

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Latest news from the Friends of Sir Robert Hitcham Primary School...

Following on from the success of last year, the Friends would like to start the year, 2016 with an event for the children at the primary school, with the intention to give back to the ones that matter the most. We are planning to make the primary school hall into a cinema for an evening on the 11th of March. We hope for the children to enjoy a great movie with friends along with some yummy pizza, prepared very kindly by our very own school cook, Mrs Jacque Jolly. After the half term, places will be booked with Committee members at a very minimal cost. Information about the event will be available on the Friends' notice board, our Facebook page and the school newsletters. Please look out for post-event news along with feedback from children and parents/carers in the next issue of the parish magazine.

We also think the summer term should start off with a fun evening for the children hence, a Key Stage 1 and 2 disco is planned at the end of April. Hopefully, it will give the children a chance to let loose and enjoy themselves. This event will take place at the Debenham Leisure Centre, with refreshments available for parents/carers at the Deben Lounge. Further details to follow.

Finally, in between events, there is a lot going on behind the scenes. We are already planning and booking attractions for upcoming events. We intend to make the year a fruitful year for our children once again and are always open to new ideas and initiatives that would boost our fundraising efforts. There are some fantastic events planned, including the popular Summer Sizzler. We hope the children will be able to develop their knowledge and skills and have a wonderful learning experience, through the use of the new equipment and resources that have been funded through outstanding support from the community.

Thank you once again and we hope to see you all soon.

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I had a bit of a flu-like bug, and found myself rather dipping into a variety of lighter texts this month. A little late for the marmalade competition, Lionel Blue offers the advice to slip an orange jelly into the mix ... not quite the way to do it. More of his jottings caught my eye: the overall impression is of a man who has his eyes open to see God in many places – a Quaker Meeting gave him comfort when looking for peace; an Anglican cup of tea reassured him. There is a lot of humour, of course, but punctuated by sharp insights: ‘Is all that religious learning making you nicer?’ asks his mother.

At one point, early on in a religious fervour, he finds himself praying for his friends, and they find him rather insufferable. Not like a text from Dean Inge’s anthology, in which William Law tells us that praying for and giving thanks for our friends and fellow Christians should make us love them more and more.

I rediscovered *Virginibus Puerisque* by R L Stevenson. It is packed with cynical thoughts about marriage, and other things, punctuated by deep, common-sensible insights. Love is passionate kindness. ‘Hope looks for unqualified success, Faith counts certainly on failure and takes honourable defeat to be a form of victory. Hope is a kind old pagan; but Faith grew up in Christian times and early learnt humility.’ [‘When I see a raw youth and a green girl [entering] into that most serious contract [marriage] and setting out with ideas so monstrously divergent, I am not surprised that some make shipwreck, but that any come to port.’]

Another book – commended by Edward Bowman – was *The Master and Margarita*, by Bulgakov. Firmly in the Russian tradition, we see fantasy and insight, humour and violence, and the whole thing a spiritual warning against greed and complacency. Eager characters look to swap their adequate possessions for more and richer things: alas, those things later turn to dust. Beware shrieks the author with humour and horror!

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For more information, please phone the Secretary Judith on **01379871587.**



Women's World Day of Prayer

Friday 4th March at 2pm

United Reformed Church, Debenham

'Receive children. Receive me'

Prepared by the Christian women of Cuba

The Vanilla Bakehouse



We would like to say a big thank you to all the good luck wishes and support of all the regular customers and new customers of the Vanilla Bakehouse. We have been 'in' the bakehouse just over four weeks now and are really enjoying the lively customers that come in to the café as well as getting to grips with the type of breads that we serve (often pointed out by the customers to us!) Lynsey, Mim and I would like to say a big thank you to the current staff that have helped us too and kept things familiar for the customers. We are looking at some new decoration inside the café as well as looking in to the menu and what we can offer the people of Debenham, any ideas or suggestions are gratefully received!!

We give a huge thanks to Sally for her kind assistance in all aspects of the hand-over of The Vanilla Bakehouse to us and wish her lots of best wishes for her future ventures.

We would like to arrange an official opening of the Vanilla Bakehouse once all the changes and improvements have been made and we welcome regular customers and new ones to join us for a 'hot cross bun' during the morning of Good Friday.

New Opening hours (as of 1st March) Monday –Saturday 8.00am-4.30pm

Many thanks, Jodie Burrows

FRAMSDEN

BAPTIST CHURCH

Family Church – for all ages

10.45am

Sunday 28th February

“What would God know about my life?”

Church should be exciting, enjoyable, and relevant. We're a congregation committed to building strong families and helping each other deal with real-life issues. Can I ask you if you have you ever thought of coming along to see what we are all about?

Why not come and join us on a Sunday Morning? Our meeting's start at 10.45am - you will always be welcome at Chapel Hill, Framsdon, IP14 6LN.

Email: enquiries@framsdenbaptist.org

Facebook “Framsdon Baptist Church”

High Suffolk Children's Centre

Gracechurch St, Debenham

We are open: 9:00am - 1pm on Monday, Wednesday and Friday and Tuesdays and Thursdays from 9:00am - 5.00pm. We offer FREE activities at the centre, for children 0-5 years old and their families. Sessions include Baby Massage/Yoga, Jump & Jiggle and Baby Bistro (support around any baby issues).



Health visitors use our clinic for weighing & advice every 2nd and 4th Monday and Thursday of the month. In the school holidays older siblings are welcome to attend, watch out for our holiday programme.

Jobs Club: Please come and visit us on a Wednesday morning between 10.30am – 12.30pm for advice on careers, returning to work, updating your CV, finding jobs and interviewing technique, we will be pleased to help you. Please call in for information, support and guidance. Our wish as a team is to 'help you grow safely' and ensure that in the area where you live every child has the chance to have the best start in life.

Drop in and pick up a programme, or register to access our services. Please call (01728) 862900 for more information or email: highsuffolk@suffolk.gov.uk

small change for

A BIG CHANGE



The long awaited library move is happening soon, and we need your help in a Spring event to raise funds for the move and buy new equipment.

Start saving your small change now to help us make a line of coins between the existing library location and the new location at the primary school.

 Follow us on Facebook (search "small change for a BIG change") or see the next magazine for more information

Debenham Debenham Library Foundation & Friends Group
Library Foundation Registered Charity: 1154313



CLEAN FOR THE QUEEN

Take part in 'Clean for The Queen'

Join Debenhamlitterpickers in Dove Cottage on Saturday 5th March at 10am or later at midday.

Equipment and refreshments will be available.

If you are unable to join us that day but would like to join Debenhamlitterpickers and adopt an area please e-mail joyw@btinternet.com

TABLE TOP TEAM First appearance of the year. Hello the first team has been selected. Kick off 10am & final whistle 12noon. SATURDAY 5th MARCH Refreshments available at half time. Supporters to DOVE COTTAGE. Table fees to Church restoration fund. There will be bargains galore support the team!, to the Coach. John Garrard 861736. For future sales see BELOW!



The Table Top Team

Your invitation to join the Table top team, who will be in action on the following **Saturdays in 2016** in Dove Cottage:

5th March

7th May

9th July

8th October

From 10am - 12 noon

Sell what you wish or swop

Please book early for any dates with John Garrard on 01728 861736. Table fees to the Church Restoration Fund. Refreshments available.

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The Old School House Nursery - Helmingham

The children of The Old School House Nursery have had a brilliant start to the New Year by looking at all things OPPOSITE. Night & Day, Clean & Dirty, Big and Small etc. Combine this with lots of outdoor play with tape measures, keyboards, magnifying glasses, building blocks, dinosaurs in green sand and the learning just flows from them. The social aspect of helping each other as all ages work together is a valuable lesson for all.



Chinese New Year has seen us celebrating the year of the Monkey. Mixing colours to experiment with the results, a Chinese Takeaway as part of the 'role play' area, fortune cookies to try as well as trying our hand at eating noodles with chop sticks! We have celebrated Shrove Tuesday with pancakes to eat, play-dough shaped into pancakes to flip in our frying pans – taking them outside to race.

We have focused on The Days of the Week learning a new song to the tune of the Adams Family which has really caught on and has us all humming and singing along. We even recorded our faces on small discs that are in the cloakroom for parents to press and hear us. These compliment the running photo frame of our activities during the day giving parents an insight into who their children play with and what activities they have been up to.

Miss Pamela continues to come on a Wednesday to take Dance sessions and Agnes takes a small group for French on a Thursday.

Do come and see us by phoning 01473 890950 or visit -
www.theoldschoolhousenursery.com

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6.00pm Evening Service

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Wednesday (1st Wed of month)

2.15pm Ladies Meeting

Thursday

9.45am Parents & under 5's
7.30pm Prayer, Praise & Bible Study

Friday

6.00pm Friday Club (for ages 5 - 8)
7.30pm Friday Nite Live (for 9 - 16)



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DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich
www.drdanielpoulter.com

One of my major concerns for a long time has been the unreliability and slow speed of broadband services in Suffolk. Access to high speed broadband is an essential part of our lives in the 21st century and affects all aspects of it, from education and farming to wellbeing and health. Fast broadband should be a readily available facility in all our communities and should not create a 'digital divide' between those living in urban areas and those in rural villages, which is one of the many reasons I have been fighting for the swift rollout of superfast broadband since being elected as an MP in 2010.

I continued that fight as I joined 120 cross-party Members of Parliament in signing a new report from the British Infrastructure Group of MPs (BIG), which highlights the fact that despite £1.7 billion of taxpayers' money being pumped into subsidising the construction of UK high-speed broadband, there are still a staggering 5.7 million people across Britain, some of whom live in Suffolk, who are unable to access the internet at the Ofcom required 10 Megabits per second. Central Suffolk and North Ipswich falls into the bottom 20% of Parliamentary Constituencies for the number of connections with speeds slower than 10Mb/s. The situation is also bad for business, with 42 per cent of small and medium-sized enterprises reporting problems with their internet connection, at an estimated £11 billion cost to the British economy.

I find this situation unacceptable and last summer I held a debate in Parliament on the issue of broadband in Suffolk where I highlighted the poor performance of BT to Ed Vaizey, the Minister for Culture and the Digital Economy. Despite the fact that the Better Broadband for Suffolk team and Suffolk County Council could exceed timescales and other contractual parameters and deliver faster, BT has at times impeded delivery and this has been to the detriment of Suffolk residents who have not received broadband in the timely manner they should expect. The Minister was grateful to me for raising the issue in Parliament and agreed to investigate the behaviour of BT in its delivery of superfast broadband to ensure that they help to accelerate the roll-out rather than act as a handbrake.

The recently published report '*BroadBad*' follows on from the issues I raised in my debate and calls on the regulator Ofcom to take radical action over the 'natural monopoly' too long enjoyed by BT Openreach. The report, which details connection speeds in every part of the country, argues that given our modern economy being so reliant on the internet, it is time to stop being held back by BT's lack of ambition and underinvestment. Britain should be leading the world in digital innovation, yet instead we often suffer from having a BT run monopoly clinging to outdated copper technology with no proper long-term plan for the future. We need to start converting to a fully fibre network so we are not left behind the other nations who are rushing to embrace digital advancement. The Broadband Report makes the case that formal separation of BT from Openreach will bring fresh competition and a concerted ambition to deliver, which will create the broadband service that we all need in Suffolk and I have written to the Minister again to press for this.

For more information please visit my website www.drdanielpoulter.com

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Hello everyone,

Glad News, Sad News and Thank You

I guessed that it is a fact that The Debenham Project reflects what a village is “all about” when I found that what I wanted/needed to say this month touches upon what a passer-by might overhear in conversations in our shops and high street.

Starting with the good news, our district councilor, Kathie Guthrie, has awarded us a grant of £550 from her localities budget – very welcome in these times of local authority cutbacks. Also Steve Robbins is starting a Reminiscence Group – everyone enjoys a good old natter about the old days and there is something special about bringing back memories. The first session will be on Tuesday April 12th 2 – 4pm. Details next month.

Sadly, however, two great friends of the project died last month. Many of you will have known Gwen Power who was one of our first volunteers and who helped with Carers Club, Coopersfield Lunch Club, transport, and other activities. Tim Mason didn't live in our area but he made a big contribution in leading a major research study involving getting to know very many of the carers, cared-for, and volunteers in the project. His work with his colleague, Gordon Slack, was nationally recognised for its unique insight into the real experiences and perceptions of those who are living with dementia. Both will be greatly missed.

And now to say thank you. Firstly to the Forge Church for their very generous donation of £300 - they have always been wonderful in their support for the project. Next, many thanks to all the shops and businesses for looking after our collection boxes for another year – their customers donated nearly £200. Also, the East of England Coop has very kindly given the project a whole year's supply of tea – and that's a lot of tea bags!! I would also like to add our grateful thanks to Peter and Mary Bloom on their retirement from the Post Office. Since the beginning of the project they have let us advertise and display all our information leaflets (this facility will move to the new library in due course) alongside the counter, and countless times have happily accepted all our small change and coins from our collections and other contributions. We shall miss them and wish them good luck for the future. Lastly, a big, big thank you to the High School for putting on their community lunch for, I believe, 50+ elderly residents, many of whom are participants in The Debenham Project. It was so much appreciated by everyone that I have talked to about it. Finally, watch out for the arrival of New-Age Kurling in Debenham at the Community Centre – enjoy great fun with your friends combined with gentle exercise.

Best wishes,

Lynden



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Debenham Community Swimming Pool Project Update



Our goal is to build a community, all year, enclosed swimming pool for everyone in Debenham and the surrounding villages to use, from babies to OAP's.

We have now secured an amazing **£285,000**, up a brilliant **£55,000** since the last parish magazine write up !!!!!!! Alas our project cost is still in the region of £400,000.

As reported in the last parish magazine – on behalf of Sport England, Sporting Assets, a not-for-profit organisation, wrote a report on our project, regarding its viability. We met with Sport England in January to discuss this report. Sport England were very supportive and want this project to succeed, we have been given clear instructions and offers of help, but alas no more money. We continue to work with Sport England. We are also working extremely hard with funders, businesses, philanthropists etc to find our shortfall by summer 2016 ! - all ideas gratefully received.

The project has had wonderful support from the community and committee members past and present. As our journey continues, we recognise a need to further expand the skills mix of the committee and broaden our network of contacts to progress the project. We are seeking input from local professionals such as accountants, solicitors, VAT specialists, financial advisors, business management and anyone with leisure industry business experience. If you can spare a couple of hours a month and would like to find out more, please contact Sacha on 01728 860858 or any member of the committee for an informal, no obligation chat.

www.debenhamcommunityswimmingpool.org.uk



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IN AID OF SUFFOLK ANIMAL RESCUE

Debenham Parish Council

Summary of the meeting held on Monday 15 February 2016.

District Councillor (Kathie Guthrie): reported that there was considerable activity going on regarding 'devolution' and the potential impact that could have on MSDC/Babergh and the constituent local councils therein. There is still much to be determined on this subject as many of the more intricate details are still being formulated by central government.

The Angel Inn – Planning Application. This application is now likely to be heard by MSDC planning committee in March 2016.

Parish Council vacancies: There have been two recent resignations from the parish council which means there are vacant seats that can be filled by anyone who meets the criteria for becoming a councillor, i.e. over 18 years old, lives in Debenham etc. If anyone is interested in putting themselves forward then please contact the parish clerk for further details.

Queen's 90th Birthday Celebrations: Arrangements are continuing at quite a fast pace, and consideration is being given to extending the road closure to include the High Street from Gracechurch Street down to Cross Green. This is being investigated so cannot be confirmed at this point in time.

Street Lights: Council has formally approved the purchase of replacement lights for the 63 lighting columns that the pc own.

Cover Photos.

If you are interested in contributing a cover photo then please email me up to six good quality local shots. I'll choose a different one each month from those received.

Councillors

| | | |
|---|---|------------------------------|
| STEVE PALFRAMAN | 97 Gardeners Road, Debenham | 01720 860831 |
| Chairman | stevepalframan@btopenworld.com | |
| FRANKIE WINROW-GIFFIN | The New House, Little London Hill fwgpc@btinternet.com | 01728 861085 |
| Vice-chairman | | |
| LYNNE COCKERTON | 23 High Street, lynne.cockerton@btopenworld.com | 01728 862001 |
| RICHARD BLACKWELL | 2 Clover Court Richard.blackwell1@virgin.net | 01728 861815 |
| STEVEN PHIPPS | The Old Cobblers House, 10 Aspoll Road spdebpc@gmail.com | 01728 861028 07801 572593 |
| JANE BALDWIN | 17 Bloomfield Way jbdpc@btinternet.com | 01728 860244 |
| ALAN CUSHION | 24 Gracechurch St alancushion63@gmail.com | 01728 860527 |
| MARTIN LOVERIDGE | 24 High Street loveridgemartin@yahoo.co.uk | 01728 860718 |
| JOHN FEENEY-HOWELLS | 25 Deben Rise john.feeney-howells@debenhamparishcouncil.org.uk | 01728 861777 |
| GINA HELM | 12 Bloomfield Way ginahdpc@gmail.com | 01728 860822 |
| EDWARD BOWMAN | 9 The Butts e.k.bowman@btinternet.com | |
| Clerk to the Council and Responsible Finance Officer - DINA BEDWELL | 22 Great Harlings, Shotley Gate, Ipswich, IP9 1NY email debenham.pc@btinternet.com | 01473 787861 |

FROM THE EDITOR



I hope the pages on the Post Office, past, present and future are appreciated. We all wish Mary and Peter Bloom a happy retirement.

I'm sure they won't miss the Christmas rush or their wonderful computer system! It seems from the lovely letter on page 34 they will miss the people of Debenham and we will miss them too.

I had a real senior moment recently. I rode my bike down the village and after some purchases and several conversations I walked back home. Only the next day - some 32 hours later - did I notice a gap in the garage where my bike should have been. It was then, somewhat belatedly, that it dawned on me. I rushed down to the Co-op and found the bike wasn't where I left it! Thankfully someone had moved it into the corner, to the bike rack. So a Dawes hybrid bike without a lock and worth a penny or two was still there waiting for me. We are lucky to live in an honest and safe village aren't we?

Thanks for the contributions this month. It would have been nice to have a few more people sending in memories. Don't be shy to send me an idea or letter. Photographs ancient and modern are particularly welcome for the historical articles as well as the front cover.

Steve

DEBENHAM PARISH MAGAZINE

Editor: Steve Robbins, 8 Cross Green, Debenham, IP14 6RW
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DEADLINE for the April Magazine
FRIDAY March 18th

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- ◇ First point of call for all small animal healthcare needs and problems
- ◇ Cut vet bills and spread the cost with our Pet Healthcare Plan
- ◇ Affordable, tailored insurance with Debenham Vets



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