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60p

May 2019







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FROM THE EDITOR



I've been editing your Parish magazine for over 3 years now and felt the magazine needed a bit of a revamp. As you know it's a church run magazine with the profits, thanks to our advertisers and readers, going towards the many overheads involved in the upkeep of our beautiful church.

But importantly it's also a village magazine, where I try to have a varied content, which features plenty of non-church based events. Talking recently to Revd. Susan Bates and David Carruthers about the magazine's future led to this change of emphasis. Susan suggested, why didn't I put the editorial at the front and her 'reflection' at the back. So here we are, phase one in the planned changes. What would you like to see? Please let me know.

It was sad to hear that Penny and Ali are leaving the Angel. This may be a surprise to many after the good news that was shared with you in the December issue, that an extension to their lease had been agreed. However, things didn't go to plan. We thank Penny, Ali and staff, especially chef Gary for their good work and wish them all the best for the future.

When I moved into the village there were four pubs and now we will be down to one, The Woolpack. This also happened to Eye not so long ago. There is hope that the Angel can be taken over and run by the community. See more about this on page 30. Exploration of this option, although positive, is in its very early stages. As it stands The Angel closed on April 12 and its future as a public house is very much up in the air.

Steve

DEBENHAM PARISH MAGAZINE

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**DEADLINE for the June Magazine
Tuesday May 21st 2019.**

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Cover Story - Dove Cottage

The church have owned Dove Cottage, at 39 High Street, since November 1st 1911, when it was generously bequeathed by Miss Marianne Dove. There's a wall plaque inside to celebrated this. The red brick extension was added more recently.



It is officially called 'The Parish Room' and Revd. Susan Bates and booking clerk Ray Watts are keen to say that it is indeed a facility which can be used by everyone in the parish, not just church goers. Although many people benefit from this L-shaped room, with a smaller room upstairs, there is a wish to get it used even more and also plans to improve the facilities are happening soon.

"It is used a lot especially during the day on Monday, Tuesday and Wednesday." Ray explained, "Users other than the church are numerous and these include the Debenham Project, Parish Council and the Mad Hatters, who make things many different items with textiles,"

Susan told me she is keen to increase the use of the cottage and give it a spruce up. "We want to replace the flooring, put up blinds and paint the interior and exterior walls. Free Wi-Fi has just been installed, thanks to the Parish Council, so the future looks really exciting!" So look out for fund raising events for this revamp. Donations would be welcome too.

Susan is also working with Parish Councillor Jane Baldwin to set up a youth group in the cottage. "Anyone can book the cottage," Ray was keen to tell me, "We welcome anyone from children's parties to charity sales at £12 an hour which includes use of the recently refurbished kitchen and all its facilities, crockery etc." Just ring Ray on 860255 for availability and more details.

Ray has worked tirelessly with handling bookings for the cottage over the last ten years. He also makes sure it's locked and unlocked as well as being well maintained. There is also a management committee consisting of Carole Edgley, Lynden Jackson as well as Ray. He laughed when reflecting on his least favourite booking - "When the cottage is used as a polling station I have to open up at 6:30am and lock up at 11:30pm. I have been known to carry out these duties in my pyjamas!"

THE HISTORY OF ASPALL CHURCH

A TALK GIVEN BY SUFFOLK CHURCH HISTORIAN

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JACQUELINE ANNE WALKER 31st May 1947 – 28th February 2019

Always known as Jackie, she was born in Ipswich but lived in Debenham for the last twenty-seven years and loved the village and her life here. She was a real country girl at heart. After attending school in Ipswich, Jackie went into nursing for forty years. She had twin boys, Neil and Steven and was stepmother to Adam and Sarah. Jackie and Neal had eight grandchildren between them and she adored them all and they brought her a great deal of pleasure.



Jackie was a keen bird-watcher and regularly visited such places as Minsmere & Dunwich. (The photo was taken at Minsmere 27 years ago when Neal and Jackie first met) She loved gardening and her “green fingers” were proof of that. She excelled at craft work and made the family Christmas cards in cross-stitch. She enjoyed cooking and made over twenty wedding and Christmas cakes for all the family. She was good at sugar craft.

Jackie was well-travelled and the highlights of her travels were whale-watching in Canada and her visit to the Grand Canyon in the U.S.A. She lived life to the full right to the end of her life and died peacefully in Ipswich hospital where she was nursed by extremely caring and understanding staff who couldn't have been more helpful.

Jackie had a warm and friendly personality and was a loving and caring individual and she will be missed greatly by her husband Neal, children and grandchildren, her friends and acquaintances.

Rest peacefully Jackie.

P. S - J



FAIR TRADE SALE THANKS

A big thank you to all who squeezed into our home one Saturday in March to buy fair trade items, to chat, drink coffee and eat a soup lunch. You may be surprised to know you spent over £400 and donated £35 for Tearfund, one of the DEC members working to help over 3 million people affected by the African cyclone.

Every fair trade item has a story behind it, whether a farmer pleased to be able to send his children to school or a craftsperson able to repair his/her roof because of being paid a fair wage. These are besides the benefits to the community that a percentage of everything you spend goes towards, such as a bore hole or school building.

Thank you, thank you and please get in touch if you want items between my sales. The next in Debenham is Oct/Nov in Dove Cottage.

Julia Rose 861243



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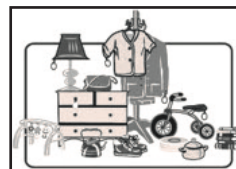
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Table Top Sales are back!

Saturday 25th May



10am 'til 12pm At Dove Cottage.

Bring out your goodies, sell or swop. Table fees £5 in aid St. Mary's Church.

STILL SPACES LEFT

Contact John on 01728 861736 to book your space.

Two hours to rummage and find that hidden treasure.

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Way Back When

Monthly Reminiscence Sessions - every second Tuesday in Dove Cottage 2pm

Next session - May 14th

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CAMEO (Come And Meet Each Other)



Date for May - Tuesday 7th & 21st

Join us in Dove Cottage 2 - 4 pm

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or telephone Diana Barclay on 860977. **All are welcome to join us.**

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Debenham History Society

Tuesday, 7 May 2019

The Diary of a Norfolk Parson



This talk, by **Sheila Harrison**, is based on the diaries of the 18th century parson James Woodforde. Historian Sheila Harrison will describe Woodforde's life as Rector of Weston Longville, a village eight miles west of Norwich, from 1776 until his death in 1803. We meet Woodforde's family, his fellow-clergymen, the household servants and the village people - all in the context of the social conditions of the time. Parson Woodforde's diaries are history brought to life.

Meetings will be at 7.30pm at Debenham High School, Gracechurch Street, IP14 6BL. It is now in the drama studio behind the school. Take the path down the left side of the school building. Fee for lectures, £3 including tea/coffee or soft drink.

Facebook: Debenham History Society

Email debenhamhistorysociety@hotmail.com

Tel 01728 861601 - chairman Lesley Grant-Adamson

DEBENHAM & DISTRICT GARDEN CLUB

Wednesday 15 May 2019



Matt Tanton-Brown. A talk on the Cutting Garden

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We WILL Go Green in 2019!

As mentioned last month, this, our thirteenth annual Go Green event, **will** be going ahead **but**, due to a last minute change of collector, **with restrictions**. We shall once again be collecting your unwanted clothing (no school uniforms), footwear (paired), handbags, luggage, belts, rugs, curtains, and household linen (but no towels and nothing stuffed) for recycling at

Sir Robert Hitcham Primary School, Debenham,

on Thursday 2nd May from 8am to 3:30pm.

This year, however, all items must be rewearable/reusable, clean, without signs of wear and tear, folded and placed in a sealed plastic bag or bin liner. Bags should preferably be brought to the school on the day, but alternatively, for the residents of Aspall, Debenham, Kenton and Winston only, bags may be left outside your house between 8am and 2pm that day, with your green flyer clearly attached, for volunteers to collect.

If a flyer has been posted through your door then we will be collecting from you.

We will receive £500 per tonne for the good items detailed above but could be charged if items are unsuitable!

Please help us beat our record annual total of £1500

and spring clean for Go Green again.

If you haven't worn it for five years or more do you really need it? It will cost you nothing but time so please see what you can find. You have already raised over £10,000 for the benefit of our pupils over the past 12 years! Once again, this year's proceeds will fund the annual subscription for every child to access "Mathletics", an on-line system where maths games and challenges can be played individually or even worldwide. So why not dip into your drawers, check through your cupboards and donate your unwanted textile items (no bric-a-brac or toys please) to continue to enrich our children's school experience?

Thank you for your continued support,

The Friends

For enquiries, or to arrange an alternative collection please contact:-

Jane - 860138 (Debenham/Kenton), Kellie - 07780 783066 (Aspall)

or Lynn - 860859 (Winston/Winston Green).

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Debenham Spring Litter Pick

There was an excellent turn out on Saturday 30th March 2019 for the Debenham Spring clean for Mother Earth!

Thank you to everyone who took part or is involved throughout the year, preventing litter from making its way into ditches, rivers and sea, and for protecting wildlife and improving the quality of life in Debenham and beyond. If you look at the 'UK litter picking groups' Facebook page, you can witness community groups all over the country, cleaning up similar problems and suggesting and attempting solutions!

64kg of litter was collected, not as much as Spring 2018, (106 kg) but a similar amount to other Spring and Autumn clean ups - so 'stopping the drop' by both pedestrians and vehicles, is still proving to be a challenge.

However, there has been a very positive response to the stick-on wheelie bin posters (see below) - *please collect your free copies from Abbotts Hardware* - the more on display throughout the village, the better as it shows littering is unacceptable not only to authorities, but also to many people!

We passed on information regarding fly-tipping to BMSDC, who are very appreciative of our efforts. Dog fouling and especially frequently soiled areas, should be referred to the Parish Council.

Thank you to David Seccombe and Richard Blackwell of Debenham Parish Council, for taking part in the litter pick and hearing peoples' concerns. Thank you to the people who make the day happen - Clive Bignell, Tony Mowles, Mary Jones, Jo Noble, Ruth Jack, Carole Woods, Moo Dibbs and Charlie Dibbs. Thank you also to Clare Tilbury and Oliver Morrall for the loan of equipment and to the Public Realm office, Babergh Mid Suffolk District Council, for their continued support.

Joy Walton - Keep Britain Tidy Litter Ambassador



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EVENTS IN MAY

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THE NATURAL DOG SHOW
Sunday 5th & Monday 6th

STONHAM MOTORCYCLE SHOW
Sunday 12th

THE GOOD OLD DAYS
Tuesday 14th

STEAM & VINTAGE SHOW
Saturday 18th & Sunday 19th

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Thursday 23rd

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URC Reflection

Matthew 24 verse 42. "Therefore be alert, for you do not know on what day the Lord will come."

May, the fifth month of the year. How time flies. But at least it is one of the months which has 31 days in it. While this year has already brought some lovely weather, we always hope May will give us an insight into the summer ahead. Well, I hope so as my first holiday of the year is already booked in anticipation that the weather will be suitable for long walks and sitting outside in the Norfolk countryside. While I can search the internet for the weather forecast, I am often confused as to what is really going to happen as if I look at different sites I can get different forecasts. Not to be dismayed I always go prepared and I have a full set of waterproofs which allow me to be hermetically sealed against anything that the weather can throw at me.

Being prepared is one of my things. I hate being caught unprepared, so I like to know what is happening, so I am ready. My pantry is ready for most eventualities, even if some of my store of goods have far out lived the use by date on the tin (comes from being old fashioned when we did things by taste not date!). My seeds for the year were in early so that if some didn't germinate then I have a chance to sow again so I don't miss a tasty crop of goodness. And then there is my garage. In there you will find all manner of things to meet so many needs – just in case I need them. I also often plan ahead so I am ready for what I want to do and to make sure I make the right choices, my car being one example where I study the brochures and go on test drives to ensure the car I end up with is what I want and will fit in my garage. Currently, I am planning to buy a shed so I've been looking at the difference between shiplap and loglag and between apex and pent to name just some of the options and of course I have already planned where it will go and have a base already prepared for it to go.

Perhaps I just have "compulsory preparedness syndrome" as I wasn't brought up as a Scout who have the motto "Be prepared".

Although there are also lots of examples in our lives when we should have been prepared but got caught out there are many times in our lives when, if we can, it is good to be prepared and plan ahead.

As Christians we don't know the time when our Lord will come again. We also don't know how our lives will pan out, so it is important that we make the best of everyday that we have. We should do our best to live the life that God would have for us and be prepared to deepen our understanding of our Faith. This does mean that we shouldn't just let our lives pass by, but we should make sure we do all we can to live lives which are faithful to our God.

May God bless you.

Anne (secretary of Stowmarket URC Group of churches).



**DEBENHAM
UNITED REFORMED
CHURCH**



Services, Meetings and Speakers for May 2019

Sunday 5th	Rev David Atkins	Communion	10:45am
Sunday 12th	Mrs Veda Berriman		10:45am
Sunday 19th	Mr Steve Horrex		10:45am
Friday 24th	CHRISTIAN AID FUND RAISER		12:00pm - 2:00pm
	Ham & Cheese PLOUGHMANS + cold drink £5. CAKE STALL, tea & coffee		
Sunday 26th	Mr John Knights		10:45am
	THE POPULAR SINGALONG, HYMNS, CHORUSES WITH TEA AND CAKES		3:00pm

THURSDAY MORNINGS

Join us for Tea, Coffee & Fellowship 10 - 11:30am

THURSDAY AFTERNOONS NEIGHBOURS & FRIENDS AT 2:15pm

May 9th Speakers - Daniel & June Moss

April 23rd Speaker - Mrs Margaret Cook

Points of contact

Secretary	Mr Ernest Read	01728 860600
Treasurer	Mrs Janet Smith	01728 860857
Ladies' Secretary	Jean Rodwell	01728 861065



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- 28 April Week 1 - The lost sheep*
5 May Week 2 - The wine skins
12 May Week 3 - The mustard seed
19 May Week 4 - The midnight visitor
26 May Week 5 - The great banquet

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NATIONAL SERVICE – THE ‘LIGHTER SIDE’ by Mick Downes

‘Your feet won’t touch the ground’. Now, as then, 15-18 year old men were and are ‘a bit of a pain!’ I should know – I was one of them. Well, perhaps, not quite like that because we had at the back of our minds – National Service, where we were told ‘they tame lions’!! Also, we, as now, were full of the old chat!!, we knew the lot. The older men used to say to us ‘why don’t you shut up and get on with the job!!’ ‘Yea, yea, yea,’ we used to say and think ‘what do they

know?’, but you see, they had been in the Services so they did know!!

Then in the early 1950s the older men would meet up, early evenings, for a yarn. They met on the small bridge by Mr Carter’s bike repair shop and the Deben Rush Weavers. The area was called the pot shop – no idea why.

This particular night, I spoke to them. One said ‘soon you’ll be doing service, bor – yar feet on’t touch the groun’.

Can’t be that bad, I’m thinking – or can it?

I came to Debenham alone at 15, got a job and digs quickly – I wanted to work, made lots of friends. Debenham people always spoke, things were like that then. Got a job on the land, most countrymen did in those times.

I lived and worked in Debenham, but it was ‘near as dammit’ Wetheringsett. We boys used to bike into Debenham on Saturday evenings to a picture show at the Parish Room. Happy, happy times – Ralph, Robert, Eddie and Eve plus young Edward. We came in to Debenham



**Mick in the Middle
East aged about 20.**

down London Hill, passed Joe Webb’s house, over a small stream passed E W List’s garage on the right, getting near to Alf Carter’s bike repair shop – he always had his radio on full blast playing Harry Davidson’s old time dance music. ‘You boys, all right?’ he always used to ask/shout as we shot by.

Passed Ronnie Watson’s the chemist’s, on passed the ‘Lion’, the ‘Angel’, ‘Charlie Hutt, the doctor’s, still on passed the harness makers, Billy Tawell’s fish shop, another house on the left I would know quite well later. Still going on passed Bobby Webster’s paper shop, Peter Neave’s and Bloomfields. A road turned to the right by Mr Simmons, grocers and Billy Shulver’s garage and finally 150 yards along – the Parish Room.

The man who had a business – ‘have man’, ‘have film’, ‘have projector’ was named Jack – very little ‘bedside manner’ who would switch on all the lights and shout out ‘shut up’ and start showing the film again. The disturbances were, of course, by the 15/16/17/18 year olds – who would have guessed?!! It wasn’t nastiness, just rowdy and good fun as I was one of them!

Oh dear, oh dear, oh dear, an official looking letter arrived – ‘Report such and such time and date’. Don’t laugh, but I’m sure it was or near Portman Road!! I joined a long queue of young men, but the queue kept moving. Through the Recruiting Office ‘no, you can’t go in the Royal Engineers, we’re doing ‘RAF’ at this moment’. The RAF Regiment will suit you fine – next one!

Lots of shouting, ‘move on, move on’.

Medical – me next – man in white coat said to me ‘Walk to that wall and back’. I did as I was asked. ‘Right through that door laddie’ he shouted – ‘next one, no time to slouch about’. Another door, another room, another man in a white coat – red, green, etc., around the walls. He pointed here then there – I called out the colours – total time, I guess about 20 seconds. ‘That door laddie, out you go, get inside quickly’ was said to the next young man. Similar room ‘number 4’, he said. ‘Drop, ‘em laddie and your pants, no women



here, arms up, cough, dress yourself – move out, next one’. This time, man behind desk, not in white coat – ‘name, date of birth’ he asked. I told him, he ticked a pad. ‘Go now’ he said, ‘we’re finished with you, you’re fit, you’ll hear from us when it’s your time’!

Back at work with my mates I’m sure I was starting to calm down. My time in this lovely village was coming to an end. Would I like to return – think so, but cannot make plans.

I did go. It was cold with snow. Biked to the ‘Angel’ pub – left bike behind the pub. Ralph would collect it for me. On the bus to Ipswich passed the ‘Cherry Tree’ on the right – it was gone – ‘goodbye Debenham’.

Caught a train from Ipswich station to Bedford, then on to Cardington to get kitted out. From there on to Padgate ‘up north’. It’s about now service life started – 3 years in uniform. I travelled in a special train (steam of course) we were all new sprogs (as we were called).

The train stopped right in RAF Padgate – we got out ‘a big rabble’ and stood on the edge of a snowy parade ground. We could see and hear men marching, arms drill, running by in vest and shorts and rifles going off. There were about 50 smart-looking corporals looking at us – Drill instructors!! All of a sudden they charged at us – bawling and screaming at us!! Oh my God, what was going on? We were called every swear word in the book, more or less ending up with ‘Your feet won’t touch the ground’

I’m sure lots of new ‘old boys’ like me who live in the Debenham area remember those days. Our lives were changed – they didn’t want to go, they were instructed to go!

The UK was bankrupt, we had to put up a big defence against Communism. The British Empire was breaking up. Everywhere we had to defend our democracy which we had fought for – that we did, we old servicemen – we did our bit – good old boys!!!

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March 16th saw us at Kingfishers Restaurant, Cretingham Golf Club, for our annual **Charter Night**, a yearly event when we celebrate the "birthday" of our club (the charter referred to here is the document by which the club was created in 1995).

On April 27th we had two events on the same day.

As in previous years, we supported The Stroke Association **"Know Your Blood Pressure"** campaign. High blood pressure is a contributing factor in around half of strokes in the UK, and members of the club, (and a qualified nurse!) were in central Debenham to offer blood pressure tests to passers-by. Many thanks to **Lucy Jane Flowers in Debenham** for providing facilities for this event.



Then, in the evening, we hosted the Ipswich Gilbert & Sullivan Society for a **Music for Everyone** event at St. Mary's Church, Debenham. Many thanks to all those who came and contributed (financially and in voice!). All proceeds will be going to charity, of course.



Congratulations to the lucky winners of our **Giant Easter Eggs**. A special thank-you to the pubs, clubs and shops who hosted the "100-square" sheets. The final total raised is expected to be more than £500. The main beneficiary will be **"Tiffers – The Bus Shelter"**, a charity set up by one family to try to help homeless people in Ipswich.



We're busy preparing for this year's "RIC" international weekend. Every year we get together with four partner clubs from France, Germany, Poland, and Belgium. This year the event is being hosted by the Rotary Club of Le Vesinet, Paris. The weekend is full of organised events, and the host club receives €1,000 from each of the other clubs, to be spent on their selected social project.



Fancy owning your own Pub?

Well, now is your chance! Following in the footsteps of The Case is Altered, Bentley; The Duke of Marlborough, Somersham; The Kings Head, Laxfield; The Punchbowl Inn, Battsford – all successful Community owned pubs – the “Save the Angel” group would like The Angel, Debenham added to this list of community owned pubs and are inviting you to join in the journey of this exciting new community venture.

Why?

On Friday 12th April “The Angel” was forced to close its doors for business. Failure to secure an affordable agreement following a substantial increase in the lease price and recently imposed restrictions on aspects of the business led to Penny and Ali taking the difficult decision to close their successful and viable business. The owners have taken the decision to put the pub up for sale as a going concern.

However, unlike the last time the pub closed unexpectedly without notice, the community were this time forewarned due to the pub having been registered as an Asset of Community Value in 2014. Notification that the pub was being put up for sale was received on 5th March allowing the “Save the Angel” group to begin the process of investigating and planning Community Ownership of the Angel. It is possible that the pub could be sold to new owners who are interested in continuing the business. It is also possible that a change of use could be applied for resulting in the permanent loss of another pub in the village. We would like the pub to be saved by the community for the community securing its future in our lovely village.

Who?

The core group working the plans up is fortunate to count among its members a range of experts – pub management and business, accountant, legal, PR and media – who are all providing their services for free. Following clear direction from the community, the Parish Council are strongly supporting the group and have registered an “Intention to Bid” on behalf of the Community (which prevents the pub being sold for a period of 6 months). They are paying for an Independent Valuation – this is not based solely on the property it is the business as a whole and providing seed funding for information leaflets/ literature. The PC is also represented in the core group working on the plan with 3 councillors volunteering to liaise with the Save the Angel group in this bid.

What have we done so far?

A review of the accounts shows the viability of the pub with potential for growth (based on the removal of imposed constraints). This has been used to build the draft business plan which when completed will be used to attract shareholders/ investment. The share price has been set at £250 (following public consultation). An email account has been set up to receive indicative (non binding) pledges from people. This is debenhamangelcommunity@hotmail.com We have met the criteria of The Plunkett Foundation to apply for a personal advisor to help the group. An initial approach has been made to Aspalls to seek input and hopefully funding.

As you can see there is a lot of work to do in a short space of time with no guarantees. The owners have expressed a wish to see the pub in Community ownership to both MSDC and the Parish Council. We are contacting the pubs mentioned above to understand the processes they went through, the whys and the wherefores, to achieve the end goal of community ownership. From this exercise we plan to present the offer fully for shareholder investment to the community. We intend to work with Pub is the Hub for other potential community uses of the pub which should allow us to access other funding streams.

We need to spread the word far and wide and are currently setting up social media accounts, emails and website. For the full history of the story of the demise of The Angel visit the Save the Debenham Angel website or the Debenham Village Website. In a nutshell, following unannounced closure of the Angel in 2013 and an application for change of use to residential, the pub was reconfigured into its current floor plan and reopened – planning permission for change of use to residential was approved for what is now called Seraph House. It has run successfully as a business since then and has been well supported by the community that fought to save it. With your help we can do this again!

Penny and Ali have done a superb job running the pub despite repeated short term lease arrangements, reduced amenities and imposed restrictions. The knock on effect of the loss of the Angel is not just to them and their livelihood and home, but also to those they employed, the food business that ran from the premises and the local economy whose services were used by the Angel.

We would like to take the opportunity to thank Penny and Ali for everything and to wish them well in the future.



Jane Baldwin - Community Lead on the Angel Core Group

May Newsletter 2019!

We hope you all had a lovely Easter and if you are looking for things to do to burn off some of those Easter eggs then we have lots in store for you this month.

Our annual Aspull Fun Run is coming up fast so get yourselves booked in for that one before its too late.

Debenham Youth FC are hosting their end of season Presentation day which will be a fun day out for the whole family with lots of games, fun and food. All welcome and the bar will be open!

We do have a couple of Bank holidays this month so please do check the events below to find out those dates otherwise all of your favourite regulars are still here. Lunch Club every fortnight, get yourselves booked in for a delicious home cooked meal and dessert. Why not join us for our monthly Country Music Night and Bingo Night.

As usual we have our Fun Fridays too, there is something for everyone so we hope to see you all very soon!



ASPALL

FIT VILLAGES

May Events!

Thur 2nd-	Lunch Club, 12.30pm
Fri 3rd-	Pizza Night
Sat 4th-	Aspull Fun Run
Mon 6th-	CLOSED, apart from Slimming World.
Fri 10th-	Quiz Night
Wed 15th-	Accordion Group - 11.30am
Thur 16th-	Lunch Club, 12.30pm
Fri 17th-	Play & Platter
Sat 18th-	Debenham Youth FC Presentation Day 2-5pm
Fri 24th-	Open Mic Night, 7pm
Sat 25th-	Country Music Night, doors open @ 7pm
Mon 27th-	CLOSED, apart from Slimming World.
Fri 31st-	Bingo Night, doors open @ 7pm, eyes down @ 7.30pm

Friends of St Mary's
Music Evening with
White Dog and Penny Parks



St Mary's Church, Debenham IP14 6QN

Saturday 4th May
7pm for 7.30 start

Tickets: **£10**

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Would you like to become more active? Then we're here to help.

The Active Wellbeing service, run by Active Suffolk and funded by Mid Suffolk and Babergh District Council, is coming to you from 3rd June 2019. It is a service predominantly aimed at people aged 50+ who are inactive i.e. undertake 30 minutes or less moderate activity per week (moderate means you're out of breath but are still able to hold a conversation whilst doing an activity).


There is 1 to 1 help and support is given through an initial meeting to discuss your requirements and any challenges you may have with accessing activities e.g. cost, motivation, time etc. We spend time looking at your lifestyle and what will suit you best to get what you want out of activities, and find the way forward together. The support is free and for a period of 3 months. All appointments are held weekly in the community, either at the library or leisure centre, and are informal and non-judgemental, just looking at easy ways to improve your health and wellbeing.



You can fill in one of the Active Wellbeing green referral cards at Debenham surgery or Debenham Leisure Centre and hand it in to the receptionists, or contact Annie directly to book an appointment on 07557 633824 or email annie.groves@activesuffolk.org More information can be found here: <https://www.activesuffolk.org/awbandm>

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Time to look outwards and to reflect

The run up to the Easter holidays provided a range of experiences for pupils to consider the world around them and reflect upon it.

Once again, we celebrated World Down's Syndrome Day by wearing silly and odd socks. The aim of this global event is to raise awareness and understanding of Down's Syndrome. In a special assembly, led by one of our parents, pupils learnt how Down's Syndrome occurs and some of the challenges that people with Down's can face. It was also an opportunity to celebrate and be thankful for differences in God's world. In the preceding weeks the children learnt to sign and sing 'A Million Dreams'. This is a very positive and hopeful song, in keeping with this year's theme to promote the aim that all people with Down's Syndrome should have fulfilling lives and rich opportunities.

Year Three and Four presented 'Tuishi Pamoja' telling the story of the unlikely friendship between a young giraffe and a zebra. Against the wishes of their families and the taunts of their friends, the two animals learnt to put aside their differences and show kindness to each other. The title of the play means 'We want to live together', in Swahili. A beautiful backdrop, great singing and dancing and lots of well-learnt lines brought this story of animal friendship to life.

Our Year Three and Five pupils visited the Church in an Easter Experience organised and led by a group of parishioners. In this quiet and calm context, pupils reflected upon the Easter story where the beautifully prepared visual prompts helped the children to imagine and talk about Jesus' journey to the cross and to consider the feelings of those around him.

Pupils pinned their leaf worries to a tree; took time to consider the challenges facing others around the world and shared bread to recall the Last Supper. Hopes and prayers were left on a stone at the foot of a cross.

Our own Easter service was led by the pupils through readings, drama and music. Upon arrival at the church, flowers were attached to the cross which was raised at the appropriate time during the telling of the Easter story.

School can be a busy and bustling place. It is essential that we provide these moments for pupils to think about the world around them and take time to reflect.





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Hello everyone,

What a wonderful Easter. It just makes me feel good to be out and about and I am sure that is true for everyone, and especially so when we are sharing it with family, friends and neighbours. However, if you are caring for someone with dementia it can be difficult to find places not only to just “go” to, but that are also somewhere to be gently active and which can be really therapeutic for both of you – somewhere that can offer memories, calmness, peace, a connection with nature, and simplicity. Not transcendental meditation, but something which is much more down to earth. An afternoon spent in the company with the noblest and intelligent of creatures – The Horse. Earlier last month Sandra of Woodbridge and District RDA at Clopton called me out of the blue. Sandra wondered whether we know of anyone who would like to join them for a special visit one Wednesday afternoon to enjoy the simple pleasure of helping to groom and care for their horses. Currently they are welcoming a couple of regular participants who are living with dementia but she thought it would be good to have a few more. I think it is a brilliant idea and, who knows, it may become a regular event and something to look forward to each month – I know what a difference RDA makes to one of the members of our Carers Club.

April also proved to be a busy month for contacts with universities and other research groups. I mentioned in March that we had been asked to share our experience, understanding and insights with Worcester University but since then I have been to Swansea to present our project at the 3rd Annual Conference of The School of Social Science Research, to The Centre for Policy on Ageing to advise on a potential research project, and discussed with Newcastle University a review of the nation guidelines on community-based dementia support. Without ever intending it, the Debenham Project has become recognised as a leading example of how much a local community can achieve when “it gets on and does something”.

Finally, I want to thank the family and friends of Willa Haddow for their so very generous donations made in her memory. We are so grateful for all your donations and support throughout the year, and please remember that we can receive donations via the Co-op (just ask for your dividend to be given to **609313**) and on-line using the button on the home page of our website (below). Also don't forget, we have wheelchairs for loan if you need one for a few days.

With all my best wishes

Lynden

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Update

Community Pool Project Calls for Parish Support

On March 25th the Debenham Pool Committee met interested members of the community, representatives from youth organisations and the Parish Council in an advisory capacity, to discuss the Pool project status and what we should be doing, going forward.

With the Neighbourhood Plan now ratified by Mid Suffolk, additional funds for Debenham will become available once development starts on the agreed sites. This money will be used for the priority projects identified by the Parish Council during the development of the Neighbourhood Plan. These were traffic flows, car parking, a youth building, skate park and swimming pool.

However, the survey was completed a few years ago and with the costs potentially escalating for the development of a Pool for Debenham, it's key that we work together as a Community on the right priorities, on a potentially shared use building.

So we are asking the Parish Council to rerun the community survey and then pull together representatives from each group, to make sure any plans are agreed ahead of any funding being made available.

The Pool Committee are still committed to delivering a swimming pool for Debenham and are happy to be active members of the new group, but recognise the need to produce a more multi-purpose space.

A decorative poster for a charity concert. The title 'Summer Sensations' is at the top, with several bees and a butterfly flying around it. Below the title, it says 'Join The Black Barn Singers for a Charity Concert & Pimm's Conductor Pam Vinten-Phipps Friday 28 June 2019 6.30pm for 7pm Start Winston Church, Winston Village'. At the bottom, it says 'Tickets sold on the door in aid of Parkinson's UK £5 per adult, children free 01728 861028'. The poster is decorated with large, detailed illustrations of flowers and foliage at the bottom.

Summer Sensations

Join **The Black Barn Singers** for a
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Russell Ling's Farming Notes — Draining the Fields.

Previously to the invention of the steam engine there wasn't any machine with sufficient power to pull a mole drainer. The mole drainer is an implement on two wheels with twin metal beams between which there is a long metal one inch thick blade with a sharp leading edge for slicing through the soil. Attached to the base of this blade is the mole a 2 ft. 3 inch long piece of round metal 3



inches in diameter bevelled at one end to enable it to penetrate the soil. At the rear of the mole there is a 4 inch diameter expander on the end of a chain link to allow for free movement and this is designed to smooth the sides and bottom of the mole.

The purpose of this machine was to create a tunnel so that in the event of heavy prolonged rain the water could enter the mole and then be conveyed to the main drains. The mole drainer is drawn over ward

the main drains at 24 inches deep 3 yards apart which was enough to keep the field from becoming waterlogged. The blackthorn bushes which were placed over the drain pipes in earlier times is now replaced with shingle and this allowed the water from the mole which went through them to seep into the main drains. Mole draining would only be used in clay soils as the tunnel would collapse if it was sandy.

In the days when a field was left fallow the mole draining would be carried out as soon as the soil was dry enough in the spring in order that it would harden over the summer and last longer. Today however we do not have fallows and this process takes place after harvest provided the clay soil is soft enough.

Mole draining would normally be carried out if possible every five years but today the field drains rarely carry any water off the fields. The reason for this is that the underground aquifers have water pumped out of them to provide the mains water supply. The water table is now much lower and the rainwater is able to seep through the soil far more quickly than in the past.

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New leadership for Debenham First Responders

After more than thirteen years of being a volunteer Community First Responder with the East of England Ambulance Service, over 5 of which as the Coordinator for the Debenham group, John Feeney-Howells has decided it is time to move on. John commented "It's been a pleasure to work with such dedicated and professional colleagues and an honour to work in emergency care within our community. I leave the group in the safe hands of Belinda Handley" Belinda, from Ashfield, has been a CFR since 2011 and is the most experienced member of the team.



The Debenham First Responder group works with the East of England Ambulance Service and is despatched by the Ambulance Service in response to certain, potentially life-threatening, 999 calls within a radius of about 3.5 miles of their bases. Currently they have emergency medical kits based in Debenham, Ashfield and Stonham Aspal. See their website <https://debenham.responders.org.uk> for more details.

Did you know Debenham has one of the highest ratios of publically available AEDs (Automatic External Defibrillators) in the county? The village is home to four strategically placed AEDs which are located outside of the Co-op; Sir Robert Hitcham primary school; Debenham Vets and the Community Centre. In case of emergency, the 999 call handler will direct you to the nearest AED to your location and provide you with the code to open the cabinet... but why not familiarise yourself with their locations - just in case you ever need to fetch one in a hurry!

Worried about how to operate and AED? Once the lid is opened the AED itself provides verbal instructions and in most cases the Ambulance Service operator will stay on the line until help arrives, providing guidance in Basic Life Support and AED operation.

Coming soon: Basic life support and defibrillator awareness courses in Debenham!



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I always try to do my very best for the people of Central Suffolk and North Ipswich and as is the case with my colleagues up and down the country, I have received thousands of emails and letters regarding Brexit over these past few weeks. The one common thread amongst those emails and letters is that people simply want a conclusion to this stage of the negotiations.

Through every step of the process, I have worked hard to keep residents informed of my position. Although I voted to Remain in the 2016 Referendum, as a pragmatist, I have always believed it my duty to respect the Referendum result and to ensure that we leave the European Union in the smoothest and best way possible.

Although far from perfect, I believe that the Prime Minister's Deal ensures that we deliver on the result of the Referendum and allows us to leave the EU, providing the certainty that our businesses and agricultural sector need and deserve. In coming to my decision to support the Deal, I have both read and listened to the views of hundreds of Suffolk residents and listened carefully to the national debate. It ensures that we leave the EU, it ensures an end to freedom of movement of people - allowing for better control of immigration to the UK - it protects our trade with the EU and the jobs and businesses that rely on this, and it paves the way for an ambitious free-trade deal to come into force in the future - all things which I believe were central to the referendum and the result that was voted for by the majority of the people of Suffolk and the UK. On that basis, I shall, on balance, continue to vote in favour of the Prime Minister's deal.

I understand that many people have been left extremely frustrated by the way that this process has been conducted and, of course, I share some of those frustrations. Having weighed up all the information available to me, I have concluded, that on balance, the Prime Minister's Withdrawal Agreement, imperfect as it is, represents the most pragmatic way forward at this moment. Of course, the situation continues to evolve rapidly, and I will continue to do all that I can to ensure that residents and business across Central Suffolk and North Ipswich can have the certainty that they need and deserve to go about their day to day lives.

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Sunday Afternoon Teas: Sunday 19 May

Once a month in the summer tea, scones and cakes will be served. And you're allowed to chat!

Library Cinema: some future dates

Friday 21 June: **Some Like It Hot** (1959 version)

Friday 13 September: to be decided (suggestions always welcome!)

Bookshoots

Thursday 30 May: see separate poster in this magazine.

School corner, Debenham IP14 6PL (next to the Primary School). Opening hours:

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

Saturday: 0900 am – 1300 pm Sunday: 1200 – 1600 pm

Tel: 01728 861940 www.suffolklibraries.co.uk/libraries/debenham-library

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Debenham Shed BBQ: Saturday 18 May

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Our Facebook page is www.facebook.com/groups/DebenhamShed.



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(Please avoid Fridays if possible)

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Mark Trevitt mail@wheelertrevitt.co.uk 01473 890568

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Easter Fire

Passers-by may have wondered what was going on in the churchyard on Easter Sunday morning as smoke rose (and sometimes swirled round the congregation!) from the Easter Fire that was burning. The fire represented, for us, the warmth and light of God's love for his creation. We gathered around the fire for prayers and the lighting of the Paschal Candle that was then taken into church for our traditional service of Holy Communion. And there were Easter treats for everyone after the service!



May Reflection from Revd. Susan Bates



THE BENEFICE OF
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I loved looking at the daffodils in our garden this year. They are such a wonderful golden colour, full of hope and the promise of warmth. But the daffodils have gone; golden faded to brown. One of life's inescapable facts and defining features is change. Spring changes into Summer; a season of warmth and colour of its own, yet there is still a sense of loss. Change is part of life, but if we are honest, we don't *really* like it.

Perhaps that is because part of our human nature is to seek familiarity; we tend to seek out like-minded people and we form all sorts of groups of people who think similarly or like to do similar hobbies. We also seek stability and security. And, I think it is fair to say, we do so more and more as we age. As we get older, we find change harder and harder. Why is that I wonder?

Is it to do with our mortality? As the words of the Bible remind us, we are but like the grass and when the wind passes over it, it is gone. We are forever changing, are we not? When we are young we call it growing up. In maturity, we call it getting old! Does change then, point to endings? Well, yes, in a way. We cannot enter one room without leaving the one we are presently in. The daffodil cannot make seeds if it is always in flower. And so we often associate change with the negative; with an inexorable more towards that final earthly door.

Yet change is actually, and often, perhaps even mostly, a beautiful thing. It liberates a new generation of daffodils and it liberates us from our old selves to change into our new selves. Change is a process which frees us; which gives us the space, the place, the chance to be new people.

Christianity is a faith based on change: of resurrection and Jesus' transformation of death into new life; of repentance, where we turn around from old destructive ways to new life enhancing ways. Yet, fundamental thought that change may be, it is held within the God of eternity. It is held by the One who changes not. Christianity is a faith which acknowledges our human condition, which longs for us to use our human condition of change to grow a better life for ourselves and those around us. Yet, at the same time recognising that we can only do so when sustained by the certainty of a changeless, faithful, loving God.

The daffodils have gone, and I am sad for their loss. But from their ending will come more and new blooms next year and there is something very beautiful in that. And they allow room too, for all the other late Spring and early Summer flowers which replace

them. With their own colour, if only for a season.

Change is all around us, even here in the Parish Magazine! We hope you like the new order and slight changes; they are designed to shape our magazine so that its focus is community. It is still a church magazine, but we believe church should be the heart of community, here to serve and encourage community regardless of the religious beliefs of those we serve. Hence, we have moved the Editorial to the beginning of the magazine, reduced the church information which may be relevant to a minority of readers, and relocated this reflection to the end pages.

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May Services

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	09.30	Debenham	
12th	08.00	Kenton	Holy Communion
	09.30	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00	Framsden Pettaugh	Morning Prayer Holy Communion
19st	08.00	Aspall	Holy Communion
		Debenham	Holy Communion
	09.30	Framsden	Holy Communion
		Kenton	Holy Communion
	11.00	Helmingham	Holy Communion
		Winston Pettaugh	Holy Communion Holy Communion
26th	09.30	Debenham	Holy Communion
	11.00	Winston	Holy Communion
		Pettaugh	Morning Prayer
30th	19.30	Framlingham	Ascension HC

Readers: St Mary Magdalene Debenham

12th	Acts 9:36-end	Pete Holme Sue Wood
	Revelation 7:9-end	
19th	Acts 11:1-18	Richard Boulter Val Watts
	Revelation 21:1-6	
26th	Acts 16:9-15	David Carruthers Pam Steel - Jessop
	Revelation 21:10, 22 - Rev 22:5	

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