

DEBENHAM PARISH MAGAZINE

75p

July 2023



Auctions

Clarke &
Simpson

Always open...



Can't make it?
All auctions are available
for online bidding via
the-saleroom.com
or i-bidder.com

Valuation

Probate & other valuations
Call-in service 6 days a week

Special sales

Antiques & Fine Arts
Art Deco & Retro
Domestic & Rural Bygones
Agricultural Collective

General Monday sale

Bespoke sales
In 2020 our lots sold to 60 countries
and registered buyers from over 70
Acting as agents for household clearances



Clarke & Simpson Auction Centre,

Campsea Ashe, Nr Wickham Market, Suffolk IP13 0PS T: 01728 746323

www.clarkeandsimpson.co.uk  CandSAuctions  @candsauctions

FROM THE EDITOR

We looked across the countryside towards the High School as we walked down Little London Hill last week and realised what a massive impact the Taylor Wimpey development would have had on the view seen on this month's cover. Thankfully, our Neighbourhood Plan and multiple objections from Debenham residents saw that application rejected and we retain this beautiful scene for the time being.

We say a 'farewell' shortly to Tracey, our Curate, as she moves on to pastures new. It seems like no time at all since she joined the ministry team in Debenham, but the Covid period has warped my concept of time; with all that we lost, the time waiting for bans to be lifted and the postponement of so many events. I hope Tracey has enjoyed her time with us in spite of how strange the world has been and that she experiences every success in Needham Market.

The centre pages of this month's magazine feature the success of a group of pupils from the High School. Congratulations to them!

After a few months of squeezing articles and posters of upcoming events into the magazine, I seem to have excess space this month. Perhaps everyone is taking a bit of a breather and if that is the case, I hope you all enjoy a relaxing July.

Jan

Please note that I have changed my phone number on the contacts below.

I'm now available on a mobile although the landline listed in previous magazines is still in use at the moment. Unfortunately the mobile is not as loud, but I'm happy to respond to a text message if I don't hear a call.

DEBENHAM PARISH MAGAZINE

Editor & Business Advertising:

Jan Rutherford, 17 Chancery Lane Debenham, IP14 6RN
Tel 07711823309

Please send copy to: debenhammagazine@btinternet.com

Business Advertising: Richard Blackwell

Tel 01728 861815 or email: richard.blackwell99@outlook.com

Distribution & Subscription Coordinator: Joy Walton Tel.01728 860007

The Editor reserves the right to shorten or modify items without notice.
The inclusion of an advertisement in this publication does not constitute an endorsement of a product or service by either the Editor or the Debenham Parochial Church Council.

DEADLINE for the August Magazine
Tuesday 25th July 2023
(Tuesday 18th July for Business Advertising)

Hair

by

Stephen Anderson

Now Offering Nails/Pedicures by Millie

Open 6 Days a Week

23 Gracechurch Street, Debenham

01728 860230

www.hairdebenham.com

DEBENHAM GARAGE (LTD)

Repairs, Servicing & MOTs to all Makes of Cars & Light Commercial Vehicles
(including Hybrid and Electric Vehicles)

Tyres, Exhausts & Batteries @ Competitive Prices

Diagnostics to all Management Systems

Air Con Servicing and Repairs

24hr Accident Recovery & Breakdown Service

Free Local Collection and Delivery

Courtesy Cars Available

All Work Guaranteed

Camp Green, Kenton Road, Debenham, Suffolk. IP14 6LA

Tel 01728 860597

email: michael@debenhamgarage.co.uk www.debenhamgarage.co.uk



INSTITUTE OF THE
MOTOR INDUSTRY

PARISH

CAFÉ



**every Wednesday
10 am-12 noon
Dove Cottage**

Pop in for a cuppa, cake and chat
(for a donation only)



THE BENEFICE OF
DEBENHAM & HELMINGHAM

Spiral Gallery

Contemporary Jewellery and Crafts
 Wednesday to Friday 10am to 5pm
 Saturday 9am to 1am

46 High Street, Debenham, Suffolk
 07539 317986
www.spiralgallery.co.uk



MICHAEL CARPENTER
 Jeweller
 for
 Jewellery Repairs
 Alterations Commissions
 and Sales

Maker of Wedding & Engagement Rings
 and Jewellery
 Designed to your Requirements.

www.spiralgallery.co.uk
 46 High Street Debenham
 07539 317986
info@spiralgallery.co.uk

07534 525 263
 01449 258 254



Professional & Reliable Service



**Plumbing, Bathrooms, Heating, Boilers, Servicing,
 Underfloor Heating, Tiling, New builds & Renovations**

enquiries@plumbinginsuffolk.com www.plumbinginsuffolk.com

Debenham Shed

Come to our craft days! Our next is Saturday 22 July from 9am to 12pm, using decoupage to decorate oyster shells with guidance and tuition. Book early to avoid disappointment (email chairman@debenhamshed.org.uk). Special

Price: members £5, non members £8 (includes refreshments and materials). Location: 2 Fields, Low Road, Debenham, IP14 6BJ. We meet monthly through the year with different activities to join in with, so come along and have a go!!



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

Chairman: Dennis Morley 07976 925016. Treasurer: Tony Hutt 07906 614328. Visit our website at www.debenhamshed.org.uk (sign up to newsletters on the Contact page) Email info@debenhamshed.org.uk . Like our Facebook page at www.facebook.com/DebenhamShed.

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



Earl Soham & Cliff Quay Brewery

Unit 1a Meadow Works, Debenham, IP14 6RP
01728 861213

Our brewery shop is open:
Mon - Fri 10am - 4pm, Sat 10am - 1pm

We sell our beers in bottles, mini 8pt kegs,
18pt and 36pt polypins and 72pt firkins



CHRIS HOWARD
PLUMBING AND HEATING

Local, professional
and reliable service

- ◆ All household plumbing
- ◆ Boiler servicing and installation
- ◆ Hot water cylinders

Free non committal quotes

07749315908

chrisjhoward5@googlemail.com

www.chrishowardplumbingandheating.co.uk

GRAHAM MOORE ELECTRICAL LTD



Blacksmiths Cottage, Silver Street,
Old Newton Ip14 4HF

For all your electrical needs

For a friendly & efficient service

Call Graham on

01449 616946

07867560357

FREE ESTIMATES

ALL WORK GUARANTEED

Peter Tryon Piano Tuner + Restorer

Home: 01449 736049

Mobile: 07787 486726



peter.tryon@btinternet.com
www.petertryon.co.uk
Over 30 years experience



*If you are in a hole...
...we'll dig you out*

MINI & MICRO DIGGERS • DUMPERS
BREAKERS • MIXERS • TELEPORTERS
SMALL PLANT • SCARIFIERS
TURF CUTTERS
WACKERS • ROTAVATORS
STRIMMERS • TOOL HIRE

**07881
642232**

tom@tlplanthire.co.uk

Bridge House, Denmark Hill, Palgrave, Diss IP22 1AB

Diggers can be provided with operator, if required.

To advertise in the magazine

please contact Richard Blackwell Tel 01728 861815 or email:

richard.blackwell99@outlook.com

Lofty and Dave by Min Marshall



R & G WEBSTER NEWSAGENTS

50 High Street, Debenham

Home News Delivery Service
to Debenham and
surrounding villages.

We stock greetings cards,
stationery, confectionery
and much more.



Opening Times

Monday	6am -1pm	2pm -5pm
Tuesday	6am -1pm	Closed pm
Wednesday	6am -1pm	2pm - 5pm
Thursday	6am -1pm	2pm - 5pm
Friday	6am -1pm	2pm - 5.30pm
Saturday	6am -4.30pm (open all day)	
Sunday	6am -12.30pm	

01728 860294

webstersnews@btinternet.com

WARD'S GREENGROCER

For all your choicest fruit & vegetables

Monday & Tuesday 8.30am - 1pm

Wednesday 8.30am - 5pm

Thursday & Friday 8am - 5pm

Saturday 8am - 1pm

Local delivery available



6 Gracechurch Street 01728 860343

DEBENHAM FISH & CHIPS



Monday & Tuesday 4pm - 8pm
Wednesday & Thursday 4pm - 8.30pm
Friday 4pm - 9pm
Saturday 4pm - 8.30pm

Lunchtime opening:
Friday & Saturday 11.30am - 2pm

Phone your orders on
01728 860883

Sorry - no more deliveries from January 1st

great taste gold 2014
great taste gold 2015

PURVEYORS OF
THE FINEST QUALITY
MEATS EST. 2013

PALFREY & HALL

BUTCHERS SHOP
DEBENHAM HIGH STREET

MONDAY TO FRIDAY 7AM - 5:30PM
SATURDAY 7AM - 1PM

10 HIGH STREET DEBENHAM SUFFOLK IP14 6QJ
01728 861113

Forge Community Church

We meet in Debenham Sports and Leisure Centre at **10.30am** every Sunday

God Save the King - July 2023

We've recently witnessed the coronation of King Charles III and although he doesn't have any particular ruling powers, his role is to be inspirational – someone for us to look up to; someone whose values we should follow. But of course, he's human. So what happens when the king doesn't live up to expectations? Well, another king, much written about, had his share of mistakes as well as successes. From humble shepherd, giant-slayer, gifted poet, mighty warrior, flawed man to legendary leader, David is one of history's most famous kings. But more important, he was a man after God's own heart. So what can we learn from this great King of history?



Week 1 2nd July The reluctant hero

Week 2 9th July Killer Giants

Week 3 16th July The Abigail Way (online only. Church meeting at Athelington Hall for family fun day – see forge website for details)

Week 4 23rd July The Great King

Week 5 30th July When dreams can't come true



Into the Unknown - Holiday Club, 25th-30th July

For School Years 1-6, the Forge Holiday Club is back with *Into the Unknown*. Book your place at www.forgechurch.com/holiday-club. From 9.30am-12.30pm on 25-28 and 30 July in Debenham Community Centre.

Online at www.live.forgechurch.com @4pm or on catch up www.youtube.com/@forgekids5376. Also available on YouTube (@ForgeChurch)

We also run a full kids & youth programme each Sunday at 10.30am.

Tots Street (0-3's), Little Village (pre school), Uptown Kids (yr1-5), Transit (Yr6-8)

Motion (Yr 9-13) meet at Stonham Baptist Church from 6-8pm every Sunday evening

NB: Kids' Material is also online at www.youtube.com/@forgekids5376

www.forgechurch.com · 01449 710437 · info@forgechurch.com

The Old Chapel · Forward Green · Stowmarket · IP14 5HP





Mac Marney

Refrigeration & Heat Pump Air Conditioning
est 1964

Local, family-run service for all your
domestic and commercial
air conditioning & refrigeration needs

contact Glen@macmarney.co.uk
for your free quotation



Bellflower Garden Centre

Quality Plants • Garden Essentials • Animal Feeds



Delivery Service



Bird Feed Refills



Find us on
Facebook

01449 711103

Woodfarm Business Centre,
Stonham Aspal, IP6 9TH



Debenham History Society - Lecture Season 2023

Tuesday 4th July 2023

The Work of Master Mason, Hawes of Occold

Dave Steward tells of the work of Master Mason, Hawes, a skilled stone mason, with a career which extended from about 1410 to 1440, Hawes developed characteristic features in the design of stonework on Suffolk churches, several examples of which can still be seen in St Mary's Church, Debenham.

Location: The Long Room, Debenham Vet Practice, 1 Cherry Tree Lane, Debenham

Commencing: 7.30pm unless otherwise listed

Cost: £3 per session for members and visitors

Debenham & District Garden Club

July 29

Visit to Members gardens

We would really welcome new members to the Club.

Meetings comprise a variety of talks and outings which are usually held on the third Wednesday of the month at Coopersfield, Aspall Road, Debenham at 7.30pm unless there is an outing when details will be specified (no meetings August and January)

Membership fee: £20 per annum. Guests £5.00per meeting – includes refreshments

Just arrive on the evening or contact: Fiona Reid on 01728 860479 or Ann Evans on 07857680877 for further information.



HENRY ABBOTT HARDWARE

Est 1707

01728 860254

For All Your
Household & Gardening Needs
Serving The Community
For Over 300 Years

Open every day

Mon - Sat 9am - 5.30pm Sun - 10am - 4pm



Flowers, plants and gifts!

ROBBINS FLOWERS
01728 860190

6 High Street, Debenham
IP14 6QJ

robbinsbespokeflowers@gmail.com

07964788692

Emily Robbins x

Bespoke wedding
flowers, funeral flowers
and other events.

Various workshops
throughout the year.

Come along and
browse our stunning
range of seasonal
flowers all year round.

Offer teas, coffee and
cake too! So why not
order some beautiful
flowers and enjoy the
refreshments whilst
you wait?



SIMON J KIMMINS

Builder · Design & Project Control

30 years' experience of period buildings restoration
and day to day care
Traditional methods and materials used when relevant

T. 01728 861206 · M. 07769 691259

E. simon.kimmins@btinternet.com



SCOTT REGAN
CHIMNEY SWEEPING

Professional, clean & qualified service

- Brush & HEPA filtered vacuum
- Power sweeping
- Chimney cowls fitted
- Tar removal from chimney

Full public liability insurance



info@scottreganchimneysweeping.co.uk
www.scottreganchimneysweeping.co.uk

Tel: 01379 678881 Mob: 07962 207846 / 07740 008456



As fuel and food prices increase, more people are struggling to provide for their families



Please buy an extra tin or packet to put in the box at the back of the church in Debenham

The food will be taken regularly to Eye for distribution by the Waveney Food Bank

Deben Coffee House

7 High Street, Debenham.

Coffee, cakes, bread and
bakes

Sausage Rolls Coffee
Cheese Scones Bread
Bread Pudding Flapjack
Fresh, locally sourced produce

Takeaway or order for
collection
01728 861582

8am-1pm Monday-Saturday
NOW OPEN THURSDAYS

BOUNDARY KENNELS



AND TRAINING

Boundary Cottage,
Framsden, Stowmarket,
Suffolk IP14 6LH.

01728 861262

info@boundarykennels.co.uk
www.boundarykennels.co.uk

LIMES GARAGE

- MOT TESTING
- DIAGNOSTICS
- ALL GENERAL REPAIRS
- LOCAL COLLECTION & DELIVERY SERVICE
- QUALIFIED EXPERIENCED MECHANICS
- SERVICING
- TYRES

Find us at Unit 21 Lewis Farm, Pettaugh
Road, Stonham Aspal, Stowmarket

We are just up the road from Stonham Barns on the
A1120 or put IP14 6AU in your SAT NAV.



Tel: 01473 890335
Email: mark@limesgarage.co.uk
www.limesgarage.co.uk

PEST CONTROL SERVICES

Rats • Mice • Moles • Rabbits
And all insects **RSPH**
QUALIFIED



Call Mark Sillett

07733 131089

01473 463178

E: msillett@yahoo.co.uk

St Mary's Art Exhibition

What a wonderful weekend. We had a party on Friday evening with music from the Open Mike brigade and cyder donated by Aspall that was attended by over 100 people. We met some lovely people, and had a record year for profit for this current committee. We are still waiting for some payments so cannot give a precise figure but we know that it will be more than we've ever raised. This will be given to St Mary's Church for their restoration fund.

Our refreshments in Dove Cottage received more in donations than we've ever had. Thank you to everyone who baked and served. We had a very efficient team of people to erect the boards and dismantle them at the end of the exhibition. We also had plenty of volunteers to steward and help the many visitors. Thank you to everyone who help us.

A huge thank you too to the artists who put their work on display to be scrutinised and to everyone who purchased items. We think we had something for everyone from dearer paintings to reasonably priced prints and some lovely cards. Out of 84 artists who exhibited 66 sold something.

It's not just about the money though; it was a great weekend enjoyed by everyone who visited and the people who helped. It has been a regular event on Debenham's calendar for 46 years and attracts people from a wide area. One of our visitors was from Iceland and she took a painting back with her!

Next year's Exhibition is on 14th, 15th and 16th June

St Mary's Art Exhibition Committee





DAVEY+GREEN

RIBA CHARTERED ARCHITECTURE PRACTICE

RESIDENTIAL EXTENSIONS
BESPOKE NEW DWELLINGS
RESIDENTIAL DEVELOPMENT
OUTLINE PLANNING
CLASS Q CONVERSIONS
BARN CONVERSIONS

CONTACT:

admin@dg-arch.co.uk
www.dg-arch.co.uk
07734 330490 or 07720 754696

THORNDON, SUFFOLK



S Foot Care Solutions
N. Oben

NVQ2 S.A.C. Dip RFHP

Mobile Foot Health Care Practitioner

07877 000902

ndip@sfootcaresolutions.co.uk
www.sfootcaresolutions.co.uk

FOOT CARE YOU CAN TRUST

- Nail Cutting
- Fungal nail
- Corns and Callus
- Ingrown toenail
- Verruca
- Flat feet
- Hard Skin
- Heel pain
- Cracked skin
- Diabetic foot care

MPD TANKS

For all your oil tank needs

Steel and Plastic Tanks
available
Free Estimates
Fully Insured



07708 395889
01449 767820

TankChange Ltd

**Suppliers & Installers
of Oil Tanks**

Family Business with
Over 40 Years Experience
Steel & Plastic Oil Tanks available
Fully Insured OFTEC Registered
Engineers.

Telephone: 01449 781210
(Out of hours: 01449 781498) /
Mobile: 07899 898720

Email: Ter-
ry@TankChange.co.uk

Visit our website @:
www.TankChange.co.uk

***Discounts available to parish
magazine readers***

Local Film Clubs

Stonham Aspal Cinema

Stonham Aspal Cinema will be showing films on Wednesday 28 June (Empire of Light) and the following dates: 26 July, 23 August, 12 September, 10 October, 26 October, 7 November, 22 November and 5 December.

Held in Stonham Aspal Village Hall (next to the church on A1120). Doors open 7.30pm, and the film starts at 8pm. Entrance fee £3, including refreshments.

Please email elizabethtydeman@gmail.com if you would like to be on the cinema mailing list.

Brandeston Film Club News (in Brandeston Village Hall)

Our next film on Saturday 22nd July will be Matilda the Musical. This will be a matinee performance – doors open at 2.30 p.m. for a 3.00 p.m. performance. An adaptation of the Tony and Olivier award-winning musical, based on the book by Roald Dahl. Matilda (Alisha Weir), the precocious child of unloving parents, is sent to Crunchem Hall where she is nurtured by the delightful Miss Honey (Lashana Lynch) but must face the terrifying head teacher Agatha Trunchbull (Emma Thompson). Armed with a sharp mind and a vivid imagination, she dares to take a stand with miraculous results. All profits on the afternoon will go to Children in Need. We are encouraging you to bring along family and friends. There will be a reduced price for children under 16. Watch the trailer at <https://www.youtube.com/watch?v=lroAhsDr2vI>

On Saturday 19th August, we will be enjoying the company of Miles Biggs, a filmmaker from Aldeburgh and showing Britten's Aldeburgh and some other delightful short films set to music from Dvorak and Brahms. We are hoping this will be a very special evening, and there will be a cheese and wine buffet during the showing. All profits will go to St Elizabeth's Hospice. Tickets will be a minimum suggested donation of £8.00 for this performance can be pre-ordered. Just email Roz McKenzie on rm305ster@gmail.com or phone her on the number below.

Christopher McArthur 07887 825008, Roz McKenzie 07910979781,
Steve Western and Michael Cousen



Brockford Sidings Dog Park

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

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

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

Location: Brockford Sidings, Brockford Green, IP14 5NN

D. I. ALSTON LTD.

THE CEDARS, CEDARS HILL, BROCKFORD. IP14 5PQ

**OFFICE AND WORKSHOP LETS
SELF STORAGE CONTAINERS**
(20FT, £100 PCM inc. VAT)

**BROCKFORD SIDINGS HOLIDAY LETS
BROCKFORD CAMPSITE
DOG EXERCISE PARK**

FOR ALL ENQUIRIES CONTACT:

TONY ALSTON
01449 766231
dialstonltd@outlook.com

Friends of Debenham Library



Afternoon Teas at the Library will be on Sunday 9 July and Sunday 10 September, from 2-4pm. Come and enjoy cake, scones and hot drinks while you browse the books, read, chat or use the computers—or enjoy the garden outside, if the weather is fine. Last month the weather was *too* warm, so we sat inside and enjoyed the air conditioning instead!

Did you know....?

Authors receive royalties when their books are borrowed from libraries.

Reading Challenge: look out for the Summer Reading Challenge, starting on 15 July. This year's theme for 4-11 year olds is *Ready, Set, Read*. Adult volunteers would be very welcome to help with this; speak to the staff.

If you went to the Suffolk Show you may have seen PAWS-itivity at the Suffolk Libraries stand—45 decorated Labrador dog sculptures created to raise funds. *Leopardor* by local artist Lily Hammond will visit Debenham soon! The Friends have given £250 sponsorship.

At the People's Champion Awards in June Howard Simpson won the Innovation award for organising the Heavy Metal Day held last July, which raised over £2,000 for library funds by collecting scrap metal. He gave credit to his wife Jane for suggesting the idea! Unfortunately our manager Maureen John did not win the Volunteer's choice award, but continues to give her excellent support to volunteers.



Lego Brickology Fun Day Workshop: Wednesday 9 August, 2-4pm. Ages 4+ (and adults!), sponsored by Denbury Homes.

The junior Dungeons and Dragons group will be launching soon. Speak to the staff for details.

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

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/visit/locations-and-times/debenham-library

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

Email:

DK Appliances Ltd

Appliance repairs & sale of new & reconditioned appliances

DK Appliances is your answer to an experienced domestic appliance retailer and repairs specialist

DK Appliances,
Finbows Yard, Station Road, Bacton, IP14 4NH
Phone: 01449 780398
Email: dkappliances@yahoo.co.uk

Domestic Appliance Repairs



**For local,
reliable service
please call Alan:**

01449 613457 or 07508 051 518



2 Chancery Lane, Debenham

*For all your haberdashery needs
craft workshops and so much more*

**Mon, Wed, Thurs, Fri, Sat, 9am - 4pm
Closed Tuesday and Sunday**

01728 598550



**Oak Corner
Garden Care**

*All garden work
undertaken*

With over 30 years service as a
Head Greenkeeper and
qualifications in all aspects of
the garden. Fully insured.
Call me today for a no obligation
quotation and any reference
requirements

Alan Sutcliffe

07795 368768

alan.sutcliffe33@gmail.com



R & M
POND SERVICES

RIVERS | LAKES | DITCHES | MOATS | DREDGING



R & M PONDS Services Ltd

We specialise in supplying and installing oak sleepers for retaining walls and jetty's for all types of watercourses.

The supporting posts are knocked into place with a 'Hydraulic Post Knocker', designed by R & M Pond Services

For more information contact Richard on 07811 175 533
or email rmponds@gmail.com

CALL US ON

01449 763503

01787 703477

WWW.RMPONDS.CO.UK



Sir Robert Hitcham's School Foundation (Reg Charity No: 310407)

The Trust welcomes applications from individuals for grants for Higher Education i.e. plus 18 years of age (not for trips abroad) and for trade apprenticeships and to the two schools in Debenham for educational purposes.

To be eligible for funding, individual applicants must be under 25 years of age on 30 November 2023; have attended Sir Robert Hitcham CEVA Primary School Debenham for at least two years or reside in the civil parish of Debenham and be in need of financial assistance. Priority will be given to applicants living away from home. Multiple applications from an individual will not be supported. Funding is restricted to 3 or 4 years but may be subject to review in the future depending on the number of applications received and funds available. Should a successful applicant abandon the course for which a grant is awarded, such should be refunded to the Trust.

Please contact the clerk for an application form via email to Mrs Caroline Driver at carosyv@hotmail.com

Applications must be submitted to the clerk Mrs Caroline Driver by 31 August 2023



Parish Pantry

**10.00 am - 11.00 am
every Wednesday
Debenham Church**



Collect a bag of groceries for £3



THE BENEFICE OF
DEBENHAM & HELMINGHAM

The Parish Pantry

When I volunteered to help at the Parish Pantry on Wednesday mornings in the Church I had no idea that such a diverse range of items would be available. I expected food, because it's a pantry, but there's more than food; there are often toiletries and cleaning products too. I expected it to be predominantly dry goods reaching their use-by/best-before dates, but it's more; there are things that are close to or just past expiry, but most items have a long shelf-life, and there is often a lot of fresh produce too. The delivery from Fare Share that comes from supermarkets is regularly supplemented by other donations, some even locally grown. I have tried things that I haven't had before, that I would have passed by in the supermarket. I'm currently munching my way through slightly out-of-date wasabi seaweed thins that I wouldn't otherwise have tried, and I've learned what to do with celeriac.

The pantry is there to support us with rising food costs as well as to prevent items going to waste.

It's open between 10:00 and 11:00 on Wednesday mornings (or until the stock runs out). A bag of groceries costs £3 and the special pantry bag is available to return with each week.

Of course the Café is open afterwards too, for tea/coffee, cake and a chat. (Page 5)



Jan



Helen Bateman
Travel

Summer Inspiration, flights & transfers included
Scottish Highland Railways | 5 days | Dinner, B&B | from £799
Silk Road Small Group Adventure | 15 days | from £3499
Croatia's Riviera & Lake Bled | 8 days | Dinner, B&B | from £1216
Canadian Rockies | 11 days | Fully escorted coach trip | from £2612
01728 850024 | helen.bateman@travelcounsellors.com

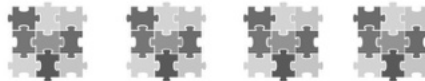
ROOFLINE+PLUS
Look Up! BUILDING & ROOFING CONTRACTOR
 EST 1985
ROOFING & ROOFING REPAIRS
CHIMNEYS REBUILT, REPAIRED, REPOINTED OR REMOVED
 ALL WORK GUARANTEED & FULLY INSURED
CALL US (WE ALWAYS RETURN CALLS)
 Email: rooflineplus2@gmail.com
 GUTTERING / FASCIAS / FLAT ROOFING
 ROOF WINDOWS INSTALLED
FREE NO OBLIGATION QUOTE
 01449 763218
 07500 823292




JIGSAW PUZZLE EXCHANGE

Every Monday @ Dove Cottage 10-2pm
 Pop in and pick up a puzzle new to you for free by swapping for one you have already completed or borrow one and bring it back when finished with.

Hosted by the Monday Meet Up Team.





SUFFOLK Community Foundation www.debenhamsportsandleisure.co.uk
Open 7 days a week 01728 861101

Debenham
SPORTS & LEISURE



Take a look at what we have on available here at Debenham Sports and Leisure.

- CARDIAC REHAB
- GP REFERRAL
- PERSONAL TRAINING
- CLASSES
- GYM PROGRAMMES

THERE IS SOMETHING FOR EVERYONE

Save the Dates
aSM **CAMP**
KIDS

Camps are suitable for children aged 5-13 years. The places are limited so bookings & payments are essential. For any further information, please see the Debenham Sports & Leisure Centre website. ASM and DS&L have the right to cancel a camp day if required due to low attendance. A cancellation will be made no later than 24 hours in advance.



Fun sessions including racket sports, football, team games and challenges, indoor chill out time and much more hosted by Angia Sports Management Group.

£17.00 per day

* packed lunch can be added for £6.25

Tuesdays,

Wednesdays & Thursdays

1st - 31st August 2023



13th-16th
July 2023



TO BOOK, PLEASE CONTACT ED & JAN
01473 871908 OR
07808 628 945

BOOKING IS ESSENTIAL



Upcoming Events in July 2023

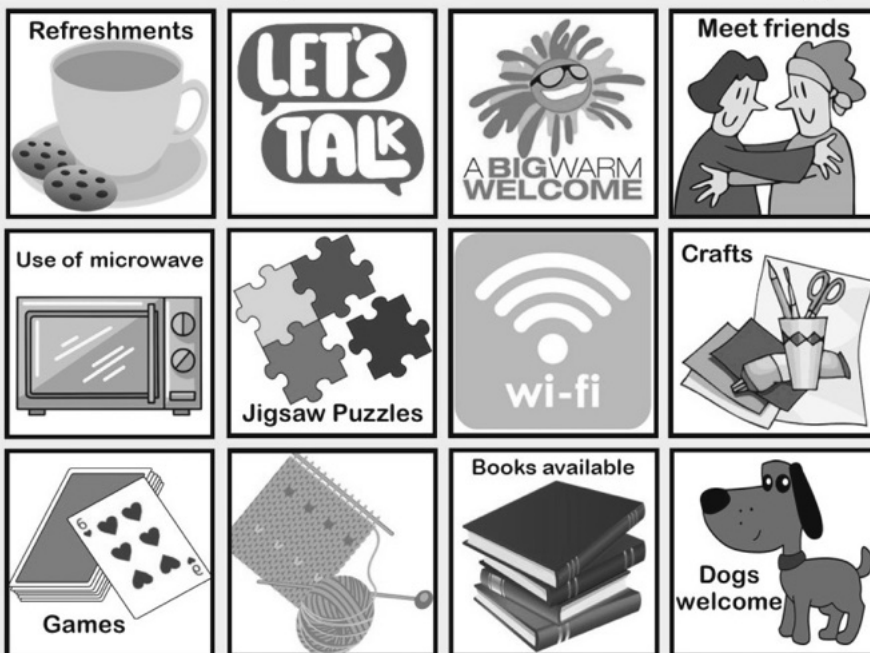
Thurs 16th-Fri 19th -
Country Music Festival

we're still looking for
our next chef, thank you
for your patience



Monday Meet-up

10am – 2pm in Dove Cottage



Everyone Welcome

Open every Monday except Bank Holidays

Sponsored by Mid Suffolk District Council

Come and join in the fun!



Winston Fete

Saturday 1st July

2 - 4 pm

Old School Room, Winston

Entry & Car Park Free



Grand Draw

'White Elephant'

Tombola

Games

Refreshments

Books

& MORE!

(Please - cash only; we have no card machines)

**Proceeds to St. Andrew's Church Winston &
School Room**



Young Enterprise Success...In the final 12 teams in the United Kingdom!

Having convincingly won the Regional Final in May 2023 Koazy entered the National Finals for the Young Enterprise Team of the year.



The competition was very stiff with most teams being Sixth Formers. While the Koazy were not successful in winning the main prizes, their success as a team cannot be understated. At DHS we are extremely proud of our students and grateful for the time taken by Jane Wilson (Teacher lead) to work with the team.

Our Student Leadership Team

Head Girl – Emily Hall

Head Boy – Daniel Taylor

Deputy Head Girl – Nia Feeney-Howells

Deputy Head Boy – Noah Besley





Perhaps the most palpable legacy of the Young Enterprise Team is the number of students who have gone on to become Student Leaders within the school – Prefects, Senior Prefects, House Captains and also the Senior Student Leadership Team.

Speaking to Daniel, Emily, Noah and Nia, it is clear the impact Young Enterprise has had on them as individuals and as a team.

Daniel and Noah cite the way their experience with Young Enterprise has helped with their leadership skills, including understanding the importance of being a good role model for younger students.

Daniel feels he has grown in independence; he uses his own initiative so much more, for example on the day of the final for the Young Enterprise he contacted Radio Suffolk for an interview! Noah can also identify how he has been able to manage his time more efficiently

as well as being empowered to be able to have difficult

conversations with the team.

Likewise, Emily and Nia could point to improvements in their confidence. Both feel that their communication skills have improved as they had to speak to people outside of their direct friendship. This, Nia feels prepares them well for the Student Leadership Roles.



Farewell to Tracey



The Rev Tracey James' last service in Debenham will be on Sunday 23rd July.

The service at St Mary's Church will begin at 11am and will be followed by an informal lunch at 12.30pm. Please bring a plate of 'finger food' to share.

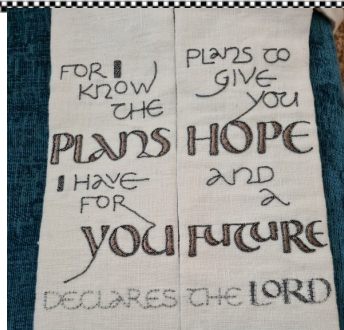
Tracey has completed her three year curacy in our Benefice and is leaving to become the Rector of Needham Market Church.

Please join us if you can to say goodbye to Tracey and her family and to wish them well.

If you would like to contribute to a gift for Tracey, you can do so via this QR code. Or type this link: bit.ly/464TspY into your browser.



Cash donations can be given to Richard Blackwell, our treasurer, to Rev Susan or to one of the churchwardens.



Sir Robert Hitcham School
Debenham Presents;

**BBQ
and
Bar**

**ENERGY
ASSAULT
COURSE**

SUMMER SIZZLER

FUN AND CELEBRATION FOR THE WHOLE FAMILY

**BOUNCY
CASTLE
&
PHOTO
BOOTH**

**£100
PRIZE
DRAW
RAFFLE**

**FRIDAY,
14TH JULY
5PM-7:30PM**

**PLUS; AMAZING RAINBOW HAMPERS,
TOMBOLAS, COMMUNITY GROUPS STANDS,
YR 6 GAMES AND SO MUCH MORE!!!**

AT; SIR ROBERT HITCHAM SCHOOL, IP14 6PX
EMAIL CONTACT; sizzlercommittee@groups.outlook.com

Made with PosterMyWall.com

SOCIAL BIKE RIDE

Last Thursday of every month



6.30pm meet on Village Green

This is an unled ride of 1-1½ hours at leisurely pace and riders are responsible for their own safety.

All cyclists welcome!

Bike Ride Dates

25th May

29th June

27th July

31st August

28th September



No booking required, just turn up and enjoy the ride!

family@church

Sunday 2nd July

St Mary's Church, Debenham

9.30am - Breakfast, 10am - Service begins



- A friendly and informal service
- Free breakfast
- Crafts for children
- For the young and not so young!
- Everyone welcome



THE BENEFICE OF DEBENHAM & HELMINGHAM

Debenham Wellbeing Clinic



Osteopathy
Acupuncture



General
Osteopathic
Council

Specialist Wellbeing Care

By Simon Boyd D.O. BSc

Back Pain Neck Pain Sciatica
Headaches Joint and muscle pain
Sports Injuries Arthritis & RSI
Cranial Osteopathy Pre & Post -Natal

Book an
appointment to find
out how we can help

07816 336 275

Call or text for more info

@ Meraki Hair, 4 High Street, Debenham

www.debenham-wellbeing.co.uk

@debenhamwellbeing

Ruby & The Angel

THOUGHTFUL GIFTS & DESIRABLE TREASURES
www.rubyandtheangel.co.uk

A beautiful independent shop in the heart
of the Suffolk village of Debenham

Stocking a wide range of
• Unique gifts for him • Unique gifts for her • Unique gifts for kids
• Accessories • Clothing • Jewellery • Handbags • Home décor

*with love
and thanks x*

Open Monday-Saturday 10am-5pm or online 24/7
Find us at 66a High Street Debenham Suffolk IP14 6QP

Ruby & The Angel ECO

PLANET LOVING GIFTS
www.rubyandtheangel.co.uk



Open Tuesday to Saturday, 11am - 4pm or online 24/7
Find us at Cross Green, Debenham IP14 6RW
Tel: 01728 861969 email: info@rubyandtheangel.co.uk
www.rubyandtheangel.co.uk



Talk and Walk

Around 2 Fields with Jeannie and Glenn Buckingham

Thursday 13 July 6pm

2 Fields, Low Road, Debenham

Parking available in the meadow

A free event organised by:



We will visit:

- An orchard of traditional fruit trees
- Broadleaved native woodland
- Agroforestry with fruit and nut trees. Cropping 12m alleys with rotational green manure, pollen and nectar, winter bird cover plus vegetables in the year following the pig club.
- A Forest Garden developing canopy layers i.e. roots, climbers, ground cover, bushes, trees. To provide edibles, medicinals and useful products.



EVERGREEN GARAGE CROWFIELD LTD



GOSBECK ROAD CROWFIELD IP6 9TB

**DEALER LEVEL DIAGNOSTIC AND PROGRAMMING FOR VOLKSWAGEN
AUDI - FORD - PEUGEOT - RENAULT - JAGUAR - LAND ROVER**

Latest Hunter wheel alignment and wheel balancing equipment
to rectify poor handling and tyre wear

Good selection of tyres stocked, MoT Testing

Air conditioning service and repair

Routine servicing histories maintained

Attended forecourt service, Petrol, Diesel, Calor Gas

Modern fleet of Courtesy Cars, Collection & Delivery service available

All major credit cards accepted

Established 39 years

Tel: 01473 890377

Email: jim.davey@evergreengarage.co.uk - www.evergreengarage.co.uk

WASH FARM BARN SWIMMING

In easy reach of Eye, Debenham and Framlingham

Keep fit and have fun



Come and enjoy luxury private swimming in our beautiful
listed barn. Cost £18.00 per session for up to 8 people.

For further details visit our website

www.washfarmbarn.co.uk

or contact us on 01379 678252



Hi everyone,

Finally, we have had some lovely summer days after putting up with that cold North-East wind drawing in clouds whilst the rest of the country basked in sunshine. I cannot ever remember such weather lasting for so long in May and June. Let's hope for a traditional Suffolk Summer of long sunny days that entice us out to enjoy the countryside, garden parties, barbeques, and fetes. Each year, I marvel at how glorious Debenham High Street becomes as all the gardens burst into bloom – the roses, the poppies, valerian and my favourite of all, hollyhocks. It makes me feel happy!

A little while ago I was listening to a radio programme discussing the interrelationships between physical, mental, and social well-being as the fundamental basis for a holistic approach to successfully caring for the elderly and frail. The argument is that if we are positive in our outlook and engaged in our community (and happy!), we will be less prone to illness, quicker to recover, more capable of coping, have fewer aches and pains, and to live better (and happy!). Furthermore, for those who may be living with the impact of dementia on their lives, or any other long-term illness, the holistic approach seeks to balance "quality of life" against "quantity of life" – "Let's live one day at a time and make the most of each of them". The Debenham Project is committed to helping achieve this in any way we can.

I hope that you will have noticed that the header of this article has changed. This is to reflect our new logo/ livery/image since relaunching the project last month. I hope that it encourages you to think of The Debenham Project as not only professional but welcoming, warm, friendly, caring, supportive, and belonging to our community.

Finally, I want to thank all who generously give their time and donations – You are what makes this project work. Also, do remember if you need transport to a medically related appointment, or might like to borrow a wheelchair, please do not hesitate to ask.

With all my best wishes,

Lynden Jackson

www.the-debenham-project.org.uk ; 01728 862003



**CRYSTAL
CLEAN**

Specialist Cleaning Services

Carpets
Upholstery
Hard Floors
End of Tenancy

Mark Underwood

01379 678806
07984 648296
info@crystalclean.services
www.crystalclean.services



FARTHING

FUNERAL SERVICE

• Celebrating 175 Years •

The same high standard of
service from the same caring team -
previously known as Pecks,
we are here
to serve you as always.

44 Aspoll Road

Debenham **01728 860269**

www.farthingfunerals.co.uk



**Need help
with your PC?**

Debenham & District

**Friendly advice & training
Repairs & upgrades**

No fix, no fee

Windows – Web – Email
Microsoft Word & Excel expert
Home network – WiFi – TV links
At your Home or Business

Phone Chris on 0757 069 5279
or email: info@ubestree.co.uk
www.ubestree.co.uk

**Traditional Oak
Carpentry**

Carpentry Repairs

New Oak Homes
and Extensions

Garden Structures

Condition Reports

3D Design Service

01449 768817

www.traditionaloakcarpentry.co.uk



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

www.drdanielpoultr.com

Parliament has just returned from its Whitsun recess and as ever, I very much enjoyed spending more time at home, especially visiting the Suffolk Show and seeing all that makes this county such a special place to live and work. Since returning, I have been reflecting on last week's annual estimate from the Office for National Statistics of the number of people who have migrated to the UK and I am concerned at the debate in some parts of the national media, that has been provoked.

We must remember that almost 100,000 of those 'migrants' are British citizens returning after prolonged periods of living abroad. Also, a little over 115,000 are Ukrainian nationals, settling here since the Government launched its Homes for Ukraine scheme. I have personally met with and helped Ukrainian families to settle in Suffolk and am incredibly proud of all the support the people of Suffolk have warmly extended to those coming here, seeking safety.

We must move away from the narrative that all migration to the UK is bad and draw a clear distinction between illegal immigration and lawful immigration. In my experience, most people are supportive of migration when people come here lawfully to work, to contribute to the economic life of our country and to pay their taxes.

While at the Suffolk Show, I was reminded how appreciative our farmers and food producers are that the Government implemented the Seasonal Agricultural Workers scheme, allowing vital agricultural workers to come to the UK to work on farms and ensure our food security.

As a practising NHS hospital doctor, I am also proud to work alongside healthcare professionals who were born and trained overseas but who are now caring for patients in our NHS. In many hospitals, more than 1 in 8 staff are migrants and it is undoubtedly to our country's benefit that they care for patients here.

Whilst lawful migration benefits the UK, there should be no shying away from dealing robustly with instances of abuse of our immigration system. The Government has recognised this and is taking decisive action. For example, in the case of international students paying to study in the UK, new rules will ensure that study visas are specific to the students themselves, and no longer include additional visas for the student's extended family.

Of course, there is still more to do to reduce illegal migration, but as a country we are making progress, and I am proud that in Suffolk we understand the benefits that legal migration can bring to our rural economy and in caring for patients in our hospitals.

YOUR RELIABLE LOCAL PLUMBER



Anglian Water Approved

Mark Jardine
Plumbing & Heating



- All Household Plumbing, Large or Small
- Full Bathroom Installation
- Domestic Heating, Radiators, Pumps etc.
- Water Softeners
- All Work Anglian Water Certified
- Free Estimates & Fully Insured
- 24 Hour Emergency Call Out

Tel: 01728 628291 Mob: 07854 924 801

Email: mgjardine@btinternet.com



BROWN
OPTICIANS



Denmark House, 41 Bury Street, Stowmarket
01449 612812/ 674030

As independent opticians we offer a more personalised eyecare service that you can trust for all the family including:

- The Optomap retinal examination
- A wide range of competitively priced frames and lenses
- Contact Lenses
- Colorimetry Testing
- Prescription and non-prescription sunglasses
- Spectacles for sport and DIY

YOUR SIGHT CARE IS OUR PRIORITY



My oldest child is starting school in September and with uniforms and PE kits, the costs are already mounting. We're already pretty stretched, so I'm not sure how to cover these new costs. Is there any extra help I can get?

The start of a school year can be tough for many people's budgets, so you're not alone in your worries. But there is help available.

On the National Citizens Advice website, we have lots of information on the support you might be entitled to for school-related costs. If you're claiming benefits it's worth checking if you can get extra help for things like school lunches, transport and uniforms. This information can be found at citizensadvice.org.uk/family/education/help-with-school-costs . If you are not online, Citizens Advice Mid Suffolk can advise on the telephone or in person.

Children in Reception, Year 1 and Year 2 automatically get free school meals. For older children, you can apply for free school meals if you claim certain types of benefits. The full list is available on the Citizens Advice website, and includes Universal Credit, Child Tax Credit and Income Support.

Schools can advise on finding cheap or free second hand uniforms. Often the school will have a second hand uniform shop, where the cost is much cheaper. A lot of schools accept cheaper non logo items rather than official logo school uniform, so do check with your school if this is the case.

If your child is disabled or has a health condition, you can also claim Disability Living Allowance (this isn't means-tested).

A lot of peoples' budgets are feeling the squeeze at the moment, but it's important to remember that help is available with starting school costs.

Citizens Advice Mid Suffolk can provide advice on this or any other issue, including debt, finances, employment, benefits and family/relationships. You can contact them on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Our opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm. For more information go to midsuffolkcab.org.uk.

DAVID SHACKLOCK BOOKS

27 High Street Debenham

*Second-hand books
bought and sold*

Normal opening times

Tues. 10am - 1pm: 2pm - 5pm

Friday 2pm - 7pm

Saturday 10am - 4pm

dshacklock4@gmail.com

G M FOWLER



Painting and
decorating work,
plus all those odd jobs
around the house
you can never get
anyone for!

High Quality Professional Work
FREE QUOTES & ESTIMATES

01728 685448

graham.fowler@ymail.com

Martin Dix Carpenter & Joiner



smart.dix@tiscali.co.uk

01728 861665

07933 138059

Kitchens, doors, skirting, decking,
fencing, cladding - All woodwork
and domestic jobs considered

Nina Hemingway

A.C.M.A.

Chartered Management Accountant

Informative, personal service
on all matters of accounts
(sole trader to Ltd. company)
and taxation.

Hill House, Kenton Road,
Debenham, Suffolk IP14 6NF

Telephone: 01728 861471

HAIR @ HOME

EXPERIENCED MOBILE HAIRDRESSER



FOR CONSULTATION / APPOINTMENT

Debra 07867 963783

J. FELTON CHIMNEY SWEEP

- Clean & Friendly Service
- Smoke Tests
- CCTV Inspections
- Fully Insured
- Insurance Certificates
- Competitive Rates

PLEASE CALL 01986 799175



Registered member of the Institute of Chimney Sweeps

**STONHAM**
BARNES PARK

GREAT DAYS
OUT FOR ALL
THE FAMILY



POST
OFFICE

let's twist

again this summer!

**THE**
Aspal
THEATRE

NEW

PADDLEBOARDING AND
KAYAKING ON OUR NEW LAKE
PLUS NEW RIDES & SHOPS


CAMPING
AVAILABLE

FREE PARKING
EAT DRINK SHOP
PLAY STAY HOLIDAY
30+ SHOWGROUND EVENTS



**RETAIL**
VILLAGE

**CARTERS**

the **Pottery**
TEA & CAKE SHOP

CAFÉ 24
ONE IN ONE OUT TAKEAWAY

THE Aspal
CLUBHOUSE

THE LEGENDS
SPORTS BAR

STONHAM BARNES PARK STONHAM ASPAL
SUFFOLK IP14 6AT TELEPHONE: 01449 711 111

stonhambarns.co.uk



Boundary Solutions

- Fencing
- Decking
- Gateways
- Bespoke garden projects

Daniel Burrows
07789556468

THE
**LOG BURNER
BARN**

01379 454299





- Full installation service
- Hetas registered engineer
- Eco Design **clearSkies 5**
- British and Danish made stoves
- Energy Efficiency Class A+
- Free survey & Quote

Show room open Tues-Fri 10-5 Sat 10-1 visit:
Aldridges Farm Fressingfield Road Laxfield IP13 8EN
www.thelogburnerbarn.co.uk

I spotted this photograph on Facebook and thought it appropriate to remember now as we witness the transformation of the Red Lion, currently covered in scaffolding.

To think of the time when dogs wandered the streets and stood in the middle of the road without being flattened, and not a car in sight!

Good luck with the renovations!

Jan



Mid Suffolk Healing Rooms in Debenham
The Healing Rooms meetings will be held on the
3rd Sunday of each month at URC, Chancery
Lane, Debenham, IP14 6RN, from 6pm to 8pm
(drop in between those hours).

**Contact Sarah Lander
07934 984657**



Genesis 1: 26

Then God said, 'Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.'

As Christians we believe that God has made us to be good stewards of our world, to tend and care for it, to hold it for the time when the next generation can take over the stewardship of it. Not to exploit it and ruin it! This may not always be easy to do, but we must try our best, and at times we may get it wrong but we must not give up.

What many Churches are now doing is becoming Eco Churches. Eco Church is a scheme run by A Rocha which guides churches in England and Wales towards expressing care for creation in five areas:

- Worship and teaching**
- Management of church buildings**
- Management of church land**
- Community and global engagement**
- Lifestyle**

Churches look at each of the 5 areas and see as a church how they can be better stewards of God's creation. Churches can be awarded Bronze, Silver & Gold awards to show how they are doing. It looks like Stowmarket URC is going to be awarded the Silver, well done to them.

But it is also about encouraging individuals to play their part, caring for the creation of God, we can do this by recycling, having a wild area in our gardens, thinking about what impact things make on our environment, and if we can make our homes more fuel efficient. Of course, we may not be able to do it all, but whatever we do it will make an impact to benefit the world and Others.

Keep being good stewards of God's World.

Robert

URC Services

Sunday 2nd July	Rev Richard Edwards (2nd of a 4 part series)	10:45 am
Sunday 9th July	Rev. Robert Sheard	10:45 am
Sunday 16th July	Mr Graham Catling	10:45 am
Sunday 23rd July	Mr Kevin Moore	10:45 am
Sunday 30th July	Mr Jonny Huggins	10:45 am

All services followed by refreshments and chat

**Friends & Neighbours Thursday 6th July, 2:00 pm
With Chrissy**

Coffee morning every Tuesday 10-11:30

Sunday 30th Cakes and Choruses 3:00pm

URC Points of Contact

Minister	Rev Robert Sheard	01449 678173
Secretary	Mr Laurence Kelway	01728 860473
Treasurer	Mr David Oldfield	01728 768775
Social Secretary	Jean Rodwell	01728 861065

Highways: Members welcomed a Suffolk County Council Highways representative, who gave a presentation on the workings of Highways maintenance criteria, their decision-making process, the reporting tool, and dwindling budgets. Members had the opportunity to express their disappointment on how some local issues were handled, i.e. the repair to the oak rail on the High Street has been outstanding for over 12 months, the resurfacing of the road in front of the Primary School had been awaiting instruction for over eight years, potholes took a long time to be repaired, and even then the repair was only temporary. There was an extensive list of white lines which needed to be repainted and footways requiring improvement. It was hoped that some of the outstanding work would be completed, with a new contractor appointed from October 1st and some additional government funding received.

Play and Youth Provision: Cllrs J Sweet and F Winrow-Giffin presented the findings of a recent survey, which confirmed that there is considerable room for improvement (as previously identified in the Neighbourhood Plan Play Strategy). Some of the items on the “wish list” included multi-fitness equipment, a zip wire, a BMX track, and even picnic tables. Work on this project continues.

Allotments: Over the past three years, the Parish Council has managed the allotments in a way that has been mindful of the many issues faced by tenants during the covid period. Members appreciated that for some, things became difficult, either because they were key workers, had caring responsibilities, or had fallen ill. However, the point had come when tenants were expected to manage their plots effectively and in line with the allotment rules or risk having their tenancy terminated (unless there were mitigating circumstances).

A second site inspection carried out earlier this month identified that there are still several plots which fall well below the level of acceptable good husbandry, with some being totally neglected. The respective tenants will be contacted and informed of the Parish Council’s decision with regard to the plots in due course.

It should be noted that the allotments, which are excellent value for money, should be self-financing. It is also important to remember that if a tenant allows their weeds to overgrow and set seed, their boundaries to become untidy, or their waste to attract pests, they are affecting neighbouring tenants, which is unfair and unacceptable.

If you have a large plot and find it unmanageable, we can split it and re-allocate a portion to someone else.

The Allotment Rules are currently being reviewed, and the final document is expected to be approved at our next meeting.

If you are interested in having an allotment, please send your details to the Clerk so you can be registered on our waiting list.

Our next meeting will take place on July 17th, 2023, at 7:30 pm, at Dove Cottage.

DEBENHAM PARISH COUNCIL-

Mrs Dina Bedwell, Parish Clerk and Responsible Financial Officer

Tel. no: 01473 787861 / Mobile: 07423 184529 (please leave a voicemail if unavailable)

Email: Parish.Clerk@debenhamparishcouncil.org

Office hours: Mondays, Tuesdays and Fridays, 9.30 am to 3.30 pm

Please see page 53 for Home Insulation information.



JD Tree Services

& COUNTRYSIDE MANAGEMENT LTD

- Tree removal, felling or reduction
- Site clearance
- Stump grinding
- Waste removal
- Hedge cutting
- Chipping

Professionally trained, fully insured,
friendly service
Call today for a free no obligation quote

City &
Guilds
NPTC
Qualified

tel: 01379 671285/07736 311782

email: info@jdtrees.co.uk

web: jdtrees.co.uk

Cheekatrade

Expert Foot Health Care

If you suffer from or need treatment for any of the following conditions, we're here to help:

Nail cutting, Hard skin, Corns, Thick nails, Athlete's foot, Diabetic care and much more.

Friendly professional service in the comfort of your own home.

Contact Keith:
07421 743191

(Dip FH, MCFHP, MAFHP)



A brand new dog grooming parlour has now opened called 'Handsome Hounds'

We are situated next to St Nicholas Church in Bedfield. We offer a complete grooming service for all dog breeds of all sizes and are open Monday to Friday from 8am to 5pm.

Please call Kay on 07765 443997 for more details

Email suffolkhandsomehounds@gmail.com or just pop in to see us to collect a price list

HALF PRICE HOME INSULATION



The Debenham Parish Council has partnered with the Suffolk Climate Change Partnership (SCCP) to be able to offer half price insulation materials to residents of Debenham.

The scheme is open to households with an annual income between £31,000 and £45,000 per annum and offers each household up to £150 of insulation materials. If you purchase £300 of insulation material, you need to pay £150, and the remainder is funded by the SCCP. Households with an income of less than £31,000 can apply for installed insulation etc from warmhomessuffolk.org or 03456 037 686.

If you want to spend more, you can, but the SCCP will only fund up to £150 towards the total. So, if you spend £400 in total you would need to contribute £250 and SCCP would pay £150 (max).

Materials that can be purchased are:

- ◇ Loft insulation (various thicknesses)
- ◇ draught excluder
- ◇ thermal window film
- ◇ letter box covers
- ◇ chimney/loft hatch pillows and radiator reflector panels.
- ◇ LED lightbulbs can be added to a larger (insulation) order.

To participate (it will be on a first come first served basis) please use the below contact details: (you will then be sent an official order form to complete)

Email richard.blackwell99@outlook.com You will be sent a disclaimer form to sign that confirms your household income is between £31k and £45k per annum. You will also be sent details of where to order and pay (your share only). The materials will be delivered to your home address, unless you opt to collect them yourself.

Debenham has been allocated £7,000 for this scheme. Once it is spent the scheme will close. Please note the Parish Council cannot arrange for the installation of the materials once purchased. This is the responsibility of the householder.

David Friend Heating Services

Oil – Gas – LPG – Renewables Service – Repair – Installation

Tel 01394 411839 07786 971425

- 
- Boiler Servicing Oil, Gas & LPG
 - Boiler Repairs
 - Landlord Safety Certificates
 - System Upgrades
 - Boiler Replacements
 - Complete Heating Systems
 - Oil Tank Installations
 - Power Flushing
 - Plumbing



Registered Business






VISSMANN 10 year warranty on all Viessmann Gas Boilers
 5 year warranty on all Grant Oil Boilers
 10 year warranty on all Grant VortexBlue Oil Boilers



Making your vision a reality

Create your dream home with a partner that can deliver a truly customer-led bespoke service.

 www.baldwinhomeimprovements.co.uk
 info@baldwinhomeimprovements.co.uk
 07939 832 459



SCAN ME

Windows | Doors | Conservatories | Facia & Soffits | Cladding

**Events at Suffolk Wildlife Trust, Redgrave and Lopham Fen, nr
Bressingham, IP22 2HX**

July 2023

Guided walk

Saturday 8 July, 10.30am-12.30pm
£5

Weekend Wildlife Club

Saturday 8 July, 10.30am-12.15pm, £5
Monthly club with wildlife-themed activities for 6-11 year olds

Young Naturalists

Saturday 8 July, 1.30pm-3.30pm, £5
Monthly session for 11-16 year olds to explore, investigate
and learn about the wildlife and habitats of the Fen

Needle felted sleeping mouse workshop

Saturday 15 July, 10am-1pm
£32, including materials

Holiday Club

Thursday 27 July, 9am-3.30pm
For unaccompanied 6-11 year olds
Wild play, games, activities and crafts
£25 each, including a healthy, vegetarian lunch
Funded places available for Norfolk children receiving free school meals –
please check the website

Booking essential for all activities unless otherwise stated.

**For further details and to book, visit
suffolkwildlifetrust.org or call 01473 890089**



**Benefice Church Services
July**

2nd July	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
9th July	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Helmingham Communion /MP	
		Pettaugh	Holy Communion
	6.30pm	Winston	Evening Prayer
16th July	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Framsden	Holy Communion
Kenton		Morning Prayer	
23rd July	11.00am	Debenham	
		Rev Tracey's Farewell Service	
	12.00noon	Bring and share lunch	
30th July	10.00am	Winston	Benefice Service



THE BENEFICE OF
DEBENHAM & HELMINGHAM



Ministry Team

Rector Revd Susan Taylor revsusantaylor@icloud.com **01728 860222**

Curate Revd Tracey James traceyjamescurate@gmail.com **01728 861656**

Readers Veda Berriman r.berriman111@btinternet.com **01728 861363**

Mark Trevitt mail@wheelertrevitt.co.uk **01473 890568**

Churchwardens

Debenham Sheila Blackwell sheila.blackwell@icloud.com 01728 861815

Betty Connors bettyconnors@outlook.com 01728 860513

Helmingham Mark Trevitt mail@wheelertrevitt.co.uk 01473 890568

Aspall Andrew Ward 01728 860343

Framsden Christine Schofield christine@cpwpost.com 01728 684076

Kenton Vic Woodgate vicwoodgate@winterbrook.co.uk 01728 861118

Pettaugh Sheila Janson s.janson@btinternet.com 01473 890883

Winston Brian Branch cmcbranch@btinternet.com 01728 861004



DOVE COTTAGE
Available for hire

Meetings, clubs, lunches, parties,
Christening and funeral teas.
Fully equipped kitchen. Wi-fi.

For further information please
contact Ray Watts - 01728 860255

Debenham Parish Magazine reflection Tracey James July 2023



“For I know the plans I have for you, declares the Lord, plans to give you hope and a future” (Jeremiah 29:11)

This verse is found in the bible – in the book of Jeremiah. The bible is made up of 66 books and each book of the bible (for example the book of Genesis or Jeremiah or Matthew’s gospel) together make the whole, the bible, the holy scriptures for Christians.

So it is with our lives isn’t it – there are many chapters, many changes, perhaps many different books when we look back – perhaps our childhood would be one book, adolescence another, perhaps when we got married or had children another book began. How ever it is that you view your life when you look back – as one continuous story, as several books or chapters, perhaps as a trilogy of epic proportions, for me something is certain – I can clearly see God with me throughout all of the joy and all of the difficult times. God with me in all those times of change and the bible quote above has become a very important reminder for me that God wants the best for me. In fact, I had it embroidered on my ordination stole – the ‘scarf’ that I wore when I was ordained to the priesthood and that I now wear for weddings, baptisms and at Easter and Christmas. There is now a chapter in my life book called Debenham and as I look back over the last 3 years here in Debenham I have learnt so much and received so much kindness from the community. The things that jump out at me as I reflect on the last three years include the Harvest festival we held in the Helmingham Hall Gardens during the Covid restrictions, the sheep at the crib service – one of whom I named Baaabaaara and she joined in with the hymns at just the right moment, our stand and service at Debfest, the walk around the whole benefice that Susan and I did on one Good Friday, the joy of baptisms and weddings and the privilege of journeying with some of you through grief.

I am moving to Needham Market to be Rector of Needham Market with Badley and am looking forward to this new opportunity and new challenge but at the same time I am sad to be leaving this wonderful place - where I first presided at Holy Communion, where you allowed me to grow into the priest I am today. I will be forever grateful and I know I will look through the Debenham Chapter many times over my life time, with much love.

Thank you for being such an important part of my faith journey and allowing me to live out the call God has placed on my life to serve him and his people wherever I might be.

Bye bye for now! Tracey.

DEBENHAM PAROCHIAL CHURCH COUNCIL



Please consider giving to your local church on a regular basis.

One interesting way of being able to give to the church, either on a regular or one off basis, is to use the Parish Giving Scheme which is available on-line and is very easy to use.

The system is very secure and enables you to set up a regular (monthly / quarterly / annual) donation to Debenham church and is covered by the direct debit guarantee. If you are a UK tax-payer, then Gift Aid can be set up to automatically be added to your donation.

The website is found at: www.parishgiving.org.uk (or use below QR code)

Once you have found the web page, simply follow the below steps to donate:

Find Your Parish

Enter postcode

Enter Parish

Search

Donate

Give Now



If this is your first visit to the site, you will need to register (a simple process) first.

The 'Parish Code' that is required is: **330633441**

Once registered, you can log in and complete the donation form on-line. You will get an email to confirm the details you have set up to make a regular donation.

Please consider this simple way of giving to St. Mary's, Debenham and ensuring that it can continue delivering the support and wellbeing to our wonderful community. Thank you.

Debenham Veterinary Practice



1 Cherry Tree Lane
Debenham
Stowmarket
IP14 6QT

debenhamvets@gmail.com

debenhamvets.co.uk

Locally owned and run by
Veterinary Surgeon Peter Wilson

On site 24 hour emergency service

Same vets for continuity of care

State of the art facilities

Digital x-ray and ultrasound

Ample parking on site

01728 861289

- ◇ 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



Marsh Accountancy

For all your Personal & Business accounting needs

- Self Assessment & Personal Tax •
 - Book-keeping •
- Accounts Preparation •
 - PAYE • Payroll •
 - VAT • CIS •

Telephone Debenham (01728) 860727