

# DEBENHAM PARISH MAGAZINE

75p

August 2023



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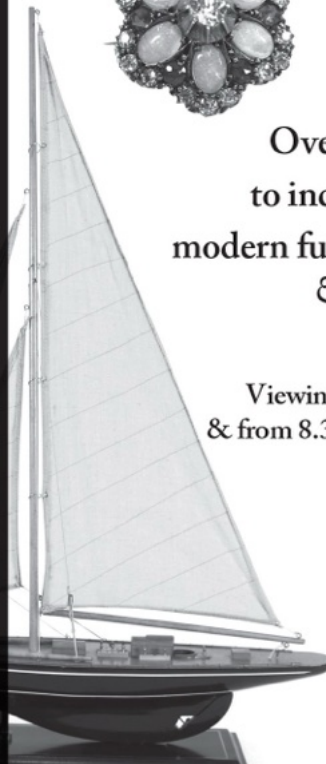


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## FROM THE EDITOR

The Hollyhocks are looking stunning around the village again this year. I don't seem to have much luck with them but the display outside Oak House looks particularly lovely, and along with the other flowers and colourful painted houses Chancery Lane looks amazing. We also seem to have lost our touch with the swifts; after 21 summers this is the first that we have none nesting in our roof. That might be because, sadly, there are fewer about or because they have been enticed by the boxes at the Church (see p.23).

Two retirements have come to my attention this month as the schools close for the Summer: Mr Yaroslaw is leaving the High School and Mrs Simpson is leaving the Primary School. I hope they thoroughly enjoy their free time.

I was asked to run an article on 'The Middy' after the volunteers who run the facilities there surveyed local people and found many knew very little about this historic gem on our doorstep. So, the centre of this month's magazine is their brochure. I was told that they 'could go into great lengths about its history starting in 1902 and its closure in 1952 and the restoration that commenced over 30 years ago.', but decided the brochure represented what they do best. Please also note that their bar and cafe are open on a Friday evening from 6pm to 10pm

Also in colour, popped in just beneath 'The Middy' is Chris from the URC. Congratulations Chris on your fund-raising!

I can't remember which Liverpool bus my Dad used to quote when he was pondering how you don't experience something for ages and then everything comes at once. Well, editing the magazine this month made me think of that: there were very few 'buses' in July, but plenty in August. So after enlarging and filling out last month, I have been shrinking and squeezing this month, which I have to say is preferable!

Have a lovely August!

*Jan*

### **DEBENHAM PARISH MAGAZINE**

#### **Editor & Business Advertising:**

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

Please send copy to: [debenhammagazine@btinternet.com](mailto:debenhammagazine@btinternet.com)

#### **Business Advertising:** Richard Blackwell

Tel 01728 861815 or email: [richard.blackwell99@outlook.com](mailto:richard.blackwell99@outlook.com)

**Distribution & Subscription Coordinator:** Joy Walton Tel.01728 860007

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**DEADLINE for the September Magazine**  
**Tuesday 22nd August 2023**  
**(Tuesday 15th August for Business Advertising)**

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# Debenham Shed

On 14th June eleven Beaver Scouts did craft activities at the Shed, making things out of wood (see photo right).



Last month we visited the Needham Lake car boot sale to sell some donated and restored or upcycled furniture. We raised £290 for our funds and retrieved some storage space. See Facebook Marketplace for other goods for sale.



Come to our craft days! Our next is Saturday 12 August from 10am to 2pm, the activity to be announced. 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: Rob Davies 07952 556152 Treasurer: Tony Hutt 07906 614328. Visit our website at [www.debenhamshed.org.uk](http://www.debenhamshed.org.uk) (sign up to newsletters on the Contact page) Email [info@debenhamshed.org.uk](mailto:info@debenhamshed.org.uk) . Like our Facebook page at [www.facebook.com/DebenhamShed](https://www.facebook.com/DebenhamShed).



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



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Mid Suffolk Healing Rooms

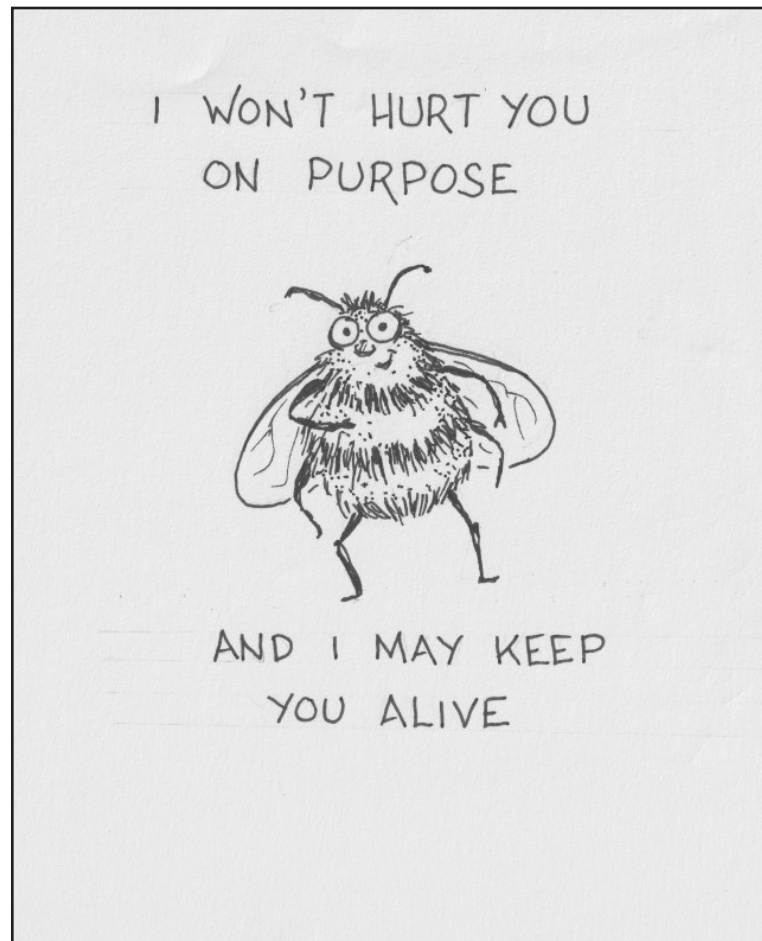


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**Mid Suffolk Healing Rooms in Debenham**  
The Healing Rooms meetings will be held on the  
3rd Sunday of each month at URC, Chancery Lane,  
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between those hours).

Contact Sarah Lander  
07934 984657

Lofty and Dave by Min Marshall



**Thank you to everyone who bought plants and rhubarb from the stall on Cross Green. We have raised £140, which has been paid to the Waveney Food Bank.**

**Lucy Robbins**



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

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## Forge Community Church

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

### If I could tell you just one thing.... August 2023

If you walk in the hills and mountains of our national parks, you'll come across small piles of rocks (cairns) that walkers have created to help mark the way. We all benefit from those cairns when clouds descend, and the path becomes unclear. Even on sunny days, they provide reassurance, while more distant ones hint at different paths still to explore. There are times in life when a few words of advice or a nugget of wisdom can act as a cairn in life – a wise sentence or two that gets your life back on course when you've been lost in a fog and just can't see clearly or objectively. So in this summer series, we invite four speakers to share their best advice. Given all that they've experienced, given all that they now know and given all that they've learned so far, what one thing will they want to pass on?



Online at [www.live.forgechurch.com](http://www.live.forgechurch.com) @4pm or on catch up [www.youtube.com/@forgekids5376](http://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) NOT MEETING IN AUGUST.

NB: Kids' Material is also online at [www.youtube.com/@forgekids5376](http://www.youtube.com/@forgekids5376)

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### ASPALL STRAWBERRY TEA-SUNDAY 25TH JUNE

Sincere thanks to Barry, Dale and Edward Chevallier Guild for kindly hosting the Aspall Strawberry Tea in their lovely walled garden at Aspall Hall.

Thanks also to the numerous people who generously donated plants, bric-a-brac and cakes and helped erecting gazebos and organising stalls. We were blessed with a glorious, sunny day and a splendid display of Morgan cars.

The marvellous sum of £1,350 was raised for Aspall Church funds.



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**Debenham History Society - Lecture  
Season 2023/2024 (more dates to follow)**



**Tuesday 5<sup>th</sup> September 2023**

**Catherine the Great and Smallpox Inoculation**

Lucy Ward tells the true story of how Catherine the Great spearheaded a ground breaking public health campaign and the involvement of a Suffolk doctor, Daniel Sutton from Kenton, who pioneered smallpox vaccinations.

**Tuesday 3rd October 2023**

**'By the moonlight I must go to my book': Schools and Education in Medieval Suffolk**

Dr Kate Jewell details the schooling available in medieval Suffolk and those who were able to benefit from it.

**Tuesday 7th November 2023**

**The Debenham Dig**

The annual Knowland Memorial Lecture, presented by Len Middleton from the Cambridge Archaeological Unit presents the final results of the archaeological dig carried out in the village in 2022. The talk details the approach, the technology used and the artefacts found and what these tell us of earlier life on this site. **This session is free to all but ticketed. Please contact [debenhamhistorysociety@hotmail.com](mailto:debenhamhistorysociety@hotmail.com) for details.**

**Tuesday 5th December 2023**

**The History of Longbows and Arrows**

Professional bow maker, Willy Rackham, details the history of longbows and arrows. A selection of bows and arrows will be on display to support this talk.

**Tuesday 9th January 2024**

**The Great Thorpe Railway Disaster 1874: Heroes, Victims, Survivors**

Phyllida Scrivens provides a unique account of the events that led to head-on collision between two Victorian steam trains outside of Norwich and explores the personalities and lives involved, including the 27 victims.

**Tuesday 6th February 2024**

**Voices from the Workhouse – Memories of a Suffolk Workhouse**

Janette Robinson's talk is based on the memoirs written by a lady in her 90s, on growing up in the Wickham Market Workhouse. The talk looks at this family during their time in the workhouse and after leaving.

**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

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## Local Film Clubs



### Stonham Aspal Cinema

Stonham Aspal Cinema will be showing films on Wednesday 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](mailto:elizabethtydeman@gmail.com) if you would like to be on the cinema mailing list.

### Brandeston Film Club News (in Brandeston Village Hall)

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](mailto:rm305ster@gmail.com) or phone her on the number below.

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

### Framlingham

Film@Fram is now based in the new Castle Community Rooms, and the next film is *Lunana: a Yak in the Classroom* (2019, subtitled) PG on Wednesday 9th August. Doors open 7pm, film starts 7.30pm. Entrance is £6 for visitors—cash or cheque please. There is no need to book. Members pay £10 p.a. and £4 per film.



Here's some more information about the film:

*When a daydreaming but discontented young teacher is posted to Lunana, a remote village high in the Himalayan mountains, he is disheartened to find a simple, yak herding community lacking basic amenities such as electricity or even a blackboard in its school classroom. But the enthusiasm of his young students and the unassuming warmth of the village folk buoy his spirits and he must decide whether to return to the city before the gruelling winter sets in or remain in this strange and captivating land.*

Director: Pawo Choyning Dorji, with Sherab Dorji, Pem Zam. Runtime: 110 mins.

Language: Bhuntese with English Subtitles. Watch the trailer at on YouTube.

*Why watch this film?* It's an enchanting story and the photography is stunning.

Facebook [www.facebook.com/filmatfram](https://www.facebook.com/filmatfram) Instagram [www.instagram.com/filmatfram](https://www.instagram.com/filmatfram)

Website is <https://mycommunitycinema.org.uk/cinemas/filmfram>

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Suitable for children aged 4+ years, all children must be  
accompanied by an adult. This is a free event but booking is  
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*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](http://www.suffolklibraries.co.uk/visit/locations-and-times/debenham-library)

Facebook: DebenhamLibraryAndFriends  
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## OUR SWIFTS, BONNIE AND CLYDE

Hello, I'm Bonnie and this is my partner Clyde. We are 2 year old Swifts who are looking to move into this nest box next year and hopefully raise a couple of young.



*Bonnie & Clyde*



*Bonnie / Clyde??*

We like the look of this nest box so hope to be back next year so you can see us again. Next year we should be old enough to have our own young which you will be able to see us feeding until they are big and strong enough to 'fledge' and take their first flight. They will then spend the next two years on the wing and not land again until they search out a nest box – the same as we have this year.

Thank you for taking an interest in us and providing these nest boxes on the village church. We will encourage other Swifts to nest in them so you will have more to look at next year.

Hope to see you next year, Bonnie & Clyde.

### Silver Swans comes to Debenham

A weekly ballet class for adults is now taking place at the Debenham Leisure Centre on Wednesday afternoons from 2pm to 3pm. Silver Swans ballet classes are specifically designed to teach ballet to over-55's but all ages are welcome. These open, fun and accessible classes help improve mobility, posture, co-ordination and energy levels.

Suitable for all levels and all ages, it doesn't matter if you're an experienced dancer, have dabbled a bit over the years, or a complete novice as no experience is necessary.

Silver Swan classes are taught all over the world. Though, until recently, very few were running in Suffolk. So, it's a privilege to welcome Silver Swans to Debenham. The classes are taught by Silver Swans Licensee Lily Turner Smith, who is a registered ballet teacher with the Royal Academy of Dance.

So, if you're looking to unleash your inner Darcy Bussell, or just enjoy a fun class set to classical ballet music, why not give it a go!

For more information visit [www.ltsschoolofdance.co.uk](http://www.ltsschoolofdance.co.uk) or send an email to [ltsschoolofdance23@gmail.com](mailto:ltsschoolofdance23@gmail.com)





## **Sporting Success**

### **Sport's Day 21<sup>st</sup> Wednesday 2023**

The sun came out to stay on the longest day of the year so we could celebrate another whole school sports day. The event is always well supported by the community, and large crowds gathered to support all competitors. The true Olympic values of respect, friendship and excellence were on full display from everyone involved.



Mr Yaroslaw, on his last sports day with us before he retires, read the Olympic oath on behalf of the staff before the event began; one of the House Captains, Rocco Godutti read the one for the Competitors.

Five School records were broken in track and field events. In the field events, Ariene Few threw 29.73 metres in the Junior Girl's Rounder Ball Throw. The other four records were on the track. Ashley Lloyd broke the 400 metre boys race in a time of 1.02 minutes; Aidan Wright broke three records – two individually in the 100 metres and 400 metres and another as part of the Year 9 three by 100 metre relay. Aidan ran 100 metres in 11.19 seconds; 400 metres in 1.02 minutes. The relay was completed in 39.69 seconds.

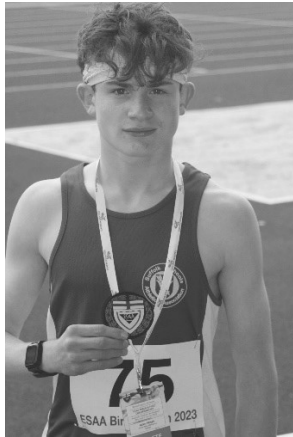
Overall the track and field events were all keenly contested. Rightly so we celebrate the record breakers and winners but we were equally delighted with the amount of competitors who simply took part. The event was a magnificent example of how well Debenham students can perform and support each other.

Our Year 10 Sports captains were outstanding and managed their teams so well, running with some students who were struggling over the longer distances and cheering on all their peers.

While everyone was a winner on the day, the House Competition was hotly contested. This year Nelson were the overall winners with 2112 points; Da Vinci were a close second with 2049 points.

**Nelson House Captains :**

**Sophie Daynes; Freddie Foyster;  
Megan Langley; George West**



**Taking It Further....**

**School Records to Medal Success at English  
Schools Championships**

Aidan's success continued outside of school where he came second in the English Schools 300 metre race in Birmingham on 1st July.

**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](mailto:carosyv@hotmail.com)

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



**Explore Kerala with Helen Bateman Travel**

24th November to 5th December 2023 | 11 days | Half Board | £2725 inc. flights from Gatwick | Hosted by Helen | Activities included

- Visit the port city of **Kochi**, we'll take a tour and explore the city
- Go in search of wildlife in **Periyar National Park**, walking & nature
- Kick back, relax at **Marari beach** with cooking class & wellness centre
- Cruise the **Keralan backwaters**

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Would you like to work locally to fit around you and what you do? Then come and join our team in Debenham - we are recruiting now for relief support workers and we would love to hear from you

01284 748874  
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<https://jobs.mencap.org.uk/Recancies/2853/relief-support-workers-debenham.html>

SCAN ME

**mencap**



Coming up - BINGO  
Friday 29th September



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



SUFFOLK  
Community  
Foundation

Debenham  
SPORTS & LEISURE



Call to book  
onto the Quiz night -  
Friday 11th August

## ASM KIDS Camp!

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

£17.00 per day



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.



Tuesdays,  
Wednesdays & Thursdays

1st - 31st August 2023

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



Steve  
Knightley



Saturday 2nd September at 19:30  
in the community centre

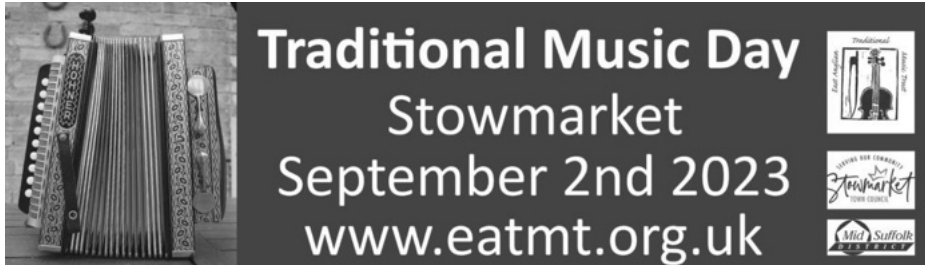
*Save the Dates*



## Upcoming Events in August 2023

Tues 1st - Thurs 31st - ASM Kids Camp

Fri 11th - Quiz 19:30



On 2<sup>nd</sup> September we will be bringing East Anglian Traditional Music and Entertainment to the centre of Stowmarket. Expect Concerts, Workshops, Music Sessions, Talks, Exhibitions, Storytelling, Puppet shows, Music related stalls and Step Dance. Morris Dancers will be setting the town ablaze along and around the High Street.

There is a choice of 18 ticketed events. Tickets are on sale on EATMT website or from The John Peel Centre.

On Friday 1<sup>st</sup> September our first ticketed event is a ceilidh to the music of the Hosepipe Band in the John Peel Centre.

We are also offering Free Events. Throughout the day there will be opportunities to sing, play in music sessions, or just listen to local musicians. You may wish to “have a go” step dancing, working jig dolls, maybe even join in with the odd Morris dance, or take the chance to relax and enjoy watching and soaking up the atmosphere.

A full programme can be found on our website [www.eatmt.org.uk](http://www.eatmt.org.uk)

We are a registered charity. [info@eatmt.org.uk](mailto:info@eatmt.org.uk) – 07495 054669

Alex Bartholomew

### Steve Knightley

This is something of a big event! Steve has been part of the multi-award winning folk/roots duo ‘Show of Hands’ since its formation nearly 30 years ago. They have built up a huge following and have filled the Royal Albert Hall on 6 occasions.

Steve also likes touring solo in smaller venues, so we’re delighted to welcome him to Debenham for the very first time. Get your tickets early!

In a brand new one man show Steve will perform material that surfaced over two years of isolation and inactivity. Songs such as the ‘Bristol Slaver’ and ‘You’ll Get By’ were refreshed by headlines and current affairs whilst classic covers such as ‘Forever Young’ and ‘The Boys of Summer’ struck a chord with the thousands that tuned in to his hours of online content. Insights, anecdotes and a bunch of new songs will attempt to chronicle and draw a line under an extra episode in all our lives.

# Steve Knightley

'Unlock Me & Other Lockdown Laments'



£20  
per ticket

Saturday 2nd September

19:30 @ Debenham Community Centre

To book call 01728 861101 or visit  
[www.debenhamsportsandleisure.co.uk/music](http://www.debenhamsportsandleisure.co.uk/music)

## The Debenham Lion News

We are so pleased that after over a year of planning, works have now started to restore The Lion. Scaffolding went up a few weeks ago and some extremely careful stripping out of the interior has begun. The team from our aptly named building company Deben Construction have removed the bar, saving as much as possible to be reused, and begun the process of scratching away at the walls to see what lurks beneath. We hope that the scaffolding will not be in place for too long so do bear with us while we decide on the all important paint colour for the facade!



I was delighted to meet Chris and Pauline King earlier this month who met and married in the Lion when his parents Brian and Moyra were landlords in the early 1980s. They have kindly given me a wonderful cache of photos and documents which I look forward to sharing with our readers. Here is Brian in the saloon bar.



### The Coronation

What a huge treat to see so many revellers on 6th May. It was a fantastic success after a lot of hard work from Kate Scott and the rest of the Debenham Green Team. It was a really special day and wonderful to have the involvement of so many of us on the High Street and to see so many familiar faces. Thank you all for your support and we promise that next time we open, we won't run out of beer!



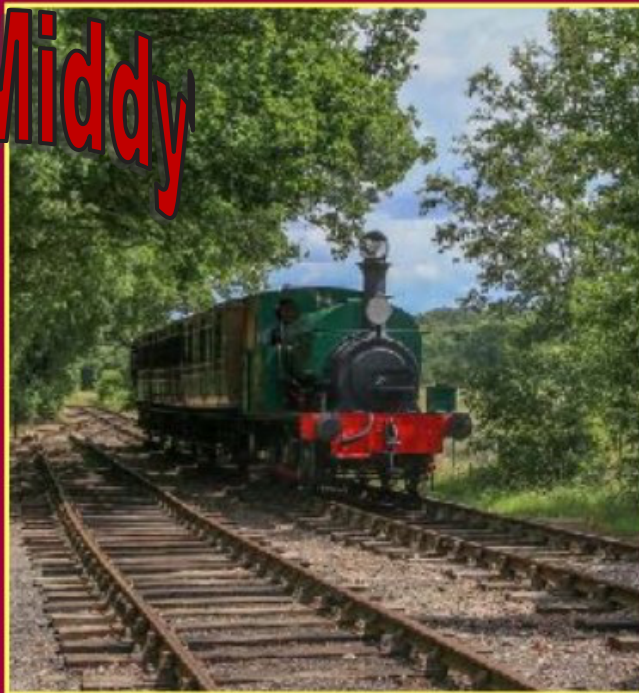


## MID-SUFFOLK LIGHT RAILWAY 2023

*Suffolk's only standard gauge heritage railway*

[www.mslr.org.uk](http://www.mslr.org.uk)

The 'Middy'



Brockford Station, Wetheringsett,  
Suffolk, IP14 5PW  
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Email: [enquiries@mslr.org.uk](mailto:enquiries@mslr.org.uk)



[www.facebook.com/  
midsuffolklightrailway](http://www.facebook.com/midsuffolklightrailway)



[@middyrailway](https://twitter.com/middyrailway)



## Vintage steam trains until 3rd September

### Motive Power for 2023

Three steam locos are based at Brockford, the 1906 Belgian Cockerill steam tram 0-4-0WT no. 2525, Hudswell Clarke 0-6-0ST no. 1700 'Wissington' and LNER Y7 no. 985, although currently undergoing boiler restoration at the North Norfolk Railway.

There are also two operational diesels, Heritage Railway Association award winning Fowler 0-4-0, 'Shreddie', and our own 1951 Ruston & Hornsby 165DS 0-4-0 'Alston'.



### A fascinating visit for

The Mid Suffolk Light Railway, the line was affectionately known as the standard gauge heritage preserve.

You can enjoy steam train rides on the Eastern Railway 4-wheel coal wagons. More of our resident steam locomotives experience the atmosphere of the community up to 100 years ago.

At Brockford the MSLR style with original buildings, passenger vehicles. Facilities include a cafe, souvenir shop, real ale bar, Workshop and Heritage Lotti shed. We carry out all but the and repairs ourselves.

We run steam trains every Sunday stage several special weekends 'Middy in the 1940s' and, this Steam Gala' plus, of course, 5



## September - see programme for details

### Fun for all the family

The railway or the 'Middy', as it is commonly known, is Suffolk's only preserved railway.

Enjoy rides in genuine Great Eastern coaches hauled by one or more steam locomotives and experience a rural railway in its original setting.

The railway style has been recreated to provide a passenger and goods service. The Railway Museum, cafe, ale bar, Carriage & Wagon and Lottery funded restoration of the heaviest maintenance

every summer Sunday and weekend events including, this year, 'the Coronation Special', Santa Specials.



### Help us run and extend 'The Middy'

Help us by joining the MSLR. You will find a membership form to download on our web site [www.mslr.org.uk](http://www.mslr.org.uk)

We are restoring our own locomotive, Hudswell Clarke no. 1604. To help bring 1604 back to life visit the **Middy Appeal** page of the web site.

Our track extension is now complete. Next steps: funding and creating the 'destination' at Aspell Halt. Visit the **Aspell Halt Extension** page of the web site for more information.

### Help us by Volunteering:

The day to day running of the Middy means we need practical help in all sorts of areas - not just operational. If you would like to become a volunteer, you would be very welcome. Email: [volunteering@mslr.org.uk](mailto:volunteering@mslr.org.uk)

[volunteering@mslr.org.uk](mailto:volunteering@mslr.org.uk)





### Keep up with the Middy News at [www.mslr.org.uk](http://www.mslr.org.uk)

We aim to keep our Museum and railway 'fresh' for visitors with regular additions like the award winning Shredded Wheat shunter or the replica MSLR No.2 Brake Van.

**The 'Middy' Steam Driver Experience:** The thrill of driving a full size steam locomotive supervised by our expert crew. You prepare, fire and drive one of our locos. Or you could choose our **Diesel Driver Experience.** For more information and dates of our exclusive driving days see our website, [www.mslr.org.uk](http://www.mslr.org.uk) or call 01449 766874.

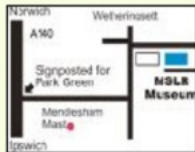
**How to Find Us**  
We are just off the A140 Ipswich (14 miles) to Norwich (28 miles) Road. Look for the Mendlesham TV mast and follow the brown signs.

**Parking:** usually in the field adjacent to the station. Disabled parking is available in the station perimeter with level access to Museum buildings and trains.

**Wheelchairs access:** Wheelchairs can normally be carried on trains. A station wheelchair is available, although some parts of the site are not accessible for wheelchairs.

**Group visits:** May be arranged during the season. Email: [events@mslr.org.uk](mailto:events@mslr.org.uk) or call 01449 766874.

Mid-Suffolk Light Railway Co. (Company limited by guarantee)  
Registered in England No. 03244631. Registered Charity No. 1063635



### 2023 Events Programme

- 9th & 10th April - Easter Steam Up
- 30th April - Bank Holiday Sunday Steam Up
- 7th & 8th May - Coronation Steam Up
- 28th & 29th May - Middy in the 1940s
- 4th June - Steam Railway Day
- 11th June - Steam Railway Day
- 18th June - Steam Railway & Ex Military Land Rover Association Day
- 25th June - Steam Railway & East Anglian Practical Classics Day
- 2nd July - Steam Railway & Land Rover Day
- 9th July - Steam Railway Day
- 16th July - Steam Railway & BMW Motor Cycle Day
- 23rd July - Steam Railway & Norfolk & Suffolk Narrow Gauge Modellers Day
- 30th July - Steam Railway Day
- 6th August - Steam Railway & Vintage Bus Day
- 13th August - Steam Railway & Steam Punk Day
- 20th August - Steam Railway Day
- 27th & 28th August - Model Mania & Hornby Collectors Club Day
- 3rd September - End of Season Steam Up
- 26th November - Steam railway & Vintage & Bygones Fair & Exhibition
- 2nd, 3rd, 9th, 10th, 16th & 17th December  
Santa Specials
- 1st January - New Year's Steam Up & Historic Lighting Exhibition

**Opening Times 10.30a.m - 4.30p.m**

**Prices: Adult £12.00, Child (under 16) £6.00, Concessions (over 65) £10.00, Family (2+2) £30.00. Except special events Middy in the 1940s and Santa Specials, which are separately priced - see website for details.**

*Details correct at the time of going to press. All services will be steam operated subject to availability.*

### What a Hair Raiser!

**Colourful Chris dyed his hair and through generous sponsors raised over £3,500 for the URC Building Project.**

**Thank you Chris and all those who generously supported you!**



## The Bear necessities

It was gone four, with heavy snow. I Made for the cabin. I kept very low.  
Me and my dog, sat by the fire. Both had a hard day. Now we're tired.  
Bacon and beans tasted good in the warmth.  
My dog, curled by my feet like she understood.  
Darkness had arrived some time ago. Yet there was still light because of the snow.  
The dishes could wait. The warmth captured me.  
My dog now sat patiently by my left knee.  
The candles were failing, the light just a glow. Not that I minded.  
It would be light when I rose.  
I fondled my dog and felt her wet nose.  
Nice thoughts now entered my mind. Just five steps to my bed.  
I would leave everything behind.  
As I was making the effort to go. "Old Faithful" stood rigid, then howled at the snow.  
Dogs have a gift. Of sensing things early. Like danger or excitement.  
To ignore it is madness. In the dim cabin, I looked to the yard.  
At first, there was nothing. Then I was alarmed.  
Standing some seven feet high, not too far from the door.  
Stood the Giant of a bear, that I ever saw.  
"Old Betsy" tucked close, heavy with shot, I quietly opened the door. Not letting, "Old Faithful" escape.  
This bear just stood, with his shoulders real low. His back to the blizzard, covered in snow.  
No good asking, what I did next!  
Just a gut feeling this was no direct threat.  
Crossing the yard."Old Betsy" held tight. I kept M r. Bear clearly in sight .  
Opening the barn door of the hay stored inside. I propped open the door and stepped aside.  
Returned to the cabin, safe and sound. I watched from the window the bear in the foreground.  
It hesitated for a moment or two. Then shuffled to the barn and disappeared from view.  
Within a few minutes. There was no trace of the bear. Where it had been covered with snow. No longer there.  
Going with my feeling. "Old Faithful" and I went to bed.  
Rose at first light. To a cold wintry sky .  
Breakfasted and warm clothed. "Old Betsy" by my side.  
We ventured very slowly to the porch outside.  
Stood still and listened. To just stillness. The snow having stopped..  
Cautiously crossed to the barn. No sign of the bear. No feelings of alarm.  
I stood and surveyed the huge stack of hay. At the shape of the impression, clearly where the bear had laid.  
Just like a cradle, snuggled and tight.  
That big old bear had spent a warm night.

John Garrard



## SIR ROBERT HITCHAM CEVAP SCHOOL & NURSERY

Debenham Suffolk IP14 6PL Telephone/Fax 01728 860201  
Email [admin@sirroberthitcham.suffolk.sch.uk](mailto:admin@sirroberthitcham.suffolk.sch.uk) www.  
[sirroberthitcham.suffolk.sch.uk](http://sirroberthitcham.suffolk.sch.uk)



It has been a busy half term for children and staff with lots of visits and activities on the run up to the end of the school year.

### Suffolk Show Garden Competition

Well done and congratulations to Year 5, whose 'Garden Fit for our King' entry came second in the Schools Garden Competition at the Suffolk Show! The children strove to do their best and their hard work paid off!

A huge thank you must go to Chrissy Pyett, who gave up so much of her time to work with the children and staff to produce the award winning entry. The children loved collaborating with Mrs Pyett and learning from her.



### Music Day

The whole school enjoyed a special Music Day in July with a visit from the Britten Pears Arts in Aldeburgh to our school for the day.

All the children took part in an assembly about Benjamin Britten vs Ed Sheeran. Each class then took part in a workshop learning about instruments from the past and how they have changed through History. All classes took part in different musical and singing activities throughout the day and the children in Key Stage 2 spent some time learning about a Great Composer - learning facts about them, learning about their lives, listening to some of their music and making posters. There were also a number of art and creative activities based on music going on throughout the school. The children had a really great and enjoyable day doing all things music.

Music has so many benefits for children: *"Research shows that music and singing improve children's confidence, language, listening, concentration and memory skills. It can improve the emotional health of children by lifting their mood, improving their wellbeing and increasing their self-confidence."*

### Visits and Events

The children in Nursery and Reception visited Africa Alive, Kessingland, as part of their learning about jungles, rainforests, deserts and safaris.

To link in with the Year 1 history topic on 'Seaside holidays in the past', the class went on a trip to Southwold to look at key features such as the pier, promenade and beach huts.

As part of the Year 4 RE study, the pupils looked at what makes a good steward – somebody who looks after others. The pupils looked at how Christian charities look after people around the world. The class decided they wanted to raise money to twin one of the school toilets with one in Africa. Their fundraising included a cake sale and asking parents/carers to drop loose change into the

'toilet' at Sports Day. Enough money was raised to twin two toilets!  
Year 5 had a rock climbing enrichment day at Clip 'n Climb, Ipswich; a curriculum enrichment day at Thomas Mills High School and they ended the year coming to school dressed as Ancient Greeks for a themed Greek Day.

As Year 6 prepared for the transition to secondary school, they enjoyed a five-day residential trip to Basecamp, Great Wenham. CYM Basecamp is a unique adventure based residential activity programme nestled in the heart of rural Suffolk. It is meticulously designed to strengthen confidence, teamwork and a build wider understanding of the world around us whilst meeting key national curriculum learning objectives. Year 6 visited Crucial Crew at The Mix in Stowmarket. This visit formed part of their personal, social and health education and the children joined in with a range of activities to help them learn about personal safety.

The School Choir and all those children learning to play musical instruments at school performed to family and friends at the annual Summer Music Concert. This was an opportunity for the children to show case what they had learnt and to entertain their families.

Fortunately, the rain held off for this year's Sports Day! All the classes took part in field events during the morning and in the afternoon, family and friends joined us to watch the sprint, track/distance and relay events.

A team of parents from Year 6 organised the Summer Sizzler on 14 July. Despite the weather, there was a great turn out and everyone enjoyed themselves. The Summer Sizzler Committee raised a massive £1,280 – thank you to all the parents, carers, grandparents, friends and family, who came along and supported this event. Big thanks must go the Summer Sizzler Committee for putting on such a wonderful event last Friday!

#### **Wraparound Care**

From September 2023, Premier Education will run before and after school childcare at the Primary School every day the school is open. Our aim is to create an outstanding safe, secure, and fun environment that children and parents can trust.

Full details are available on the school's website - <https://www.sirroberthitcham.suffolk.sch.uk/>.

#### **Nursery**

There are some places available for Nursery from September. If your child was born between 1 September 2019 and 31 August 2020, he/she is eligible to join the Nursery at Sir Robert Hitcham Primary School, Debenham. Our Nursery runs every day during term time from 9.00am to 3.00pm and you can apply for as many, or as few, sessions as suits you and your child.

**We look forward to welcoming the children back to school on Wednesday 6 September and hope all our families have happy and restful summer.**


**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!

**DEBENHAM GREEN TEAM**

**Bike Ride Dates**  
25<sup>th</sup> May  
29<sup>th</sup> June  
27<sup>th</sup> July  
31<sup>st</sup> August  
28<sup>th</sup> September

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



Pictured below, is the new multi-functional bike stand situated at Cross Green. It's a



bike maintenance stand bought with a grant from Mid Suffolk District Council, described as 'the Swiss army knife of cycle maintenance'; very handy for pumping up tyres, with all sorts of tools attached!



Thanks Phil Mason for the photo from Facebook



## First Saturday of the month

9am - 11am  
Outside 'The Lion', High Street



**we are collecting:**

'Tetra Pak' cartons, (squashed flat please)  
pens, toothpaste tubes and toothbrushes,  
corks (natural cork) and contact lens/packaging

Sorry, we are currently unable to take blister packs



The Go-up has a collection point for batteries, thin plastic bags, plastic wrappers and crisp packets etc.

Enquiries to [debenhamgreenteam@gmail.com](mailto:debenhamgreenteam@gmail.com)

## Setting up a Community Nature Reserve

A talk by Dr Adrian Cooper



Wednesday 13 September 7.30pm  
Long Room, Debenham Vets

A Community Nature Reserve is a network of small, wildlife-friendly spaces in local people's back gardens to develop green corridors that boost biodiversity

A free event organised by:



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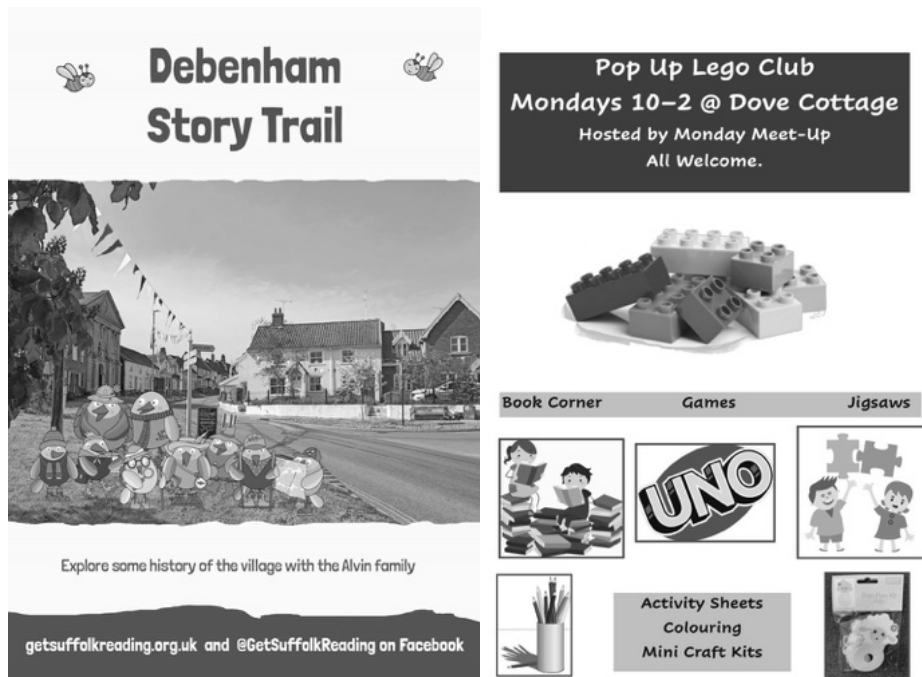
## Debenham Story Trail

Launched on 15<sup>th</sup> July 2023, this is a free activity for the Summer Holidays. The free story trail booklet will allow you to join Alvin and his family as they discover the history of the High Street packed with fun facts and activities, why not spend some time exploring the village this summer? Alvin's chicks have also been exploring the shops in Debenham can you spot them?

Story trails can be collected free of charge from: Ruby and the Angel, Hamilton-Smith, Debenham Library and the Phone Box on the Green.

The Debenham Story Trail is funded by Get Suffolk Reading working with Debenham author Vibeke Flatman, illustrator Simon Abbot (who used to live in the village).

A HUGE THANK YOU goes out to the community including: the crafters who have contributed items for displays, the young artists who have submitted their work – some of which is included in the trail, the young people in their help designing the activities, the businesses for agreeing to display the items crafted by the community – you all know who you are!



The graphic is a promotional poster for the Debenham Story Trail. At the top, it features the title "Debenham Story Trail" in a bold, sans-serif font, flanked by two small bee icons. Below the title is a black and white photograph of a village street with buildings and a tree. In the foreground of the photo, several cartoon chicks are standing. Below the photo, the text reads "Explore some history of the village with the Alvin family". At the bottom left, there is a dark banner with the website "getsuffolkreading.org.uk" and the Facebook handle "@GetSuffolkReading". To the right of the main graphic is a dark grey box with white text: "Pop Up Lego Club Mondays 10-2 @ Dove Cottage Hosted by Monday Meet-Up All Welcome." Below this box is a photograph of several grey and white LEGO bricks. Underneath the LEGO bricks is a horizontal bar with three categories: "Book Corner", "Games", and "Jigsaws". Below "Book Corner" is an icon of a child reading. Below "Games" is the UNO logo. Below "Jigsaws" is an icon of two children with puzzle pieces. At the bottom right, there is a dark grey box with white text: "Activity Sheets Colouring Mini Craft Kits", with an icon of a pencil holder and a small image of a craft kit.



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Hi everyone,

### Light at the end of the Tunnel?

Until recently research into a cure for Alzheimer's disease – the most common form of dementia – has proved fruitless and treatments limited. Currently, the only medications that are routinely prescribed for mild to moderate Alzheimer's symptoms are Galantamine, Rivastigmine, and Donepezil. These drugs work by helping to reduce or control some cognitive and behavioural symptoms, but they are not always suitable for all patients.

But, at last, a breakthrough has been achieved. Two new drugs have been announced. Lecanemab, as having been fully approved in the US for the treatment of early Alzheimer's disease. And Donanemab, which successfully completed its full-scale trials. Rapid approval is expected for their use in the UK. The drugs are claimed to offer up to a 30% slowing of the progression of the disease by targeting and removing amyloid, a sticky protein which forms toxic clumps in the brains of Alzheimer's patients. Without intervention, amyloid contributes to cognitive decline by slowly destroying the brain's neurons over time. What makes this breakthrough really special and exciting is that, for the first time, we have the prospect of attacking the cause of the disease and not just treating some of its symptoms.

However, on a note of caution, the benefits of these drugs have been shown only in the early stages of the illness, and there can be serious side-effects in some patients. Also, even once fully approved, there will still be a long waiting time before they can be widely prescribed.

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

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## DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

[www.drdanielpoultr.com](http://www.drdanielpoultr.com)

I write these words as the month of July opens and I am able to look forward to Parliament's Summer Recess period. Once Summer gets underway, I very much enjoy spending much more time back home in Suffolk and discover afresh all that's great about Central Suffolk and North Ipswich. From the swathes of farmland and open skies to the local produce markets and the vibrant businesses in North Ipswich. Summer recess gives me the opportunity to spend all my time at home here in the constituency, something which I particularly value and relish.

The school holidays are also approaching for parents everywhere, this brings to mind the planning of holidays and activities. I am sure that with the arrival of the school summer holiday period comes a frantic last-minute attempt to draw up plans for childcare and days out, no mean feat when many households may have both parents working and therefore have to share the responsibility of covering childcare. Thank goodness for the goodwill of grandparents or other family members and friends.

We are fortunate here in Suffolk as we benefit from a wide array of free and low-cost activities. Suffolk has a splendid blend of coastline, encompassing the natural beauty of Thorpeness and Dunwich as well as busy piers at Southwold and Felixstowe. Suffolk also boasts some beautiful river walks, something I was recently reminded of when I opened a brand-new footbridge for the River Gipping Trust. There are lots of village fetes, special practical activities at our libraries, nature reserves and museums and park activities for all.

The People and Nature survey carried out by Natural England demonstrated the positive role of nature in supporting children's well-being, with eight in ten of children interviewed agreeing that being in nature made them very happy. Children who reported spending more time outside (and more time noticing nature and wildlife) were more likely to report that, 'being in nature makes me very happy' compared to those who had spent less time. We are incredibly spoiled here in Suffolk with a beautiful natural environment, all of it right here on our doorstep and just waiting to be discovered.

Local parks and private gardens are important ways of accessing green and natural spaces and there are always ways to find something to appeal to all. There are things which bring to mind the simple pleasures of growing up and letting your imagination run wild, building dens, getting the paddling pool out, having picnics outdoors or creating homes for nature, all of which can be done from the back garden.

Activities such as these not only encourage great team-building and social skills which are vital things to develop as children grow, but they have the added benefit of creating wonderful new childhood memories.

It's great to see families and friends spending some quality time together outdoors enjoying the very best of Suffolk life and while we are all aware of the importance of physical exercise, it's fully recognised now, that enjoying time outdoors brings that 'feel-good factor' and boosts mental wellbeing. Natural spaces are important places for connection – with the natural world and each other.

I know that I am looking forward very much to rediscovering some of my own favourite spots this summer.

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## **Celebration of the life of Charles Mayhew**

**6<sup>th</sup> August 1927 – 17<sup>th</sup> July 2023.**

Known as Charlie all his life, he was born to father Albert who worked on the land and with horses and mother Mary, a housewife. Charlie had two sisters who died very young. Charlie was true Suffolk, born and bred.

Charlie went to Bedfield School until he was fourteen and then worked for a local milk delivery firm until he joined the National Service. After this he worked for Potters of Framlingham repairing tractors and then moved on to being a salesman in agricultural machinery. Eventually Potters was taken over by Dalgety Engineers and Charlie continued to work for them in Wickham Market until the business closed, by which time Charlie was ready for retirement.

Brenda met Charlie at a dance in Earl Soham, and romance blossomed. They were married in 1950 (married for 73 years) and they settled in Earl Soham for eleven years. They had the bungalow built in Gracechurch Street in 1961 by Mr Gibbons of Crowfield, next to Russell Bloomfield. Their daughter Jan was born in 1953 and lives in Drinkstone and Keith was born in 1957, now living at Stowmarket.

Charlie was a keen gardener growing flowers and vegetables, which meant they didn't have to buy many. Also he grew soft fruit which Brenda turned into jam and fruit pies. Charlie loved his holidays, the highlight being a cruise on the Q.E.2 for their Golden Wedding celebration. Other holidays included caravan trips, to Great Yarmouth, Blackpool and Eastbourne, when the children were small. He enjoyed driving (until a year ago), going to Ipswich for shopping, locally and to the Dales to visit Brenda's sister and had holidays in Jan's chalet in the Lake District. He was a happy man, always the same, enjoyed his friends, was a family man and had a good life.

Charlie will leave a big void in Brenda's life and that of the family. He will be missed greatly by them and the village in general, who held him in high esteem. They were regular church members but have been missed recently due to poor mobility.

Towards the end of his life Charlie suffered from poor health and had trips to the hospital where he died peacefully, aged 95.

Rest in peace, Charlie. God bless.

**P S-J**

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**Ephesians 4:4 from The Message Bible**

<sup>4-6</sup> You were all called to travel on the same road and in the same direction, so stay together, both outwardly and inwardly.

How quickly the year has moved on, no sooner have the children started the school holidays than it is time for them to return, or even start college or even work.

I wonder if you know the hymn *One more step along the world I go*

1        One more step along the world I go,  
          One more step along the world I go.  
          From the old things to the new  
          Keep me travelling along with you.  
          *And it's from the old I travel to the new.*  
          *Keep me travelling along with you.*

It was written, by Sydney Carter who wrote it for such occasions as these, reminding us that God walks with us in every part of our life's journey.

The Christian journey is no different and even though at times we do not realise it, our Christian journey is about moving on, making new discoveries, having new experiences, and finding new ways of being with God.

Even though for many of us at this time of year life just goes on as normal, we need to be ready to face the challenges of our Christian journeying, not knowing where it will lead us, but using it as our prayer, the lines of the Chorus: From the old things to the new Keep me traveling along with you.

We remember all who start new Schools, new classes, meet new friends, meet new teachers. We remember all who start college or university to meet new friends, or work. From the old things to the new keep me traveling along with you.

We remember all who are unemployed, those who have been made redundant, and searching for a new job, from the old things to the new Keep me traveling along with you.

We remember all who are ill, those who are starting treatment, from the old things to the new keep me traveling along with you.

We remember all those who are starting a new experience, whatever it may be, From the old things to the new Keep us all traveling along with you. In the name the Christ Amen.

**Yours Robert**

## **URC Services**

Sunday 6th August	Mr Kevin Catto	10:45 am
Sunday 13th August	Mr Greg Noller	10:45 am
Sunday 20th August	Mrs Veda Berriman	10:45 am
Sunday 27th August	Mr John Webb	10:45 am

All services followed by refreshments and chat

### **Friends & Neighbours Thursday 3rd August 2:00 pm**

With Audrey Hart from The Moses Project will be speaking. If you would like to donate any new born baby products please bring them on the day?

### **Coffee morning every Tuesday 10-11:30**

There is always a real buzz of friendly conversation and great biscuits too!

### **Cakes and Choruses Sunday 27th August 3:00pm**

Bring your voice or if you don't have a voice, bring your appetite for cake and have a great time.

### **Cake Sale Tuesday 8th August**

Our monthly cake sale starting at 10:00am. Come, buy a cake and have coffee with us.

## **URC Points of Contact**

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

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**SUNDAY 1st OCTOBER**

**10:45am**



## DEBENHAM PARISH COUNCIL JULY 2023



**Play and Youth Provision:** Cllr J Sweet delivered an exciting presentation and showed several illustrative boards of what the Recreation Ground could look like. These proposals encompassed most of the items identified by the recent surveys and are hoped to be delivered in phases. Bids for funding are being prepared and we are keeping everything crossed that they will be successful. In the meantime, some repairs will be carried out to existing equipment and two new picnic tables/benches have been ordered, as that was something a lot of families requested.

**Funding:** The Parish Council continues to support local organisations from the limited capital it has available. Successful bids this month include Debenham Sports and Leisure, who secured £10,000 for their solar panels project, and the Deb-Fest team, who have been allocated £750 towards next year's event. We wish them both the best in their endeavours.

**Allotments:** The Parish Council was delighted to meet a number of our allotment tenants who had come together to prepare recommendations for our review of the Allotment Rules and to appeal against the rule of no beekeeping. Representatives are due to meet with the Allotment Committee in early September to put forward their views and further proposals.

**Tour of Britain 2023:** We are extremely fortunate that the Tour will be going through Debenham in September, and we would like to encourage everyone to help put Debenham truly on the map. Please visit the [tasteofthetour.co.uk](http://tasteofthetour.co.uk) website for full detail on how you can get involved.

**Highways:** Parishioners are reminded of the public consultation on the Eye Experimental Traffic Regulation Order which began on May 16<sup>th</sup> 2023 and is expected to run for six months. For any information, please contact [lorry.routes@suffolk.gov.uk](mailto:lorry.routes@suffolk.gov.uk) or telephone 0345 603 1842

Our next meeting will take place on September 18<sup>th</sup>, 2023, at 7:30 pm, at Dove Cottage. Please note that there will be no Council meeting in August and most of our Councilors will be taking a well-deserved break.

*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](mailto:Parish.Clerk@debenhamparishcouncil.org)*  
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## 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](http://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](mailto: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.

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**Benefice Church Services  
August 2023**

<b>Sunday 6th August</b>	<b>8.00am</b>	<b>Aspall</b>	<b>Holy Communion</b>
	<b>9.30am</b>	<b>Debenham</b>	<b>family@church</b>
<b>Sunday 13th August</b>	<b>8.00am</b>	<b>Kenton</b>	<b>Holy Communion</b>
	<b>9.30am</b>	<b>Debenham</b>	<b>Holy Communion</b>
		<b>Framsden</b>	<b>Morning Prayer</b>
	<b>11.00am</b>	<b>Helmingham</b>	<b>Holy Communion</b>
		<b>Pettaugh</b>	<b>Holy Communion</b>
<b>Sunday 20th August</b>	<b>6.30pm</b>	<b>Winston</b>	<b>Evening Prayer</b>
	<b>8.00am</b>	<b>Aspall</b>	<b>Holy Communion</b>
	<b>9.30am</b>	<b>Debenham</b>	<b>Holy Communion</b>
		<b>Winston</b>	<b>Morning Prayer</b>
	<b>11:00am</b>	<b>Kenton</b>	<b>Morning Prayer</b>
<b>Sunday 27th August</b>	<b>9.30am</b>	<b>Debenham</b>	<b>Holy Communion</b>
	<b>11.00am</b>	<b>Winston</b>	<b>Holy Communion</b>
		<b>Pettaugh</b>	<b>Morning Prayer</b>



THE BENEFICE OF  
DEBENHAM & HELMINGHAM



### Ministry Team

**Rector**   Revd Susan Taylor   [revsusantaylor@icloud.com](mailto:revsusantaylor@icloud.com)   **01728 860222**

**Readers** Veda Berriman   [r.berriman111@btinternet.com](mailto:r.berriman111@btinternet.com)   **01728 861363**

Mark Trevitt   [mail@wheelertrevitt.co.uk](mailto:mail@wheelertrevitt.co.uk)   **01473 890568**

### Churchwardens

**Debenham**   Sheila Blackwell   [sheila.blackwell@icloud.com](mailto:sheila.blackwell@icloud.com)   01728 861815

Betty Connors   [bettyconnors@outlook.com](mailto:bettyconnors@outlook.com)   01728 860513

**Helmingham**   Mark Trevitt   [mail@wheelertrevitt.co.uk](mailto:mail@wheelertrevitt.co.uk)   01473 890568

**Aspall**   Andrew Ward   01728 860343

**Framsden**   Christine Schofield   [christine@cpwpost.com](mailto:christine@cpwpost.com)   01728 684076

**Kenton**   Vic Woodgate   [vicwoodgate@winterbrook.co.uk](mailto:vicwoodgate@winterbrook.co.uk)   01728 861118

**Pettaugh**   Sheila Janson   [s.janson@btinternet.com](mailto:s.janson@btinternet.com)   01473 890883

**Winston**   Brian Branch   [cmbranch@btinternet.com](mailto:cmbranch@btinternet.com)   01728 861004



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Reflection by Rev. Susan Taylor



The rain is falling today. It is a soft summer rain, soaking the earth and refreshing all around. And it feels like a blessing. As I walk the dog, I smile at myself enjoying the feeling of wet toes and I smile because the earth feels as if it is breathing a sigh of relief. The plants and creatures around me delighting in this gift.

I think of this rain as ‘Goldilocks’ rain. Not too heavy that it knocks the petals from the roses and flattens the crops, not so soft that it fails to reach the roots... but just right; life-giving. And then, as I look around our fields and hedgerows, the houses in the distance, I have a deep sense of how fragile we are, in this earthly existence. How much we depend on those narrow spaces we have come to call the Goldilocks zone. Too much water: a flood. Too little: a drought. The life of our planet depends on just the right levels of heat and light; of air and water. What a marvel and a miracle our existence is! We are created in balance and harmony. We are created with a sense of awe and wonder. We are created not as discrete individuals, but as unique additions to one amazing whole.

I lift my heart to God and cry out for this beautiful world; this gift of abundant life. ‘Help us Lord’, I plea, ‘to find the Goldilocks zone within our consumerism; within our materialism; within our global economic systems that rely on an ever demanding ‘growth’ of profit. Help me to want fewer ‘things’, I ask. ‘Help me know that the way to happiness is not to have more, but to be content with what I have. Enable us’, I pray, ‘to find contentment in awe and wonder of this universe and to know that deep love... which falls upon us in this beautiful world, like the blessing of a summer rain’.

## DEBENHAM PAROCHIAL CHURCH COUNCIL



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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.

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