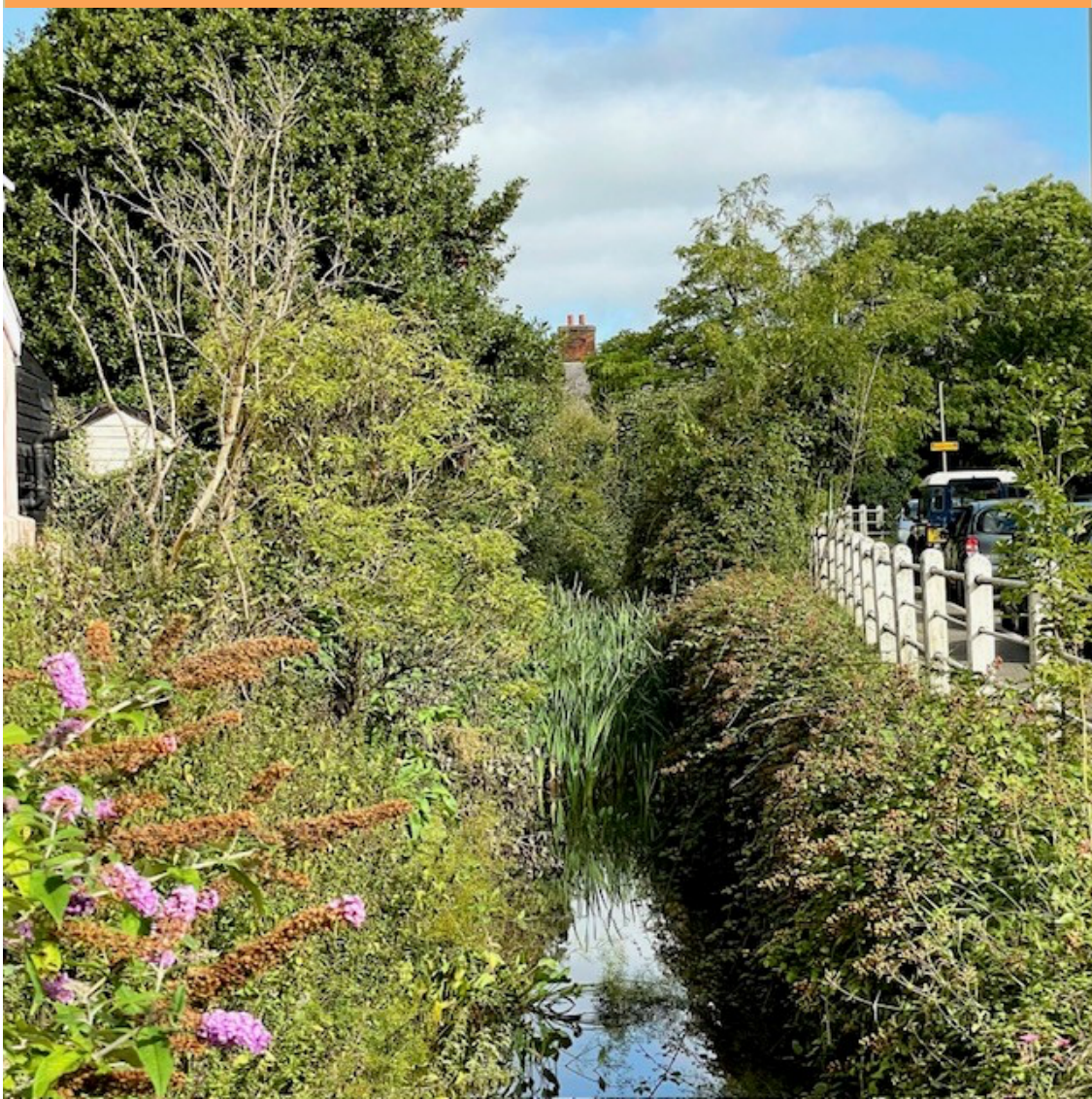


# DEBENHAM PARISH MAGAZINE

75p

September 2023



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## FROM THE EDITOR

As our rather 'mixed weather' summer holiday season draws to a close, I suppose we should be thankful we have not experienced any of the extremes around the world covered by the news. For a change, I've looked out of the window at the grey and the drizzle and been thankful I'm not somewhere hot, because hot these days seems to be just a bit too hot. Then there's the garden this year that looks green and a bit out of control compared with the sad droopy plants last year trying to survive the drought that even killed off the grass; jungle from dust-bowl.

For many years 'Back to school' was the *Voldemort* phrase in our house. It seemed retailers couldn't wait for the holidays to begin before the window displays featured uniforms, backpacks, stationery etc. I'm now immune! Apologies to those who are not, but the new term sees the Tour of Britain gracing the Debenham roads (look out for water leaks and pot-holes!) and an opportunity for the children to witness the spectacle of cyclists breaking the speed limit through the village.

Much of the focus of articles and notices in the magazine is on sustainability and this month is no exception. We have a new advertiser on p54 demonstrating the direction in which our domestic heating is going and the insulation offer is still on and details can be found on p57. The Green Team have also got plenty going on and The Shed are upcycling. Please also find time to read St. Mary's reflection, always to be found as the 'last say' in the magazine, this month written by Graham, which brings the message of climate change and sustainability home.

Whether you're off back to school or to pastures new, I hope September is a great month. Best wishes!

*Jan*

### **DEBENHAM PARISH MAGAZINE**

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**DEADLINE for the October Magazine**  
**Tuesday 19th September 2023**  
**(Tuesday 12th September for Business Advertising)**

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# Debenham Shed

We have an open day on Saturday 9 September from 12pm to 3pm, with various crafts on display. Come and see what we do and how our facilities have developed!

If you can walk or cycle, or share lifts, it will ease the parking. No dogs please.



Also on the same day from 10am to 2pm is our next Craft Day, which is upcycling furniture. Choose an item at [www.debenhamshed.org.uk/upcycling](http://www.debenhamshed.org.uk/upcycling) and renovate using materials provided by the Shed, then keep or sell on. Items are priced individually and there is no charge for the session. Please book ahead if you can at [crafts@debenhamshed.org.uk](mailto:crafts@debenhamshed.org.uk).

Projects now being undertaken or recently completed include renovation of chairs for Framsdon Village Hall, a large Victorian rocking



horse (pictured), noticeboards for the Middy railway and some wooden benches for the Bowls Club. By the time you read this, we hope our renovated 1976 MG Midget will have been sold at auction to a lucky customer. This has been a long project with many setbacks but a very pleasing result.

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](http://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 in Debenham**  
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Contact Sarah Lander  
07934 984657

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Sat 11 November  
Sat 16 December  
Sat 13 January  
Sat 10 February  
Sat 9 March



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## Forge Community Church

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

### Grown Up Prayers, September 2023

As children, many of us were taught to say our prayers, but as it turns out, our prayers haven't grow up with us. As we get older, we wonder, why should I pray? How should I pray? Does praying even work? Those questions deserve grown-up answers.



- |                       |                             |
|-----------------------|-----------------------------|
| Week 1 3rd September  | Not like that?              |
| Week 2 10th September | Give us....                 |
| Week 3 17th September | Lead us not into temptation |
| Week 4 24th September | Help me see                 |

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

Motion (Yr 9-13) meet 6pm-8pm at Stonham Baptist Church (on A140).

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

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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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## 1<sup>st</sup> Debenham Scouts' Adventure to the City and Home of Scouting



In July, we took 12 local youngsters and 6 keen leaders to Gilwell Park for a 5-day camp, the first Summer Camp for the Troop in many years. The Scouts took part in all sorts of activities and challenges including paddle boarding, katanuig, a trip to an RSPB reserve, a big day out in London and more! The Scouts also helped out with all the camping jobs including washing up, emptying the



bins and generally helping the team out. We couldn't be prouder of the Scouts that came with us on this adventure and hope that the village join us in congratulating the young people on their achievements.

Scouts is all about skills for life. Scouting actively engages and supports young people in their personal development, empowering them to make a positive contribution to society.

To find out more about how you can support us or get involved, please head to our Facebook page or drop us an email at [Debenhamscoutgroup@gmail.com](mailto:Debenhamscoutgroup@gmail.com)





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## Local Film Clubs



### Stonham Aspal Cinema

This is our closest film club, in Stonham Aspal Village Hall (next to the church on A1120). Doors open 7.30pm, and the film starts at 8pm. There isn't a bar but the entrance fee of £3 includes refreshments (tea, coffee, cake etc.) before the film. They now have a permanent projector, screen and sound setup and the seats are quite comfortable. Here are the dates for the rest of the year, but the films aren't decided yet (email [elizabethtydeman@gmail.com](mailto:elizabethtydeman@gmail.com) if you would like to be on the cinema mailing list, or look in *Ten Village News*). Parking is available.

- Tuesday 12 September, Wednesday 27 September,
- Tuesday 10 October, Wednesday 25 October,
- Tuesday 7 November, Wednesday 22 November
- Tuesday 5 December

### Film@Fram (see July magazine for venue and price details)

The programme for the rest of this year is below. Doors open 7pm, film starts 7.30pm. There are no refreshments, so bring something with you if you wish. In the new Castle Community Rooms (St Michael's Room refurbished), they have a temporary film setup but hope to upgrade to a better, permanent system soon. Parking is available.

- Wednesday 13th September 2023 - Allelujah (2022)
- Wednesday 11th October 2023 - What's Love Got To Do With It? (2022)
- Wednesday 8th November 2023 - Mad About The Boy: The Noel Coward Story (2023)
- Wednesday 13th December 2023 - Barbie (2023)

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>

*Tony Hutt*

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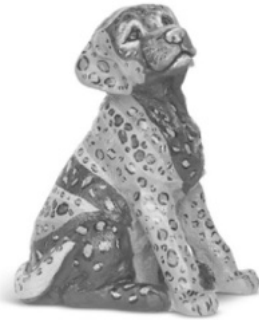
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## Friends of Debenham Library



You can meet local artist Lily Hammond's *Leopardor* Puppy in Debenham Library until 3 September. Over 40 Labrador dog sculptures and other artworks created by local artists are on show in Suffolk's libraries this summer. Lily also has *Zebrador* on show in Kessingland library. Visit our Library Labradors at the Suffolk Dog Day at Helmingham Hall on 10 September and at the Food Museum in Stowmarket from 4 - 10 October. The PAWS-itivity sculptures will be auctioned by Clarke & Simpson on 12 October to raise money to support our work at the heart of the community, nurturing literacy, improving health and wellbeing.

The next **Afternoon Tea** at the Library will be on **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. In July one man said he's started using the library as a result of it—he happened to sit next to the crime books! Another person wanted to know if the film nights were going to start again: "such a lovely evening..." Sadly we're unlikely to be showing films at the Library in the near future, but I have recently been publicising other local film clubs in the Parish Magazine, which you can read in the Library, including recent issues.

**The Summer Reading Challenge** "Ready, Set, Read!" continues until September 10th for 4-11 year olds.. This month we have a presentation party with a certificate and medal presented to all those children who have completed the challenge.

*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)

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### Did you know....?

If you like listening to podcasts, search for Suffolk Libraries on Spotify: *Around Suffolk in 40 Stories* and *Who's on the Bookshelf?*

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## **The Kerb Watching Club.**

**I am now , a fully qualified member of the prestigious Kerb Watching Club.**

**It has taken several years, to achieve this.**

**Now having fallen, tripped missed my footing on sufficient occasions.**

**The official announcement came as a surprise. On my last visit to A&E.**

**The Nurse, checking my record as she dressed my damaged Knee.**

**“You are now an official kerb watcher. Having passed the required visits here.**

**Then she opened the door, announcing the decision to the gathered public.**

**Which was met with a rousing cheer.**

**You will recognise a member, by the athletic stance when walking. A coiled spring.**

**Slightly leaning forward, usually leaning on a frame or stick.**

**The important issue, is concentration.**

**Eyes down. Firmly fixed.**

**Missing nothing, dips or kerbs. Branches or stones. Anything that can cause a trip.**

**Vigilant, one must remain. Carelessness or complacency may make one miss a drain.**

**However, there are many benefits to this regime.**

**For not many see the things we see. Hazards that others miss.**

**Dog poo is high on the list. Wobbly paving, slippery bits.**

**We trained watchers see all of this.**

**Spotting treasure is our aim. Dropped coins or goodies. Which we claim.**

**Charities get all the cash. Other bits can be amassed.**

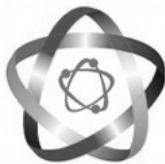
**Cabinets full of finds remind us of the daily grind.**

**From what may appear a task. We get enjoyment.**

**Long may it last.**

**John Garrard.**





## Out and About with Debenham High School

The end of the year always signals the start of something different at Debenham High School...a cacophony of trips, visits and experiences. While they do serve the purpose of having fun at the end of term, we find that they have a much more important, and long lasting legacy. The relationships formed on these trips are amazing – both student to student and staff with students. They allow Debenham to bond as a community!

For Key Stage Four, it is the time for Work Experience and/or residential trips to support GCSE study to Berlin and the Lake District.



Year 10 Geography  
Field Work in the  
Lake District



Year 10 Historians in Berlin



Year 9 Enterprise Day

On Monday 17<sup>th</sup> July all of Year 9 dressed to impress as they worked on marketing a new sauce product – the winning team were Tuners. They created their own presentation, logo and strap line. The school is very grateful to Kevin Voller, our Careers Lead within school, who worked hard to organize the event. Also to our guests from Stokes Sauces and the New Anglia Careers Hub.

**Year 9 Enterprise Day Winners!**

**Debenham on tour..near and far!**

**Here is just a flavor of our days out and about:**

**MFL Residential in Boulogne**



**Activities at Hautbois**



**Suffolk Leisure Park :**



**High Ropes;  
Tobogganing**



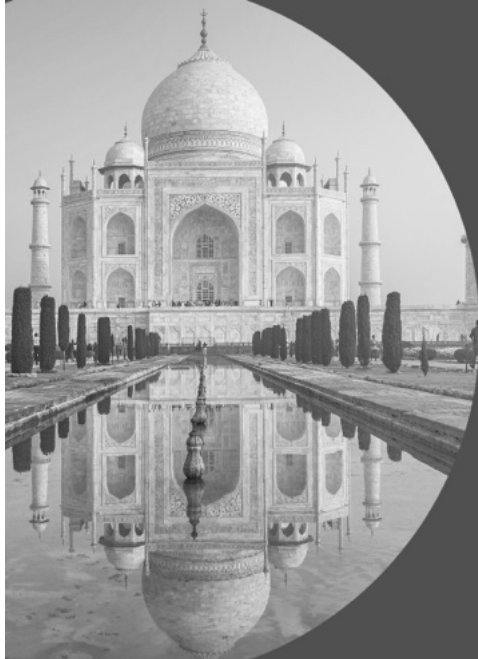
**Riding the Ringo**

**Clip and Climb**



**National Space Centre**





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Bingo! In the  
Community Centre,  
doors open at 19:00  
and starts at 19:30

Friday 29th  
September

The Kitchen

**Steve Knightly**

Saturday 2nd  
September 2023  
At 19:30

**Opening Times**

Wednesday AM 9:00-11:30 & 12:00-14:00

Thursday AM 9:00-11:30 & 12:00-14:00

Thursday PM 17:00-20:00

Friday AM 9:00-11:30 & 12:00-14:00

Friday PM 17:00-20:00

Saturday AM 9:00-12:00

Saturday PM 17:00-20:00

Every other Sunday

13:00-15:00 Sunday Roasts



*Upcoming Events in June 2023*

Sat 2nd - Steve Knightly Music Event in the community centre 19:30

Thurs 7th - Lunch Club starts at 12:30

Thurs 21st - Lunch Club starts at 12:30

Fri 29th - Bingo, opens at 19:00, eyes down at 19:30

# MINI-BEAST HAVEN

## Bird boxes on display

### Why?

The shortage of nesting sites for birds has played at least a part in the decline of some of the UK's bird species. Natural nesting sites disappear as gardens are 'tidied up' and so old trees with nesting holes disappear, and old houses and barns are repaired and upgraded. Fortunately, it is relatively easy to help correct this by providing nesting opportunities for birds in our gardens and other outdoor spaces.

### When?

You can put up a nesting box at any time of the year. If possible, you should keep your bird boxes up all year round which will give your garden birds the chance to get used to them. Primarily, the boxes are used for nesting, egg laying and as a home for fledglings. They are, however, safe places to roost and as shelter from bad weather.



Small Bird



Woodpecker



Barn Owl



Kestrel



Little Owl



Tree Creeper



Tawny Owl



Robin

### Be Patient!

You may find that it takes a couple of years before birds start to use your nest box. However, once birds have found a safe place for them to rear their young, they are likely to return each year.



# MINI-BEAST HAVEN

## The place for a mini-safari?

This place is particularly for insects and the animals that feed on them. Minibeasts! The best explorers are quiet, move slowly, take time to look closely and carefully, always replace anything they move.

Although small, there is wonderful variety in our insects. Look out for:



Butterflies and hoverflies feeding on flowers and in return moving pollen between plants. Moths take over on the night shift.

Beetles: they can fly but hide their wings behind hard cases. Soldier beetles are often red or yellow climbing on stems and stalks.



Various larvae: looking like caterpillars these are the young stage of many creatures which chomp away on leaves. Look in tufts of grass or the edge of leaves.

Woodlice: like armoured tanks, they eat up rotting wood and leaves. To avoid drying out they will often be under or in logs and branches.



Insects become food for bigger insects, birds and small mammals like mice and hedgehogs. Look out for:

Dragonflies: having grown up in ponds, the adults fly for a few weeks in summer. Variable in colour they can hover and quickly change directions to catch smaller insects in their arms or mouths.



Tracks: in soft mud you might find the impressions of the feet of mice, voles or hedgehogs.

Nest boxes: around the place are various types of nest boxes. Sit/stand quietly for a time away from the box and see if anyone is visiting in the late spring to feed young chicks.

The plants and trees also provide food for mini-beasts. Look out for:

Nuts and seeds: in the autumn the plants will produce seed for new plants, but many will get eaten - by insects and mammals.



Leaves - some insects lay eggs on leaves and then roll the up to protect the young as they grow. Take a close look at tree leaves.

Galls: tiny wasp-like insects lay their eggs in buds which then grow very differently to produce both food and shelter.



produced by  
*Street Forge Workshops*  
Activities for Adults with Disabilities



Phone 01379 678543  
Charity No. 298301

### Mini-Beast Haven in Thornham Walks

There are many reasons why we need birds, but it's clear that our hard-working feathered friends need our help as well. Today, the biodiversity and climate crises are leaving our birds vulnerable to numerous threats and their decline will have some clear and noticeable impacts on our daily lives. Luckily, it's not too late to repay their long hours by providing them with ready-made, sturdy homes where they can raise their young, roost in at night and shelter against inclement weather. This is the least that we can do for them.

Street Forge Workshops is proud to be part of this exciting new venture with Thornham Walks. SFW has been making bird boxes and other wooden items, to a very high standard, for nearly 40 years. We are a Day Service for Adults with a range of Disabilities who fully participate in the making of these items. With the financial support of District Councillor Rowland Warboys we have made and erected the boxes that are on display in the Mini Beast Haven so you can more easily imagine how they might look in your garden or community site. This includes boxes for small birds, owls, kestrels, woodpeckers and bats. We hope that they will soon be inhabited by our feathered and furred friends, including their young, in the not too distant future.

For more information please visit the Mini Beast Haven to see the Interpretation Boards that are on display. The site is well worth a visit.

Contact SFW if you would like to order boxes for yourself. Our telephone number is 01379 678543, or call in and visit our site shop to see the full range of our products and for a guided tour around the workshops. We are open Monday – Friday 09.30 till 15.00. You will find us in the Main Street in Thornham Magna next to the red telephone box.



Hi everyone,

It is a great pleasure for me to ask Joy to pen this month's article. I especially want to thank her and her volunteers for, once again, organising and making this year's event such a lovely occasion. So, "over to you, Joy".

**"Oh! we do like to be beside the seaside" ... Felixstowe 2023 !!!**

Sunday 30th July - and oh! We were lucky with the weather! - was a "Grand Day Out" for the 6th annual outing to the Hut on Felixstowe Prom overlooking the beach and sea. This special seaside event is our Debenham Project Lunch Club's big expedition.

37 people, guests, and volunteers enjoyed fish and chips from Hamilton's and strawberries with superb ice cream from Karon's kiosk - and once again, a rickshaw ride with Ian of Suffolk Rickshaw Company along the pleasant and picturesque promenade, drawing smiles, requiring regal waves, and just "travelling along - no hurry". We also had precious time together at the Hut, simply to relax and chat. A huge thank you to the guests, who by taking part whole heartedly made the day so worthwhile, to the team of volunteers who with their kindness and commitment made it such a happy and enjoyable outing. Our trip to Felixstowe is made possible by an excellent team of volunteer drivers, who offer a door to door service, and a team catering and hosting, keeping the refreshments rolling out, and the clearing up in hand! Thank you also, to everyone who donates and fundraises to support the Project in offering a variety of activities and events throughout the year.

At present, two Debenham Project food and friends lunch clubs are held every month. Each club makes its arrangements to suit the needs of both hosts and guests. The Debenham Project welcomes anyone who would like to host a regular lunch club or a regular get-together for tea or coffee. There are people in our community for whom when life has become more challenging, meeting up and the ensuing friendship offered is very welcome. Having something to look forward to, enjoy, and share the memory of afterwards.

I am writing this as storm Antoni is with us - fingers crossed, that we are lucky again by getting a date which offers plenty of seasonal sunshine, when I book for 2024 !!

If you would like to know more about volunteer driving or hosting a lunch club for the Project, both of which can be very rewarding experiences, please contact Lynden Jackson or Joy Walton. The Debenham Project's aim is to support the carers of people with dementia - so also do get in touch if you would like help or advice.



Joy Walton  
01728 860007

Debenham Project Food and Friends lunch clubs  
joyw@btinternet.com

With all my thanks and best wishes,

Lynden Jackson

[www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk) ; 01728 862003

See pages 35 –36 for more information



Stage partners



## DEBENHAM UNITED REFORMED CHURCH...

YOUR CHANCE TO SEE WHAT WE HAVE DONE!!!

**"SPECIAL" HARVEST GIFT WEEKEND**

**SATURDAY 30TH SEPTEMBER**

10am till 2pm

**VARIOUS STALLS IN THE CHURCH**

Cakes, Books & Jigsaws, Next-To-New Teddy Tombola.

Water into Wine

Also

Serving Soup Lunch, Teas & coffees



\*\*\*\*\*AND THEN!!!\*\*\*\*\*

**SUNDAY 1st OCTOBER**

**HARVEST PRAISE**

at 10:45am

With STEPHEN HORREX

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## Tour of Britain

The first time since 2017. It promises to be another fantastic occasion, which will bring communities together to watch the world's best cyclists race through Suffolk's towns and villages and hopefully inspire residents to get on their bikes.

The Tour of Britain is an 8-stage international road race that attracts the best male road cyclists in the World, including Olympic and World Champions. 2023 will be the 18th edition of the race, which has become a cornerstone of the British sporting calendar and has the biggest live attendance of any sporting event in the UK and is completely free to spectate.

The stage will start and finish in Felixstowe travelling approximately 190km through Suffolk's towns, villages, and countryside. The race will pass through a number of towns & villages in our districts, including Debenham, Stowmarket, Wattisham, Hadleigh, East Bergholt, and Holbrook. Full details of the race route and the towns and villages it will pass through can also be found on the Taste of the Tour and Tour of Britain | Stage Five websites.

ETA which provides detailed timings on when and where it will be on the day will be added in due course.

The race will operate under a rolling road closure which will see a delay to motorists on the route of between 10 – 15 minutes as it passes through. The closures are managed by the police and the National Escort Group (NEG) with support from a local traffic management team, who will put into place road closures at the start and finish of the race and any parking restrictions required on route by the Route Director.

Advanced warning signs will be placed along the route two weeks in advance to notify road users and communities of any traffic management being implemented, which will also be supplemented with a leaflet and information in the media to try and minimise any disruption and inconvenience.

This high-profile event will attract extensive media coverage including 4 hours live TV on ITV4 plus a 1 hour highlights programme, International and National Newspapers, daily reports on Sky News, BBC and ITV regional news, regional newspapers, and radio. It's estimated that the Net Expenditure generated from the Suffolk stage of the Tour of Britain in 2017 brought in over £3.8 million to the Suffolk economy and it's hoped that the 2023 stage will deliver a similar impact. The race also provides a fantastic platform from which to promote Suffolk as a tourist

(cont - p36)



destination, whilst engaging and inspiring residents in the towns and villages across the county to get active and consider cycling for leisure, recreation, and travel. 59% of spectators in 2017 reported being inspired to cycle more often as a result of watching the stage. Communities are being supported across the route to celebrate the TOB visiting their towns and villages with more detail available on the Taste of the Tour website.

Local businesses are also being engaged and encouraged to maximise the opportunity the event provides for them.

.....

It is estimated that arrival in Debenham should be expected around 13:20-13:40.

The start time of the race is 10:30, and cyclists will be coming from Scott's Hill (Stonham Way) around 1:15pm to 1:30pm depending on speed; if they are travelling at an average of 42mph – 46mph. They will go down Gracechurch Street, turning right onto the High Street around 1:20 to 1:25pm, then left onto Kenton Road and into Thorpe Lane; going all the way down to pick up the A1120 again around 1:30 to 1:40pm.

A list of frequently asked questions can be found on the Tour of Britain website at: <https://www.tourofbritain.co.uk/stages/stage-five/>



## Debenham & District Garden Club

September 20th

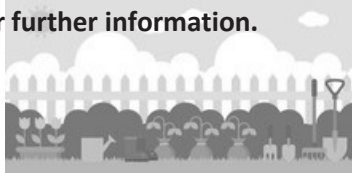
Visit to Otley Hall, Hall Lane, Otley, IP6 9PA. Afternoon. Time to be confirmed. Numbers required in advance please.

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, Aspoll 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 £5.00 per meeting – includes refreshments

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



### Ride and Stride

Saturday 9th September 2023



Organised by Suffolk Historic Churches Trust

(SHCT), Suffolk Churches Ride & Stride sees cyclists and walkers of all ages taking part in the annual fundraising event for the repair and upkeep of Suffolk churches.

Everyone is welcome to take part. You may bike or walk as a family, with friends or as an individual. You choose your own route, planning to visit as many, or as few, Suffolk churches as you wish. The money raised from the sponsorship or donations you get from friends and family help save this wonderful part of our history, with half going to the Trust to give out as grants for church buildings, and half to your chosen church, chapel or meeting house. More details are now available from [www.shct.org.uk](http://www.shct.org.uk)

Sponsor forms for Ride and Stride are now available in Suffolk churches and from the Trust website. Donations and sponsorship can also be collected via Just Giving. Please visit: [www.shct.org.uk](http://www.shct.org.uk)

Further information and sponsor forms from Debenham local organiser Jenny Scase 01728 860323 [robert.jenny@btinternet.com](mailto:robert.jenny@btinternet.com)

# FREE BIKE MAINTENANCE SERVICE

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## 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-ep 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

# Nature in the community

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:



## JOIN THE REFILL REVOLUTION!



Reduce the purchase of single use water bottles in Debenham!

These local businesses have joined the refill scheme and will fill your water bottle on request.

**FREE TAP WATER REFILLS!**

Life with less plastic MADE EASY

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Ruby and the Angel  
Earl Soham Brewery  
Debenham Library  
Kelly's Crafty Corner

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



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[www.rubyandtheangel.co.uk](http://www.rubyandtheangel.co.uk)



## On Your Bike

Keen to cycle but need to repair your bike? Help is at hand.

Not only has the Debenham Green Team been holding free bike repair clinics at the church outside Dove Cottage (thanks to David Carruthers), many of you will have noticed recently the small



green stand in the car park at Cross Green. This is a bike repair station and pump which was bought and installed with a grant from Katherine Davies, the Sustainable Travel Officer at Babergh and Suffolk District Council and who is part of the Council's Economic Growth and Climate Change Team. One of our Parish Councillors, Andrew Grant Adamson, organised the installation.

The repair station - which is free to use - contains all the tools, including tyre levers, usually needed for repairing and tuning bikes. It incorporates a stable bike stand to allow you to work easily and a torch style pump. It's been described as the 'Swiss army knife of cycle maintenance'. It is an impressive piece of kit with a universal adaptor, a pressure gauge and pressure chart, allowing you to pump your tyres up to the correct pressure on a range of vehicles including prams, trailers, wheelchairs and wheel barrows.

The aim of these initiatives is to enjoy the health and environmental benefits with the confidence that our bikes can be maintained and repaired as cheaply as possible.

Having checked out your bike, why not join a cycling group and enjoy the local lanes and countryside, rounded off with a visit to the local café or pub? As a taster, we have a social bike ride taking place on the last Thursday of every month. The next one will be Thursday 21st September, meeting on the Green in the High Street at 6.30pm, by the freshly painted (by Rupert) Gilbert Scott telephone box. The social bike ride is free to join and Lycra is strictly optional. The ride is as long or short as the groups wants and usually winds by an interesting site or an historic church. We hope that this information will inspire and motivate you to join us - all are very welcome!

Matthew Welch





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**[www.washfarmbarn.co.uk](http://www.washfarmbarn.co.uk)**

or contact us on 01379 678252



### 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.



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## DR DAN POULTER MP

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

2023-08-03 Dr Poulter - NHS at 75

We have just celebrated 75 years of the NHS and a recent report issued by the Health Foundation projects that by 2040, nearly one in five will be living with health conditions such as dementia and cancer. This means there could be 9.1 million people living with a major health condition by 2040, a 37% rise in the latest data from 2019. It goes without saying that this will have a significant impact on our NHS.

As a practising NHS hospital doctor, I am proud to work in a health service that delivers patient care which is free at the point of need, but as the NHS looks towards the future, it simply must transform. With an ageing population and more people living with major health conditions, the time has come for a more ambitious debate on what the health and social care system needs in order to continue to thrive and survive for the next 75 years, and beyond.

I think most of us would agree that if we were designing a health service from scratch today, it would need to look very different from the current model. The report from the Health Foundation cites that a radical shift is required, with more focus on care in the community, rather than in hospitals. Caring for people with chronic illnesses requires more effective community-based care and that means better integration of health and social care services.

Community care is all about supporting people to live the best lives possible – living independently for as long as is possible in their own homes. This means bringing together healthcare providers from across the NHS, community services, social prescribing and voluntary sector organisations. Delivering health and social care in this way supports people to stay well and independent and enables health care teams to act more quickly to help those with preventable conditions. It supports those living with long-term conditions or multiple needs, by pooling resources to deliver care as quickly and effectively as possible. This approach is something which I wholeheartedly support. That's why I was especially delighted to have been asked to open the newly refurbished Michael Burke Centre on the Hartismere Hospital site on Friday 21<sup>st</sup> July. I truly believe that as patients, we would all prefer to be treated in the comfort and dignity of our own homes or accessing local community health and social care services. With the Michael Burke Community Wellbeing Centre, we now have a tremendous asset and one which has a strong future in delivering truly integrated healthcare in Central Suffolk and across North Suffolk. As someone who believes in public service as I do, it is a great pleasure to see good things happening in Hartismere and I am pleased to have played even a small part in making that happen and will continue to work for these outcomes across Central Suffolk and North Ipswich. The NHS has served this country well for 75 years. As it looks towards the future, it must transform. A focus on prevention and reform of commissioning is vital if the NHS is to continue to meet the needs of patients in the years ahead.

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### **Ecclesiastes 3: 1-2**

<sup>1</sup>For everything there is a season, and a time for every matter under heaven: <sup>2</sup>a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted;

September is often a time when new things start in our Churches and for some churches that may include having a new minister. In Some churches it may be a time for the minister to start new things.

As I was pondering this, I remembered this quotation, reminding us that we may not always look positively on what our minister is trying to do in the name of Jesus Christ, it also reminds us that perhaps we can take (not just Ministers) but each other for granted.

#### **What we think of our minister,**

If he visits his flock, he's nosey;

If he doesn't, he's a snob.

If he preaches for longer than 10 minutes - it's too long;

If he preaches less than 10 minutes, he hasn't prepared his sermon.

If he runs a car he's worldly;

If he doesn't, he is always late for appointments.

If he tells a joke he's flippant;

If he doesn't, he's far too serious.

If he starts the service on time his watch must be fast;

If he's a minute late, he's keeping the congregation waiting.

If he takes a holiday he's never in the parish;

If he doesn't, he should get out more.

If he runs a gala or bazaar he's money mad;

If he doesn't, there's no social life in the parish.

If he has the church painted and redecorated he's extravagant;

If he doesn't, the church is shabby.

If he's young he's inexperienced;

If he's getting old, he ought to retire.

But — When he finally goes mad or dies of exhaustion;

There's never been anyone like him!

Adopted from Beda Review, via Catholic Herald.

Robert

## **URC Services**

Sunday 3rd September	William Glasse "Looking at the Book of Ruth" (Communion Service)	10:45 am
Sunday 10th September	William Glasse "Looking at the Book of Ruth"	10:45 am
Sunday 17th September	William Glasse "Looking at the Book of Ruth"	10:45 am
Sunday 24th September	William Glasse "Looking at the Book of Ruth"	10:45 am

All services followed by refreshments and chat

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

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

**Tuesday 12th Cake Sale 10:00** - come and have coffee too!

### **Saturday 30th "Come and See" gift day**

See how the work is progressing to open up the church and make it more accessible for our community.

Apart from seeing what work we have done, there will be stalls and amusements plus soup, roll and apple pie lunch!

## **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

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## LATEST NEWS

# DAY OF THE D&B FEST

Sir Robert Hitcham Primary School will be hosting the event on Saturday 7 September 2024.

Thank you to Debenham Parish Council, Coastal Building Supplies and Ruby and the Angel for their financial support.

Pop Up Lego Club  
Mondays 10-2 @ Dove Cottage  
Hosted by Monday Meet-Up  
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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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## District Councillor Report: Debenham Ward – August 2023

Serving Ashfield-cum-Thorpe, Aspell, Bedingfield, Debenham, Kenton & Winston Cllr Teresa Davis [teresa.davis@midsuffolk.gov.uk](mailto:teresa.davis@midsuffolk.gov.uk)

### Getting acquainted and updated

This month I wanted to place a spotlight on our Debenham Shed.

DEBENHAM SHED: An excellent resource with enthusiastic, patient and welcoming people. It was a joy to visit them and see how much of a difference they are making and could make to others.

Debenham Shed – Debenham Shed is a vibrant hub for members to meet, converse, create, invent, make and repair objects. ([www.debenhamshed.org.uk](http://www.debenhamshed.org.uk))

If you think of the TV's repair shop, then you are thinking along the right lines, but on a more chatty, informal 'get stuck in' space for you to go. There are tools galore, space to work and expertise to help you from Woodwork to Electronics to Vehicles to Crafts. If you have a passion to repair, reuse and upcycle rather than replace then you need to visit. They are open on a Monday morning from 9am and Friday afternoon from 2pm and can be found at 2 Fields on Low Road.

### Local Planning & Enforcement

Residents have been in contact with me in respect of some planning applications and issues of enforcement. I am here for you to use as a point of contact into the planning team with the aim of obtaining answers to your questions. The answers might not always be ones you hope to gain, however I will always do my best to ensure your arguments are listened to, bearing in mind the wider community implications that planning might involve, and the views held by the parish/district/county/nationally. Enforcement cases cannot be discussed with anyone other than the person that the enforcement relates to. If you have a suspicion that development is taking place without planning consent then you can report it here Report it » Babergh Mid Suffolk As with many laws and good practice (people choosing to speed is a good example) the reality of what people should do and what does happen is very different. When it comes to being made aware of planning breaches it is important to have 'on-the-ground' information being reported. I am aware of two enforcement cases within and just outside of our ward and our officers are doing all they can to ensure cases are brought to a conclusion.

### Locality Award

My locality award is open and still has funds. Any group or organisation can apply for amounts of £250 or more. Please contact me for an application form.

### MSDC Council Meeting

At July's Council meeting, held in Elmswell, Leader Andy Mellen spoke about our plans for the short term, including pride of place, making homes more energy efficient, working to improve rural transport and a more active plan for Stowmarket. Further details will be provided on these and other projects soon.

Emissions, Elections & Pylons were also items of discussion at the meeting and you can watch it on You Tube. Mid Suffolk District Council Meeting - 19/07/2023 - YouTube

National Grid launched its latest non-statutory public consultation on plans for a new high-voltage power line across East Anglia, including Mid Suffolk and Babergh. At the Council meeting it was agreed to lobby the relevant Government minister to ask National Grid to re-consider their current approach.

### Nationally

Solar Farms: Cllr Mellen also spoke at the National Local Government Association conference, suggesting that the Government should provide a clear national framework for the development of solar farms as there needs to be a balance between delivering renewable energy, food production and protecting our valuable landscape.

## Benefice Church Services

### September 2023

3rd September	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
10th September	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Helmingham	Morning Prayer
		Pettaugh	Holy Communion
6.30pm	Winston	Evening Prayer	
17th September	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
	11.00am	Framsden	Holy Communion
		Kenton	Morning Prayer
	2.30pm	Winston	Pet Service
24th September	9.30am	Debenham	Holy Communion
	11.00am	Winston	Harvest Service
		Pettaugh	Harvest Service
	3.00pm	Aspall	Harvest Service



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**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

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**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

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Reflection by Rev Canon Graham Noble.



Parts of Hawaii go up in flame. People cry out, 'Please send help. We cannot manage on our own.'

And help comes, however tardy or insufficient it may be.

The lands surrounding the Mediterranean Sea suffers killing heat and fires.

'Please send help, we cannot manage on our own.' And help arrives.

Floods affect the lowlands of South Asia. 'We are desperate for help.' The people cry out and eventually some aid arrives.

In my imagination I see a people sending out the cry, 'Please send help.' No help comes because the people who might help are dealing with their own crises.

My imagination withdraws in horror. Too many crises. Too little help. A world in disastrous crisis.

As a Christian I know that all creation must come to an end. On its own creation is finite and time bound. Creation is not eternal.

But I am also sure that it is surely wrong to hasten the final day of one human life never mind risk millions upon millions of lives.

So how do we fire the imaginations of our politicians? I start with the politicians of the world because in the created systems of the world these have least power, so it seems.

How do we set on fire the imagination of our scientists and technologists. Look how they responded to the worldwide crisis of Covid.

But most importantly how do we engage with the imagination of the two hundred or so people who own or control most of the world's resources such as mining, petrochemical and food production and distribution?

I say all this whilst experiencing in the depths of me that the whole of creation is indwelled with Love.

I call out for the enflaming of all our imaginations knowing the truth of the phrase, 'All of creation lives and moves and has its being in that which we name God'

My imagination moves on.

Each person is created and infilled with the dynamic love we call God. It does not take long to see people responding to that gentle, humble love in so many spectacular ways. In the time of Covid we saw moment after moment of kindness.

And so it is in 'ordinary' life. There is so much kindness between people.

It is possible to imagine the kind, dynamic movement of love stirring our hearts and setting us on fire with love and concern for our world. Let this imaginative picture win!

# family@church

Sunday 3<sup>rd</sup> September

St Mary's Church, Debenham

9.30am - Breakfast, 10am - Service begins



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