

# DEBENHAM PARISH MAGAZINE

75p

October 2023



Auctions

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Simpson

# THE *Monday* Sale

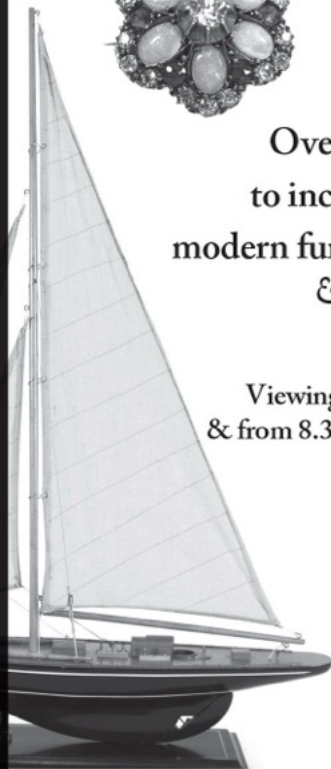


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## FROM THE EDITOR

Heading back towards the village from a walk around Aspall at the weekend, we lamented the end of the Summer, however, the view towards Debenham with the ploughed fields and the big sky (on the cover) was reassuringly stunning. Less 'stunning' was the sugar beet lifter that had been on the go since it had woken us with its intermittent reversing warning beeps. The countryside has its joys as well as its inconveniences, but where would we be without sugar?

I had a lovely letter from a reader regarding the Coronation festivities and the hard work that had gone into making a wonderful atmosphere in the village. Said reader also wanted to pass on their appreciation of The Woolpack, not to be overlooked in all the excitement of the Lion refurbishment and imminent reopening.

The centre of Debenham seems to be experiencing something of a regeneration with scaffolding appearing around several ancient buildings over the Summer. Each time I have considered taking photos of the High Street with one of the completed works, another one would start. On the subject of photos, I popped out to see the Tour of Britain as the race fleetingly passed through. I did get some pictures (very poor ones) and was so pressed for space this month that I removed them. Not a great loss! Much better pictures appeared on Facebook, although sitting through the highlights on TV that evening it seems the editors decided to miss Debenham from their coverage too.

Last month, we had a new advertiser, Everlong Farm, who deliver fresh produce. Unfortunately, the image came out very poorly in black and white print, to the extent that it was illegible. I have put it in colour this month to compensate.

Please look out for Harriet Ward's 'reminiscing' on page 28/9. It is lovely to feature items of local or personal history! Anyone else...?

Have a lovely October everyone.

*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

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

**DEADLINE for the November Magazine**  
**Tuesday 24th October 2023**  
**(Tuesday 17th October for Business Advertising)**

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**Monday Meet-up**

**10am – 2pm in Dove Cottage**

Refreshments 	<b>LET'S TALK</b> 	 <b>A BIG WARM WELCOME</b>	Meet friends 
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**JIGSAW PUZZLE EXCHANGE**

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Hosted by the Monday Meet Up Team.



# Spiral Gallery

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# Debenham Shed

In August our restored 1976 MG Midget was sold in an online auction for a good price, and collected soon after by a buyer from Kent, who is very happy with it. This project involved a lot of hard work and much generosity from businesses but had an excellent result.



On the first Saturday morning of each month we are joining the Debenham Green Team outside the Lion pub to offer advice on repair and restoration, and to offer our wares. We also have many items for sale at [www.debenhamshed.org.uk/public/for\\_sale.php](http://www.debenhamshed.org.uk/public/for_sale.php). All electrical items are tested for safety and functionality. If you are interested in any item, contact [info@debenhamshed.org.uk](mailto:info@debenhamshed.org.uk) for further details.

Our next Craft Day is on Saturday 14 October from 10am to 2pm. For more details look at our website (details below). Our comfortable galley seating is now fully upholstered, and we have heaters for the winter! These wall-mounted infrared panel heaters can be controlled remotely.



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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*Diggers can be provided with operator, if required.*



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

Contact Sarah Lander  
07934 984657

Lofty and Dave by Min Marshall



# SOUP LUNCH

## Saturday 14 October

12 noon—2pm in Dove Cottage

- Choice of homemade soup and bread roll
- Dessert and tea or coffee
- Raffle
- £7

Everyone welcome



Soup Lunch  
Is back!

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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

October 2023: Wrestling with....

Big Daddy, Hulk Hogan, The Undertaker, Dwayne (the Rock) Johnson, Stone Cold Steve Austin – these boys are all famous for their wrestling prowess! Wrestling is in contrast to boxing. Boxing is arms-length conflict, wrestling is conflict, too, but involves much more contact and grappling!!



We all learn to wrestle - with issues, difficult people, ideologies and theological interpretations. But can we wrestle with a problem without making enemies? Grapple with issues without throwing punches? Debate without disengaging? And is there a better way?

Wrestling is good. It's important to wrestle. In fact, wrestling is a part of the story of God in the Bible. The ancient name for God's people was "Israel", which literally means to wrestle or struggle with God. Maybe there's some answers there...

Week 1 1st October Wrestling with... God

Week 2 8th October Wrestling with... Each other

Week 3 15th October Wrestling With... Division

Week 4 22nd October Wrestling With... Moral Dilemmas

Online at [www.live.forgechurch.com](http://www.live.forgechurch.com) @4pm or on catch up

Also available on YouTube (@ForgeChurch)

and Facebook <https://www.facebook.com/forgechurchuk>

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

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

Motion (Yr 9-13) meet 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 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 THIS EVENT IS NOW SOLD OUT**

**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.

**Tuesday 5th March 2024**

**Celebrating Suffolk Women**

Sarah Doig's will look at the fascinating lives of the county's heroines, including Suffolk artists, suffragettes, medical pioneers, dare-devils and writers.

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

**Pop Up Lego Club**  
**Mondays 10-2 @ Dove Cottage**  
 Hosted by Monday Meet-Up  
 All Welcome.



Book Corner	Games	Jigsaws
		
	<b>Activity Sheets</b> <b>Colouring</b> <b>Mini Craft Kits</b>	

## Debenham Living Advent Calendar 2023

Once again we are hoping to enjoy an array of Advent Windows being revealed around the village between the 1st and 24th December. Over the last 5 years there has been a wide variety of designs for us to enjoy and we hope that this year will prove just as successful.

If you would like to take part and create your own window please contact Ann at:

[debenhaml.a.c@gmail.com](mailto:debenhaml.a.c@gmail.com)

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SATURDAY 21st OCTOBER  
6.00 pm

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***Discounts available to parish  
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## Local Film Clubs

Here is a selection of films available in nearby villages in October and November. For more details of films see [www.imdb.com](http://www.imdb.com) or [www.moviola.org/venues](http://www.moviola.org/venues) (enter Suffolk). If you want to get regular updates, contact Tony Hutt on 01728 860173.



Brandeston Village Hall, 7 for 7.30pm £6, tea/coffee included, drinks available  
Friday 13 October 2023 Allelujah 12a (2022) 99 mins  
Friday 10 November 2023 The Old Oak 12a (2023) 113 mins

Wickham Market Movies (Village Hall, 7 for 7.30pm)  
Saturday 21 October - A Man Called Otto (Tom Hanks, Marian Trevino)  
Saturday 18 Sat November - Are You There God, It's Me Margaret (Rachel McAdams, Kathy Bates, Abby Ryder Fortsson)

Haughley Village Hall, 7 for 7.30pm [www.haughley.org.uk/village-hall/pet-show](http://www.haughley.org.uk/village-hall/pet-show). £4 per ticket. Refreshments available.  
Saturday 7th October: Elvis (Baz Luhrmann, Austin Butler, Tom Hanks)  
Saturday 4th November: The Windermere Children (Iain Glen, Romola Garai)

Hoxne Village Hall  
Friday 13 October 2023 Allelujah  
Friday 10 November 2023 The Unlikely Pilgrimage of Harold Fry 12a (2023) 108 mins

Stradbroke Community Centre £6  
Thursday 19 October 2023 The Unlikely Pilgrimage of Harold Fry  
Thursday 16 November 2023 What's Love Got To Do With It? 12a (2022) 108 mins

Film@Fram (Castle Community Rooms) £6, no refreshments  
Wednesday 11 October 2023 What's Love Got To Do With It?  
Wednesday 8 November 2023 Mad About the Boy 12a (2023) 91 mins

Earl Soham Village Hall, 7pm for 7.30pm £5 cash, £5.28\* card Refreshments available from the bar.  
Saturday 14 October 2023 The Day of the Jackal 12a (1973) 143 mins  
Saturday 18 November 2023 Asteroid City 12a (2023) 105 mins

Eye Community Centre [www.cinema-at-eye.org.uk](http://www.cinema-at-eye.org.uk) 7.30pm £5 Bar, Refreshments, Ice creams.  
Friday 27th October Allelujah  
Friday 24 November, High Society (1956) MOVIE with MEAL  
*Tickets: £15 adults, £12.50 children (12 years & under) in advance from The Handyman. To Reserve your tickets call Kit Brinkley on 07947 414 968.*

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## Friends of Debenham Library

Suffolk  
Libraries

On Wednesday 13 September our SCC Councillor Matthew Hicks presented certificates and medals to over 50 children who had completed the Summer Reading Challenge “*Ready, Set, Read!*” (see photo). 90 started the challenge in Debenham, a record number.



*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  
[debenham.library@suffolklibraries.co.uk](mailto:debenham.library@suffolklibraries.co.uk)

Email:

### Did you know....?

There are some 2,000 registered users at Debenham Library. Are you one of them? If not, join online or visit the library!

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**Appliance repairs & sale of new & reconditioned appliances**

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## Domestic Appliance Repairs



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# EARLY BIRD CHRISTMAS MARKET

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contact Kate: [cmcbranch@btinternet.com](mailto:cmcbranch@btinternet.com)



**ORIGINAL ARTWORK &  
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**POTTERY \* crafts**

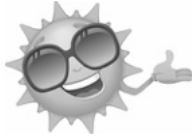
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**TEA, COFFEE, HOMEMADE CAKES**  
RAFFLE AND MORE

**SATURDAY 18<sup>th</sup> NOVEMBER**  
**11am – 3pm**

**FREE ENTRY & PARKING**



## Summer Reading Roundup

Supported by National Literacy Trust– Suffolk

### Debenham Story Trail

A brand-new story trail for families featuring colourful characters and interesting facts about Debenham village has been created by local author Vibeke Flatman, illustrator Simon Abbott and the community in Debenham. In the story, the Alvin family (from Flatman’s picture book, *At the End of the Rainbow*) guide people along the route, encouraging them to spot new stories in familiar places and sharing historical and geographical facts about the village. There are also small challenges for children to complete along the way, all of which will get families chatting and finding details in the world around them.

Thanks go to the following High Street businesses who supported the story trail with amazing window displays: Ruby and the Angel, Websters Newsagents, Palfrey & Hall, Robbins Flowers, New for You, Deben Coffee House and Abbotts Hardware. Also to PLS Financial Services and Hamilton-Smith who displayed pictures created by the Monday Meet-Up group. The trail continues to run with maps available from: Websters Newsagent, Hamilton-Smith and the Phone Box on the Green.

**Starter packs donated by National Literacy Trust Suffolk to support Debenham Library and volunteers to provide this free activity.**



Summer Sizzler Event  
**60** books gifted

Look 4 a Book  
**31** books hidden around the village

### Junior Dungeons & Dragons @ Debenham Library.

Take a group of 8 young people, get them to create a character, add in a DM who sets the scene and enter a world of interactive storytelling. It all rests on the roll of the dice. The rules are simple—have fun and you can’t kill each other!

A new group for 9-15 year olds to meet once a month. We currently have 6 players (max. of 8) and have now met as a group twice. As well as storytelling and reading the rule books, the players meet new people, learn the art of working as a team, use their imagination and their math skills.



## Summer Holiday Activities Review



On August 9th we had a Lego Fun Event at Debenham Library. There were 33 young people and a few adults all enjoying hunting the minifigures, building working models and taking part in the competition—even though it was the first really hot day of the summer holidays. The free event was kindly sponsored by Denbury Homes who sent Sara and Rianna along to join in the fun and judge the competitions. Perhaps they spotted some future design engineers or builders?

Thanks must go to those who took the time to attend and enjoy themselves, Brickologists for making it fun, to Debenham Library and Sir Robert Hitcham Primary School for use of the hall and to Denbury Homes for generously sponsoring the event allowing us to offer it for free.



DENBURY  
HOMES

On 30th August Suffolk based author Cat Weldon gave an hour long creative writing workshop for 7-12 year olds. Based on her viking books, we learned about the various Viking worlds, did some myth busting with a quiz or two and then began creating our own work. We were taught how to use words to describe where we were and how we felt so that anyone reading it could picture it easily. The workshop was followed by some Viking themed activities for all ages - a treasure hunt for mythical creatures, rune code breaking and a Viking wordsearch.



Thanks must again go to those who attended and enjoyed being creative and those who completed the activities, Debenham Library and Sir Robert Hitcham Primary School for the use of the hall and grounds and to Debenham based Baldwin Home Improvements for generously sponsoring the event allowing us to offer it for free.

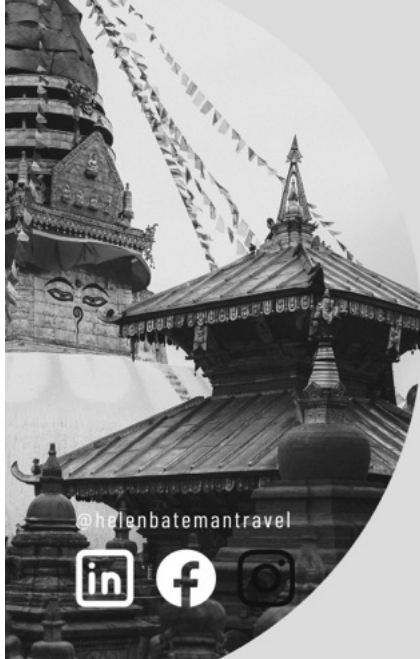


*Watch out for a 500 Words Short Story Competition with a Festive Theme launching October half term.*

*Hope you have all enjoyed the summer and look forward to Autumnal days to come.*

*Thank you to everyone for all the help and support. Apologies if I have missed anyone out—there are just so many people to thank.*

Jane



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@helenbatemantravel



### 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 Co-op has a collection point for batteries, thin plastic bags, plastic wrappers and crisp packets etc.

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



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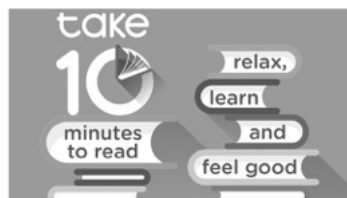
[facebook.com/gham10](https://www.facebook.com/gham10)

City &  
Guilds  
NPTC



Support World Mental Health Day  
Tuesday 10th October @ 10am

Escape into a book and #Take10ToRead.



Life is busy and it isn't always easy to find time for yourself.

Reading can help you relax, boost your mood and escape elsewhere – and it doesn't have to be a book. It could be the post-match analysis of Saturday's football game, an interview with your favourite actor, DIY hacks or even recipes. Reading something that interests you can transport you away from day-to-day life.

That's why, on **Tuesday 10 October at 10am** we are calling on the nation to **#Take10ToRead** with us in support of World Mental Health Day.

Take 10 is a campaign to promote the wellbeing benefits of reading. Try it for 10 minutes today and see where it takes you.

### Book recommendations:

Found in a Book Shop - Stephanie Butland

*Loveday Cardew's beloved Lost for Words bookshop, along with the rest of York, has fallen quiet. At the very time when people most need books to widen their horizons, or escape from their fears, or enhance their lives, the doors are closed. Then the first letter comes. Rosemary and George have been married for fifty years. Now their time is running out. They have decided to set out on their last journey together, without ever leaving the bench at the bottom of their garden in Whitby. All they need is someone who shares their love of books. Suddenly it's clear to Loveday that she and her team can do something useful in a crisis. They can recommend books to help with the situations their customers find themselves in: fear, boredom, loneliness, the desire for laughter and escape. And so it begins*

The Botanist – M.W. Craven

*Written with characteristic hard-boiled wit, the fifth full-length investigation for DS Washington Poe combines a locked room mystery where the chief suspect is one of Poe's colleagues with a poisoner targeting the rich and famous.*

Notes on an Execution – Danya Kukafka

*Turning the serial killer narrative on its head, Kukafka's searing and intelligent second novel focuses on three women whose lives are irrevocably changed by their contact with a brutal murderer on death row.*

Chums – Simon Kuper

*How a tiny caste of Oxford Tories took over the UK*

The lightless sky - Gulwali Passarlay

*An Afghan refugee boy's journey of escape to a new life in Britain*

## **Not Securely Fenced - My life as a Factory Inspector, by Harriet Ward**

I am now a very old lady, but in my unmarried youth I spent 5 years as one of Her Majesty's Inspectors of Factories, employed by what was then the Ministry of Labour. Our job was to enforce the Factory Acts, legislation begun in the mid-19<sup>th</sup> Century to protect the safety and welfare of workers in Great Britain's thriving industrial economy. Readers may be surprised to know that many of my colleagues were women, but considering the large number of women employed in industry, this is as it should be. Of my 3 immediate superiors, 2 were women, and so were others higher up in the Department .

As a Londoner, I was rather dismayed when my first posting sent me to Ashton-under-Lyne, on the outskirts of Manchester. But this was a very good training District, comprising parts of Lancashire and Yorkshire and a sliver of Derbyshire, with a wide variety of industry: spinning and weaving of cotton and wool, different kinds of engineering, and a miscellany of other trades from felt hats to tripe. Yes, tripe! This was a popular cheap food in those days, especially in the North. I shall never forget the heaps of steaming off-cuts in cobbled yards outside butchers' shops...

What is a factory? Perhaps what comes to your mind is Albert Finney at the lathe in a large engineering workshop, churning out metal components, in the 1960 film based on Alan Sillitoe's novel *Saturday Night and Sunday Morning*. That was certainly one kind of factory, but not the bread and butter of my work in the 1950s. Any concern turning out a product, or a service, employing one or more persons other than members of the same family, is subject to the Factory Acts and any trade regulations that may apply. In those days every High Street boasted a dry cleaner's, a butcher's shop making sausages in a back room, a bakery making buns and cakes – all subject to inspection without notice by officious little busybodies like me. Our jargon for these little workshops was 'rabbits'. Sometimes I would come across a rabbit not on my list; failure to notify its existence was itself an offence and incurred a reprimand. I tried to save a few rabbits for Friday afternoons, so I could get home early.

Routine visits by 'G P inspectors' like me were unannounced, but like G Ps in the medical world, we called on specialists for problems beyond our limited expertise – Chemical or Engineering Inspectors, for example. In earlier years there had been special provision for women workers, and there was still extra concern for the many young people employed at a time when the school leaving age was 15. They had to be medically examined once a year until they were 18, and the records kept for inspection. Having looked round the factory floor, I would check on this paperwork in the office before taking my departure.

Training for this work was learn-on-the-job under the guidance of a District Inspector, 4 days a week on the beat, with Fridays writing up reports and follow-up letters to confirm in writing the instructions given at the visit. These could

include lack of ventilation, overcrowding, the number of toilets available, fire precautions and means of escape, and above all the safety of machinery. For this, our Bible was a chunky red book, Redgraves Factories Acts, in which Section 14 gives the vital instruction: "Every dangerous part of any machinery... shall be securely fenced." This odd 19<sup>th</sup> century wording explains my note-book scribbles – "nsf – lathe in Room X, drill in Room Y ...", followed by notes about other deficiencies I had observed.

In my first 2 probationary years, Fridays and Saturday mornings were spent with colleagues being instructed by our superiors and discussing the 'book-learning' on which we would later have to pass exams to become fully qualified. 'Sanitary science' covered the general working conditions described above, and detailed knowledge of Redgraves Bible was essential. In London's Horseferry Road there was a special centre for employers or other interested parties which was staffed by 2 or 3 Inspectors. It displayed 'best practice' appliances for such things as lighting and ventilation, and offered general advice. To be assigned to Horseferry Road for a month's stint was a sought-after relief from traipsing round factories. After a year in the North I was transferred South, first to North London and later to Richmond in Surrey. North London included Oxford Street, with its workshops above department stores where garments were altered for customers in the shops below. Space was at a premium here, and the chief problems overcrowding and welfare facilities. Neither of these Districts was as interesting from a work point of view as my first posting, but I was now back in my home territory, and in North London I had a spacious office overlooking Regents Park.

Up to then I had travelled around my patch by public transport and on foot. One day on the beat in suburban Surrey I came across a 1931 Austin 7 car for sale at the roadside, and bought it for £27.10s. A friend collected the car and taught me to drive in it. Due to the Suez Crisis in 1956 – a political conflict involving Britain, France and Israel -- petrol was in short supply and driving tests were temporarily suspended. Holders of a Provisional Licence could drive alone after 2 months, so I would rise early and cruise around the empty streets on my own. So I was well practised when I passed my test in that car, my portly examiner wedged uncomfortably in the passenger seat.

In retrospect, inspecting factories was the most interesting work in my varied career. But it had its frustrations. Prosecutions were rare, the general policy being persuasion rather than punishment. If a return visit showed no action had been taken to remedy faults previously notified, the higher-ups were reluctant to go to law. My last-but-one District Inspector resigned when her boss would not sanction prosecution of a factory producing clouds of asbestos dust, at a time when asbestosis was a notifiable disease, blighting the lives of men who had worked with it. That Inspector's name was Alice, and when I resigned from the Inspectorate to get married and start a family, she gave me a copy of Lewis Carroll's *Alice in Wonderland*, 'for your future daughters'.

Thank you, Alice, but as it happens, my children were all sons.

# 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://www.sirroberthitcham.suffolk.sch.uk)

It has been lovely to welcome the children back to the new school year. We have also welcomed new pupils into our Nursery, Reception, Year 2, Year 3, Year 4 and Year 5 classes and we hope that they all enjoy their time at our school.



## Tour of Britain

The Tour of Britain on 7 September gave us a wonderful opportunity to start the term in an exciting way! We all (pupils and staff) thoroughly enjoyed cheering on the cyclists as they zipped through Debenham! The children were a real credit to the school and it was lovely to be part of such an exciting community event.



## Macmillan Coffee Morning



We are excited to announce that we will once again hold our annual Macmillan Coffee Morning on Friday 29 September from 10.00am to 11.30am in the School Hall and we would like to invite everyone to join us.

This has always been an extremely successful fundraising event for Macmillan Cancer Support

and we are so pleased to reinstate our annual Coffee Morning.

Please do come along and support our fundraising and enjoy some wonderful homemade cakes and the chance to win some great raffle prizes!

## Nursery

We currently have a few places in our Nursery for children born between 1 September 2019 and 31 August 2020.

Our Nursery has 12 places for each morning and afternoon session and 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.

All three and four year olds are entitled to fifteen hours of free education a week with a registered provider. In addition to your child's government funded 15 hours. You may also be eligible to 30 hours of funding. Please check [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) for the eligibility criteria.

If you would like to have a chat about your child joining the Nursery or arrange to visit, please don't hesitate to contact Mrs Seccombe on 01728 860201.


### Open Mornings

For Reception Class – September 2024


We would like to invite parents/carers to a Reception Open Morning on Wednesday 1 November 2023 from 9.30am to 11.30am. If your child was born between 1 September 2019 and 31 August 2020, you will need to make an application for a full-time school place for your child for the 2024/2025 school year by the closing date of 15 January 2024. All of the information parents/carers need to help them make their decision is available on at [www.suffolk.gov.uk/admissions](http://www.suffolk.gov.uk/admissions)


For Nursery Class – September 2024

We will also hold a Nursery Open Morning in the Spring for parents of children eligible to join the Nursery in September 2024 (born between 1 September 2020 and 31 August 2021). Further details will be available as soon as possible – please contact the School Office on 01728 860201 to register for more information.



**Sir Robert Hitcham CEVA  
Primary School and Nursery  
Reception  
Open Morning  
for Prospective Parents/Carers  
Wednesday 1 November 2023  
from 9.30am to 11.30am**





**Is it time for your child to start school?**

If your child was born between 1 September 2019 and 31 August 2020, you need to apply for a primary school place for him/her to start Reception in September 2024 by 15 January 2024.

We would like to invite all parents/carers and children to an Open Morning. We would love to show you around our school, so you can see our school in action and how our pupils learn.

RSVP: [admin@sirroberthitcham.suffolk.sch.uk](mailto:admin@sirroberthitcham.suffolk.sch.uk)

**Sir Robert Hitcham CEVA Primary School and Nursery  
Debenham, Stowmarket, Suffolk IP14 6PL  
01728 860201 / [www.sirroberthitcham.suffolk.sch.uk](http://www.sirroberthitcham.suffolk.sch.uk)**

Places are available in Nursery from January 2024. To find out more information or apply for a place, please contact the School Office

Children born between 1 September 2020 and 31 August 2021, are eligible to join Nursery in September 2024 and we will be holding an Open Morning in Spring 2024.

**The countryside code** is your guide to enjoying parks and waterways, coast and countryside. It gives you the confidence needed to get out and explore and helps you to respect, protect and champion our nature spaces.

The three pillars of the countryside code are:

Respect everyone

Protect the environment

Enjoy the outdoors



The countryside is for everyone. We should all feel welcome when out walking, feel confident about where to go and know how to stay safe. Whether you're exploring your local park, taking a stroll along the coast, or heading out on a walk through rolling fields, the countryside code is an important read.

The history of the countryside code and the Ramblers

In the 1930's, amid campaigns for increased access to the countryside, the Ramblers Association started promoting a code of conduct for its members. This was aimed at helping those new to the countryside feel comfortable when out walking and encouraging a respect for the countryside to ensure that everyone could live, work, and walk together.

This early guidance encouraged people to "Avoid causing fires. Leave no litter. Prevent damage to walls, fences, tiles and property. Close all gates behind you. Keep to the paths through meadows and cultivated land and keep to the right when road walking. Protect trees, shrubs and flowers. Preserve bird and animal life. Save footpaths by frequent use. Pass quietly through villages. Consider the other fellow".

Post-war walking By the end of the war in 1945, campaigns to increase access to the countryside had increased in pace. The Ramblers Association, along with the Open Spaces Society, expecting a huge increase in the number of people visiting the countryside, drafted the first 'Country Code'. The code aimed to address concerns that with more people heading into the countryside, a lack of understanding and respect for the countryside could cause issues.

The Ramblers Association and Open Spaces Society lobbied the government for a few years to introduce the Country Code, together with a programme of education. The campaign to improve access to the outdoors was intertwined with a desire to improve education and boost confidence so that people could enjoy the countryside.

The newly named Countryside Code was introduced in 1951 as an amendment in the National Parks and Access to the Countryside Act 1949. Since it has been regularly revised, always with the involvement of the Ramblers. In 2021, to mark the 70th anniversary of the countryside code a new edition was published.

Joy Walton

Debenham Green Team

# The Countryside Code



## Your guide to enjoying parks and waterways, coast and countryside

### Respect everyone

- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

### Protect the environment

- take your litter home - leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo - bag it and bin it - any public waste bin will do
- care for nature - do not cause damage or disturbance

### Enjoy the outdoors

- check your route and local conditions
- plan your adventure - know what to expect and what you can do
- enjoy your visit, have fun, make a memory

[www.gov.uk/countryside-code](http://www.gov.uk/countryside-code)



# The Countryside Code



## Follow advice and local signs

The arrows show the legal and recorded rights of way for different user groups

### Footpath



### Bridleway



### Restricted Byway



### Byway open to all traffic



### Permissive Path

Follow advice on local signs as landowners voluntarily provide access to these paths and choose who can use them. Some open access areas are also made available in the same way.



### National Trail

National Trails are created for walking, with horse-riding and cycling possible on some trails or trail sections. [www.nationaltrail.co.uk](http://www.nationaltrail.co.uk)



### Open Access

You can walk and explore away from paths. [www.openaccess.naturalengland.org.uk](http://www.openaccess.naturalengland.org.uk)

For further information visit [www.gov.uk/countryside-code](http://www.gov.uk/countryside-code)

# FAIR TRADE SALE



**Saturday 4<sup>th</sup> November**  
**10am to 2pm**  
 Dove Cottage, Debenham  
*Christmas cards and gifts, food,  
 scarves, hats & jewellery*



## FRESH, LOCALLY GROWN PRODUCE DELIVERED TO YOUR DOOR

There is nothing quite like buying local, fresh produce that is grown in a sustainable way. We are passionate about our produce and do believe you can taste the difference.

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**www.everlongfarm.co.uk**  
**everlongfarm**

# TIME WITH FRIENDS

**Film, photos and reflections  
 on revisiting Kagera,  
 our link Diocese in Tanzania  
 - a talk by Rev Susan**  
 plus raffle of Tanzanian Craft

**19th October 2023, 7.00 pm,**  
**Dove Cottage**  
 (next to Debenham Church)

**£5.00**  
**including refreshments**  
 (all proceeds to go to the Kagera Appeal)

To book please contact Rev Susan  
 01728 860222 [revsusantaylor@icloud.com](mailto:revsusantaylor@icloud.com)



**DEBENHAM UNITED REFORMED  
 CHURCH... REMINDER!  
 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  
 Serving Soup Lunch, Teas & coffees.

**St Mary's  
QUIZ  
Evening**

**Friday 17 November  
7 for 7.30pm  
Dove Cottage**

Soup and Roll  
Bring your own drinks

Max teams of 6  
£8 per person

Book teams in advance  
(limited numbers)  
please contact  
Chris Bishop 07957 186206  
or Betty Connors 01728 860513

I can picture it

Who knows that?

I'm certain about her

Is that 1840?

Could be Yorkshire?

I should know that!

You're meant to know sport!

Was that an Abba hit?

It's that tall man on the TV?

Can you remember where?

I've never seen that programme?

No idea!

At least we got those correct!

It might be Peru?

# **CRAFTY BIRDS CHRISTMAS FAIR**

**SATURDAY & SUNDAY  
21ST & 22ND OCTOBER  
11AM TO 4PM**

**KNITTING & FELTED ITEMS, WEAVING,  
JEWELLERY, CERAMICS, CARDS, GIFTS &  
BRIC-A-BRAC**

**BRIDGE HOUSE  
34 LAMBSETH STREET EYE**



THE BENEFICE OF  
DEBENHAM & HELMINGHAM

# HARVEST *Supper*

Monday 2<sup>nd</sup> October  
7 for 7.30pm in St Mary's Church

Two course meal  
with glass of wine or soft drink - £8  
Tickets from Websters Newsagents  
or Betty Connors - 860513

# Call to Action - Clean Rivers Now!



On Saturday 16<sup>th</sup> September, the weather was glorious as we set up our 'Clean Rivers' campaign stall to support the WI's resolution week of action.

We set up on the village green in the heart of the village of Debenham, just down from where the River Deben flows.

Shoppers and passers-by, stopped to chat, answer our questions and write down their suggestions and opinions on how best to solve the worrying problem of our contaminated river waters.

The majority surveyed were unaware that all rivers in England are contaminated. With about half of the respondents not sure of the main sources of the pollution: a mixture of raw sewage, wastewater and agriculture.



All agreed that the Government needs to take much tougher action when it comes to sanctions, management and enforcement of water quality and its monitoring regimes.

Our research led us to understand that it is not only wildlife, swimmers and others enjoying water-based leisure activities that are at risk, but also food crops irrigated by the contaminated water.

This is a huge issue, which is definitely worthy of the attention of us all.

[How Polluted is the Deben? \(2023\) - YouTube](#)

By Ann Ensell

theWI  
INSPIRING WOMEN

The Debenham WI's  
**Christmas Cafe Event**



Ho-Ho-Ho

**Saturday 18th November**

**10am—1pm**

**Dove Cottage**



Hot and cold drinks • Cakes • Mince Pies

• Hamper Raffle

...and A Very Warm Welcome—COME JOIN US



**Quiz**  
**Friday 6th**  
**October**

Join us in the  
 Community  
 Centre  
 Doors open at 7pm  
 Eyes down 7.30pm



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 We're open 7 days a week  
 01728 861101



**SAVE THE  
 DATE  
 SUNDAY 5TH  
 NOVEMBER  
 FIREWORKS  
 NIGHT!!**

**Join us for**  
**'The Gray Project'**  
**Friday 17th November**



## Upcoming Events in October 2023

- Thu 5th - Lunch Club, 12:30 start (Booking essential)
- Fri 6th - Quiz night (doors open @ 19:00, booking essential)
- Sat 14th - DLC FC Race night, 19:30 start (Booking essential)
- Wed 18th - Accordion group, 12:30 start (All welcome)
- Thu 19th - Lunch Club, 12:30 start (Booking essential)
- Fri 27th - Bingo (doors open @ 19:00, eyes down @ 19:30, all welcome)

# JOIN OUR LITTER PICK

Join Debenham Green Team- clean up our beautiful parish, give wild life a helping hand, reduce litter pollution of our rivers and drains.

**Saturday 21st October 2023**

**9.30-12 Meet at Dove Cottage for safety briefing and equipment.**

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**DEBENHAM GREEN TEAM**



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## **DEBENHAM GREEN TEAM**

### **Every Little Helps**

If plan A is not possible, then always have a plan B. This was the lesson demonstrated in the latest of a series of talks arranged by Kate Scott of Debenham Green Team. On the 13 September in the Long Room, Dr Adrian Cooper gave an inspiring talk on the Community Nature Reserve in Felixtowe which he was instrumental in establishing in 2015, followed by Felixtowe Citizens' Science Group in 2018. Adrian is a geographer and conservationist and a Fellow of the Royal Geographical Society. Consequently, he realises the vital importance of biodiversity.

The idea for the reserve was triggered by the 2015 General Election in which no major party said anything about the drastic decline in wildlife in the UK. Adrian decided something had to be done and biodiversity had to be encouraged and nurtured. Originally he proposed Langer Park should be an urban reserve like the reserve in Bristol, but East Suffolk Council showed no interest at all in this idea. Plan B was therefore to establish a new type of nature reserve where instead of a single large dedicated area, there would be a collection of small reserves. In fact the reserve is a collection of reserves as small as three square yards, in gardens, allotments and even balconies and window boxes. The plan was that if there were 1,666 people, each with the reserve of three square yards, there would be a nature reserve the size of a football pitch. By being as small as three square yards, no one would be excluded from participating. The Felixtowe Project has no money. It is driven instead by enthusiasm and cooperation. There is no central, top-down organisation, but groups of people communicating and organising through Facebook, bush telegraph, posters and local magazines. It also receives a lot of coverage from Felixtowe Radio and Felixtowe TV.

Despite Covid lockdowns the project has grown since its inception in 2015 to 1,600 individual reserves creating a total nature reserve of 5,840 square yards which is bigger than a football pitch.

The 1,600 participants follow a range of strategies to create their individual reserves. Whole gardens can be rewilded. Gardens which at first sight look well kept with manicured lawns can contain a wide range of insect friendly plants and flowers and fruit and berry bearing plants for birds and other wildlife. The group will recommend plants to grow.

The participants are also making hedgehog highways between gardens by making gaps in fences and hedges, or making tunnels to allow hedgehogs to roam and forage. Insect lodges and bug hotels are made from scraps of building materials to minimise costs.

In April 2018 the Citizens' Science Group was formed to discover what impact the Community Nature Group was having on local diversity. The Group has

Cont p45

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carried out surveys on, for example, sightings of hedgehogs and bird counts. Data is also collected to show the financial and ecological benefits of installing solar panels. Other surveys have shown a 62% increase in biodiversity.

The Science Group has been so successful that it is now part of the European Citizens' Science Association and in 2023, Adrian was elected European Citizen Science Ambassador for the UK. The group has links with Citizen Science Groups in mainland Europe.

Similar community nature reserve groups have now been formed in Woodbridge, Brightlingsea and Bredfield. Sir David Attenbrough has even approved the project.

All in all, the project in just 8 years has become popular and has already achieved its initial aim in increasing biodiversity in Felixtowe without spending significant amounts of money and maintaining a very flat organisation.

Why is biodiversity so important? Biodiversity is the essential structure for life on earth, both plant and animal life, including human life. The world's ecologies are a complex network of life which needs to maintain a balance. Destroying even a small part of an eco-system threatens the whole ecology. Human existence, our food, clean water are all dependable on stable eco systems. In Debenham we could have our own community nature reserves and go on to build links with neighbours.

Matthew Welch

Debenham Green Team

#### HOXON HUNDRED COTSWOLD DANCERS

Hoxon Hundred Morris dancers practice every Wednesday during the winter in St Edmunds Hall, Hoxne from 7.30 onwards. We are eager to introduce new members to this excellent, inexpensive way of keeping fit and socialising during those dark cold months of winter when outdoor activities are not so appealing. We are therefore warmly inviting you to take part in free sessions beginning on Wednesday 18<sup>th</sup> October to see if it is an activity you would enjoy. If you cannot make the 18<sup>th</sup> then just drop in any Wednesday after that date. We advise you to wear comfortable clothing and footwear.

If you wish to continue dancing throughout the Summer, you would be able to join us at fetes, festivals and regular Wednesday night dance outs.

We are always keen to have new musicians join our band you will be so very welcome any Wednesday.

If you would like further information about the group please contact Jenny on 07403637517, or Jane Pearse on 0756468186. You can also find us on Facebook under Hoxon Hundred Morris Dancers.

We all look forward to meeting you.

Jan Robinson



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## DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

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

Like many of you I feel blessed to live in Suffolk. I always do my best to support local businesses, especially our farmers and food producers. Most of you are aware, that as well as being your MP, I am a doctor working in the NHS and, not long ago, I wrote about the perils of faddy and extreme diets. Buying locally produced fresh, seasonal food is absolutely vital for our health and it is also far better for our environment if we buy local and keep our food miles down wherever possible.

I often visit our local farmers and farm shops, and I am always impressed by the high quality of local produce, by our high animal welfare standards and by the high standards of traceability from farm to fork of Suffolk produced food and drink. However, many of us lead busy lives, and it is often necessary to do our shopping online as we keep up with the demands of juggling work and family. There are also many people who struggle with mobility issues and other health concerns who find online shopping an essential lifeline.

I am sure that most people, whatever their shopping habits, always hope to find ways to support local producers where they can. That is why I have called on all of the big supermarkets to adopt a simple new system to make it much easier for online shoppers to buy British.

At the end of August, I helped to co-ordinate a letter from over 100 MPs that went out to the big supermarket companies urging them to support a Buy British Campaign. We are asking supermarkets to highlight the very best of British produce by incorporating a 'Buy British' section on their online shopping pages. The simple addition of a tab that collates produce from farmers across the UK will help customers shop locally quickly and easily, with the click of a mouse.

Many of our shops and supermarkets already label British made and farmed products. The addition of a 'Buy British' button is simply providing the online shopper with the same ability to better identify homegrown produce as is already enjoyed by those attending a shop in person. A 'Buy British' button could encourage customers to eat seasonally and healthily and support their local farmers at the same time.

I have long championed the work of Suffolk's farmers in improving our food security, supporting a strong local economy and preserving and protecting the environment. I know the people of Suffolk want to back our local farmers and food producers. We all want to understand more about where our food comes from and how it is produced. This simple change on supermarket webpages will help to ensure home grown food is easily identifiable and that in the future we can all play our part in backing British farmers and food producers.

I'm pleased to have played a key role in co-ordinating this important initiative. I talk to farmers in Suffolk regularly, and they tell me time and again the best way we can support them is to simply, 'buy British'. Ensuring we do this is a win-win situation, we protect our health, Suffolk's economy and our environment.

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***YOUR SIGHT CARE IS OUR PRIORITY***

In June of this year my dear wife Julie passed away, we were married for 53 years.

The help and support that I received from my wonderful neighbours in Kenton helped me through the worst moment of my life and I cannot thank them enough.

Julie loved to shop in Debenham and to chat and banter with the shop staff in whatever shop she visited and I was touched by the kindness and empathy shown to me when I visited those shops.

I would like to give special thanks to James and the staff of Henry Abbott, the Coop and also to the staff at the Debenham Group practice who helped me through a difficult process.

Lastly, John and the lads at John Huttons the butchers in Earl Soham where Julie frequently caused chaos and eruptions laughter and happiness.



Tim Brett.

### Debenham & District Garden Club

October 18th

A talk by Lucy Skellorn – My Family & Other Irises

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)

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**Psalm 46: 10**

**“Be still, and know that I am God! I am exalted among the nations; I am exalted in the earth.”**

As I sit here looking out of my study window, on a very hot September day, I am finding it hard to think about the cold days of October and the rest of the year to come, trying to think of what to write for the October Newsletters, I am distracted by the colours and plants in the garden, the lush green of the grass and bushes, the scene is one of peace, it is a restful picture.

This causes me to pause and think how often we stop and just rest in the peace of God, I suspect for many of us (and I include myself in this) that we don't often take time out to rest in God, and when we do we have to fill the silence with words or noise.

It is good to stop, look and listen for God, we find God within the glory of his creation, in the flora and fauna, the people that pass by, and in the silence, the opportunity to hear God.

So, within our busy lives we must find time to stop to let God in, recharge the batteries and therefore we hear the call of God, to be the people he would want us to be, as the hymn writer wrote:

Be still, for the presence of the Lord,  
the Holy One is here.  
Come, bow before him now  
with reverence and fear.  
In him no sin is found,  
we stand on holy ground.  
Be still, for the presence of the Lord,  
the Holy One is here.  
Be still, for the glory of the Lord  
is shining all around;  
he burns with holy fire,  
with splendour he is crowned.  
How awesome is the sight,  
our radiant King of light!  
Be still, for the glory of the Lord  
is shining all around.  
Be still, for the power of the Lord  
is moving in this place;  
he comes to cleanse and heal,  
to minister his grace.  
No work too hard for him,  
in faith receive from him.  
Be still, for the power of the Lord  
is moving in this place.

David J. Evans ©1966 Kingsway's Thankyou Music,

Robert

## **URC Services**

Sunday 1st October	Mr Steve Horrex	10:45 am
Sunday 8th October	Rev. Robert Sheard	10:45 am
Sunday 15th October	Rev. Richard Edwards 3rd in a series of 4	10:45 am
Sunday 22nd October	Mr Steve Wincoll	10:45 am
Sunday 29th October	Mrs Nichola Glasse	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!

**Saturday 30th September “Come and See Gift Day”, see how the refurbishment has gone so far.**

**Join in the celebrations with stalls and refreshments. See if you can make water into wine!**

**Bring your friends and enjoy a soup lunch together; all welcome!**

**Ask for a guided tour.**

## **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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Hi everyone,

### Music and Singalong

We have always known that “singing is good for the soul” and that it is a great therapy for those who are living with dementia. And we have wondered whether we should try to set up a music and singalong group within The Debenham Project. Over the years we have greatly enjoyed joining in with carols at our Christmas Party and old time at our Garden Party led by our “Music Master” Stephen McKie. However, setting up a regular group has eluded us until now – but not for much longer, I hope!

A very talented member of the Debenham music scene has very generously offered to give up her time to make it happen. It takes a special person to stand on a stage and entertain an audience, it takes a special person to lead a choir, but it also takes a special person to get us all remembering the old time songs, the wartime songs, the songs of the 50's, 60's, and 70's - and singing along as if “they were there” in the pub, the village hall, the disco, and the gig.

Of course, there is a bit of organizing and arranging to do but I hope we will have put together the volunteers, invited an initial mixed participation of carers, cared-for, and others from the community, updated our songbook, etc. in time to start before Christmas. We shall probably begin with monthly sessions with the possibility of making them fortnightly if it all goes well.

Meanwhile, we will keep on with all our other activities and groups - Fit Club, Lunch Clubs, TLC Group, Carers Club and Info Café – as well as individual support. If you have a relative or friend, who might be struggling to cope with caring for a loved one with symptoms of dementia, please let them know about The Debenham Project.

Finally, a big, big thank you to all our volunteers, and donors without whom there would be no Project.

With all my thanks and best wishes,

Lynden Jackson

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**Membership:** The resignation of Cllr C Allison was noted, following which an election has been called by ten electors. This election will take place later in the year. We also welcomed back Cllr J Baldwin, who had enjoyed a short break away from the Council whilst still supporting several other local initiatives.

**Accounts:** An excellent Internal Audit Report for the year ended 31 March 2023 was received by Councillors.

**Play and Youth Provision:** Cllr J Sweet delivered a further update on the play provision project, and it all sounded very exciting. Providing all goes to plan, the area will benefit from a variety of new pieces of equipment which will suit all age ranges and abilities. The Parish Council agreed to commit up to £60,000 towards the total cost of the project, with most of the funding being sourced from the MSDC Community Infrastructure Levy and others. Members thanked Cllr J Sweet and other members of the Group for their sterling work.

**Funding:** The Parish Council was delighted to support the United Reformed Church to the tune of £750 towards the refurbishment of their facilities. Councillors were impressed with the Church's fundraising achievements so far, and how ongoing improvements were likely to benefit the Community.

**Allotments:** Tenants are cordially informed that tenancy renewals and rent requests will be posted in the next few days by recorded postal delivery. Could Tenants please ensure that a signed copy of the Tenancy Agreement is returned at all times, even when payment is made by online banking. If a tenant does not receive their papers by October 1<sup>st</sup>, they are kindly asked to inform the Parish Council as soon as possible.

**Highways:** The Parish Council agreed to register their strong opposition to the Eye Experimental Traffic Regulation Order which was undergoing public consultation. Although members sympathised with the reasons that may have led Eye to apply for it, they felt that the re-routing of large HGVs through Debenham's High Street was detrimental to the local area and infrastructure, unsafe, and unsustainable.

Our next meeting will take place on October 16<sup>th</sup>, 2023, at 7:30 p.m., at Dove Cottage.

*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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## District Councillor Report: Debenham Ward – Sept 2023

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

### Out & About

This month I wanted to place a spotlight on getting ready for winter, help and community.

Residents have expressed concern about insulating their homes when living in a grade II and Grade II\* building and the lack of clear guidance available. A good source of information is Historic England <https://historicengland.org.uk/advice/technical-advice/retrofit-and-energy-efficiency-in-historic-buildings/insulating-walls-in-historic-buildings/> I am also looking to arrange a visit from our Heritage Team to give a practical talk and answer any questions you might have in late autumn - dates and venues to be confirmed. Please let me know if you are interested.

We also have our very own insulation team here in Debenham working on producing a general advice pack, along with the ability to use the Thermal Imaging Camera from the Debenham Green Team - some of you may have received a recent insulation survey.

Warm Homes Suffolk is also continuing and for households whose income is £31,000 or less and live in a home with an EPC rating of D or worse and who do not have gas central heating, whether you own the property, rent it or are the landlord help is available. Telephone 03456 037 686 or visit [www.warmhomessuffolk.org.uk](http://www.warmhomessuffolk.org.uk)

We also have our own Meet up Mondays that take place at Dove Cottage, open to everyone, remember just because you might be in Kenton or Aspell etc doesn't mean you can't visit. So if you are in the mood for a chat or to hear what's happening in the village(s) pop along to taste what I would call 'tasty cake', maybe play some games or be introduced to some crafting. You just can't predict what will be going on or who will pop in. I would be very interested to hear from any other community groups and come for a visit.

Land in the Ward – FREE TREE?

We have quite a lot of open space in and around the ward and our Biodiversity Officer at Mid Suffolk is continuing the scheme to plant FREE tree's, hedgerows and plants. Application forms can be found here <https://www.midsuffolk.gov.uk/environment/planting-schemes/trees-hedgerows-and-wildflowers-scheme/>

Please ask me for more details if you want to take charge of how an area near you can be designed. We are looking to also plant with residents uses in mind Eg; Ideas have been given for a community orchard near the pond off Low Road, having a tree and bench within a beautiful small biodiverse communal herb garden space such as Saxfield Rd or Gardeners Rd/Henry Street. If we have the volunteers we can make the changes and make our ward beautiful, useable and help the environment at the same time.

We also have a local Tree Nursery building off Low Rd and donations are accepted. I have had two tree's self seed and will be donating them to the nursery.

Our Biodiversity Officer can also apply to a new fund for micro woods or community orchards, so please contact me or Richard Parmee if you are interested in this for your parish <https://www.gov.uk/guidance/apply-for-the-coronation-living-heritage-fund>

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.

## Benefice Church Services

October 2023

1st October	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Harvest f@c
8th October	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Helmingham	Harvest Service
		Pettaugh	Holy Communion
	6.30pm	Winston	Evening Prayer
15th October	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Framsden	Harvest Service
		Kenton	Morning Prayer
22nd October	9.30am	Debenham	Holy Communion
	11.00am	Winston	Holy Communion
		Pettaugh	Morning Prayer
29th October	10.00am	Framsden	Benefice Service



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



### October Reflection

I carried the red earth of Tanzania home between my toes and on my sandals and it took a while to get my feet back to their Suffolk paleness! I had only spent a brief week in Tanzania but in my heart it felt much longer, as if something fundamental had changed in who I am and how I see the world.

I was so fortunate to travel with a church group from our Diocese of St Edmundsbury and Ipswich on a visit to our link Diocese of Kagera in North West Tanzania. We travelled with (our) Bishop Martin and we visited Bishop Darlington, schools, hospital, churches (and much more!) in Kagera in order to deepen relationships, to learn from one another and to experience the vibrant and joyful Christianity which is growing so quickly there. For my own part, I looked forward to meeting friends that I had made 9 years previously when I last visited Kagera, before I was ordained.

There is so much to tell about the people we met and the places we visited and I hope to share some of my adventures at an evening entitled, 'Time with Friends' in Dove Cottage on 19<sup>th</sup> October at 7pm. But here, in this short reflection, I just want to say that as I washed the red earth from my feet, I remembered how the Bible tells us we humans are made from the very earth. In the biblical stories about the creation of the universe, Adam becomes the first human being that God forms from the dust of the ground. And from that human, the Bible story rather simplistically tells us, God creates woman and man. The name, Adam, given to the man comes from the Hebrew word, *Adamah*, which means 'earth'... more specifically 'red earth'.

As the water ran red and my toes returned to their paleness, it seemed so obvious how, no matter where we come from in this world, no matter our culture, our language, no matter our wealth or poverty, we all come from the earth. Experiences of love and hate, of fear and joy; of hunger and desire, of loneliness and friendship; we, humanity, inside, what we feel, what we need... it is the same the world over for all peoples no matter the colour of their toes, clean or not.

# family@church

Sunday 1<sup>st</sup> October

St Mary's Church, Debenham

9.30am - Breakfast, 10am - Service begins

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