

DEBENHAM PARISH MAGAZINE

75p

June 2024



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FROM THE EDITOR

Summer finally seems to have arrived and there are plenty of events featured in this month's magazine. The High School is celebrating 60 years and the Hoppit Wood 20 years. Both can celebrate exceptional 'growth' in their own ways.

I'm writing this as peace reigns, there is a visible (and audible) reduction in lorry movements through the village. Thankfully, campaigning paid off and authorities listened; this old cynic is impressed! The water main explosion and necessary closure of Gracechurch Street, seem to be having an effect on traffic too, and increased the water flow down to the river.

The noise in the sky has increased, but that is the welcome return of the swifts and their screeching. Some have already taken up residence in the boxes at the Church, and one pair features on this month's cover; thank you to Richard Blackwell for providing the photo as well as monitoring what they're up to. For regular updates, see the village Facebook page. We haven't been lucky enough to welcome any so far this year. Last year was the first year we hadn't got any nesting under our roof, so I wonder if that means they won't ever return.

Not only are we missing the swifts, but we also managed to miss the northern lights that many in the village documented on Facebook. We looked out; black sky! Lofty and Dave had their own hilarious experience with that (see p9) and now we await the next opportunity at the weekend if the forecast is correct. So as not to miss out completely, the cover background is purple.

Well, here's to hoping that all the summer activities go smoothly and that the sun is shining for them all.

Happy June!

Jan

DEBENHAM PARISH MAGAZINE

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Tuesday June 25th
(Tuesday 18th June for Business Advertising)

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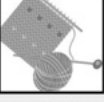

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Debenham Shed

Our Chairman loves classic cars, and could not resist the opportunity to buy a 1969 Triumph Herald (pictured) for restoration and eventual resale. Profit from our previously restored 1976 MG Midget and an advance on the Triumph sale have funded purchase of a defibrillator in our Shed, which of course we hope will never be needed, but is there in case it is needed in earnest.



June's Craft Day on Saturday 8th (10am to 2pm) will be making Mexican tin lanterns and T-shirt designs. Places are limited, so please book in advance at events@debenhamshed.org.uk or telephone contacts below.



Debenham Shed is at 2 Fields Farm, Low Road (IP14 6BJ). We are open on Monday mornings 9am-12pm, Fridays 10am-5pm and normally the second Saturday morning of each month. Membership by the year, half-year or PAYG.

Chairman: Rob Davies 07952 556152 Treasurer: Tony Hutt 07906 614328. Visit our website at www.debenhamshed.org.uk (sign up to newsletters on the Contact page) Email info@debenhamshed.org.uk . Like our Facebook page at www.facebook.com/DebenhamShed.

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

Debenham Film Nights

There is no film in June but on **Saturday 27th July** we are experimenting with a matinee at 3pm and an evening film at 7.30pm. *Kung Fu Panda 4* (PG, 2024) has been suggested for the matinee and *Top Gun: Maverick* (12, 2022) for the evening, but check posters or the website to be sure. Forty people enjoyed *One Life* in May, an emotional but heartwarming film.



The bar will open before the films and during an intermission, and be ice creams will be available. Pay on the door (cash or card) or book in advance at www.debenhamsportsandleisure.co.uk/film.html. Admission is £5 (£15 families). Doors open 2.30pm for the matinee and 7pm for the evening film.

To be included on the Debenham Film Nights mailing list contact me at tony@tonyhutt.co.uk.

Tony Hutt



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Lofty and Dave by Min Marshall



DEBENHAM AND DISTRICT GARDEN CLUB

next meeting

Wednesday 19 June 2024

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The Old Manse

Norwich Road

Stoke Ash IP23 7EN

£5 per person



Non members and Friends very welcome

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, Aspell Road, Debenham at 7.30pm unless there is an outing when details will be specified (no meetings August and January)

Membership fee: £20 per annum. Guests £5.00per meeting – includes refreshments. Just arrive on the evening or contact: Fiona Reid on 01728 860479 or Ann Evans on 07857680877 for further information.

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Forge Community Church

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

June 2024: Peace of Mind

Sometimes, we're facing battles that no one else can see. Maybe it's trying to move forward after loss or uneasiness about the future. What do we do when we don't understand what we're feeling and hope seems far away? In our new series, Peace of Mind, we'll look at how some familiar names in scripture dealt with many of the same struggles we face today. We'll learn how they overcame those struggles not through their own strength, but by depending on God. We'll learn how to fight our mental battles and find peace



3rd June – The Most Dangerous Myths of Mental Health

9th June – Heal My Anxious Mind

16th June – Why Do I Always Worry?

23rd June – Your Negative Thoughts

30th June – Beating Burnout

Online at www.live.forgechurch.com @4pm or on catch up: <https://forgechurch.com/talks/>

Also available on YouTube (@ForgeChurch)

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

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

Motion (Yr 9-13) meet 6pm-8pm at High Suffolk Family Hub in Debenham

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

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

The Old Chapel · Forward Green · Stowmarket · IP14 5HP Facebook/Twitter/YouTube/Instagram
[@forgechurchuk](https://www.instagram.com/forgechurchuk)





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Enquiries to debenhamgreenteam@gmail.com





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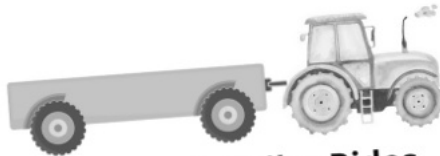
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Season 2023/2024**



Tuesday 4th June 2024

Everything you Wanted to Know about Heraldry

Chris Broome provides an introduction to the fascinating world of heraldry and how it can be used to further family history research.

Tuesday 2th July 2024

Refugees: A History of the Huguenots in Britain

Gill Blanchard recounts the impact of Huguenots on British culture, life, arts, and politics, including their story of religious persecution, politics, endurance, assimilation, and integration.

Location: **The Hall, United Reformed Church,**
21 Chancery Lane Debenham Suffolk IP14 6RN

Commencing : 7.30pm unless otherwise listed

Cost: £4 per session, all welcome

**TO RECEIVE MONTHLY REMINDERS AND INFORMATION OF
DEBENHAM HISTORY SOCIETY EVENTS PLEASE SIGN UP VIA
<https://thedebenhamarchive.uk>**



**Mid Suffolk Healing Rooms in
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**The Healing Rooms meetings
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Friends of Debenham Library



Maureen, our Manager, raised £375 for Suffolk Libraries by reading her height in books—that's 5' 2" (1.57m) of books by 23rd March. A total of 74 books, or around 18,000 pages! She also organised a book hunt in Stradbroke (her other library) and her walking group raised another £600. Well done Maureen! Our quiz on Saturday 16 March raised £236 which goes to Suffolk Libraries.

Make a Difference with a Daisy—this year's fundraiser

Spadge Hopkins, one of the featured artists from our previous PAWS-itivity fundraiser (he has his gallery at Framlingham), is creating a metal daisy chain art installation that will be on display at the Food Museum in Stowmarket this spring and summer. We're asking for donations from our amazing supporters. The Friends of Debenham Library have bought one of them, and you can contribute or buy one of your own. For further details see www.suffolklibraries.co.uk/support-us/make-a-difference-with-a-daisy.



Did you know....? The Suffolk Libraries logo is actually a bookmark, which is why it's cut off at the bottom. And this logo on the right represents a pile of books.



For more information visit suffolklibraries.co.uk/sld. By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit suffolklibraries.co.uk/donate.

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

Tel: 01728 861940 www.suffolklibraries.co.uk/visit/locations-and-times/debenham-library

Facebook: DebenhamLibraryAndFriends
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ST MARY'S ART EXHIBITION 2024



JUNE 14/15/16

ST MARY'S CHURCH, DEBENHAM, IP14 6QN

This June sees St Mary's Church in Debenham host its 47th St Mary's Art Exhibition. Starting with a party on the Friday night (sponsored by local business Aspoll Cyder), the church will once again reverberate with the sound of live music and the happy noises of artists and visitors taking in the artwork. Open to the public and free admission. This year, on the Sunday, the Art Exhibition is taking place on the same day as Debenham Open Gardens, meaning there is more reason to enjoy a day out in Debenham.

Original art, prints and greetings cards to suit all budgets. All are most welcome!

**Visitor and exhibitor information is available now on the website
www.stmarysartex.org.uk**

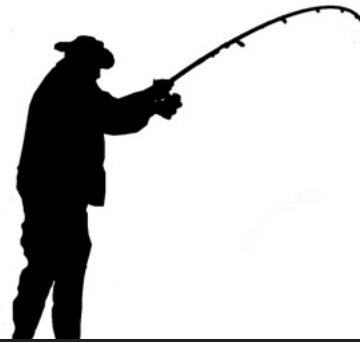
St Mary's Young Artists' Exhibition

**Once again, this year, we are inviting young artists (Primary or High School age) to enter a picture in this year's Art Exhibition. Full details on our website
stmarysartex.org.uk**

Cares Cast Aside.

**'The swirling river, is a soothing sound.
In which the treasured trout abound.
I cast aside the daily cares and cast instead towards a likely lair.
One or twice the silent thread, passes close to a hungry head.
Then, when I think I am done.
The line goes taught like a drum! Off into a deeper hole.
The quarry dives and bends my pole.
The struggle is brief. The fish is mine. Returned unharmed.
I feel sublime.**

John Garrard.



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Sunday 14th July 5pm

Winston Church

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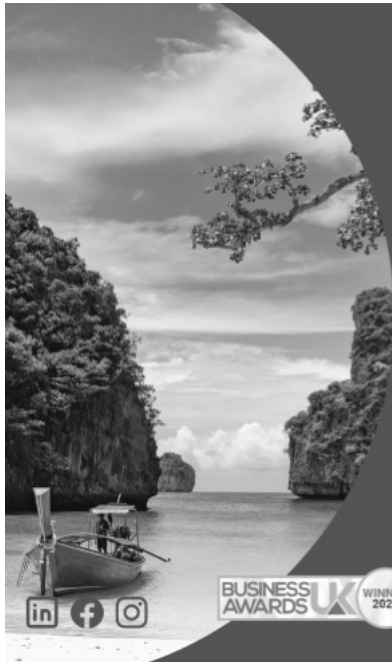
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Worlingworth Cricket Club



The sun is beaming down, the trees are in full leaf, and the crack of leather on willow must mean the cricket season is in full swing.

It's been a varied start to the season for Worlingworth CC for all our teams. The Saturday 1st team endured a freezing cold first game in late April against arch-rivals Melton then got stuck into our next games, with admittedly varying fortunes, but that's the nature of competitive sport!

The Sunday 2nd team's first game was a complete contrast, being played in blazing sunshine, and resulting in a convincing victory over Southwold. Games against Yoxford, Eye and Melton followed, all played in the customary Worly spirit of fun and giving everyone a go.

The ladies' team would have opened their season at home against Mildenhall, but the opposition couldn't get a team together. Luckily, it's a flexible league, so the ladies can look forward to the re-arranged game later in the season.

On the events front, coming up on the 21st June we have our Chilli & Quiz night! Enter a team of up to six and test your general knowledge, then tuck into a delicious chilli. Doors open 7pm, quiz from 7:30pm, £8.00pp. It's always a great night, so if you'd like to get involved, please get in touch with Jenny on 07850 769465 or wcccladies@proton.me

As always, if you have any questions or want to get into cricket, head to our website, worlingworthcc.co.uk, fill out a contact form and a club representative will be in touch.

Save the Date

Debenham's Jumbo Jumble Sale

St Mary's Church

Saturday 21st September

10-12 noon

Don't miss out on the best jumble sale in Suffolk,
get the date in your diary!

Debenham Green Team Report May 13th 2024 presented at the Debenham Parish Council Annual Parish Meeting



At the 2023 Parish Council Annual Parish meeting, Debenham Green Team (DGT) received a much appreciated Community award 'for outstanding services to the community of Debenham'.

Since then, DGT has continued to connect with and work alongside other community groups and various agencies, within and beyond Debenham, in order to meet our aims

-
Reduce our environmental impact

Build our resilience for a future without cheap energy and with a changing climate

Strengthen the local economy

The river Deben has been a significant focus this year. Thanks to financial support from Debenham Veterinary practice and the Parish Council, and the time given by a small team of volunteers, we now take samples from the Deben twice a month, once from 14 points from Aspell to Thorpe Lane and once from 3 points around the sewage treatment works. This Citizen science project co-ordinates through our link with the Deben Climate Centre, to samples taken from the length of the river Deben. All results are shared with the Environment agency, and Anglian water. This is a ground breaking river project, a flagship for other areas of the country and will hopefully lead to better water quality along the Deben.

Also, since the devastating impact of the October 2023 floods, the skills and resourcefulness of DGT members has led to an inspiring initiative started in March, so that agencies and stakeholders along the river Deben can work together to manage the river, and land surrounding it, better in the future.

These two river related projects led to a meeting in Debenham of representatives from DEFRA and other agencies, coming together to find out more about the Deben, Debenham and the surrounding area. Thanks to Tansy Cooper for representing Debenham Green Team so well at this meeting.

The Green Energy group continue to explore options and opportunities that new technologies will enable within the village.

The Autumn 2023 litter pick was cancelled due to flooding. Maybe the floods have made people more aware of the impact of any debris, including litter, on drains and ditches, and the importance of not blocking and polluting water systems.

The 2024 Spring litter pick was very well attended and we welcomed Ben Goddard, contractor, joining us. Debenham High school Eco Council continue to book a litter pick session with DGT, every term. The Primary school continues to offer equipment in the loan shed, for anyone in the community to borrow and safely pick up litter, anywhere. Debenham Sports and Leisure Centre appreciated DGT members turning up to pick up debris on the football pitch after the November firework display. We are working with Debfest crew, in order to be proactive on messaging about and management of waste at Debfest in September.

The donation of books, DVDs and CDs (which might otherwise be thrown away) from the community to Hollesley Bay Prison Library, along with clothing and luggage, has

been a small but significant reuse project.

DGT have linked with the Debenham Sports and Leisure Centre to continue to encourage and promote cycling within the village. Regular social rides, confidence building rides, puncture repair workshops and bike clinics are organised for throughout the warmer months. The bike maintenance stand at Cross Green car park has been much appreciated.

Debenham Green Team are aiming to encourage biodiversity in our village by creating a Debenham Community Nature Reserve (DCNR).

Our plan is to encourage as many local gardeners and allotment holders as possible to try and devote at least 3 square yards of their garden or allotment to supporting wildlife.

This could include any kind of pollinator-friendly plants as well as hedgehog homes, insect lodges, wildlife ponds, bird feeders etc.

Our dream is for our community nature reserve to be composed of many pieces of private land, between which insects, birds and other wildlife can fly and thus develop sustainable biodiversity.

We launched this idea with a 'Debenham Hedgehog Friends' awareness raising day in February half term at the primary school. We have continued with hedgehog information sharing and leaflet distributions. We would like to create a map to show the hedgehog highways throughout our village and indicate where hedgehogs have been spotted in gardens. In the Summer holidays we plan to hold a hedgehog home workshop in conjunction with the Shed.

We are planning to highlight how to encourage biodiversity in gardens by opening some local gardens at the Debenham Open Gardens event in June.

We continue, with the support of various volunteers, to offer residents help to recycle hard to recycle items including; tetra-paks, toothbrushes, coffee pods, pens, contact lens packaging, water filters, makeup containers, corks and plastic plant pots. The monthly stall offers a face -to-face contact where we meet with residents and can discuss other initiatives such as a recent insulation offer and hedgehog awareness.

We have a website where further information on our projects can be obtained, we advertise our events on Facebook and we have an email membership of 156 members.

We look forward to projects currently engaged in, further enhancing life in our community - and also to supporting any new and inspired ideas that the people of Debenham wish to pursue that meet DGT aims.

Joy Walton

Kate Scott

Jane Tempest

Richard Blackwell

On behalf of Debenham Green Team



Evening Bird Song Walk in Hoppit Wood

A quiet walk led by Mike Challis to identify and listen to birds

Wednesday 5th June 8pm
Meet at the bridge on the lake



Free event but donations to
Hoppit Wood are welcomed



RUDE & RECKLESS

Saturday 1st June

8pm start, doors open @ 7:30pm
@ Debenham Community Centre, IP14 6BL

An excellent 6 piece band.
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Friday 12th July
5pm - 7:30pm

SUMMER sizzler

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Old School Room, Winston

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Debenham Open Gardens

Sunday 16th June 1pm - 5pm

Admission £5 adults, accompanied children free

Refreshments served in Gracechurch Street

(see programme)

*Contact Jean Henderson 01728 861093 for details about opening
your garden - newcomers welcome!*

*Tickets available in advance from Webster's Newsagents
or on sale on the day from the Church gate/Dove Cottage*

Donations of plants for plant sale welcome

Proceeds to local charities



Debenham CHAMBER MUSIC

Saturday 8th June - Trio Dances



Fenella Humphreys - *violin*
Kasia Ziminska - *viola*
Cara Berridge - *'cello*



Music for strings by

Franz Schubert
Adrian Sutton
Jean Sibelius
Wolfgang Amadeus Mozart

pre-concert drinks 6.30pm - concert 7pm

Tickets £10*

Sat 14th Sept - Four Last Songs



Marta Fontanals - *mezzo soprano*
Olivia Jageurs - *harp*
Chloë Vincent - *flute*

Music for harp, flute, & mezzo soprano by

Vaughan Williams, William Alwyn,
Grace Williams, Elizabeth Maconchy,
Adrian Sutton, Cameron Biles-Liddell,
Harriet Adie, (and more tbc)

pre-concert drinks 6.30pm - concert 7pm

Tickets £10*

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www.debenhamchambermusic.com

Musician photos by Alejandro Tamagno, Olivia Da Costa, Helena Marion



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Let's Talk About it!

Year 10 Speaker's Trust Speaker's Trust Workshop

On 23rd April Teresa Duke from the Speaker's Trust came in to lead a workshop with thirty of our Year 10s. This was a good opportunity to learn how to give a good speech and to grow in confidence to speak in front of an audience. While they found this difficult at times, the students rose to the challenge.

Having all given a talk, students were selected to go through the next stage to choose an

overall Finalist and Reserve for the Speak Out Final to be held at Dance East on 18th June. Our Finalist will compete against the finalists from ten other schools.

We are hoping there will be the chance for the Reserve to speak.

With a school assembly as their audience, four students gave their speeches to a panel of judges:

Evlyn Bosworth – Music as a therapy and way to feel better

Isabelle Linney – Love and Connection in Greek Mythology

Helena Pascalides – My friend Maddie and her experience of gender dysmorphia

Tamzin Steel – Speaking on Mental Health

All girls spoke really well and were a credit to the school; we wish Helena and Evlyn all the best in the final on 18th June.



Have A Say Competition –

A Competition for Modern Languages

A few weeks ago ten students from Debenham High School were invited to take part in the Have Your Say Competition. The first round was held in Woodbridge School and all the Debenham students went through to the finals. The finals were held quite recently in the Thomas Lord Audley School.



The students went to the school in the minibus and, after a brief introduction and explanation of what would happen, the competitors went off to different rooms to complete the first task in their chosen language (Spanish, German or French). This task was to repeat the dialogue in their language that they had learnt for the first round – this was fairly simple.

The next task was more difficult as they were given a dialogue that they had never seen before and had three minutes to read through and to practise it. They then had to read it through in front of the judges.

On a personal note, I found the entire competition to be very well organised and all the helpers and judges were very friendly. I also learned from this experience that languages are very useful and not extremely hard to learn – as if you already know the basics of a language; it is easier that you think to understand the rest and make an educated guess. Altogether, I think this was a very useful experience.

**In Other News...We are the
Champions!!!!**

After the May Bank Holiday weekend, the Under 16 Girls Football Team were in action in the County Cup final. This was the third year in a row the team had



made it to the final, so went into the game looking to make it a hat-trick of victories.

The opposition was Copleston High school, who the Girls had beaten 3-0 in the Final two years ago. The girls couldn't have made a better start to the game, scoring their first goal within 30 seconds of the start. This set the tone for the game and the girls went on to secure a comfortable and dominant 12-2 victory. The team really should be congratulated for not only a fine performance in this game but also for retaining the cup for a third year in a row. It really was a great team effort and one that all students involved should be congratulated for. It was particularly lovely for Immy Porch, Ruby Demicoli Keeling and Katie Sparrow to sign off Year 11 with a win!

Mr Mitchell extends a big thank you to the whole squad for their hard work and performances all season.

Neil Mitchell (Head of PE)

Cont p39



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Book Mastermind 2024

As many of you know, each year Debenham High School takes part in the Suffolk Schools Book Mastermind Competition. Book Mastermind is a county wide competition, open to all pupils in Years 7-9, the aim of which is to encourage and promote reading across Suffolk. The competition starts in schools in the winter term, with winners from each school coming together in the summer term to compete in the County Final.

We held our in-school heats here at Debenham High School over three lunchtimes in February. Competitors were invited to choose a book to read and remember.

They were each given two minutes to answer 20 questions relating to their chosen book. Tristan Thomas (7O) came third in the competition, choosing to read *The Explorer* by Katherine Rundell. Jack Bhadreshwar (9N) came second choosing to read *Mossflower* by Brian Jacques. The winner of the Debenham High School Book



Mastermind for 2024 was Florence Rosten (8D) who chose to read *Five Get into Trouble* by Enid Blyton.

Florence went on to represent Debenham High School in the County Final of the Book Mastermind Competition on 3rd May at Stratford St Andrew. In the first round of the competition, Florence chose to answer questions on the book *Starfell: Willow Moss* and *The Lost Day* by Dominique Valente. In the second round, Florence and the other contestants, were asked a series of general knowledge questions.



Nine high schools from across Suffolk took part in the competition. It was closely fought, but I am pleased to say that Florence won the Book Mastermind County Final on behalf of Debenham. She received a £50 book voucher and a massive trophy, which is currently on display in the Library. Huge congratulations to Florence for her success in Book Mastermind and thank you to everyone who took part over the course of the competition this year.



Caroline Foord- Johnson (Librarian)

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Hoppit Wood and Lake 2025 Calendar - Submit your pictures!



After a very successful 2024 calendar which featured many photographs, past and present, of the Hoppit and Lake, we thought that we would invite submissions of photos of the lake from you for 2025.

The photos could feature wildlife at the wood, or beautiful scenes, people enjoying the spaces or maybe even the elusive kingfisher.

All submissions will be considered and we will make selections in true Countryfile style. The deadline will be 30 September to allow time to produce and print the calendar.

Please submit your photos as high quality images by email to info@hoppit.uk
We're looking forward to seeing your photos.

Note: by submitting photos you are agreeing to their use in the Hoppit Wood and Lake calendar and for publication on websites and social media. Full credit will be given. Please make sure you have permission to take any pictures containing other people. Thanks.

We are also developing a website. Although in its early stages it can be found with this simple address - www.hoppit.uk

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Hoppit Wood and Lake 20th Anniversary Celebration

Saturday 22 June 9am - 12pm at the Lake

Dawn Chorus Soundscape

Listen to the dawn chorus recorded at the lake

Wild-finder Treasure Hunt

Find butterflies, flowers, trees and insects on a hunt round the Hoppit Wood

Merlin Birdhunt

Down load the free Merlin Bird ID app on your phone (preferably before the event but we can help on the day) and go on a sound-hunt for birds in The Hoppit

History of Hoppit Exhibition

Facepainting Refreshments

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- Sat 7th - Quiz doors open @ 7pm start at 7.30pm
- Fri 14th - Bingo doors open 7pm, eyes down 7.30pm
- Weds 19th - Accordion group
- Fri 21st - Open mic, doors open @ 7pm



RUDE & RECKLESS

Saturday 1st June

8pm start, doors open @ 7:30pm

@ Debenham Community Centre, IP14 6BL

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Details to be confirmed please check our website

Football Quiz Night

How well do you know the Premier League, FA cup, football stadiums and much more?

Come along to our football quiz night with a chance of winning **£125**.

Saturday 8th June in the Community Centre

7pm arrival for 7:30pm start



Teams of up to 6 players
£3 per person



Booking essential
Bar open throughout





Psalm 23 1-3

The LORD is my shepherd; I have everything I need.

He lets me rest in fields of green grass and leads me to quiet pools of fresh water. He gives me new strength. He guides me in the right paths, as he has promised.



At this time of year our thoughts turn to holidays, where are we going to go this year? Are we going to go abroad this year or is money short? should we stay in this country, and hope that we will have good weather! But did you know that holidays did not use to be about sitting on a beach somewhere and doing nothing.

The word holiday used to be Holy Day, a time in the year which people were given to take time off from work to celebrate Festivals in the Christian Church which did not fall on a Sunday, a time to make a pilgrimage to a church, Cathedral or shrine. It was a time in someone's journey of faith to find a time of renewal, a deeper understanding of God/Jesus.

Holidays are still meant to be the same, a time to recharge the batteries, a time in this busy world of ours that we slow down! So that we can come back to our work, or everyday lives renewed.

But do we really come back renewed and full of life or do we end up wondering why we bothered in the first place, when we see the washing that needs doing and other jobs that we need to catch up on, which makes us just as tired, what's the point in going away!

Is it that we just need a time to stop and take stock, a time to be quiet, a time to let the world go by for a few moments without us. (Would we really miss out on that much?) So, do we need to find some peace and quiet more than just once or twice a year?

Do we really need the shops open every day of the week for 24 hours, do we need to fill our days with paid work, have the pubs open 24 hours, panic if we forget our mobile phone, or can't check our emails?

Where is our time for our family, to just go for a walk, talk face to face with a friend, even play a game, even a time for ourselves, a time each day or each week, a time to recharge the batteries.

We all need a time to slow down, and for Christians they find this time with God either in private Prayer or in Worship with other people, it is amazing How God can help us to recharge the batteries, to give us a new focus on life that helps us to slow down, to learn how through Jesus we can truly live.

So next time you need a Holiday have a Holy Day instead and see how much better it makes you feel. God Bless.

Robert

URC Services December 2023

Sunday 2nd June	Rev Richard Edwards 1st in series on the Book of Timothy (Communion service)	10:45 am
Sunday 9th June	Rev Robert Sheard	10:45 am
Sunday 16th June	Rev David Atkins	10:45 am
Sunday 23rd June	Mr Robert Powell	10:45 am
Sunday 30th June	Mr Kevin Moore Evangelist Open Air Service on the Green	10:45 am

All services followed by refreshments and chat

Coffee morning every Tuesday 10-11:30

Thursday 6th June Friends & Neighbours with Chrissy Chapman

Tuesday 11th June from 10:00am, cake, previously loved stall & special appearance; plant stall this month. Come and have some coffee too!

Sunday 30th June Cakes & Choruses Sunday 3:00pm, don't miss our very popular afternoon. Sing and eat cake!

Be sure not to miss our OPEN AIR SERVICE on Sunday 30th at 10:45

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,

At last, Spring is with us, and we can hope that what follows will be a Summer of Sunshine – A time for outdoor events, fairs, garden parties, and the seaside. In The Debenham Project we are all looking forward to the end of this month when we ask our “family” of carers, those they care for, volunteers, and other members of the Project to join us in celebrating its success in supporting all in Debenham and the surrounding area who are living with the impact of dementia on their lives. Thanks to our wonderful hosts, Mike and Lyn Rouse, it is always a very special occasion. Later in the Summer comes our “Day at the Seaside Day Out” on the beach at Felixstowe with a fish and chips lunch, rickshaw rides along the prom, and a paddle in the sea organised by Joy Walton. In between, I know you will be involved in any number of outdoor events, but would you like to put on a coffee morning or an afternoon tea in your garden? I’d love you to think about it – just let me know.

Talking about supporting the Project, earlier last month I was delighted to learn that that we had been chosen as Debenham Co-op’s nominated charity for the next few months. This means they will be actively promoting and fundraising for our work. One very simple way of helping would be to donate your Co-op dividend – just ask at the till to give to 609313.

Finally, following last month’s request, many thanks for the zips, flaps and buttons to be sewn on to Megan’s “Fiddle Blankets”.

With all my best wishes,

Lynden

01728 862003

www.the-debenham-project.org.uk

Annual Parish Council Meeting Monday 20th May 2024, 7pm



DPC/24/74 the council voted for Chair Cllr Frankie Winrow-Giffin to be re-elected for a second term.

DPC/24/77 Cllr Katherine Barlow was re-elected as Vice Chair.

Reports were received from both the County Councillor and the District Councillor. Following the decision to lift the Eye ETRO, County Councillor Matthew Hicks wished to pass his sincere thanks to everyone who had responded to the survey and made their views known via email.

DPC/24/85 updates:

Emergency Plan - The working group have been liaising with environmental agency, MSDC and other local villages to establish a robust plan.

Neighbourhood Plan - Councillors are working with consultants to update our award winning Neighbourhood Plan. A meeting has been planned to start the process and particular attention will be paid to the risk of flooding that has affected the village. Once the process has started villagers with relevant experience will be asked for their valued input.

Weed Spraying - Residents had been disappointed recently that chemical weedkiller had been used by our warden on some of the iconic plants growing wild around the village. It was noted that the warden has been doing an excellent job of keeping the village tidy but that the council and the warden will liaise to discuss alternative ways of dealing with weeds whilst also maintaining the safety and cleanliness of our paths and pavements.

Lifting of Eye ETRO - Debenham received good news in May, the consultation on the experimental order ended and it was resolved to remove the restriction because of the detrimental effect on surrounding villages. The Parish Council would like to thank each and every one of the parishioners who took the time to register their opposition to this very important issue.

Festivities - 'Debenham Day' live music event has been set for 20th July 2024. The high street will be closed from 2pm until 8pm. More information about the day will become available as arrangements are made. Contact Cllr Katherine Barlow if you would like to get involved.

Play Area - There will be more exciting equipment installed in the recreation ground in the coming months.


Public Conveniences - The current contractor has resigned their position. The Parish Council are now looking for another contractor to take this on. In the meantime the toilets are undergoing some renovation to make them more pleasant to use.

The Parish Council are currently looking for a Clerk and Responsible Financial Officer. If you feel you have the relevant skill set, enthusiasm and a willingness to learn, please contact the Parish Council for more details.

CLlr Katherine Barlow, Vice Chair.

Please note the Parish Council contact tel no: 07895583798

DEBENHAM PARISH COUNCIL



Tenders and contracts

Public Convenience Cleaning Contract

Applications are now open for Contractors wishing to tender for the Public Convenience Cleansing Contract in the Parish of Debenham.

The Contract includes the opening (7am) cleaning and closing (5.30) pm of the premises Seven days a week inclusive of Bank Holidays (except Christmas day)
The contractor will need to prove third party insurance cover prior to the start of the contract.

This contract is being offered as a three year contract from the 1st of July 2024 to 30th June 2027.

It is highly recommended that those wishing to tender visit the village of Debenham in order to familiarize themselves with the and the work involved. A detailed specification is available on the Debenham Parish Council website, or by request to the Clerk.

Please send your proposals, in an envelope clearly marked " Tender " for the attention of the Clerk to :

Debenham Parish Council, 17 Bloomfield Way, Debenham, Stowmarket, IP146JS

The closing time / date is 22nd June 2024.
The successful applicant will start 1st July 2024.

Should you require any further information, or to arrange a site visit, please contact the Clerk by email at parish.clerk@debenhamparishcouncil.org or telephone 07895 583798.

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District Councillor Report: Debenham Ward – June 2024
Serving Ashfield-cum-Thorpe, Aspall, Bedingfield, Debenham, Kenton & Winston Cllr Teresa Davis teresa.davis@midsuffolk.gov.uk Tel: 07928 512588

Out & About in the Ward:

As I write this on 20th May it is with the positivity that comes with the sun. Following on from my last report, Tansy Cooper, of our Debenham Green Team, gave an excellent report at the Debenham Annual Parish Meeting last week to advise that Helen Dangerfield of the Essex and Suffolk Rivers Trust alongside many the other partners are working towards saving the River Deben – which includes working with landowners within the Deben clusters to prevent flooding and drought. You may have seen this in the newspaper.

Our very own Hoppit Wood is also having a celebration to celebrate 20 years on 22nd June, look out for posters going up soon.

I wanted to focus on Moving Well Debenham this month, a group that was created in March 2023 following a lot of hard work from it's organisers. Moving Well Debenham is a not-for-profit community group. It has been holding group sessions of fitness & mindfulness with refreshments, discussions and conversation. All this takes place at the Debenham Community Centre on Tuesdays at 11:00am till 12:30pm. Its focus is for residents who are 65 to 84 years of age - which is nearing a quarter of people in the Debenham ward now. They use a qualified personal trainer for each session – so you are safe and secure. You don't have to do all the exercises, just those you feel capable of doing whether that be standing up or sitting down, in fact a chair is one of the apparatus used. Each session seeks to have a positive impact in physical activity, movement, strength, balance, memory, cognition, general wellbeing, including nutrition and diet whilst also combatting loneliness and isolation. It's amazing what moving well does for us. It is a very welcoming group and if you live in Debenham or the surrounding local villages please come along, a small session cost of £2.50 will cover instruction, food and drink. The warm welcome is free!

Our Capital Grant application window is open for grants of up to £10,000 which is aimed at community groups for repairs and maintenance. The closing date is 14th July. If anyone would like to know more please do get in touch with our team on 0300 1234 000 asking for the Grants Team or by email on BMSDCGrants@babberghmidsuffolk.gov.uk

You can always contact me directly if this is easier. My Locality award is also available for this year, so if you have an idea or project please do get in touch. Suffolk County Council have also launched a request form that people can use if they feel they need Electric Vehicle charging on their street and this is the link that is available

[Request an EV chargepoint in Suffolk \(https://www.smartsurvey.co.uk/s/requestchargepoint/smartsurvey.co.uk\)](https://www.smartsurvey.co.uk/s/requestchargepoint/smartsurvey.co.uk)

Cabinet/Council News

Mid Suffolk in June

Currently we are looking at Mid Suffolks performance and how our services are progressing and can be improved for the better. We have had officers looking at how we can help those in most need in the economic climate we are in and also looking at improving our procurement processes. Discussion on the National Grid Norwich to Tilbury Pylon route will also take place to provide a consultation response. I would urge all residents to review the consultation online, if you can, to see what National Grid are proposing to do and leave your own comments as well.

Our June Cabinet Meeting will be on 11th June and the Full Council meeting will be on 27th June.

Benefice Church Services

June 2024

2nd June	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
9th June	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Helmingham	Holy Communion
Framsden		Morning Prayer	
16th June	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Pettaugh	Holy Communion
		Kenton	Morning Prayer
23rd June	6.30pm	Winston	Evening Prayer
	9.30am	Debenham	Holy Communion
		11.00am	Winston
		Pettaugh	Morning Prayer
	30th June	10.00am	Kenton



THE BENEFICE OF
DEBENHAM & HELMINGHAM



Ministry Team

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

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

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

Churchwardens

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

Betty Connors bettyconnors@outlook.com 01728 860513

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

Aspall Andrew Ward 01728 860343

Framsden Christine Schofield christine@cpwpost.com 01728 684076

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

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

Winston Brian Branch cmbranch@btinternet.com 01728 861004



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June Reflection by Rev Susan Taylor

Death... the subject of death and dying, and particularly our own death, is considered to be a bit of a taboo. And it is a tricky subject to launch into over Sunday lunch. But it is an important subject.



I have heard it said that as a person approaches the end of their life, there are four things they want to say: "I'm sorry," "I forgive you," "I love you," and "thank you". We all have things we regret and, if we have time as death draws near, people often want to have that weight of wrongdoing or guilt lifted. And sometimes people get to a place where differences, grudges, hurts felt and inflicted, fade into insignificance and they want to offer their forgiveness to others.

But even more than forgiveness received and given, as people near the end, they want their loved ones to know how much they are loved. It makes me think about all those heart-breaking messages from the people on the planes in the USA on 11th September 2001. The greatest legacy anyone can leave is one of love. And we also want to express our gratitude for the blessings of our life, however much these blessings may have been mixed with hurt and difficulty. As death approaches, the number of things that are important become fewer, but those few things become extremely important. In the Bible, in John's Gospel (Chapter 17), there is a prayer that Jesus says just before his betrayal and death. He prays for God's protection of his friends. He is clear that he does not want them to be kept in a bubble of safety – they belong in the world, where there is danger and pain and difficulty, but these are entwined with all the deep joys and blessings of human life. Jesus does not pray for them to be taken out of the world, nor to be kept out of pain, rather that in all the breadth and depth of human experience, its highs and its lows, he wants them to know the constant presence and protection of God.

And the very heart of the prayer is Jesus' longing for unity. He prays again and again through the whole chapter that his followers might be one: with God and with each other. Jesus' prayer in these last hours of his life is one of love and concern, as well as trust and courage. In his love and in his compassion, he longs for those he loves (his disciples and the world) to be united. It is this unity and love that matter more than anything else – unity with God and with one another, love for God and one another. Those words Jesus spoke 2000 years ago he speaks to us, now... today. Jesus' words in the Bible are not some ancient text for some long-ago people. This prayer of Jesus is for us: for us all. He prays it now. That prayer descending on us, on our lives, on our world. Not perhaps in so many words but in and through his spirit, the Holy Spirit, the comforter, the protector... the love that flows through the universe... through us all. We live in that love, yet we just find it so hard to believe.

What if we are able to live and love as if these were our last few days on this earth. What freedom would that give us? To whom would we say... "I'm sorry," "I forgive you," "I love you," and "thank you". Jesus wants us to do as he did, to focus on the things that really matter: love, compassion, unity. And as we do, we will see more of the truth of the incredible gift of God's undying love and faithfulness to us: in life and in death.

family@church

Sunday 2nd June

St Mary Magdalene Church, Debenham
9.30am - Breakfast, 10am - Service begins



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

How is God speaking to you?



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