

# DEBENHAM PARISH MAGAZINE

75p

March 2025



Auctions

Clarke &  
Simpson

*Always open...*



Can't make it?  
All auctions are available  
for online bidding via  
[the-saleroom.com](http://the-saleroom.com)  
or [i-bidder.com](http://i-bidder.com)

**Valuation**

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

**Special sales**

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

**General Monday sale**

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



Clarke & Simpson Auction Centre,

Campsea Ashe, Nr Wickham Market, Suffolk IP13 0PS T: 01728 746323  
[www.clarkeandsimpson.co.uk](http://www.clarkeandsimpson.co.uk)  CandsAuctions  @candsauctions

## FROM THE EDITOR

I look forward to March: daffodils; longer daylight hours and the clocks changing; the start of Spring; and usually Easter (although that is very late on the calendar this year). After what always feels like an extraordinarily long month of January, February is over in a flash. It seems we have barely distributed the February magazine and I'm here putting together March's. The gap is small, largely because we aim to deliver the magazine over the last weekend of the month in time for the start of the next month and February finishes on a Friday this year. So here we are.

A number of people in the village have been visited by the 'daffodil fairy' over the past week. A bunch of daffodils with a little note were left anonymously on our doorstep last week and from the village Facebook page I know we are not alone in receiving this kindness. Thank you whoever you are, you certainly did brighten up our day!

On a walk around the village with my phone, struggling for inspiration for a cover photo, I found the snowdrops that you see on the front of the magazine at the bottom of Priory Lane. A welcome sight as we emerge from Winter. John Garrard writes of a welcome sound, signalling Spring, which can be found on p.15. Thank you John. Also on the theme of Spring, the Green Team aim to put colour in our lives with free wildflower seeds, see p.32. As we see more countryside devoured and hedges vanish this is a welcome initiative.

I have included an item on p.25 regarding the flooding that I found on the BBC website, which is of interest to the village in the context of 'please, let's not go through that again!'

*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:** Bridget Anderson  
Tel.07881861620

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 April Magazine**  
**Tuesday March 25th**  
**(Tuesday 18th March for Business Advertising)**

# DEBENHAM GARAGE (LTD)

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

Tyres, Exhausts & Batteries @ Competitive Prices

Diagnostics to all Management Systems

Air Con Servicing and Repairs

24hr Accident Recovery & Breakdown Service

Free Local Collection and Delivery

Courtesy Cars Available

All Work Guaranteed



INSTITUTE OF THE  
MOTOR INDUSTRY

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

Tel 01728 860597

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

## MPD TANKS

*For all your oil tank needs*

Steel and Plastic Tanks  
available

Free Estimates  
Fully Insured



07708 395889

01449 767820

## TankChange Ltd

**Suppliers & Installers  
of Oil Tanks**

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

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

Email: Terry@TankChange.co.uk

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

*Discounts available to parish  
magazine readers*

**Every Wednesday**  
**PARISH PANTRY**  
 in St Mary's Church 10am - 11am  
*A bag of groceries for £3.50*

Everyone welcome to both

**PARISH CAFE**

in Dove Cottage 10am - 11.30am  
*Cuppa, Cake & Chat for a donation only*

THE BENEFICE OF DEBENHAM & HELMINGHAM

**THE CORNER Café**  
 for people age 11-17

**OPEN:**  
 Every Thursday during term from 4-6pm

**VENUE:**  
 Dove Cottage, Debenham

**MENU:**  
 Drinks inc iced coffee and bubble tea  
 Muffins, doughnuts and other snacks at affordable prices  
 Loads of different table games

Now with air hockey table!

A cosy chill place to hang out with your mates or even to just relax alone

**Monday Meet-up**

10am – 2pm in Dove Cottage

Refreshments	<b>LET'S TALK</b>	Meet friends
Use of microwave	Jigsaw Puzzles	wi-fi
Games	Books available	Dogs welcome

**Everyone Welcome**  
 Open every Monday except Bank Holidays

Sponsored by Mid Suffolk District Council

**JIGSAW PUZZLE EXCHANGE**

Every Monday @ Dove Cottage 10-2pm

Pop in and pick up a puzzle new to you for free by swapping for one you have already completed or borrow one and bring it back when finished with.

Hosted by the Monday Meet Up Team.

# Spiral Gallery

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

46 High Street, Debenham, Suffolk  
 07539 317986  
[www.spiralgallery.co.uk](http://www.spiralgallery.co.uk)



MICHAEL CARPENTER  
 Jeweller  
 for  
 Jewellery Repairs  
 Alterations Commissions  
 and Sales

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

[www.spiralgallery.co.uk](http://www.spiralgallery.co.uk)  
 46 High Street Debenham  
 07539 317986  
[info@spiralgallery.co.uk](mailto:info@spiralgallery.co.uk)

07534 525 263  
 01449 258 254



**Professional & Reliable Service**



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

[enquiries@plumbinginsuffolk.com](mailto:enquiries@plumbinginsuffolk.com)    [www.plumbinginsuffolk.com](http://www.plumbinginsuffolk.com)

## Lofty and Dave by Min Marshall



# SOUP LUNCH

## Saturday 8<sup>th</sup> March

*Join us in Dove Cottage*  
12 noon – 2 pm

- Choice of homemade soup and bread roll
- Homemade desserts
- Tea or coffee
- Raffle
- £7

Everyone welcome

Last  
Soup Lunch  
this season





## Earl Soham & Cliff Quay Brewery

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

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

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



**CHRIS HOWARD**  
PLUMBING AND HEATING

Local, professional  
and reliable service

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

Free non committal quotes

07749315908

[chrisjhoward5@googlemail.com](mailto:chrisjhoward5@googlemail.com)

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

## GRAHAM MOORE ELECTRICAL LTD



Blacksmiths Cottage, Silver Street,  
Old Newton Ip14 4HF

*For all your electrical needs*  
For a friendly & efficient service

Call Graham on

01449 616946

07867560357

FREE ESTIMATES

ALL WORK GUARANTEED



**JD Tree Services**  
& COUNTRYSIDE MANAGEMENT LTD

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

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

**City & Guilds**  
**NPTC**  
Qualified

tel: 01379 671285/07736 311782

email: [info@jdtrees.co.uk](mailto:info@jdtrees.co.uk)

web: [jdtrees.co.uk](http://jdtrees.co.uk)

Cheekatrade

REDBREAST  
PRODUCTIONS

# DAMN LIES

a brand new  
play from  
Robin & Sue  
Franklin



THORNDON VILLAGE HALL

FRI 11<sup>th</sup> & SAT 12<sup>th</sup> APRIL 7.30

tickets £12 each - 01728 861450

or [robinfranklin22@gmail.com](mailto:robinfranklin22@gmail.com)

fully licensed bar & raffle

# Debenham Shed

A recent community project we have undertaken is to make some staging for The Bank at Eye ([www.thebankeye.org](http://www.thebankeye.org)), to work with other staging which they are purchasing.



Our first Craft Workshop this year will be on Saturday 8<sup>th</sup> March from 10am-2pm: wood turning and bird nest boxes. Future workshops will include weaving, radios and decoupage. If you are interested in attending please email [crafts@debenhamshed.org.uk](mailto:crafts@debenhamshed.org.uk) or one of the telephone numbers 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](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 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.*

## R & G WEBSTER NEWSAGENTS

50 High Street, Debenham

Home News Delivery Service  
to Debenham and  
surrounding villages.

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



### Opening Times

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

**01728 860294**

[webstersnews@btinternet.com](mailto:webstersnews@btinternet.com)

## WARD'S GREENGROCER

*For all your choicest fruit & vegetables*

Monday & Tuesday 8.30am - 1pm

Wednesday 8.30am - 5pm

Thursday & Friday 8am - 5pm

Saturday 8am - 1pm

*Local delivery available*



6 Gracechurch Street 01728 860343

## DEBENHAM FISH & CHIPS



Tuesday to Thursday 4pm - 8pm

Friday 4pm - 8.30pm

Saturday 4pm - 8pm

Lunchtime opening:

Friday 12pm - 2pm

Saturday 12.00pm - 1.30pm

Phone your orders on

**01728 860883**

PURVEYORS OF  
**THE FINEST QUALITY**  
MEATS EST. 2013

# PALFREY & HALL

**BUTCHERS SHOP**  
**DEBENHAM HIGH STREET**

TUESDAY TO FRIDAY 7:30AM - 5:00PM  
SATURDAY 7:30AM - 1PM

10 HIGH STREET DEBENHAM SUFFOLK IP14 6QJ  
01728 861113



## Forge Community Church

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

### March 2025: The Art of Belonging

*“Church is not an organisation you join; it’s a family where you belong, a home where you’re loved, and a hospital where you find healing”* says Nicky Gumbel, the founder of the Alpha Course. But belonging isn’t always an easy process. We all want to belong somewhere, don’t we. But why does it matter and what are the elements that create that real sense of belonging? Join us as we explore these questions...



2<sup>nd</sup> March: The art of belonging – what comes first?

9<sup>th</sup> March: The art of belonging – Friendship

16<sup>th</sup> March: The art of belonging – Involvement

23<sup>rd</sup> March: The art of belonging - Investment

30<sup>th</sup> March: The art of belonging – Pay it forward

Online at [www.live.forgechurch.com](http://www.live.forgechurch.com) Sundays @ 4pm

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) meets Monday evenings – for more info

[tim.warnock@forgechurch.com](mailto:tim.warnock@forgechurch.com)

Encounter: Sunday 9<sup>th</sup> March - 7.30pm

Singing and music play an important part in the life of the Forge as they provide an opportunity to connect with each other and God. Our music is contemporary and our band are young and energetic. Encounter is an evening given over to an extended time of singing/worship. Come and join us to find out more!

[www.forgechurch.com](http://www.forgechurch.com) · 01449 710437 · [info@forgechurch.com](mailto:info@forgechurch.com)

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

Facebook/YouTube/Instagram @forgechurchuk





## DEBENHAM

### Over 60's Strength Training

09.30 Thursdays - United Reformed Church

### Personal Training & Nutritional Therapy

also available

BOOKING ESSENTIAL!

**BEAT MUSCLE LOSS**

FAYE - 07885 659360

## Hair

*by*

### Stephen Anderson

Now Offering Nails/Pedicures

by Millie

Open 6 Days a Week

23 Gracechurch Street,  
Debenham

01728 860230

## LIMES GARAGE

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

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

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



Tel: 01473 890335  
Email: [mark@limesgarage.co.uk](mailto:mark@limesgarage.co.uk)  
[www.limesgarage.co.uk](http://www.limesgarage.co.uk)



**Tuesday 18th March 2025**  
**1.30pm - 4.30pm**  
**Debenham Sports and Leisure**

Address: Debenham Sports and Leisure  
 Community Centre, Gracechurch  
 Street, Debenham IP14 6BL  
 (Parking available onsite)



DRINKS  
 PROVIDED

# THE SLIPPER



# SWAP

Chat with support  
 services available on the day

Health and Wellbeing

Care Coordinator

Local social and  
 physical activities

Energy advice



Community Therapy Team

Social prescribing



Bring your slippers on the  
 day and swap them for a  
 brand new pair for FREE.  
 Get ferrules too!



FREE SLIPPERS TO HELP REDUCE SLIPS, TRIPS  
 AND FALLS AT HOME

For more information regarding the event  
 contact us on 07912 488195



Supporting your local community

# HENRY ABBOTT HARDWARE

Est 1707

01728 860254

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

Mon - Sat 9am - 5.30pm



34TH STORAGE

Long or short-term storage requirements? Brand new 20ft Containers ready to go.

Forklift service available on request. Rates £25 weekly. 24 hour access, CCTV.

Located at The Old Airfield Hospital, Town Lane, Brockford, IP14 5NF

Get in touch on 07936 736221 or email us [34thstorage@gmail.com](mailto:34thstorage@gmail.com)

## SIMON J KIMMINS

Builder · Design & Project Control

30 years' experience of period buildings restoration  
and day to day care

Traditional methods and materials used when relevant

T. 01728 861206 · M. 07769 691259

E. [simon.kimmins@btinternet.com](mailto:simon.kimmins@btinternet.com)



### SCOTT REGAN

CHIMNEY SWEEPING

Professional, clean & qualified service

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

Full public liability insurance



[info@scottreganchimneysweeping.co.uk](mailto:info@scottreganchimneysweeping.co.uk)  
[www.scottreganchimneysweeping.co.uk](http://www.scottreganchimneysweeping.co.uk)

Tel: 01379 678881 Mob: 07962 207846 / 07740 008456

Long nights, short days.  
Leaden skies, mist and rain.  
Seems an eternity. Will we see the Sun shine again?  
Damp cold, pierces the clothes.  
Several layers, yet still chilled bones.  
Some say, " You're getting old "  
Four legged friend, needs to go!  
6am. Come frost or snow.  
Silence adds to the darkness threat.  
Torch at the ready. Mind the step.  
So strange to walk yet nothing heard.  
Just a rustle a wood pigeon disturbed.  
Christmas gone, New Year arrives.  
January so dark outside.  
Depressing outlook, or so it seems.  
Then that first morning a single Robin sings.  
Clear, unafraid, that sound leaves me amazed.  
That one creature can change the mind.  
6am. We step outside. Then stand still.  
The Robin's song, a warming thrill. The walks now seem less of a chill.  
Now music of Robins, more than one.  
Allow the mind to dream of sun.  
A long way off, yet nearer now. Each few days a changing hour.  
Then when hope starts to fade. Another creature joins the brave.  
High in a Cherry tree, a Song Thrush sings to welcome me.

John Garrard



## Deben Coffee House & Catering



Perfect pastries and fancy cakes  
Homemade sandwiches and tasty bakes  
Hot drinks with frothy foam  
Where a coffee house becomes a home.

Everything available to take away  
We'd also love for you to stay  
And if you need us to cater for you  
Call the number and that's what we'll do!

☎ 01728 861582  
7 High Street, Debenham

## BOUNDARY KENNELS



## AND TRAINING

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

**01728 861262**

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

## TEEN COACH CLAIRE

Based in Framsden, I am a teacher, life coach and mum of 3 teens.

I help teenagers build confidence by shifting negative thought patterns, practising mindfulness and connecting with their environment.

If you want to support your teen to thrive, get in touch now!  
Call: 07771 862818  
Email: [clairemharries@gmail.com](mailto:clairemharries@gmail.com)  
Instagram: @teencoachclaire



**Debenham History Society - Lecture  
Season 2024/2025**



**Tuesday 11th March 2025**

**The Rise and Decline of Suffolk Ports**

Mark Trevitt tells of the commercial vessels that were working off the Suffolk coast and how they related to the coastal region of Suffolk.

**Tuesday 1st April 2025**

**George Wombwell – England’s Greatest Showman**

Pip Wright recounts the story of George Wombell and his travelling menagerie that entertained the public for more than fifty years. But at what cost?

**Tuesday 13th May 2025**

**Lots to Talk About: the Life and Times of a Female Auctioneer**

Elizabeth Talbot is a Director of TW Gaze in Diss and is a qualified Auctioneer and Valuer, with an auctions-based career spanning more than 40 years. Her presentation talks about her work and experiences, and charts the changes she has witnessed within the auction world. With a sprinkling of anecdotes and the addition of Q & A's.

**Tuesday 3rd June 2025**

**The Military History of Orford Ness**

Barry Searle's talk starts with the nearby constructions of Orford Castle, the Martello towers and the geography of this unusual site. The talk moves on to the initial government purchase of Orford Ness in 1914 to create an airfield used to support WW1 aerial warfare developments. The inter-war period saw the development of radio beacons and early radar technology. The development of bomb ballistics technologies to assist the design of gravity bombs and sighting systems. Enemy aircraft vulnerability assessment during WW2. The testing of first generation British Nuclear weapons at Orford Ness and then second generation weapons developed in association with the US. During this Cold War period a huge over the horizon radar system was built. The talk concludes with the purchase of the site by the National trust in 1993 and what visitors can expect when visiting Orford Ness today.

**Tuesday 1st July 2025**

**Maria Marten and the Red Barn**

More information next month


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

Commencing : 7.30pm (unless otherwise listed)

Cost: £4 per session for members and visitors (unless  
otherwise listed)

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

**JAY NICHOLLS & CO**  
**SPECIALISTS IN PERIOD PROPERTY RESTORATION**  
 renovation work, all repairs, alterations, conversions, roofing, decoration etc.



Quality work guaranteed

01449 781375  
 07804957190

**Complete Building Service**

Registered Charity Number: 105498



**CALLING FOR COMMUNITY CAR DRIVERS IN DEBENHAM!**

Requirements:	Benefits:
<ul style="list-style-type: none"> <li>• A valid full driver's licence</li> <li>• Drivers must be 18+</li> <li>• Own your own vehicle</li> </ul>	<ul style="list-style-type: none"> <li>• Mileage expenses paid</li> <li>• DBS check provided</li> <li>• Ongoing volunteer support</li> </ul>

Could you be one of our volunteer drivers?  
 We are looking for friendly and reliable volunteers around the county to join our dedicated team.

[volunteeringcommunitiestogether-ea.org](http://volunteeringcommunitiestogether-ea.org)  
 or call 01449 707030

We look forward to hearing from you!



**Your local quality Cleaning service**

- ✓ Domestic
- ✓ Office
- ✓ Laundry






**Service with a smile**

Please contact Sarah on  
 (07890) 280052

Thanks!      References available

**V Jones Carpentry**

Helping you to create, renovate and tick off your to do list!

Friendly and knowledgeable carpenter & joiner with over 20 years experience

Please call Vince on 07389 808982  
 or  
 Email [vjonescarpentry@gmail.com](mailto:vjonescarpentry@gmail.com)



## Friends of Debenham Library

**SUFFOLK  
LIBRARIES**

*"I don't remember the title but the cover was red."* Our library staff are not psychic but can help you with finding the right book! For fiction, [www.fantasticfiction.com](http://www.fantasticfiction.com) is a very useful website. For non-fiction, try looking at [www.amazon.co.uk](http://www.amazon.co.uk) to find it, then look in the library catalogue at <https://suffolk.spydus.co.uk>. If it isn't there you can make a suggestion online.

**Blood pressure monitors** can also be reserved and borrowed free just like a book (search for Blood pressure monitor).

Pupils at Sir Robert Hitcham school in Debenham are now visiting the library regularly, thanks to volunteers from the Friends and to Maureen, our manager. The children's bookshelves soon looked empty, so Sophie, the Children's Librarian, is going to give us some books. .

*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 Email: [debenham.library@suffolklibraries.co.uk](mailto:debenham.library@suffolklibraries.co.uk)  
[www.suffolklibraries.co.uk/visit/locations-and-times/debenham-library](http://www.suffolklibraries.co.uk/visit/locations-and-times/debenham-library)  
Facebook: DebenhamLibraryAndFriends

## 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)



### **Another Busy Half Term**

This term we are offering a more extensive choice of after school clubs. The children have been able to choose from Lego; Sewing and Knitting; Football; Dance and Movement; Arts and Crafts; Board Games Clubs.

#### **Fearfully and Wonderfully Made Day - Visual Impairment**

A superb day where children had the opportunity to step into the shoes of someone who is usually impaired. A huge thank you to our visitor, Mr Giddings, and Bethan Giddings, who facilitated this for our pupils.

#### **Number Day**

The children enjoyed exploring numbers and challenging each other on TT Rockstars. The children in Early Years children particularly enjoyed investigating numbers through play.

#### **BELONG Panathlon at Hartismere High School**

A super morning when nine of our pupils took part in various sporting challenges, each one adapted to the particular needs of the pupils. Bowling was a firm favourite!

#### **Nursery Open Morning**

It was lovely to welcome prospective parents and children to our Nursery Open Morning on 12 February.

#### **Nursery - September 2025**

Is your child eligible to join the school's Nursery in September 2025? If he/she was born between 1 September 2021 and 31 August 2022 then the answer is YES.

The Nursery runs every day during term time from 9.00am to 3.00pm and you can apply for as many, or as few, sessions as suits you and your child. Morning sessions are from 8.45am to 12.00pm and afternoon sessions are from 12.00pm to 3.00pm.

We are very proud of our Nursery, which is led by experienced qualified teachers. The Nursery benefits from a large, well equipped Early Years outdoor area, in addition to the school's playground, extensive field and Forest School area. All three and four years olds are eligible for 15 hours a week universal funding at the Nursery. Working parents may also be eligible for an additional 15 hours extended funding. In addition, we offer parents the opportunity to pay for additional sessions at a reasonable cost.

Prospective parents/carers and children are very welcome to come and see our Early Years Unit in action. Please contact the School Office to arrange a visit.

Application forms for Nursery are available on the school's website at <https://www.sirroberthitcham.suffolk.sch.uk/Our-School/Admissions-Prospectus/>  
**Tradesmen**

As you will have no doubt seen in the media, schools' budgets are extremely stretched. Sir Robert Hitcham CEVAP School is unfortunately no exception and we are always looking at ways to get the best value and maximise our funding. We would like to employ local tradespeople to carry out work as and when required, as we believe the costs would be better value than those charged by large organisations.

Any individual or company completing work at the school is required to have Public Liability Insurance to £5M. We do also require contractors to have an Enhanced DBS check if they are working on site during school hours.

Please do get in touch if you think you may be interested.

**Citizens Advice need volunteers!**

Mid Suffolk Citizens Advice Bureau currently have opportunities within our friendly, welcoming team of volunteers in our Stowmarket office.



Every volunteer gets something different from their volunteering experience, including the opportunity to:

- make a positive difference to people's lives
- improve self-esteem, confidence and wellbeing
- gain invaluable work experience
- receive high-quality training and develop new skills
- use existing skills and knowledge to benefit the local community
- meet new people from a range of backgrounds
- feel valued and part of a team
- change the way things work for the better

If you can spare a bit of time, please get in touch for an informal, no obligation chat on 01449 676060 or visit [midsuffolkcab.org.uk/volunteer](https://midsuffolkcab.org.uk/volunteer)  
Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at [midsuffolkcab.org.uk/contact-us](https://midsuffolkcab.org.uk/contact-us). Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

## DK Appliances Ltd

Appliance repairs & sale of new & reconditioned appliances

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

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

Kelly's  
Crafty  
Corner



## Expert Foot Health Care

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

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

Friendly professional service in the comfort of your own home.

Contact Keith:  
**07421 743191**  
(Dip FH, MCFHP, MAFHP)



Quality Plants • Garden Essentials • Animal Feeds



Delivery Service



Bird Feed Refills



01449 711103

Woodfarm Business Centre,  
Stonham Aspal, IP6 9TH

# ASH WEDNESDAY SERVICE



**DEBENHAM PARISH CHURCH  
WEDNESDAY 5th MARCH  
7.00pm**

All are welcome to this service  
to mark the start of Lent



THE BENEFICE OF  
DEBENHAM & HELMINGHAM

*Tuddenham Road  
Dental Surgery*

Mr I. Paraskevopoulos BchD Msc RAAD  
Mr WJ. Hendriks BChD (Stell)  
Mr Anis Jaleel BDS (Lond) LDS, RCS  
(Eng)

**We aim to provide excellent dental care for you and your family with a focus on prevention rather than cure. Our whole team is committed to making your journey as pleasurable and comfortable as possible.**

**Now accepting new patients.**

**NHS waiting list for children under 16.**

Tooth Whitening  
Veneers  
Crowns & Bridges  
Implants  
Adult Orthodontics (Braces)  
Dentures

**11A Tuddenham Rd  
Ipswich, Suffolk, IP4 2SH  
01473 252400**

[tuddenhamroadpracticemanager@gmail.com](mailto:tuddenhamroadpracticemanager@gmail.com)



*Alterations  
by  
Emma*

From my studio in Winston, Suffolk. I alter all types of clothing from replacing zips, sewing on buttons, letting clothes out or down, taking up or in, to give you the perfect fit.

I repair vintage items, reline jackets, repair delicate lace and embroidery and soft furnishings. I am also a trained milliner so I can repair and adjust hats.

As a qualified fashion designer, I can restyle your old clothes and hats to bring them up to date or make new ones for you in the fabric of your choice.

Please contact me for a free appointment to discuss your details.

[emma@alterationsbyemma.co.uk](mailto:emma@alterationsbyemma.co.uk)  
01728 861303 07887 836472  
[www.alterationsbyemma.co.uk](http://www.alterationsbyemma.co.uk)



**EVERGREEN GARAGE  
CROWFIELD LTD**

GOSBECK ROAD CROWFIELD IP6 9TB



[www.evergreengarage.co.uk](http://www.evergreengarage.co.uk) email: [david@evergreengarage.co.uk](mailto:david@evergreengarage.co.uk)

Fully equipped workshop for diagnostic test and repairs

MOT Testing, Servicing

Air conditioning Servicing and repair

Batteries, tyres and exhausts at competitive prices

Computerised wheel balancing and 4-wheel alignment

Puncture repairs and competitive prices on new tyres

**PETROL, OILS, SWEETS, COLD DRINKS**

Opening Hours

Monday to Friday 7.30am - 5.30pm and Saturday 8am – 12 noon

**TEL: 01473 890377**

## Funding secured to tackle area hit by heavy floods

The following appeared on the BBC website on 28th January 2025:

An organisation has secured £280,000 worth of flood prevention funding for an area that was severely hit during storms. The village of

Debenham in Suffolk saw 70 properties flooded during Storm Babet in October 2023, largely due to the River Deben overflowing. East Suffolk Catchment Partnership is working to improve the flow of the river and secured the funding from the Environment Agency. Dr Helen Dangerfield, director at Essex and Suffolk Rivers Trust which is working on the project, said this flood prevention scheme had been a "real priority" for the group.

"It's really important," she said.

"We can see from the impacts of the rainfall before Storm Babet, and at Storm Babet itself, that flood resilience needs to increase in the upper part of the catchment and throughout the catchment."

A Suffolk County Council report released last year told how most of the flooding in Debenham during Storm Babet came from both overflowing rivers and surface run-off water.

After the report, the Environment Agency said it had "assessed the river level data and flood impacts" and refined its flood warning and alert trigger threshold levels after issues were raised with the system by the council.

East Suffolk Catchment Partnership's Debenham flood prevention project is part of its wider initiative, Recovering the Deben: From Source to Sea.

Dr Dangerfield explained it would look at two watercourses - the Cherry Tree brook and Derry brook that both flooded during Storm Babet. The flood prevention plan will see two new natural flood storage areas built to lower the risk of flooding downstream. The first of these will be created at Winston Green, with a capacity for up to 14,500 cubic metres of floodwater.

"We're just awaiting planning permission, but we're hoping to start [on the Cherry Tree brook] in the spring and it should be finished by the summer," Dr Dangerfield continued.

"That's the first of the two schemes and then the Derry brook will follow on later, we're just in the process of finalising the designs for that one."

New ponds will also be created to improve water quality and attract wildlife.

Dr Dangerfield said the project had come about as a "result of people working together".

"These projects wouldn't come about without the landowners, farmers and forward-thinking individuals who have put forward the areas of land to store water on," she added.

Dr Dangerfield said she hoped to look at other areas prone to flooding and encouraged anyone with ideas to get in touch with East Suffolk Catchment Partnership.





**Bruford's**  
OF DEBENHAM

For Coffee, Cake, Lite Lunches & Hot Desks

At Brufords, we are focused on flavour. Whether that be our locally sourced coffee, cakes or savories and the experience you receive in our 400 year old coffee shop, in the heart of Debenham High Street.

Upstairs, we have 7 hot desks, available to rent by the hour, day or longer, complete with high speed broadband.

Open 7 days a week Mon – Saturday 8am – 4.30pm  
& Sundays 9am -1pm  
www.Brufords.co.uk Telephone: 01728 582230

2A TAVERN STREET  
STOWMARKET

**BONITAS**  
WHOLEFOODS

07966 564064  
07812 601578  
bonitaswholefoods.com

INDEPENDENT  
ORGANIC  
WHOLEFOODS  
SOURDOUGH  
FRUIT & VEG  
REFILLS  
DELIVERIES

## Debenham Local Vocals



**Be uplifted by the joy of singing together in the community**  
Informal singing sessions for the community of Debenham and beyond!

Adults of all abilities  
No need to read notation  
Songs all learnt by ear  
Lead by singing teacher, Chloe Barnes

10 -11 am  
Thursdays  
High St, Debenham

Contact:  
chloelocalvocals@gmail.com for more information

## Music at Debenham Community Centre

Three gigs are already planned for this year and details and tickets can be found on [www.debenhamsportsandleisure.co.uk](http://www.debenhamsportsandleisure.co.uk)

We start off with a welcome return for *The Gray Project* on March 8th - an exciting soul/funk band now expanded from an 8 to a 10 piece.

The Sam Kelly Trio follows with top quality modern folk on 3rd May.

A classy Rhythm & Blues band, *No Good Woman & The Kingsnakes* are with us on September 19th.

Live music is something special, please support it.

**SATURDAY 8TH MARCH**

# THE GRAY PROJECT

EXCITING, 10 PIECE SOUL/FUNK BAND

DEBENHAM COMMUNITY CENTRE  
IP14 6BL

TICKET PRICES:  
IN ADVANCE **£12**  
ON THE DOOR **£14**

DOORS OPEN 7PM  
GIG STARTS 7:30PM



[WWW.DEBENHAMSPORTSANDLEISURE.CO.UK/MUSIC](http://WWW.DEBENHAMSPORTSANDLEISURE.CO.UK/MUSIC)  
01728 861101

The Incredible Benefits of Strength Training for Women - so why aren't more of you doing it? By Faye Castle - Personal Trainer and Nutritional Therapist



Ladies, you need to be lifting! If you're searching for an anti-ageing 'product', then strength training is the one for you. So what are the benefits of strength training for women? As we age we naturally lose muscle, usually from our mid-thirties and the rate of muscle loss increases with age - unless you do something about it! Unfortunately, women have been brainwashed with the idea that we should be thin and therefore cardiovascular exercises and low fat diets have been the focus. Sadly, this type of eating and exercising only exacerbates muscle loss and does not promote overall good health. Instead focusing on eating more absorbable protein and adding strength training into your regular routine will bring about far greater health benefits. Our muscles provide cushioning for our joints, so it's no surprise that with muscle loss comes joint pain. Improving your muscle mass will help support joints and of course whilst it's never too late to start lifting weights (everyone can build muscle), the earlier you start the less likely you will experience joint pain. With the loss of muscle comes the loss of bone density. This can lead to osteopenia and osteoporosis. Lifting weights will increase your bone density and reduce your risk of breaks and fractures. You may have heard the term 'metabolic health'. This simply means having a healthy metabolism. This is how your body responds to food (managing blood sugar spikes), how you exercise, your sleep and your stress levels. It's important for overall health. Strength training improves metabolic health by improving metabolic efficiency, reducing your risk of metabolic diseases such as type 2 diabetes, cancer, heart disease and dementia. What you may find surprising is that strength training has also been shown to reduce anxiety, depression and overall mood; so good for your mental health too. Neglecting strength training will lead to weaker bones, reduced metabolic efficiency, and an increased risk of injuries. But, regular strength training has been shown to reduce mortality in women by nearly 20%\*. So while the science is strong there remains barriers to encourage more women to lift weights. In the UK, the most recent figure for women (age 19 to 65) meeting the current strength training guideline is 24%. We need to do better. Women often fear that they will 'bulk up'. This simply isn't so. Female bodybuilders spend years training most days and eating a lot of food! That physique takes a lot of dedication and effort! Then there's the lack of knowledge of how to start training and how to use equipment safely and correctly. This often puts women off using commercial gyms. One of the biggest barriers is lack of time. Juggling work, family and personal life can make it hard to find time for looking after ourselves. Many women find that they have more time later in life, but often by then they are experiencing the symptoms of muscle loss and sore joints, making it more difficult to perform the exercises at first. But with regular participation, strength, mobility and flexibility will improve.

We must make time for ourselves, even if it's just fifteen minutes per day. Muscles can be built but they can also still be lost if regular strength train cannot be maintained. It takes just two weeks of not strength training to start losing muscle again. So consistency is key and ideally should be performed at least twice a week for the rest of your life. There is help available; whether a class or a personal trainer, make sure that the program is suitable for the point at which you are starting and allows for progression. Without progression your body will not reap the benefits of strength training. A good trainer will know what weight you should be lifting and will correct you if the weight is too heavy or too light. Good form is paramount if you are to avoid injury and train the right muscles. So what are you waiting for? Strength training is your 'silver bullet' for longevity! \*Journal of the American College of Cardiology. I am a Personal Trainer and Nutritional Therapist. Educating women and older people about the benefits of lifting weights is my passion. Classes, small groups and Personal Training available. Contact me on 07885 659360.



**EASTER SUNDAY  
SUNRISE  
SERVICE**

April 20th  
5.30 am  
Crow's Hall  
Debenham

A short outdoor service  
to greet the Risen Son  
followed by hot cross buns and coffee  
Information: Rev Susan 01728 860222

THE BENEFICE OF  
DEBENHAM & HELMINGHAM

**Advance notice for  
early risers!**





THE BENEFICE OF DEBENHAM & HELMINGHAM

# Coffee Morning

Cakes and other stalls plus Hamper Raffle

Dove Cottage

## Saturday 29<sup>th</sup> March

10am - 12 noon

Raising money for our  
Link Diocese of Kagera  
as part of the  
Bishop's Lent Appeal



Help the People of Kagera  
on the road to self-sufficiency





THE BENEFICE OF  
DEBENHAM & HELMINGHAM

# Mothers' Day Benefice Service

10.00am, 30th March  
Helmingham Church

A family friendly service  
with flowers and cake!



# Debenham Community Nature Reserve

*Wildflower stall and Information*



## Saturday 1<sup>st</sup> March

9-11am Outside The Lion



We are handing out locally collected wild flower seeds for you to plant in your garden.



Helping biodiversity in Debenham

# JOIN OUR LITTER PICK

Join Debenham Green Team- reduce litter pollution, protect wildlife, take pride in our parish and give Mother Earth a helping hand.

**Saturday 22nd March 2025**

**9.30 Meet at Dove Cottage for safety briefing and to collect equipment.**

**Refreshments provided**

Contact Joy Walton 07427 739552  
joyw@btinternet.com



Look forward  
to seeing you  
there!



[litteraction.org.uk](http://litteraction.org.uk)  
working together to beat litter

Susan Whymark  
Funeral Service Ltd 

Independent and Family Run

*Serving Eye, Harleston, Diss, Framlingham and the surrounding areas since 2004*

We offer a range of services to suit your individual needs

- Funerals tailored to your needs and budget
- Full estimates given at time of arrangement
- Pre-Paid funeral plans available
- Direct Cremations
- Support Groups
- Memorials

We provide an efficient but friendly service through our professionally qualified staff

Available 24 hours a day at all locations

Chestnut House, 12 Progress Way,  
Eye, Suffolk, IP23 7HU  
Tel: 01379 871168

Denmark House, 1 & 2a Carmel Works  
Park Road, Diss, Norfolk, IP22 4AS  
Tel: 01379 831332

Ley House, 11a London Road,  
Harleston, IP20 9BH  
Tel: 01379 851253

Moore House, 8 Fore Street,  
Framlingham, IP13 9DY  
Tel: 01379 723448  
(Formerly Moore Bros)



See our customer reviews at

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

Email: [susan@susanwhymark.co.uk](mailto:susan@susanwhymark.co.uk)



**Boundary Solutions**  
Fencing  
Decking  
Gateways  
Bespoke garden projects

Daniel Burrows  
07789556468

[www.boundary-solutions.co.uk](http://www.boundary-solutions.co.uk)

## ENERGY EFFICIENCY – KEEPING WARM

Our local councils are promoting several schemes where residents can access interest free loans to help make their homes more energy efficient.

**Suffolk County Council** are running the 'Warm Homes Suffolk Loan' scheme which can be accessed at the below website:

<https://www.lendology.org.uk/warm-homes-suffolk-loan/>

This can be used to fund insulation, solar panels, batteries, double glazing or heat pumps.



Loans can be repaid over 2 – 7 years and are assessed on an individual basis.

**Mid Suffolk District Council** are running the 'Mid Suffolk Cosy Homes' scheme, which can be accessed at the below website:

<https://www.midsuffolk.gov.uk/w/mid-suffolk-cosy-homes>

The scheme is primarily for loft insulation, cavity wall insulation and mechanical ventilation.

**Octopus Energy** are also offering interest free loans on solar panel installations. The upfront capital costs can sometimes put people off from installing solar panels. This scheme allows you to repay the costs of installation over a period of 1 – 3 years.

Their website is below:

<https://octopus.energy/blog/solar-for-all-spread-the-cost-over-time/>

Debenham Green Team

# WASH FARM BARN SWIMMING

In easy reach of Eye, Debenham and Framlingham

Keep fit and have fun



Come and enjoy luxury private swimming in our beautiful listed barn. Cost £18.50 per session for up to 8 people.

For further details visit our website

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

or contact us on 01379 678252 or 07747 791074

## JCA Online Computer Repairs 2004 - 2024



Data Recovery

Laptop Repairs

Backup Solutions

Dealing with Viruses

Dealing with Scams

Internet / Wireless Issues

I have never bothered with Jargon,  
I am patient, some of my  
customers are over 90 years young.

Home or Business [www.jcaonline.co.uk](http://www.jcaonline.co.uk) Visiting Rural Suffolk

# 01728 726509

Office in Framlingham, Workshop in Earl Soham and Yoxford.

# family@church

Sunday 2<sup>nd</sup> March

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

A family friendly service for the young and not so young!  
Free breakfast ◊ Crafts for children ◊ Everyone welcome

Pancakes!



and Ashes



THE BENEFICE OF DEBENHAM & HELMINGHAM

### Feeding Body, Mind and Soul

Since Christmas we have been extremely busy within the school community.

#### Feeding the Body

There have been many sporting opportunities in football, rugby, swimming, badminton and indoor athletics to name but a few.

As well as developing physical excellence, sport is a great way to nurture team work – this has been especially true of our Year 10 Rugby Squad who did well at the Ipswich Festival earlier this term.



#### Feeding the Mind

An Inspector calls!

All of Year 10 and Year 11 travelled to Norwich Theatre Royal to watch “An Inspector Calls” by J B Priestly. This is one of the texts studied on the English Literature GCSE. Students enjoyed seeing a live production, which helped to bring the ideas alive. It also provided an interesting case study for our GCSE Drama students.

It’s all in the Past!

Year 7 historians enjoyed a day out at Colchester Castle learning about both the Roman settlement there and also the role of the castle as a medieval castle. With castle guides praising the engagement of our Year 7s, the trip was a real success. Using the field trip notes, students will complete a Milestone Assessment back in school but on the day there was time for fun, dressing up and building arches with the interactive displays.



For our Year 9 historians who have volunteered to work on our Dora Love Prize Award, they had an Induction Day at The Hold in the University of Suffolk.

Based on the thinking that “*A better future starts with the voices of the few*” (T. J. Klune), the Dora Love Prize will be awarded to the school in Suffolk or Essex that plans the best project to ensure there is a legacy that encourages speaking out against injustice in the light of the Holocaust, given the 80<sup>th</sup> anniversary of the liberation of Auschwitz Birkenau. Their Induction Day conference had a series of workshops and talks looking at how communities now need to stand up against a renewed wave of hate and exclusion. It was lovely to hear three of our students being interviewed on Radio Suffolk – Isla Bush, Dayah Brunera and Amber Minchin. They were able to explain what they had learnt from a workshop with Dr Harvey Osborne, Head of History at the University of Suffolk. We will keep you posted on the project that they choose.



Never talk about religion or politics....

Our local MP, Patrick Spencer visited the school for the first time on 3<sup>rd</sup> February. He was put through his paces with questions from a group of students about the changes to inheritance tax for farmers; should the voting age be reduced and does privilege play a part in becoming an MP!



### Feeding the Soul New Chaplain

We have had a really exciting start to the year with the introduction of a full time Chaplain. Reverend Keith Rengert was licensed in the hall at the High School on 10<sup>th</sup> January. He has already become a valued member of the Chaplaincy Team, joining Tim Warnock from the Forge Church and David Yaroslaw who retired from teaching at the school two years ago. Keith already has a number of students that he mentors; he was actively involved in our Prayer Space at the start of January and he has introduced a Staff Prayer meeting at 8.30 on a Monday morning. He is keen to develop relationships with staff and students, spending time getting to know our school community.



Keith comes to the school three days a week and then actively works with Reverend Susan Taylor in the benefice on the other days.

### Prayer Space

Our annual Prayer Space was a huge success – providing time for all students to have a 50 minute session in the Boulter Hall reflecting on life. This year’s theme was linked to travel, so reflecting on places we have been, struggles we may have had; our present by walking along a path of footprints with thought provoking questions and finally what we want to become.



Students braved the camo net to overcome struggles; listened to Podcasts; walked the path of reflection; thought about their future plans.

A huge thank you to Tim Warnock and The Forge Church for supporting this project in school.





**CRYSTAL  
CLEAN**

Specialist Cleaning Services

Carpets  
Upholstery  
Hard Floors  
End of Tenancy

**Mark Underwood**

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



**FARTHING**

FUNERAL SERVICE

• Celebrating 175 Years •

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

44 Aspoll Road

Debenham **01728 860269**

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



**Need help  
with your PC?**

***Debenham & District***

**Friendly advice & training  
Repairs & upgrades**

*No fix, no fee*

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

Phone Chris on 0757 069 5279  
or email: [info@ubestree.co.uk](mailto:info@ubestree.co.uk)  
[www.ubestree.co.uk](http://www.ubestree.co.uk)

**Traditional Oak  
Carpentry**

Carpentry Repairs

New Oak Homes  
and Extensions

Garden Structures

Condition Reports

3D Design Service

**01449 768817**

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



# UPCOMING EVENTS

GRACECHURCH STREET, DEBENHAM, IP14 6BL 01728 861101

## Every MONDAY OTAGA

9.15am -10:15 AM

12 Free sessions when referred - give us a call or pop in to find out more!



## Friday 7th March QUIZ NIGHT

£100  
PRIZE!

7pm for 7.30pm

£3 per person - Teams up to 6 people  
Booking essential - 01728 861101

## Saturday 8th March LIVE MUSIC: THE GRAY PROJECT

ADVANCE  
TICKETS  
£12

Doors & Bar open from 7pm

Gig starts 7.30pm

tickets at [www.debenhamsportsandleisure.co.uk/music](http://www.debenhamsportsandleisure.co.uk/music)



## Every Thursday INDOOR BOWLS

£2.50

1 - 3pm

Tea & Cake available

## Friday 14 March

## BINGO NIGHT

FULL  
BOOK  
£12

Doors open 7pm

Eyes down 7.30pm

Bar open



## Tuesday 18th March FREE SLIPPER SWAP

PREVENT  
SLIPS  
&  
TRIPS

Drop in between 1pm and 5pm  
in the Community Centre

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

## YOUR RELIABLE LOCAL PLUMBER



Anglian Water Approved

**Mark Jardine**  
Plumbing & Heating



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

Tel: 01728 628291 Mob: 07854 924 801

Email: [mgjardine@btinternet.com](mailto:mgjardine@btinternet.com)



**BROWN**  
**OPTICIANS**



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

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

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

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

THE BANK ARTS CENTRE  
ARTS ■ MUSIC ■ CREATIVE ■ COMMUNITY

- CAFE OPEN -



COFFEE, HOT DRINKS & BAR  
SEASONAL LUNCH MENUS  
PAW FRIENDLY PAW



- OPENING HOURS -

WEDNESDAY TO SATURDAY 10.30 - 3.30  
LUNCH MENU AVAILABLE 11.30 - 2.30

- WINTER WARMER OFFERS -

£1 OFF HOT DRINKS EVERY MORNING & 20% OFF MAIN MEALS THURSDAYS & SATURDAYS  
LIMITED TIME ONLY - OFFERS UNTIL 29TH MARCH

PROJECT FUNDED BY BMSDC LIVING WELL IN WINTER FUND

2 CASTLE STREET EYE IP23 7AN  
WWW.THEBANKEYE.ORG



**Martin Dix**  
Carpenter & Joiner



smart.dix@tiscali.co.uk  
01728 861665  
07933 138059

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

**G M FOWLER**



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

High Quality Professional Work  
**FREE QUOTES & ESTIMATES**  
01728 685448  
graham.fowler@ymail.com



**HOME & GARDEN**  
MAINTENANCE

**Please call or email for a free quote**

Lee : **07754 388442**  
**ljhomegarden@outlook.com**

 LJ Home & Garden Maintenance

**To advertise in the magazine**

Please contact **Richard Blackwell**  
Tel 01728 861815 or email:  
richard.blackwell99@outlook.com

**J. FELTON**  
CHIMNEY SWEEP

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

**PLEASE CALL 01986 799175** 

Registered member of the Institute of Chimney Sweeps

**Waveney foodbank**



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



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



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

**ASPAL ANTIQUES FAIR**  
 2025  
 15 MARCH

**STONHAM BARNES PARK**  
**SPRING CRAFT MARKET**  
 29 & 30 MARCH

**STONHAM**  
**MODEL RAILWAY**  
**SHOW**

**SUNDAY**  
**23**  
**MARCH**  
 10am-4pm

VISIT OUR WEBSITE FOR TICKETS AND MORE INFORMATION

Stonham Barns Park is one of Suffolk's premier destination locations. Set in over 140 beautiful countryside acres, it offers a world of indoor and outdoor activities, a holiday park and a retail village full of contemporary and artisan shops.

**GREAT DAYS OUT FOR ALL THE FAMILY**

FREE PARKING • OPEN 7 DAYS A WEEK • COACH PARTIES WELCOME



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

[STONHAMBARNES.CO.UK](http://STONHAMBARNES.CO.UK)



# be well barn

SUFFOLK

Your local health & wellness centre



Focus on your health, fitness, and well-being in a space designed just for you. Discover our sustainable, private hire fitness and spa pods, and explore a range of classes suitable for all ages and abilities. Choose from pay-as-you-go options to full membership packages.



Our café, bar and terrace are open to all. Join us for food, drinks and live music nights, or consider private function hire for your next event.

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

Redlingfield • IP23 7QP

01379 831 565 • [hello@bewellbarn.co.uk](mailto:hello@bewellbarn.co.uk)



**Patrick Spencer MP  
Member of Parliament for  
Central Suffolk & North Ipswich  
Delivering for Debenham**

Since the New Year, my team and I have continued to work hard to address the issues that matter most to residents in our rural areas, with healthcare and agriculture at the forefront of discussions.

In early January, I joined residents of Offton Village to walk the route of National Grid's proposed Norwich to Tilbury pylon line that threatens to cut through their picturesque landscape. The project, if allowed to proceed in its current form, would not only scar the natural beauty of this historic village but also raise potential concerns about operational safety for military helicopters flying from RAF Wattisham. I also enjoyed spending time with Nick Corke of Hour Community in Framlingham, whose work providing transport for medical appointments and tackling isolation in Framlingham and the surrounding villages exemplifies the best of grassroots initiatives. I remain fully committed to supporting and promoting these essential services, ensuring that the voluntary sector continues to thrive and meet the diverse needs of our constituency.

Having spoken with many local farmers and food producers who are concerned at potential changes to the Family Farm Tax, I also met with Graham Miles, the Bishop's Agricultural Chaplain. We discussed the current challenges across the agricultural sector, with supply chain issues, labour shortages, and fluctuating market conditions adding further strain on our hardworking farmers. We also discussed the importance of improving access to mental health resources tailored for those in the farming community, as isolation and financial pressure continue to take a toll. Agriculture is the backbone of our local economy, providing employment and sustaining rural livelihoods and I will continue to do all that I can to support our incredibly hardworking farmers

Finally, I was pleased to meet with the dedicated team of volunteers at Mid Suffolk Citizens Advice Bureau whose vital services benefit residents from across the Central Suffolk and North Ipswich. Their support for vulnerable individuals, including guidance on financial and legal matters, is a lifeline for many, and I look forward to continued collaboration with their dedicated team.

I am always keen to hear from you. Whether it's concerns about GP services, rural challenges, or local support, please don't hesitate to get in touch via email, phone, or my website. You can keep up to date with the work I am doing for you by subscribing to my newsletter: [www.patrickspencer.co.uk/newsletter](http://www.patrickspencer.co.uk/newsletter)

Yours sincerely,

Patrick Spencer MP  
Member of Parliament for Central Suffolk and North Ipswich



**Mark 1:12-15 “ At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted[a] by Satan. He was with the wild animals, and angels attended him. “**

**What are your plans for Lent this year?**

**Lent starts with Ash Wednesday on the 5th of March and represents 40 weekdays (excluding Sundays) Jesus spent fasting in the wilderness. The period of Lent takes us on a journey towards Holy Week and Easter. It is a time of reflection. Some people choose to do this by fasting or giving up something such as chocolate or social media. Yet others by praying, reading the Bible and giving over and above the everyday. This is an important time to help us ready ourselves for all to come and a time to consider how our lives are dependent on God’s grace.**

**One of the most famous stories associated with Lent is that of Saint Francis of Assisi. Known for his deep spirituality and love for all creation, Saint Francis would often retreat into the wilderness during Lent, following the example of Jesus. He would fast and pray intensely, seeking a closer union with God. During one such Lenten retreat, it is said that he received the stigmata, the wounds of Christ, on his hands, feet, and side, a testament to his extraordinary piety and devotion.**

**The story of Mother Teresa's Lenten practices also serves as a powerful example of sacrifice and compassion. Known for her unwavering commitment to the poor and destitute, Mother Teresa dedicated her life to serving others. During Lent, she would intensify her efforts, often going without food and sleep to tend to the needs of those around her. Her acts of kindness and selflessness during this period reflected her deep faith and love for humanity.**

**There are numerous ways to approach Lent and however you decide to mark Lent may your inner reflections bring you a deeper intimacy with our Lord.**

**May God bless you and may you experience the gifts of God this Lent.**

**(Anne Scarff – Elder at Stowmarket URC)**

## **URC Services**

Sunday 2nd March	Mr Steve Wyncoll (1st in a series of 4 on Nehemiah) (Communion service)	10:45 am
Sunday 9th March	Mr Carl Trowman	10:45 am
Sunday 16th March	Rev Robert Sheard	10:45 am
Sunday 23rd March	Mr Steve Wyncoll (2nd in a series of 4 on Nehemiah)	10:45 am

All services followed by refreshments and chat

Coffee morning every Tuesday 10-11:30

Cake Sale 2nd Tuesday every month, starting at 10:00

Friends & Neighbours 1st Thursday every month 2:00pm  
with Kim Kelway

Cakes & Choruses with Mother's Day Tea 3:00pm last Sunday of the  
month

## **URC Points of Contact**

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

# Eye & Debenham

Metfield-Mendham-Weybread-Fressingfield-Laxfield-Syleham-Wingfield-Stradbroke-Brundish-  
Wilby-Horham-Hoxne-Oakley-Brome-Stuston-Denham-Redlingfield-Athelington-Southolt-  
Worlingworth-Tannington-Bedingfield-Bedfield-Kenton-Monk Soham-Ashfield

**Offering affordable transport solutions for residents of the above villages wanting to travel into Eye & Debenham (also Framlingham & Diss) for shopping, education, socialising, work, medical appointments and onward travel.**

- Accessible vehicle
- Small group travel
- 7am-7pm Monday-Saturday



**01449 614271**  
**bookings@communitiestogether-ea.org**

[www.communitiestogethereastanglia.org](http://www.communitiestogethereastanglia.org)



Registered charity: 1004198



Hi everyone,

A couple of days ago we found this bunch of beautiful daffodils on our doorstep placed there by whom, we know not – a little act of kindness that touched our hearts – thank you whoever you are. Kindness costs nothing – we can all be kind – a smile and a wave – a spontaneous gift – a helping hand. Kindness is personal and says “I care”.

As I write this on February 17th, it is officially “Random Acts of Kindness Day”. It was initiated in Colorado USA in 1995 and since then it has spread throughout the World. It just goes to show that kindness is contagious.



And talking of kindness, The Debenham Project is mainly funded by donations from, not only local individuals and community groups, but also businesses. For example, Co-op Travel in Woodbridge made us their nominated charity for the three months covering Christmas and the beginning of the new year – many thanks indeed. Finally, do look out for the Slipper Swap event at the Leisure Centre on March 18th - Get a new pair of slippers for free and info on how to get help and support with your wellbeing.

With all my best wishes,  
Lynden Jackson  
[www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk) ; 01728 862003

The Parish Council would like to announce the appointment of our new Parish Clerk, Brian Mansfield who was also recently appointed our Responsible Financial Officer.



Brian has already made a huge contribution to the team as RFO and we look forward to working with him as Parish Clerk.

Brian will be taking over his new role from Monday 3rd March 2025. Contact details will remain the same:

Email- [parish.clerk@debenhamparishcouncil.org](mailto:parish.clerk@debenhamparishcouncil.org)

Telephone - 07895 583798

**DPC/25/242**

Barleyfields, Aspoll Road - it was reported that temporary measures have now been put in place in Aspoll Road to ensure pedestrian safety until the permanent solution can be implemented.

It was decided that a letter be sent to the construction company regarding the hedging and fencing between the estate and the cemetery.

**DPC/25/243**

Trees & Shrubbery Market Bridge/Chancery Lane The contractor has been asked to tidy up and prune back the trees and shrubbery at Market Bridge, Aspoll Road and Chancery Lane. The larger shrubs will be cut back to approximately 6ft tall.

**DPC/25/244**

Lime trees at URC The rotting lime trees at the URC burial ground are to be cut down for safety reasons.

**DPC/25/245**

The spring litter pick has been confirmed by the Debenham Green Team for March 22nd from 9-12.30 at Dove Cottage. Hope to see many volunteers there on the day.

**DPC/25/253**

Highways Mid Suffolk Refuse Services are working with us to find a resolution to the non collection of bins at Cross Green. The Parish will be monitoring the situation going forward.

Councillors will be investigating the installation of 'village gates' at the three main entry points to the village as part of our traffic calming measures.

**Date of next meeting**

The next meeting will take place on 17th March 2025 in Dove Cottage at 7:00pm

Cllr Katherine Barlow, Vice Chair.

## Stowmarket Striders Club Update

It's been a busy start to the year for the club, wrapping up January with our AGM, where we welcomed several new committee members and a new Ladies Team Captain. Meanwhile, training sessions have been in full swing as members prepare for their Spring races, including the Stowmarket Half Marathon on 9th March. With race season fast approaching, the dedication and enthusiasm in training have been fantastic to see!

### Recent events

A highlight of early 2025 was hosting our Cross Country event as part of the Suffolk Winter League on 12th January. Always a standout in the series (and in our biased opinion, the best!), this year's race saw over 370 senior runners and 60+ juniors, including 40+ Striders, take on the course under a stunning winter sun. After the race, runners, marshals, and supporters enjoyed a well-earned spread of cakes, bakes, and much-needed hot drinks. A huge thank you to our amazing volunteers for making it all possible!

The club also took on the Hereward Relay, originally postponed from November, which finally took place on 26th January. The 39-mile route from Peterborough to Ely saw four teams of four battling through tough conditions, but the camaraderie and team spirit shone through. A fantastic effort from all involved—well done to everyone who took part!

### Couch to 5K Returns!

Looking ahead to Spring, our Couch to 5K training returns for its fourth year, offering a fun and supportive way to start running—no experience needed! Whether you've never run before or didn't enjoy PE at school, this beginner-friendly, 12-week programme will help you build up to 5K at your own pace, with expert guidance from our friendly club coaches. Running is a great way to boost fitness, reduce stress, and improve mental well-being—and all you need is a pair of trainers!

For just £12, you'll get twelve weekly sessions, with group coaching sessions and one-to-one advice to keep you motivated. Sessions run Mondays at 6:00 PM at Chilton Fields Sports Club, starting 7th April, with the final 5K run on 23rd June. This course is always popular, so sign up early to secure your spot! For more info, email [beginners@stowmarketstriders.org.uk](mailto:beginners@stowmarketstriders.org.uk) or join our Facebook group: Couch to 5K Stowmarket.

For details on the club, including the upcoming Stowmarket Half Marathon, visit [www.stowmarketstriders.org.uk](http://www.stowmarketstriders.org.uk) or join our Facebook page: Stowmarket Striders Running Club.



**District Councillor Report: Debenham Ward – Feb 2025**  
**Serving Ashfield-cum-Thorpe, Aspell, Bedingfield, Debenham, Kenton & Winston Cllr Teresa Davis [teresa.davis@midsuffolk.gov.uk](mailto:teresa.davis@midsuffolk.gov.uk) Tel: 07928 512588**

**Community Information:**

**Local Government Restructure, Reform and Devolution Update**

To recap, Government want to make local councils easier to understand. We need to expect to see new regional authorities for a population of around 1.5 million people – called Mayoral Strategic Authorities, with a further lower authority (usually called a unitary council of around 500,000 people) replacing the County and District and Borough Councils. So how is that effecting you in practice?

Suffolk County Council's request to postpone the elections taking place in May 2025 has been agreed by Government and I have extracted details from the formal letter from Jim McMahan MP that has been sent. It was announced that Norfolk and Suffolk are now on the fast track priority list aiming for Mayoral Elections to take place in 2026. We now expect further discussion to take place between all effected councils for an interim plan to be drawn up. This interim plan needs to be sent back to Government by 21st March 2025. A full proposal will then need to be sent to Government by 26th September 2025, following sufficient time for Councils to carry out engagement necessary to develop robust and evidenced unitary proposals. Government will then work with Councils to move to elections of new 'shadow' unitary councils as soon as possible, as is the usual arrangement in the process of local government reorganisation.

I am hoping that the public will be brought into the reorganisation proposals by way of very well advertised consultation in many media forms. If anyone would like to see a copy of the letter, please let me know.

**A Slipper Swap – Organised by the NHS, this is taking place at Debenham Sports and Leisure Community Centre between 1:30pm-4:30pm on 18th March for anyone 65 and over. Bring in your old slippers for a brand new pair plus new ferrules for any walking sticks. Other services will also be available such as social prescribing, energy advice and a community therapy team - all for free.**

**Suffolk Chamber have organised a free seminar 'Mobile Technology in Suffolk – Future and Current' at Stoke by Nayland Resort on 18th March 9am-12noon which is open to members and non members. Book via this link or go to the Suffolk Chamber website [https://my.suffolkchamber.co.uk/calendar\\_detail.html?eid=B53610FA-84A7-4957-9143-6AEE28BA3E5F](https://my.suffolkchamber.co.uk/calendar_detail.html?eid=B53610FA-84A7-4957-9143-6AEE28BA3E5F) it is open to members and non members.**

**Our Debenham Green Team are now holding themes for their regular recycling stall on the 1st Saturday of each month. Over the next three months the themes will be:-**

**1st March is Debenham Community Nature Reserve where locally collected seeds will be handed out free.**

**5th April will be showcasing Cycling, with information on the changes to the Highway Code, a Bike Clinic and the ability to test an E-bike**


**3rd May is all about Hedgehogs in the run up to Hedgehog Awareness Week**

**Drop In/Cabinet and Council Dates:**


**Mid Suffolk in February**

**My drop in surgery will be on 10th March at Debenham Leisure Centre, if the refit of the Lounge is has been completed, any concerns tackled for you. The next full council meeting will be on 19th March, Cabinet will meet on 11th March to review things such CIL expenditure and changes, a Biodiversity and Tree planning document and the 3rd quarter accounts for the Housing Revenue Account & General Fund.**

**My contact details are as above, please use them if you need me.**



## **DEBENHAM & DISTRICT GARDEN CLUB**



**Wednesday 19 March 2025**

**Speaker Chris Wiley of Sow Successful Ltd & the Sustainable Plant Store and also the organiser of Bury in Bloom**

**7:30 pm, Coopersfield**

**Meetings are held on the third Wednesday of the month and comprise a mixture of talks and presentations on gardening issues or during the summer months we arrange visits to gardens or specialist garden venues.**

**If you wish to speak to a committee member to find out more about the club please contact:**

**Fiona Reid on 07799768037 or Ann Evans on 07857680877**

**we would be pleased to hear from you!**

## Benefice Church Services

March 2025

2nd March	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
5th March	7.00pm	Debenham	Ash Wednesday Service
9th March	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Helmingham	Morning Prayer
16th March	8.00am	Aspall	Holy Communion
		Debenham	Holy Communion
	9.30am	Framsden	Morning Prayer
		11.00am	Pettaugh
	23rd March	9.30am	Kenton
Debenham			Holy Communion
11.00am		Winston	Holy Communion
30th March Mother's Day	10.00am	Pettaugh	Morning Prayer
		Helmingham	Benefice Communion



THE BENEFICE OF  
DEBENHAM & HELMINGHAM



THE BENEFICE OF  
DEBENHAM & HELMINGHAM

# LENT GROUP 'LENTWISE'

Spiritual essentials for real life



Starting 12th March,  
in Dove Cottage, Debenham,  
7.00pm, for 6 weeks



**Compass:** finding direction



**Nourishment:** keeping going



**Light:** gaining wisdom



**Shelter:** finding security



**Water:** enjoying refreshment

All welcome

## Reflection by Rev Susan Taylor



The beginning of March brings with it the start of Lent, which is the time in the Christian liturgical year when we remember the 40 days Jesus spent fasting in the desert, being close to God and preparing himself to begin his public ministry. Before that, of course, is pancake day or Shrove Tuesday (and there are free pancakes for everyone at family@church at 9.30am on 2nd March!). Historically pancake day was the day to have one last good feast before Lent started on Ash Wednesday. This year Ash Wednesday is on 5th March and is traditionally the day to acknowledge the brokenness and frailty of our human nature as we head into the more reserved time of Lent.

Those two days feel like a bit of a roller coaster. The ups of indulgence and the lows of penitence. Contemplating all this led me to wonder about Lent itself. Lent is a time when many people will do, or won't do, something to mark the season; that is, do think about giving, don't think about chocolate! But what is it we are doing (or not) and why? I have found myself starting to question how I feel about our traditional Lenten practices. Are, for example, my Lenten practices authentic? Why are we doing or not doing? What good is Lent to me? What am I trying to accomplishing within me?

Then I start to wonder about this focus on myself... Is this truly what Jesus wants for us, I wonder? Our feelings might be helpful in guiding us to know and understand what we are like as people, but they are not the measure of our virtue. Virtue might be defined as how Christlike is our character. Tom Wright wrote this,

"Virtue. . . is what happens when someone has made a thousand small choices, requiring effort and concentration, to do something which is good and right but which doesn't 'come naturally' — and then, on the thousand and first time, when it really matters, they find that they do what's required 'automatically,' as we say. . . Virtue is what happens when wise and courageous choices have become 'second nature.'"\*

So perhaps Lent isn't about one or two big choices of what to give up or what to take up, but instead it is the practice of a thousand small choices. All those choices we will make every day of Lent; indeed, every day of our lives. What we buy, what we throw away, how we speak to others, what we choose to say or not say, how we show kindness, where is our generosity, what do we choose to eat... Tom Wright suggests that to do the right thing takes 'effort and concentration' and it takes time to focus and learn to make wise and courageous choices. Perhaps Lent is just that time... imagine if we all practice a thousand small choices and so, together, learn to make wise and courageous decisions that will affect our lives and that of our community around us... for the good of all.

\*N.T. Wright's After You Believe



**Ministry Team**

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

**Chaplain Debenham High School**  
**Associate Priest Debenham & Helmingham Benefice**  
**Rev'd Keith Rengert** [revdkeith@gmail.com](mailto:revdkeith@gmail.com)

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

**Churchwardens**

<b>Debenham</b>	Sheila Blackwell <a href="mailto:sheila.blackwell@icloud.com">sheila.blackwell@icloud.com</a>	01728 861815
	Betty Connors <a href="mailto:bettyconnors@outlook.com">bettyconnors@outlook.com</a>	01728 860513
<b>Helmingham</b>	Mark Trevitt <a href="mailto:mail@wheelertrevitt.co.uk">mail@wheelertrevitt.co.uk</a>	01473 890568
<b>Aspall</b>	Andrew Ward	01728 860343
<b>Framsden</b>	Christine Schofield <a href="mailto:christine@cpwpost.com">christine@cpwpost.com</a>	01728 684076
<b>Kenton</b>	Vic Woodgate <a href="mailto:vicwoodgate@winterbrook.co.uk">vicwoodgate@winterbrook.co.uk</a>	01728 861118
<b>Pettaugh</b>	Sheila Janson <a href="mailto:s.janson@btinternet.com">s.janson@btinternet.com</a>	01473 890883
<b>Winston</b>	Brian Branch <a href="mailto:cmcbranch@btinternet.com">cmcbranch@btinternet.com</a>	01728 861004



**DOVE COTTAGE**  
**Available for hire**

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

For further information please  
 contact Ray Watts - 01728 860255

# Debenham Veterinary Practice



Locally owned and run by  
Veterinary Surgeon Peter Wilson

On site 24 hour emergency service

Same vets for continuity of care

State of the art facilities

Digital x-ray and ultrasound

Ample parking on site

**01728 861289**

1 Cherry Tree Lane  
Debenham  
Stowmarket  
IP14 6QT

[debenhamvets@gmail.com](mailto:debenhamvets@gmail.com)

[debenhamvets.co.uk](http://debenhamvets.co.uk)

- ◇ First point of call for all small animal healthcare needs and problems
- ◇ Cut vet bills and spread the cost with our Pet Healthcare Plan
- ◇ Affordable, tailored insurance with Debenham Vets



## Marsh Accountancy

For all your Personal & Business accounting needs

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

**Telephone Debenham (01728) 860727**