

DEBENHAM PARISH MAGAZINE

75p

September 2025



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FROM THE EDITOR

There is something of a theme of change this month. As we move into the Autumn the nights are drawing in and the swifts have departed. This theme is the focus of the URC letter and Reverend Keith's reflection this month and also Family@Church. There are lots of fresh starts, new term, new job... The opening hours of the Monday Meet-Up.

While some change is always welcome, there are situations where it is sad or hard to resist, and in some cases where it should be avoided. In our house we meet September with trepidation as the Parish Council seems intent on drastically cutting the hedge opposite us against expert advice. The loss of our beautiful view of greenery and birds, to be replaced by the sight, sound and pollution of the traffic on what is an increasingly busy road is extremely hard. Thankfully, the next generation have a more progressive attitude to sustainability and biodiversity, see page 36 for what pupils at the High School are doing.

On a cheerier note, we have the first mention of Christmas in the magazine this month, as well as a number of musical events that are coming up.

The Debenham Project have been busy, with a trip to the seaside with lots of treats, see page 30 & 31. September also sees the BIG Charity Jumble Sale, so a good time for a clear out!

After a couple of months, I have removed the Suffolk Taxi Bus timetable to free up space in the magazine, but this can be found on the Green Team website at:

www.debenhamgreenteam.co.uk

You can also find details there about their events and information on water quality, hedgehogs, transport, biodiversity etc. Well worth taking a look! Wishing everyone a lovely September!

Jan

DEBENHAM PARISH MAGAZINE

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DEADLINE for October Magazine
Tuesday September 23rd
(Tuesday 16th September for Business Advertising)

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DEBENHAM AND DISTRICT GARDEN CLUB

Talk by Ed Berger
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Herbs for Health

Wednesday 17 September 2025
7.30pm at Coopersfield, Aspall Road,
Debenham

Non-Members and Friends very welcome
Non-members - there is a small charge of
£5 per person includes refreshments

Please contact Fiona Reid on
07799768037 or Ann Evans on 07857680877 if you would like further information

Wednesday 19 November 2025
7.30pm at Coopersfield, Aspall Road, Debenham
Talk by Jim Paine (formerly of Walnut Tree Garden Nursery) on
Closer to Nature – A Wilder Garden



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Debenham Shed



At our stall on last month with the Debenham Green Team there were several enquiries about sharpening knives and garden equipment. Jonathan at the Shed offers this on a commercial basis at good rates—phone him on 07506 804902. Other enquiries included repairs to metal chairs, a Swedish sledge and light fittings. Although we aren't *The Repair Shop*, we can often help. Repair, reuse, recycle!

Our last workshop of the year (10am-2pm) is:-

- Saturday 8 November Christmas crafts and cards

If you are interested in attending please contact 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 (sign up to newsletters on the Contact page) Email info@debenhamshed.org.uk . Like our Facebook page at www.facebook.com/DebenhamShed. Registered Charity (CIO) 1212367. Donations from taxpayers can now be Gift Aided.

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.

Carole Wood

Sara and Carolyn would like to express their sincere thanks to all those who attended Carole's Celebration of Life at Debenham Church.

It was a testament to our lovely Mum, to see so many of you there!

Just over a £1000 was donated to the Debenham Project

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Forge Community Church

We meet in Debenham Sports and Leisure Centre every Sunday
at 9am and 11am - Kids and Youth work at 11am only



JB GILL

SUNDAY 7TH SEPTEMBER 2025

9AM & 11AM

FREE EVENT

Join us for a morning with JB Gill who rose to fame as a member of chart-topping boyband, JLS. More recently he reached the 2024 final of BBC's Strictly Come Dancing. JB is also a farmer, CBBC and TV presenter, ambassador for the British Red Cross and Mercy Ships. At this special event, JB will be interviewed live, sharing fascinating stories about his time with JLS, his adventures in farming, his love of sport and most importantly, how his Christian faith has become a very real and central part of his life.

Book your FREE ticket at: <https://forgechurch.com/jb-gill/>



CEILIDH AND AUCTION OF PROMISES

SATURDAY 20TH SEPTEMBER 2025

7PM-10PM

£10 A TICKET (£7 STUDENT RATE AVAILABLE)

Grab your dancing shoes and enjoy an energetic, traditional Scottish ceilidh, complete with a caller to guide every step. Whether you're a ceilidh veteran or a complete beginner, this is fun for all ages!

Auction of Promises – Bid on an exciting range of "promises" and experiences donated by local individuals and businesses. There's something for everyone – and every penny goes directly to helping families in need.

BOOK your tickets at: <https://forgechurch.com/compassion/>



The Sermon on the Mount has been described as the greatest collection of teaching Jesus ever gave and describes the life we were all created to live. The problem is Jesus calls it 'narrow' and in our culture narrow always seems to imply something negative. This series will ground us all in the truth of what goodness really is, where we can get it and how we can live it out. For those exploring faith it gives a window through which to see who Jesus really is and the life he invites us all to lead. For those who have been travelling on this road for many months or years it's timely reminders of the life we are invited to live - the Good Life. The series starts on Sunday 14th September

Online www.live.forgechurch.com Sundays - 4pm.

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Debenham History Society - Lecture Season 2025/2026



Tuesday 2nd September 2025

Suffolk's Lost Heritage - Historic Buildings which have Disappeared over Past Centuries

Stephen Poulter continues his A-Z of vanished architectural gems using surviving period prints and the reports from travellers who visited the towns and villages during the past 400 years either for personal curiosity or in the process of compiling guidebooks for the increasing number of tourists who had leisure time along with cheaper and faster methods of transport at their disposal. **This session forms the annual Knowland Memorial Lecture and entry is free.**

Tuesday 14th October 2025

Scaffolds and Stage Devils: Medieval Drama in Bury St Edmunds and Beyond

It is easy to forget that England had a very rich tradition of plays and drama before Shakespeare came on the scene. And Suffolk had one of the richest traditions of all – Suffolk playgoers wanted plays to be big, bold, explosive and spectacular! **Dr Kate Jewell's** talk will explore how plays were put on, where they could be seen, what plays were about and how far people would walk to see one. Warning - you may hear a rude song in Latin and meet a stage devil or two...

Tuesday 4th November 2025

Lady Alice De Bryene of Acton

Between October 1412 & September 1413, Lady Alice De Bryene of Acton, a Suffolk Noblewoman, maintained a record of all food & drink consumed in her significant medieval household. Incredibly, the book survived, and **Pip Wright** will talk us through the records and detail what life was like for her and her visitors.

Tuesday 2nd December 2025

Beyond Hatches, Matches and Dispatches: Curious tales from Suffolk parish registers

Many people will be familiar with the entries of baptisms, marriages and deaths in parish registers. In some cases, however, the pages of Suffolk parish registers provide intriguing insights into our ancestors' lives beyond these records. In this talk, **Sarah Doig** reveals stories of spires collapsing, community celebrations and extreme weather conditions, as well as dipping into some of the tragic and humorous circumstances in which people lived and died.

January 2026: NO MEETING

Tuesday 3rd February 2026

The Sizewell C Coin Hoard

Alex Bliss, from Cotswold Archaeology Services tells how a coin hoard comprising 321 silver coins issued between 1036 and 1044, recovered from the Sizewell C (SZC) development area, gives us great insight into the English monetary and political landscapes of the 11th century.

More on p17

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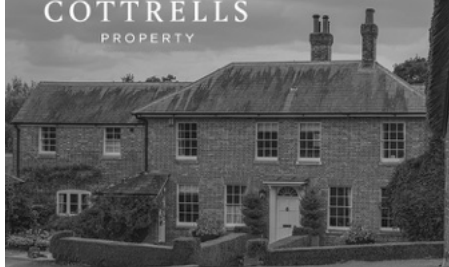
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Tuesday 3rd March 2026

The Castle on the Hill: Royalty, Religion, Pestilence & Poverty

Barbara McElroy takes us through the history of Framlingham Castle and its impact on the town through the ages.

Tuesday 14th April 2026

Mr Soane Came to Breakfast

How did 'Mr Bury St Edmunds' James Oakes persuade renowned architect Sir John Soane to design an extension to his home in Bury's Guildhall Street in 1788? Andrew Tindall's illustrated talk will describe this unlikely collaboration and show the evidence of it that survives today.

Tuesday 12th May 2026

Borley Rectory: The Most Haunted House in England

Bryan Thurlow brings to life the ghostly goings on at the Essex rectory, covering the period from the 1840s to the 1940s. In 1929 a national newspaper headline declared that the rectory at Borley, near Sudbury, was the most haunted house in England. This talk features the Reverend Smith, his wife, Mabel, and professional ghost investigator, Harry Price who is called in to investigate the paranormal problems they have been experiencing at the rectory. But is this so-called expert all he professes to be?

Tuesday 2nd June 2026

A-Z of bench end figures of Suffolk Churches

Robert Halliday has a long standing interest in Suffolk churches. He has recently been engaged in a personal project to study and photograph the wooden carved figures that can be found on benches, stalls and pews in these buildings. Some are of animals, some are of people going about their daily lives, some are of saints, demons or legendary beasts, but they are all fascinating, and often very amusing. In this fully illustrated talk, he plans to share some of the discoveries he has made across the county.

Tuesday 7th July 2026

Through the Keyhole: The Homes of William Morris

Fiona Rose examines how William Morris' design philosophy influenced, and was influenced by, his homes including Woodford Hall, Red House, Kelmscott Manor and Kelmscott House. (This talk was rescheduled from February 2025).

Location: The United Reformed Church, 21 Chancery Lane
Debenham, Suffolk IP14 6RN
Commencing : 7.30pm (unless otherwise listed)
Cost: £5 per session (unless otherwise advertised)

**TO RECEIVE MONTHLY REMINDERS AND CURRENT INFORMATION
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Friends of Debenham Library

Suffolk
Community Libraries

Our last **free** event of the summer is sponsored by the Friends of Debenham Library. On **Saturday 13 September at 2pm** is a storytelling event with Gerry Donlan (Bards Aloud). Tea and cakes will be available, and certificates for the Reading Quest will be given out to children.

Are you stuck for a book to read? Have a look at the **Debenham Recommends** bookcase in the Library. These fiction and non-fiction books are selected by Friends and customers, with a short description of each one. If there's a book you'd like to recommend, write down the details at the library and why you liked it. You can also submit or read reviews in the library catalogue online.

Good news for genealogists, and anyone researching their family history: Suffolk's historic parish records from the Diocese of St Edmundsbury and Ipswich are now available to search online thanks to our partnership with Ancestry. Not only does it open up centuries of the county's history like never before, but it also preserves these irreplaceable documents for generations to come. Access is free of charge at all of Suffolk's libraries.

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

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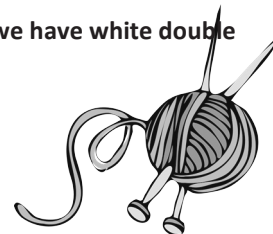
Calling All Knitters!

Are you able to knit white poppies, for a new display to be placed in St. Mary's Church?

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Completion needed by 5th October 2025.

From Ruth and the team



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Eye Bach Choir Opening Season 2025

Everyone who is a member of a choir looks forward to the start of a new season. And for those involved with the Eye Bach Choir, that feeling of anticipation, coupled with the pleasure of re-uniting with so many old friends, ensures that there can be no more exciting date than September 5, 2025 when we begin rehearsals for our fifty second season. For the last seventeen years or so the choir has improved and thrived under the musical direction of Leslie Olive, who retired at the beginning of this year. There have been many memorable highlights singing with Leslie, not the least of which was a brilliant performance of Mendelssohn's Elijah in March 2019, and several memorable 'away fixtures' at both Ely Cathedral and Snape Maltings.

Benedict Collins Rice joined us as Musical Director in January of this year and he immediately demonstrated his teaching and performance skills to an enthusiastic choir membership. His impact has been summed up perfectly by a former member of the EBC, and now Chair of Ipswich Chamber Choir, of which Benedict is also Musical Director, thus;

His arrival has had a transformational effect on the choir. He has a relaxed, friendly manner and a natural unassuming authority which commands the respect of members.

The rehearsals are exciting, absorbing and so focused that time flies by and only afterward do we realise how hard we have worked. We also enjoy his sense of fun, his encouragement and his obvious love of the music.

We regard ourselves as lucky to have a Director of Music whose knowledge, style, inspiration, enthusiasm and love of music have made an immediate impact on our choir and our performances."

Carol Scotland. Chair, Ipswich Chamber Choir

Our 2025/26 season is full of challenging and entertaining concerts, beginning with one in the beautiful Eye Church on November 29, with orchestra and soloists, consisting of -

Domenico Scarlatti: Laudate Pueri

J S Bach: Cantata BWV 36, Schwingt freudig euch empor

G F Handel: Dixit Dominus

We welcome new members, and whilst the first rehearsal on Friday, September 5 will be for existing members only, those on September 12 and 19 will be ones to which potential new members are invited to rehearse with us. Do come along to Eye Town Hall at 7.30pm on either, or both, of those dates. There is easy free parking nearby and you are assured of a very warm reception and a thoroughly enjoyable musical experience.



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www.eyebachchoir.co.uk



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CELEBRATION OF THE LIFE OF SUE HUMPHREY

30/6/1946 TO 9/7/2025

It is a privilege to be asked to write an obituary of Sue. I first knew her when she lived in Framsdén in the 80's at Newlands working as a farmer. A fostered giggling baby was sitting in the playpen on the kitchen floor surrounded by five rescue dogs with their noses through the bars. Sue and Alan always took in rescue dogs. Sam was the latest after Sue's friend, Heather died. She cared for my dog Daisy for two years, arriving at 07.30am for walkies and taking her home for holidays when I was away in Denmark.

Sue was fond of and appreciated her family and friends and the support they gave her when she run out of energy to remain independent. She struggled with cancer which she suffered bravely. Losing her home for a year due to the floods took its toll but her Christianity gave her strength.

She was very good with animals and had a good rapport with them. Her farming training gave her a keen knowledge of livestock, pigs and sheep, the breeding, rearing and slaughtering of them.

Sue was very fond of people from whatever walk of life. She had strong opinions but was not judgemental or critical of their lifestyle. She was a magistrate and through the court fostered two daughters (sisters) Becky and Jo. One now has a family of her own and the other sister trained as a carer. Framsdén was a good environment for them and a breath of fresh air.

Sue packed a great deal into her life. She was a knowledgeable gardener and cook. She enjoyed plays, films and outings. We used to go to Aldeburgh where we ate the biggest ice cream. It lasted the length of the walk along the promenade. We explored Orford and as many Suffolk coffee shops as we could find; Notcutts, Nareys, Diss, Garnetts, Cedar Pantry, Hog and Hen – all good fun. Sue had a wry sense of humour.

Sue was born in London where she grew up as the only daughter of Mollie and Ted who was a professor of pharmacy. She was very fond of her parents and they meant a great deal to her, encouraging her to follow her love of farming. She met Alan through the charity Samaritans. Sue shared his love and creation of musical compositions, and he supported her love of animals, fostered daughters and grandchildren. It was a miserable loss when Alan died after moving to Debenham. Sue will be greatly missed by her family and friends and the village in general. She did not realise how fond people were of her, how popular she was and how she was held in high esteem by those with whom she struck up a relationship. It is empty here at 7:30 in the morning.

God bless you Sue. Rest peacefully. Forever in our hearts.

PS-J



Debenham Project trip to the Hut Felixstowe August 3rd 2025

We - 38 Project friends - had a lovely day out again, this year - weather favourable, Prosecco and orange juice welcome drink enjoyed, fish and chips excellent, strawberries and ice cream, perfect! A game of 'Hoy' lead by Steve Robbins, singing led by Karen Walsh, and a trip along the prom for anyone who would like to go, until the shower came! - and then chocolate cake, to celebrate Audrey's birthday! All made for a day full of fun and friendship.

Thank you to all volunteers, for driving, setting up the room, serving lunch and drinks, packing up at the end of the day - it isn't possible without you. Thank you to all guests for joining in, some for the 8th year, some for the first time -I hope you'll come along again next year!

Thank you to Debenham Co-op for support and to all whose donations contribute to the cost of our annual outing.

Joy Walton Debenham Project





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BIG CHARITY Jumble Sale

In aid of St Mary's Church
Heating Appeal

Saturday 20th September

10am - 12 noon

at Debenham Church

Tea, Coffee and Cakes in Dove Cottage

Contact Bridget 07881861620

Jumble drop-off at Church between 4- 7pm on
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Can we please ask that all jumble is clean and ready for sale



Traditional Music Day

Saturday 27th September

Stowmarket

10.30am -11pm

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A Sustainable Year

As a Green Team in school, we have had a very successful year.

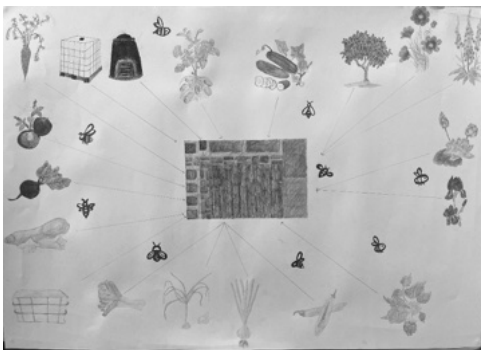
Biodiversity Competition Winners

Our entry for the Local Authority's Biodiversity Competition was among the winners. We won £2000 towards a biodiversity project, which two Year 9 girls designed.

Beth Darrington and Jess Vernau prepared a plan for a biodiverse space in the school grounds, which will form an inclusive garden space. The idea is to attract biodiversity and for students to maintain and prepare the garden with help from volunteers within the school. Beth and Jess submitted a drawn plan, supported by an essay explaining their plans.

As well as the prize money, Rev Keith Rengert and the girls met Steve Backshall who was the Keynote Speaker at the Youth Climate Conference held at One in Ipswich.

More about the Plan the Girls Submitted



The aim is to have both traditional gardening methods in raised beds alongside the use of the no dig method and to compare and contrast these approaches; to submerge a sink as a small pond to attract wildlife and to make use of the mound as a feature for tree planting as well as an area for a bug hotel and a hedgehog friendly area. Much thought has gone into the planting choices as well as the structure of the garden. They plan to

have paved paths so that those with mobility issues can access the garden as well as raised beds making the garden inclusive. It is envisaged that when the garden produces fruit and vegetables, the Food Technology Faculty can make use of these. Along with the garden space, provision has been considered for water butts and tanks so natural rainwater can be used as both sustainable and good for the garden.

So much more than just Biodiversity...

The project is primarily about biodiversity but will be beneficial in other ways- providing a green space for students to work, which is proven to be positive for mental wellbeing; a place in the future for students to visit.

Developing the Vision in the School Grounds.

Working with Rev Keith Rengert (Chaplain at the school) as well as Robert Grimsey, a Trustee, we are also looking to develop a further biodiverse space at



the bottom of the school field, which will hopefully see a bigger natural pond being prepared by our students and the planting of more fruit trees. We are very grateful for the time given by Rev Keith, Robert Grimsey and Jeanie Buckingham, which has been to offer advice and to support through the provision of some trees and hedging.

And in Other News...

More Litter Picking

We have worked with the Debenham Green Team on litter picking, which our students enjoy. We have managed three picks this year, which is always a joy. Thank you to Joy Walton and her team who make us feel so welcome.



Great Big Green Week

During the week beginning 7th June, we joined the nation in raising awareness of sustainability issues through the Great Big Green Week where students led assemblies and wrote a quiz based on this year's theme, "Let's Swap Together for Good".



We considered the importance of deciding on collective action as a school so each form completed an "Answers on a Postcard..." response to the assembly we will be preparing the first Green Team Bulletin to call on our parent/carer community to get involved too when we return in September. Our main focus will be on reducing single use plastic.

Youth Climate Conference

A group of 14 students went to the Youth Climate Conference on 2nd July 2025 – they heard Steve Backshall speak and then enjoyed a variety of workshops looking at key environmental issues. They also enjoyed the marketplace where organisations were sharing the work they did. Paris particularly enjoyed the cycling demo.



So what next...

Working on the garden will begin in earnest in September. Along with this, we will be taking a small team of students to the Youth Climate Summit in October where there will be a simulation of a COP style meeting. The staff will also be drafting our Sustainability Action Plan.



Louise Ramsay

Susan Whymark
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Understanding Your Payslip

– a guide for those returning to work

If you've recently returned to work after some time away, you might find your payslip a bit confusing. You're not alone – it can take a little time to get used to the different sections and terms.

By law, employers must give you a payslip (on paper or online) showing what you've been paid and what's been deducted. It's a good idea to keep your payslips for up to six years, just in case you need them later.

Your payslip should include your employer's details, your name, and possibly an employee number. You'll also see a payment date (when your pay reaches your bank) and a tax period. The UK tax year starts in April, so tax period 01 is April, 02 is May, and so on.

You'll also see your National Insurance (NI) number – this is your personal number used to record your NI contributions, which help you qualify for state benefits like the pension.

Next is your tax code, set by HMRC. This usually includes numbers and a letter. The numbers show how much of your income is tax-free; the letter reflects your situation. You can check what your tax code means at <https://www.gov.uk/tax-codes/what-your-tax-code-means>. If you're on an 'emergency' code (ending in W1, M1 or X), you might be paying too much tax, so it's worth checking.

Your gross pay is what you earn before anything is taken off. This might include your basic pay plus extras like travel allowance. If you're paid by the hour, the rate and hours worked should be shown. If holiday pay is included with your wages, it should be listed separately.

Deductions may include tax, National Insurance, pension, or student loan payments. These are added up, and what's left is your net pay – the amount that goes into your bank.

You might also see taxable pay, showing how much of your income has been taxed so far this year.

If anything doesn't seem right, it's best to speak to your employer.

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. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

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No Good Woman & The Kingsnakes

Friday 19th September

5 Piece Rhythm and Blues aces.

Quiz night

General knowledge
Friday 5th September
£100 prize

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9-10am

3rd Monday of the Month

July 21st

August 18th

September 15th

October 20th

November 17th

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SEPTEMBER

September is upon us again, how quickly the year seems to be rushing past us!

September sees the autumnal equinox when the sun crosses the Equator and moves south and we start to notice that the days start to become shorter than the nights. It is a time of change; in the garden the summer flowers are fading and the perennials are beginning to store up goodness ready for next year's flowers. The birds are changing, some of our summer visitors have already headed south and others are getting ready to follow as they seek warmer climates, whilst others are changing from their northern latitudes as they prepare to spend the winter with us. Even the trees are changing, the fruits and nuts are ripening; the leaves are starting to change colour. Nothing seems to stay the same.

It is also true about us and our lives, we and the world around us are constantly changing, old ways and habits are made to change, whether we like it or not. We know that in our church life things will change and that can unsettle us,

However, there are some things we can be certain will never change. The love of God is a constant, he is always close to us, always there when we need him to love and help us, for his love never diminishes. The companionship of Jesus Christ is always with us. He promised that he will be with us to the end of the age and we know his promises are true. He is with us in all our daily living to guide, to heal, to support, to comfort and to be a friend to us all. And the power of the Holy Spirit is constantly within us, strengthening us, empowering us, driving us onwards through the changes as we seek to follow Christ's example.

Things are going to change, we will not like all the changes, but we can rejoice that in all our changing circumstances the love of God the Father, Jesus Christ his son and the Holy Spirit will be with us. We can be assured that nothing will change that can separate us from such love.

And when changes come upon us, let us make time to turn to God in prayer and seek his comfort.

Have a lovely September

Keith Scarff (Stowmarket Elder)

URC Services

Sunday 7th September	Rev Richard Edwards (Communion service)	10:45 am
Sunday 14th August	Mrs Nichol Glasse (3rd in series on prayer)	10:45 am
Sunday 21st September	Mr David Mowles	10:45 am
Sunday 28th September	Mr Alan Cutting	10:45 am

All services followed by refreshments and chat

**Drop In Coffee Morning Tuesday any time between 9:00 & 11:00
during term time**

**Friends & Neighbours 2:00pm 1st Thursday of the month
This month Harvest Lunch 12:30**

**Cakes & Choruses 3:00pm last Sunday of the month
Bring your friends to this really popular cake and praise celebration!**

URC Points of Contact

Minister	Rev Robert Sheard	01449 678173
Secretary	Mr Laurence Kelway	07583014887
Treasurer	Mr David Oldfield	01728 768775
Social Secretary	Mrs Jean Rodwell	01728 861065



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DEBENHAM PAROCHIAL CHURCH COUNCIL



Please consider giving to your local church on a regular basis.

One interesting way of being able to give to the church, either on a regular or one off basis, is to use the Parish Giving Scheme which is available on-line and is very easy to use.

The system is very secure and enables you to set up a regular (monthly / quarterly / annual) donation to Debenham church and is covered by the direct debit guarantee. If you are a UK tax-payer, then Gift Aid can be set up to automatically be added to your donation.

The website is found at: www.parishgiving.org.uk (or use below QR code)

Once you have found the web page, simply follow the below steps to donate:

Find Your Parish

Enter postcode

Enter Parish

Search

Donate

Give Now



If this is your first visit to the site, you will need to register (a simple process) first.

The 'Parish Code' that is required is: **330633441**

Once registered, you can log in and complete the donation form on-line. You will get an email to confirm the details you have set up to make a regular donation.

Please consider this simple way of giving to St. Mary's, Debenham and ensuring that it can continue delivering the support and wellbeing to our wonderful community. Thank you.



Are you caring for someone with memory loss and / or dementia?

Then we are here to help you.

Our Carers Club provides a carers cafe, post diagnosis support, information, advice, peer support, songs for sharing, transport and much more.

The Carers Club & Info Cafe

9th & 23rd September 2pm-4pm

14th & 21st October 2pm-4pm

Dove Cottage. 24 High Street. Debenham.

IP14 6QN

Just come along!

Relax and find a listening ear.

(Your loved one is most welcome)

Further Information:

The-debenham-project.org.uk

01728 862003



Hi everyone,

When Tammy King, whom you will remember from Ruby and the Angel, joined the Debenham Project as one of our trustees and brought her long experience of publicising and advertising her Debenham businesses, she agreed to take on that role for the Project. I must admit that until then our profile and visible presence on Social Media could be best described as “dismal to non-existent”. Since then, she has totally changed it to become attractive, lively, informative, positive, timely, and always up to date. If you haven’t seen it already it is easy to find by going to Facebook.com on your phone or PC and searching for The Debenham Project. Thank you, Tammy, for an amazing job – It always delights me to see each new posting.

Whilst I have you thinking about the great things that volunteers do, here is another who has been a huge help to so many. Reg Woodard. Reg was one of the earliest members of our Carers Club and Info Café. After lovingly caring for his wife Hazel until she passed away, like many of our family carers he remained part of our “family” and offered his services as a volunteer driver in the very first days of our transport service. Over the years he has taken countless passengers to the appointments at hospitals, clinics, dentists, doctors, opticians, etc. etc. – No way just a driver, but a friend who was always there for them no matter how long it took. And, also, he was always willing to step in at short notice. A little while ago he decided that after so many years that the time had come “retire”. I know, Reg, that all those whom you have given lifts to will echo my many, many thanks for all your kindness and for all you have given.

As a community-based project we are so appreciative of how much our financial support derives from the community itself and that we are not dependent on forever chasing grant funding. This month my special thanks go to the family and friends of Carole Wood for the very generous donations made in her memory, and to The Bowls Club for their gift of £200 – so appreciated.

Finally, look out for our “1960s Party” at the Leisure Centre on November 21st – Details on our website and Facebook.

Very best wishes, Lynden

Lynden.jackson@the-debenham-project.orguk ; 01728 862003

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

Community Information:

The Men's Cycling Tour of Britain comes to Debenham on 3rd September. Starting from Stowmarket the race will enter Debenham at around 11:30am. You may have seen posters up for the event and hopefully you will be taking part in 'Decorate to Celebrate' and be able to have fun cheering them on and they whizz off to Kenton five minutes later! You can link up as a business if you are looking to advertise your wares, maybe a bike bun or just head to their website to sign up for regular updates <https://www.britishcycling.org.uk/tourofbritain/men/stagetwo>

Local Government Reform continues – You may have seen this in the press recently about the Unitary Councils that National Government have said we have to do. The Borough and District Councils have looked at the results of our previous survey to you and have taken this into account when producing a draft initial overview of what this could look like, here on this website <https://threecouncilsforsuffolk.org/>. We continue to want to hear from you. One council for where you live, but how many people should it cover, over which area and do you expect to be able to speak to the council and they understand about where you live? Use the link to find out more, asks questions and give your opinion. Ultimately this is a decision that will be taken by Government.

Mid Suffolk Taxi Bus and Rural Connect are here for you. The Taxi Bus Service is up and running on a Thursday to Stowmarket, your first trip is free. County Council's Travel Vouchers can be used on this service and I am eager to hear about your experience and if you will use it regularly. At £4 a journey it is £1 more than the bus and a direct route to Stowmarket. The timetable can be found by putting Mid Suffolk Taxibus into Google or call 01449 866 866.

Rural Connect is also a minibus service with no set routes aimed to take you to places such as Diss and Framlingham etc. This service pilot is bookable over the phone and will collect door to door, again the County Councils Travel Vouchers can be used. Call them on 01449 614271.

New Electrical Recycling Banks – In the run up to improved recycling and in the spirit of recycling more, we have installed 6 VERY pink small electrical recycling banks:-

- Iliffe Way car park, Stowmarket
- Mid Suffolk Leisure Centre, Stowmarket
- Elmswell train station
- New Green Community Centre, Thurston
- Station Yard car park, Needham Market
- Eye Community Centre

So anything electrical and broken, around the size of a coffee machine or toaster, can be put in these bins.

Drop In/Cabinet and Council Dates:

Mid Suffolk in July

My drop in surgeries will be Debenham Leisure Centre on Monday 15th Sept from 9:30am-11:00am & The Coffee House on the High Street from 9am-10:30am on Monday 22nd Sept.

The next full council meeting will be on 25th Sept and the Cabinet meeting will be on 9th Sept. You can view them live. Do let me know if you have a question or concern you want to put to the council or cabinet.

My contact details are above, please do use them and you can also keep up to date by signing up/linking to our social media, just go to www.midsuffolk.gov.uk.

Debenham

IN THE HEART OF MID SUFFOLK

Debenham Parish Council
c/o Dove Cottage
39 High Street
Debenham
IP14 6QN

The Parish Council do not hold a Parish Council meeting in August to allow Councillors time for holidays and a well-earned rest, after a busy 2025 so far. The Parish Clerk is still on duty and can be contacted using the email address listed below.

The next Parish Council meeting will be held on Monday 15th September 2025 at 7pm (Dove Cottage). There will be a full Agenda of topics and the usual public forum (open for 10 minutes) at the start of the meeting.

DEBENHAM PARISH COUNCIL
NEEDS YOU!



Contact: Brian Mansfield, Parish Clerk, Debenham Parish Council

Email: parish.clerk@debenhamparishcouncil.org

Website: <https://debenham.onesuffolk.net/>

Benefice Church Services

September 2025

Sunday 7th	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
Sunday 14th	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Helmingham	Morning Prayer
		Framsden	Holy Communion
Sunday 21st	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Harvest Festival
	11.00am	Pettaugh	Holy Communion
	Kenton	Morning Prayer	
	2.30pm	Winston	Pet Service
Sunday 28th	9.30am	Debenham	Holy Communion
	11.00am	Winston	Harvest Festival
		Pettaugh	Harvest Festival
	3.00pm	Aspall	Harvest Festival



THE BENEFICE OF
DEBENHAM & HELMINGHAM



THE BENEFICE OF
DEBENHAM & HELMINGHAM

CHURCH HEATING APPEAL



Our parish church is a place of spiritual peace, worship
and a community hub for all sorts of events...

We Need Your Help!

Our old oil-fired heating system has now completely broken.

We have advanced plans to fit more environmentally-friendly
electric infra-red halo heaters - but it will cost lots of money... £90,000.

If you are able to support us by donating however much
you can we would be very grateful.

Donations can be made in cash or cheque (payable to Debenham PCC) to:
2 Clover Court, Debenham, IP14 6SG, or you can donate by using the QR code.



Thank you so much.

Reflection by Rev'd Keith Rengert



September is an interesting month in many ways. As we progress through it there is often an autumnal feel to mornings and evenings with the leaves on the trees looking tired, soon to colour and drop.

There is also a sense of newness to the month with the start of a new academic year. Of course, as High School Chaplain I am very attuned to this, but it is difficult for the rest of society to miss, with all the social media posts of children and young people in their new school uniforms with our young adults starting or returning to university. It is for them and their families often an exciting and daunting time.

Interestingly, if we call something new, it is often perceived as an adventure whereas if we call it 'change' our response can be either positive or negative dependent upon the change and whether we personally want it/can see the need for it/are affected by it.

Change challenges us not least because so long as we draw breath it is always with us, and we are not exempted from it by age or locality.

Some change can seem hard for us who are older especially if we did not ask for it or cannot see the need or more challenging still if we are sure that 'it was better in my day', a phrase we can all utter as time goes by, often with 'Rose Tinted Spectacles' firmly in place.

It can be hard to hand things over to the next generation, it can be hard to give things up so we can convince ourselves that 'they're not ready' or they will somehow mess it up.

When I was a teenager, I remember asking my father, 'what is the hardest thing about being a parent?' He thought for a moment before replying, 'watching your children making the same mistakes you did.'

That sort of change is difficult and yet we need to get the balance right of letting go whilst being there to advise and to help correct mistakes.

For many of us it may be a long time since we personally engaged with the academic changes that September brings, but we are never too old to learn and never too old to change.

Rev' Keith



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Associate Priest Debenham & Helmingham Benefice

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Pettaugh

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Winston

Brian Branch cmcbranch@btinternet.com 01728 861004



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