

TOGETHER

Helmingham, Debenham



Framsden, Kenton

Pettaugh, Aspall



Winston

Summer 2017

June to August

Distributed free within the Debenham and Helmingham Benefice

Summer 2017

This might well be my last offering for the magazine and so thinking about the future, with the world in a state of political flux and with wars and rumours of wars, I am oddly enough, hopeful! I am hopeful partly because I am a hopeful sort of person, but also because there is no point in being much else. So, I looked up the following poem from the Iona Community, by Kate McIlhagga.

*Hope growing silently, secretly,
like a child in the womb, fluttering;
putting out soft fingers,
hope, stretching, stirring.*

*Hope growing,
silently, secretly,
daring to breathe again
as footsteps recede
and danger retreats,
hope, stretching, stirring.*

*Hope growing,
silently, secretly,*

*swelling burgeoning, bursting
until the flower opens
the child crowned
the prisoner released
and hope is born.*

*God of all hopefulness,
for seed of silent growth
and secret expectation
we thank you.
Bring hope to birth in us:
release us that we may worship
in freedom and joy.*

It is, I think for God to bring buds to the tree, but is for us to bring fruit. The world in which we live will only change if humankind changes its thinking. Thinking that allows hope to rise in us and to cultivate hope in others. I am full of hope for my future and for the future of the seven parishes of the benefice. I say this with confidence because of the good and willing people which I have met over the years of my ministry, those who set good example, who give and encourage, who allow hope to grow silently, secretly and definably, with God's help.

The seeds of love that are sown and nurtured. The word of God that is allowed to find its place in a heart and be blessed by encouragement. There are many deeds of goodness shown one to another that go almost unnoticed, kindness that brings tears of joy and makes the heart sing. Yes, I am hopeful for a future with God's direction.

Many blessings, Robin.

New Rector: Revd Susan Bates

"Bishop Martin and the Benefice Patrons are delighted that the Rev'd Susan Bates, Assistant Curate of Yoxmere Benefice in this Diocese, has accepted their invitation to serve as your new Rector.

Susan said, "I am thrilled to have accepted Bishop Martin and the Patron's offer of the Post of Rector of the Benefice of Helmingham and Debenham and am really looking forward to meeting and working with you all and with all the communities of the Benefice".

Before training for ministry, Susan worked as a Solicitor, living on the West side of Suffolk with her husband, Mark, and her children Alice and Jed."

Her licensing will be on **Thursday 6th July** at 7.30pm at St Mary Magdalene, Debenham. All are invited to the service.

Susan writes further: "*I am delighted to be appointed Rector of the benefice of Debenham and Helmingham. Not only is the countryside beautiful and the villages delightful, but I felt a real warmth from the people I met during my visit to the parishes. It will be a privilege to*

minister here and a wonderful place to make a home with my family. We are all really looking forward to joining you all!"

Until 6 July please continue to contact Churchwardens or the Benefice Administrator (see last page). We also thank Penny Wilkes and Graham Noble for taking services during the interregnum.

Evening Prayer during the interregnum

Until our new Rector is licensed, a short Evening Prayer service at Debenham Parish Church continues on Wednesday evenings at 6pm. This will be a short, informal service, typically following the Common Worship format.

Licensing of new Rector

Thursday 6th July at 7.30pm

at St Mary Magdalene, Debenham

All are welcome to the service

PETTAUGH

Following the retirement of the Rev Patrick Cotton and a year-long interregnum we welcome the appointment of the Rev Susan Bates as Rector of the Debenham and Helmingham Benefice. She will be instituted as Rector on 6 July at 7.30 pm, relinquishing her position as Curate in the Yoxford Benefice and moving with her family to Debenham. Members of the PCC were delighted to meet the Rev Susan during the interview procedures and wish her every success as she begins her work here.

The Rev Robin Barnes is retiring as a self-supporting minister in April after having given many years of service to our Benefice. We shall greatly miss him presiding over services in our church and we wish him and his wife well for the future.

We encourage visitors to view the wild flower displays in the church meadow during the summer months when the swathes of bright colours and the buzzing of insect life can be enjoyed against the background of greenery.

The Marvellous Marmalade Competition and Cake Sale was held in Dove Cottage during March and attracted many entrants and visitors who enjoyed coffee and cakes. The event raised just over £300 with many thanks to the ladies who baked a large variety of cakes for sale.

Congratulations to Peter and Catherine on the birth in March of their second child, Thomas, a brother for Bethany. Congratulations for Golden Wedding Anniversaries to two couples, Margaret and Hilary and Val and Gordon who recently celebrated 50 years of marriage.

A group has been formed from village residents to plan events in 'Jan's shop', including a 'pop-up' pub, during the summer and autumn when the room is ready. Good progress is being made to complete the considerable amount of work which has been required to make the room suitable for community use. Look out for notices about community events.

Thefts from garden sheds and outbuildings in the area continue to be reported and all these should be kept securely locked. Thefts from oil tanks have also been reported as well as

diesel from motor vehicles. Anyone acting suspiciously should be reported to the police and vehicle registrations noted. Great caution should be exercised with any 'cold caller' offering services or plausible offers as these may be fraudulent. The police have also warned about the increasing problems of fraudsters using telephone calls, websites or e-mails, such as those offering payments or refunds and asking for your bank details which should not be given. Any suspicious approach should be referred to the police by reporting it to Action Fraud online at www.actionfraud.police.uk or by calling 0300 123 2040.

HELMINGHAM

Our Easter Day communion service was presided over by Penny Wilkes.

Congratulations to Keiley Styles and George Wright on the baptism of their son Dylan Robert, which will take place on June 25th.

Planned marriages at Helmingham Church include:

July 8th Jemma Kent and James Schollar,

July 22nd Harriet Inglis and William Brown,

August 26th Samantha Maycock and William Howlett,

September 23rd Eleanor Madge and Darren Hart. Best wishes for the future.

Helmingham Primary School

At the end of the spring term our youngest class witnessed a chick hatching. As you can imagine this was very exciting and the chick was subsequently name Fluffy. Over the holidays four further chicks were born so now we have five being looked after in school!

Our year 3 and 4 children enjoyed a sprint training session followed by a swimming session as part of their topic of 'Being A Good Sport'. They had a great time but were very tired.

To support Year 5 and 6 topic 'China' they had a visitor in to teach them Chinese writing and dance. At the end of the term they held a China exhibition and produced lots of hands on activities to teach the rest of the school about China.

Overall Helmingham had an exciting term and learnt loads! *Bernie Cleland, Headteacher*

The Old School House Nursery

The children of the Old School House Nursery ended the Spring Term by inviting all the parents and children to an Easter Egg Hunt in the Nursery Garden. Great fun was had by all and super to see Mums, Dads and Grandparents all joining in.

We welcome 3 new children this term to Nursery – Rosanna, Benjamin and Rose.

The Summer term is now underway and we are enjoying talking about children's pets; either their own, a family member who has one or perhaps one they would like to have. This half of the term we are having fun with Dogs, Cats, Rabbits, Guinea Pigs, Fish and Snakes. We are building homes for them, reading about them, painting them etc.

A big thankyou to the Framsdens Fundraisers who helped us fund a trolley for our Friday woodland exploring sessions. We can now transport our equipment – buckets, books, blankets and snack further afield and also help out a weary traveller if necessary.

Summer also sees us having fun out of Nursery hours with a Quiz Night on Saturday 10th June in Framsdens Village Hall (tickets from Nursery), our Sports Day on Saturday 24th June on the school field with lots of stalls, games and races – do come and join us. Also on Saturday 8th July the Committee are holding a Pub & Music night in Framsdens Village Hall more details from Nursery.

Term ends on 21st July and we then have 4 days over the next 2 weeks of Summer Playdays

with the paddling pool out, all the toys from nursery plus crafts, cooking and lots of fun. Check out our web site for our latest Newsletter with all details of up and coming events on www.theoldschoolhousenursery.com or give us a ring on 01473 890950 to arrange a visit.

WINSTON



It was lovely to see the Schoolroom so full for the Annual Winston Quiz. Thanks to Lynn for setting the questions, to all who provided the refreshments and to Sandra for the Draw. The £228 raised goes towards the Schoolroom fund.

Our next project on the Schoolroom is for new toilets and as I write this we have heard we have been awarded a grant towards the cost.

The church looked lovely for the

Easter Sunday service—thanks to all the flower arrangers.

We send our very best wishes to Robin Barnes who has retired from ministry. He has been a most valuable member of the Ministry Team and to Winston Church. He will still run his furniture making and upholstery business at Meadow Works in Debenham.

The **Annual Winston Fete** takes place on **Saturday 10th June at 2pm**. Please think of us if you're having a clear out for books and "white elephant" items. We would also like *cakes etc please for the teas and cake stall*. Entry and car parking will be free. If you have any new ideas about the Fete or would like to help please let one of us know:

Veda 01728 861363 Sandra 01728 860040 Emma 01728 861303
Kate 01728 861004 Ann 01728 860342

Congratulations to Roger Denny and Corina Ophert who were married at St Andrews Church on Saturday 29th April. Wishing them continued happiness.

When visiting the church or Schoolroom please remember to bring your old newspapers and put in the paper bank. Money from the paper goes towards the upkeep of the Schoolroom.

We look forward to the Revd Susan Bates joining the Benefice as our new Rector. I'm sure we will all help Susan and her family—husband Mark and children Alice and Jed—to settle into her new job and Susan will guide and encourage us to carry on with all the good work we are doing. (*For the licensing service see page 3.*)

Winston Parish Council

At the last Parish Council Meeting held on 1st February the latest proposal in the multi-year, long-running attempts to find ways to reduce speeding and the incidences of accidents in Fenn Street was discussed. This proposal, as recommended by Suffolk County Council Highway engineers, was to gradually allow the central white line to fade away and, at the same time, to draw inwards the two outer white lines thereby creating a psychological (not physical) chicane effect. This type of road layout is proven to have worked both nationally and locally in Suffolk by instilling a feeling of danger and caution in vehicle drivers causing them to instinctively slow their speed.

However, after all Fenn Street residents had been consulted by letter, the written and verbal

feedback to the Parish Council was unanimous in rejection. Therefore, the proposal will not be pursued and, furthermore, since all other options have been exhausted, this subject will be dropped from the Parish Council's agenda.

Thanks to the efforts of Roger Guthrie, the Parish Council Treasurer, the Parish now has its own website www.winston.onesuffolk.net. If anyone has suggestions or contributions to make in order to improve and expand the website for the benefit of all residents and parishioners please send your comments to the Parish Council address winstonsuffolkpc@gmail.com.

The Parish Council is still without a Parish Clerk/Secretary. If anyone is interested please contact a Councillor or email at the above address. The tasks are not onerous; taking and publishing the Minutes of Meetings for a maximum of 4 times a year; receiving, filtering and distributing postal and email communication to the Councillors as appropriate; dealing with the District Council on matters of Planning, Environment, Locality, etc. As the Parish Council now has legal obligations to publish all Minutes and Accounts on-line, we now a computer and printer available for use by the Parish Clerk/Secretary to carry out their duties.

The Noticeboard at Winston Green and at the Church carries notification of forthcoming Meetings.

KENTON

See page 8 for details of the Pet Show on Sunday 4th June, 11am-5pm. Ring Ann on 01379 309752 for more details of events in Kenton.

FRAMSDEN

We hope that you enjoyed the lovely display of snowdrops and daffodils in our churchyard.

The Easter Sunday service in our church was well attended with some rousing hymns and good harmonies.

The Church looks superb at the moment with a variety of floral baskets and flowers providing a brilliant display of colour.

Our thanks to all the ladies who gave of their time so willingly. Our thanks also to the Churchyard working group for all your efforts.

At John, Churchwarden

Framsden village fete will be held on **Saturday 15th July** from 2.30pm at our village hall. We are looking forward to hopefully having some more glorious sunshine as we have been blessed with for the last few years!! Come and enjoy the music by Hadleigh High School pupils, the dog show, our very competitive tug-o-war and all the usual stalls, cream teas and fun for the children as one would expect of our wonderful country village.

Annabel Leech

Framsden Woodland Group

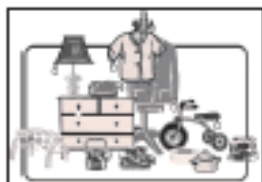
A reminder that the annual plant sale with refreshments will be held in Framsden village hall on **Sunday 18th June 10.30-12.**

As usual pictures and updates can be found on the Framsden Woodland Group blog. (framsdenwoodlandgroup.blogspot.com). It is really looking lovely at the moment—please come and visit.

DEBENHAM

Flower Festival

Funds will be split equally between the church and WI. For more information contact Gillian



The Table Top Team

Your invitation to join the Table top team, who will be in action once again on the following Saturdays in 2017 in Dove Cottage:

1st July 7th October

From 10am - 12 noon

Refreshments available.

Sell what you
wish or swap

Many thanks to all who attended the sale on the 8th of April. A really lovely warm day. The table fees, refreshments and some sales raised £110.60 for Church restoration funds, This was not counting some other tables also raising money for charities. Come and enjoy the fun. Please book early for either date with John Garrard on 01728 861736.

St Mary's Church and Debenham WI Flower Festival Debenham Country Garden



St Mary's Church, Debenham

Friday 7th July - Sunday 9th July

11am - 5pm

Refreshments and
Strawberry teas





ALL SAINTS CHURCH, KENTON, PRESENTS A



PET SHOW



ON KENTON FIELD (CHURCH LANE: IP14 6JW)


SUNDAY, JUNE 4th 11.00am. – 5.00pm



ADMISSION £2.00 CONCESSIONS £1.00



Free parking

 *Good Foods Naturally*



Any pet - from hamster to hippo! Stalls: Hot food and drinks: Experienced Judges for all the classes: Amazing Dog Agility Display and Your chance to have a go. Rosettes, Certificates and sample dog food to be won. Fun for all the family and your pets.

For Schedule or more details 01728 860088 or email: amja47@yahoo.co.uk

All monies raised for Kenton Church who will make a donation to the PDSA

Find Food For...

- Hypoallergenic dog
- Fussy or Sensitive eater
- Less active dog
- High energy dog
- Skin and Coat Problems
- Puppy

Cobbydog
just because I love my dog



Tel: 01538 681027
Fax: 01538 609181
Email: cobbydog@cobbydog.com
Web: www.cobbydog.com

**Proud sponsors
of this show**

Cobbydog | Dalton Works | Deal Street | Rainton | West Yorkshire | England | BD21 4LA

Suffolk Theology Forum 2016-17

Exploring Christian theological issues in an open, non-partisan way

Thurs 29 June 2017 **Dr Anna Abram**

Saving salvation: does salvation make any sense to us today?

At Co-op Education Centre, Fore Street, Ipswich 7.30—9.15 pm

Pedestrian entrance—11 Fore Street, Ipswich IP4 1JW. Walking distance from bus & train stations. Free car park, entrance on Waterworks Street

Entrance £5 / £4 or free to subscribing members

Elizabeth Moore, 01359 230161 eymoore@talktalk.net

www.sifre.org.uk/stf/



FARTHING
FUNERAL SERVICE

~ Incorporating Pecks of Debenham ~

Our family-run funeral service offers experience
and sensitivity to help make saying goodbye
to your loved one personal to you.

www.farthingfunerals.co.uk

Debenham 01728 860269

The Friends of St Mary's
Registered Charity No. 1063158



Jazz in the Barn at Crow's Hall

Sunday June 11th



Led by Colin Bowden on Drums

Featuring Dave Browning Keyboard,
Brian White on Clarinet
and Alan Gresty on Trumpet.

The grounds of Crow's Hall will open at 1pm.
The performance starts at 2.30 pm and finishes
around 5.30. Guests may picnic in the grounds
before or after.

Tickets in advance £15.
From Val or Ray Watts email:
wattsdebenham@aol.com
Please book early to avoid disappointment.

Diary Note -- Friend's of St Mary AGM
Wednesday 14th June 7.30pm - Dove Cottage

on 861409 or
diceygirl@btinternet.com.

Annual Art Exhibition, Debenham

Our 41st Art Exhibition will take place
in St Mary's church, Debenham on:

Friday 23 June. 10.30am-8pm
Saturday 24 June. 10.30am-8pm
Sunday 25 June. 12noon-5.15pm

There will be paintings, drawings and
prints for sale and light refreshments
available. Please feel free to come and
support our local artists in our beautiful
church. All proceeds go to the
Church Restoration Fund.

Friends of Debenham Li- brary

Our first Event Cinema, *The Railway
Children*, was much enjoyed by all
and raised £50 for library funds. On
Saturday 24 June we will be showing
I, Claude Monet at 7.30pm (arrive
from 7pm). Do you think your 50 inch
television is big? Our 3.7m wide
screen is equivalent to a 165 inch TV!
Tickets are £8 each from the library
during opening hours or phone 07507
802360. 50p from the ticket price and
all profits from the refreshments go

towards the library's funds to provide extra equipment to improve your local facility. Ice
creams for sale during the interval and a licensed bar.

Join the Friends: if you would like to support your local library and help
with fund-raising events and so on, enquire within. All offers welcome!



'Tea & Teacakes'



Everyone very welcome

St Mary's Church, Debenham welcomes Mums,
Dads & Carers + toddlers and young people to
explore Christian teaching in a liberal way in an
informal setting, with craft activities, stories,
games, songs and chat...AND tea & teacakes!

3rd Sundays @ 4pm in Dove Cottage. Contact Chris Bishop on 860124

Index to Advertisers

Chimney Sweep	16
Clifford Painter and Decorator.....	21
David Coupe, Boiler and Heating services	21
Deben Boiler Services.....	22
Deben Valley Equine Veterinary Clinic.....	22
Debenham Vets, Practice, Peter Wilson.....	17
Earthwood Tree Company	18
Farthing Funeral Service (Pecks).....	9
Fusion Furniture, Robin Barnes	22
Go Cruise and Travel	17
Hair at Home.....	16
Helmingham Free Range Pork, John Cutting.....	21
Henry Abbott hardware and housewares	18
Jennifer Baker, Catering &Accommodation	19
Jo Kelly, Foot Health Practitioner	20
Kindlewood, wood and tree services	19
Lawn Mower Servicing.....	16
Limes Garage.....	16
Mark Jardine, Plumber.....	20
Old School House Nursery, Helmingham.....	21
Pauline, sewing and repairs.....	23
Rachael Towler, Accountancy	18
Reiki, Mark Pragnell.....	22
Simon Kimmins, Builder	22
Steve Thornton, Property Maintenance & Repair ..	18
Suffolk Chimney Sweeps.....	23
WhatChores Property Preservation	19

Together magazine carries advertisements as a service to advertisers who wish to promote their services or products to readers. This does not imply that the publishers of the *Together* magazine endorse or provide any guarantee as to the quality of the services or products advertised. It is the responsibility of the customer to make the necessary enquiries of any advertiser. **For advertising rates see page 14.**

There are a range of short walks that are between one and four miles. There are a range of walks between five and ten miles. There are also walks that are over fifty miles long for those who really want to challenge themselves.

You can take part in any of these walks at your own pace, with a group or against the clock.

The Suffolk Walking Festival is the perfect way for people of all ages and abilities to get out and enjoy the Suffolk Coast and countryside. Walking is also great for our physical, mental and emotional wellbeing. So come on, let's go for a walk!

Please visit www.suffolkwalkingfestival.co.uk for further details.

Tuesday 0930 am – 1300 pm

Wednesday 1500 – 1930 pm

Saturday 0900 am – 1300 pm

Sunday 1200 – 1600 pm

Tel: 01728 861940

www.suffolklibraries.co.uk/presents

Suffolk Libraries: Mobile Library Routes (every 4 weeks)

Aspall Church, Thursdays 1045-1100
1 & 29 June, 27 July, 24 August

Debenham, Gracechurch Street/
Henry Street 1115-1145 1 & 29 June,
27 July, 24 August

Framsden Village Hall, Thursdays
1400-1415 8 June, 6 July, 3 & 31
August

Helmingham Forge, Thursdays 1240-
1250 8 June, 6 July, 3 & 31 August

Kenton, Garney's Close, Thursdays
1220-1235 1 & 29 June, 27 July, 24
August

Pettaugh, Old Bull, Fridays 1535-
1555 16 June, 14 July, 11 August

The Suffolk Walking Festival, 13 May – 4 June 2017

This year, the Suffolk Walking Festival is celebrating its 10th anniversary and it promises to be bigger and better than ever before.

There really is something for everybody this year. Whether you're a novice or expert, young or old, walking with your family or walking alone, you are bound to find a walk that tickles your fancy.

June 2017	Helmingham	Framsden	Pettaugh
4 th Pentecost	10am All Age Communion Service Pettaugh		
11 th Trinity Sunday	6.30pm Evening Service	11am Family Service	11am Holy Communion
18 th Trinity 1	9.30am Holy Communion	9.30am Morning Prayer	11am Morning Prayer
25 th Trinity 2	9.30am Morning Prayer	11am Holy Communion	11am Morning Prayer
July 2017	Helmingham	Framsden	Pettaugh
2 nd Trinity 3	10am All Age Communion Service Helmingham		
Thursday 6th	Licensing of Rev Susan Bat		
9 th Trinity 4	6.30pm Evening Service	11am Family Service	11am Holy Communion
16 th Trinity 5	9.30am Holy Communion	9.30am Holy Communion	11am Holy Communion
23 rd Trinity 6	9.30am Morning Prayer	11am Holy Communion	11am Morning Prayer
30 th Trinity 7	8am Holy Communion at Aspell		
August 2017	Helmingham	Framsden	Pettaugh
6 th Transfiguration	10am All Age Communion Service Framsden		
13 th Trinity 9	6.30pm Evening Service	11am Family Service	11am Holy Communion
20 th Trinity 10	9.30am Holy Communion	9.30am Morning Prayer	11am Morning Prayer
27 th Trinity 11	9.30am Morning Prayer	11am Holy Communion	11am Morning Prayer
Please note that the pattern of services may change after 6 th July when some of the retire			

	Winston	Aspall	Kenton	Debenham
		8am Holy Communion	11am Family Service	9.30am Family Service
	9.30am Mattins		8am Holy Communion	9.30am Holy Communion
	11am Holy Communion	8am Holy Communion	11am Morning Prayer	9.30am Holy Communion Sunday School
	6.30pm Evening Prayer		8am Holy Communion	9.30am Holy Communion
	Winston	Aspall	Kenton	Debenham
		8am Holy Communion	11am Family Service	9.30am Family Service

es, 7.30pm at St Mary Magdalene, Debenham

	9.30am Mattins		8am Holy Communion	9.30am Holy Communion
	11am Holy Communion	8am Holy Communion	11am Holy Communion	9.30am Holy Communion No Sunday School
	6.30pm Evening Prayer		8am Holy Communion	9.30am Holy Communion

10am Benefice Communion at Debenham

	Winston	Aspall	Kenton	Debenham
		8am Holy Communion	11am Family Service	9.30am Family Service
	9.30am Mattins		8am Holy Communion	9.30am Holy Communion
	11am Holy Communion	8am Holy Communion	11am Morning Prayer	9.30am Holy Communion Sunday School
	6.30pm Evening Prayer		8am Holy Communion	9.30am Holy Communion

and priests, who have been helping during the vacancy, scale down their involvement.

Diabetes care in Suffolk: Do you know your foot health risk?

Healthwatch Suffolk is putting feet in focus with the launch of its latest research report. It has worked closely with a leading clinician to explore the views of local patients about their experiences of accessing diabetic foot care in the county.

Figures from Diabetes UK indicate that over 100 diabetes-related foot amputations occur every week in England. Patients with diabetes should receive an annual foot examination to determine whether their foot sensation is intact and their blood supply to the feet is good but this does not always happen.

Key findings:

- 32% of the respondents stated that they were not told about their risk of developing a diabetic foot problem in the future during their last appointment.
- 43% of respondents were not told what they should do if a new foot problem had developed.
- 28% of respondents said they were not given advice about how to look after their feet.

Three things that people said could be improved about their care:

1. Ensuring people are informed about the importance of maintaining foot health and their risk of developing complications.
2. Improving the availability of information regarding foot health.
3. Offer more regular foot health checks.

An early outcome from the project will see patients across the East of England receiving a new information card following their annual health check. The passport, which will be roughly the size of a bank card, will be carried by patients at all times and include information about what to look for in terms of their foot health and who they should contact if they have concerns.

Andy Yacoub (Chief Executive of Healthwatch Suffolk) said: "It is clear that people are receiving good care in the county but there is room to improve, particularly with regard to keeping people involved in their care and informed of their foot health risk. It is also important to help people to understand how they can best manage and look after their health as early intervention is linked to the best possible outcomes.

"It is our hope that the findings will be used to improve services in Suffolk and to build on continued developments within local services. Our report includes a number of recommendations and we will ask health leaders to respond formally in due course."

For more information about this work and how you can make a difference to local NHS and social care services in the county, please visit www.healthwatchesuffolk.co.uk, call 01449 703949 or email info@healthwatchesuffolk.co.uk.

Editor's notes

The Copy deadline for the next *Together* (September to November) magazine is **25 July**, normally published about two weeks later. Quarterly, A5 format. 700 copies printed and collated on Rizograph stencil copier, distributed free by members of Winston church. Send copy to the editor by email, email attachment (Word or Publisher formats preferably); Adobe PDF format may be suitable. Photographs do not reproduce well but graphics are usually OK. If you can't do any of these send the copy in the post or by smoke signals.

Editor: Tony Hutt, Email: tony@tonyhutt.co.uk Tel (01728) 860173. 19 Priory Lane, Debenham, Stowmarket, Suffolk, IP14 6QD.

Advertising payments to Kate Branch, The Red House, Winston, Stowmarket IP14 6LG Tel (01728) 861004 Email: cmbranch@btinternet.com (payable to Winston PCC) rizontal slice: 1/8 page for £20 p.a. (4 issues); ¼ page for £40 p.a.; ½ page for £80 p.a. Send advertising enquiries and advertising copy to Tony Hutt.

An EVENT CINEMA screening at...

DEBENHAM LIBRARY

School Corner, Debenham, IP14 6PL

SATURDAY 24th JUNE, 7 for 7.30PM

I, CLAUDE MONET

*“My head is bursting—I want
to paint it all”*

Claude Monet



From award-winning director Phil Grabsky comes this fresh new look at arguably the **world's favourite artist** – through his own words. Using letters and other private writings, this striking film from award-winning director Phil Grabsky, reveals new insight into the man who not only painted the picture that gave birth to impressionism, but who was perhaps the most influential and successful painter of the 19th and early 20th centuries.

Despite this, and perhaps because of it, **Monet's life is a gripping tale about a man who**, behind his sun-dazzled canvases, suffered from feelings of depression, loneliness, even suicide. Then, as his art developed and his love of gardening led to the glories of his garden at Giverny, his humour, insight and love of life is revealed.

Shot on location throughout Europe at the very spots he painted (Paris, London, Normandy and Venice), **I, Claude Monet** is a fresh and intimate cinematic exploration of some of the most loved and iconic scenes in western art.

90 minutes | Released February 2017 www.exhibitiononscreen.com

Trailer at <https://youtu.be/oUvcsPOEq8k>

Tickets: £8 | Bookings: 01728 861940, 07507802360 or Debenham Library

Doors open 7pm, film starts 7.30pm | Licensed Bar | Ice creams available

www.suffolklibraries.co.uk/presents

41st Annual Art Exhibition, in Debenham Church

Over 300 pictures will be for sale at very reasonable prices. All proceeds will go to the Church Restoration Fund

For more information contact Jo Lewis, 861920 or suffolkpoppy@gmail.com. Once again offers of help throughout the exhibition will be greatly appreciated. A timetable will be on display in the church throughout June, please go along and fill in the sessions when you are available. If you are able to help with the constructing and dismantling of the exhibition or provide homemade cakes, scones etc for the refreshments on sale in Dove Cottage throughout the exhibition, please contact Carole Edgley on 01728 860389.

Friday 23 June: 10.30 am - 8.00 pm

Saturday 24 June: 10.30 am - 8.00 pm

Sunday 25 June: 12.00 noon - 5.15 pm

Sale of Paintings, Drawings and Prints. All proceeds to the Church Restoration Fund. Light Refreshments Available.

Plant Sale and Refreshments

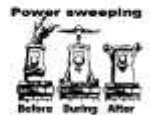
Sunday 18th June
at
Framsden Village Hall
10.30-12

In aid of
Framsden Woodland
Group

CHIMNEY SWEEP

SWEEP CHIMNELY SERVICES

NEW POWER SWEEPING METHODS USED
FOR A MORE THOROUGH CHIMNEY CLEAN
THAN BRUSHES.
INDUSTRIAL HEPA FILTERED VACUUM,
FULLY INSULATED.
INSURANCE RECOGNIZED CERTIFICATES ISSUED.
SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
ALL CHIMNEYS, WOOD BURNERS, AGA, BOILER
FLUES SWEEP.
GUILD OF MASTER SWEEPS CERTIFICATE MEMBER.



TEL. 01359 232335

Lawn Mower Servicing



Garden machinery repair.

Collection and delivery
available.

07818 438004
01728 860729

www.brockfordservices.co.uk

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.



Hair @ Home

Mobile hairdresser
Competitive rates
& Friendly service.

07867963783

Tel: 01473 890335

Email: mark@limesgarage.co.uk

www.limesgarage.co.uk

Debenham VETERINARY PRACTICE



01728 861289
debenhamvets@gmail.com
debenhamvets.co.uk

14 Low Road
Debenham
Stowmarket
IP14 6QU

Locally owned and run
by Veterinary Surgeon
Peter Wilson

On site 24hr emergency
service with your vet

- Same vets for continuity of care
- on site 24hr emergency care
- digital x-ray and ultrasound
- Ample on site parking
- Ophthalmology referrals

debenhamvets.co.uk



With GoCruise, seeing the world doesn't need to cost the earth. We are pleased to offer you our advice on the best Holiday that suit your requirements, budget and make your booking a smooth and enjoyable process. Our network of specialists offer you a personal, friendly, local service with many prices that beat those of the largest national call centres, giving you the best of both worlds.

Tel: 01449710141

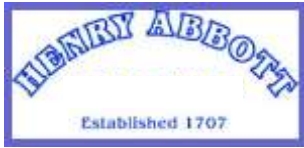
Email: kevinandhayley@gocruise.co.uk
www.gocruisetravel.co.uk
Stonham Barns, Stowmarket, IP14 6AT

Cruise Holidays
Land Holidays
Short Breaks
UK Holidays

We protect your money and your peace of mind



Family Holidays
Luxury Breaks
River Cruises
And So Much
More



1a Chancery Lane, Debenham
Tel 01278 860254
Trading in Debenham since 1707

*Your local hardware and
houseware store,
stocking everything you need for
home and garden.*

*Please pay us a visit before shop-
ping on the Internet or elsewhere! If
we haven't got it, we will try our
best to obtain it for you.*

We are agents for
Danes Dry Cleaners.



**All aspects of tree work carried
out by professional NPTC
qualified arborists**

**tel: 01728 768 436
mob: 07941 469 611 /
07939 976 688
web: earthwood.co.uk**

Steve Thornton Property Maintenance and Repair

Outbuildings, garages, small extensions
Barge & Fascia Boards, Windows & Doors
Painting & Decorating
Patios, Fencing & more...

4 camera CCTV £380 installed

Pettaugh, Suffolk

Tel: 01473 890411

Mob: 07522 860067

Do you have too much work and
not enough time?

Do you have mounting paper-
work and not enough hours in
the day?

I can help!

I am qualified in accountancy and
have 25 years' experience in ac-
counts and administration.

No job is too small. Work carried
out on or off premises.

Please call for a fully confidential
and professional service.

Mrs Rachael Towler MAAT

Call 07775 902654
or email raetowler@yahoo.co.uk

KINDLEWOOD



Firewood & Kindling Suppliers



**We also carry out: Tree Work,
Hedge Cutting, Grass Cutting,
Timber Extraction, Firewood
Processing and Log Splitting**

NPTC Qualified & Fully Insured

Phil: 01728 621306 Mob: 07786 734706

Or Lee: 07877 448736 E: info@kindlewood.biz

www.kindlewood.biz

WhatChores Property Preservation



WhatChores

- ⇒ Brickwork
- ⇒ Flintwork repairs
- ⇒ Repointing chimneys
- ⇒ Patio, Garden walls
- ⇒ Outbuilding and Stable repairs
- ⇒ Garden Maintenance
- ⇒ Groundworks
- ⇒ Driveways repairs
- ⇒ General property maintenance

For a free no obligation quote

Please call 07711 282639, 01449 402288 evenings

Also find us on Facebook

Winston School Room

is available to hire: see
back page for details.

Dove Cottage

is available to hire: con-
tact Ray Watts, 70 High
Street, Debenham IP14
6QP

Tel 01728 860255

Email wattsdebenham@aol.com

Jennifer Baker

Bridge House, Earl Soham, Woodbridge, Suffolk IP13 7RT
01728 685473 / 01728 685289 www.bridgehouseuk.com

Accommodation, Fine Dining, Quality Catering



Jo Kelly MCFHP MAFHP Foot Health Practitioner

- Nail trimming
- Corn and callus removal
- Reduction of thickened nails
- Cracked heels
- Ingrown & involuted nail
- Care of diabetic, high risk & elderly feet
- Foot health check & advice
- Treatment for nail & skin fungal infection

Assessment and treatment carried out in the comfort of your own home

Feel free to contact me to discuss your needs.
I cover the Mid-Suffolk area & beyond.



Member of the Open College & British Association
of Foot Health Professionals

Tel: 01728 417150 Mob: 07951 408512

jokellyfoothealth@gmail.com

YOUR RELIABLE LOCAL PLUMBER



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: mjardine@btinternet.com

**S C Clifford
Painter and Decorator**

Interior/Exterior, Private and
Commercial. Free Estimates.

9 Stowmarket Road
Stonham Aspal, Stowmarket
IP14 6AB

Tel 01449 711369



**Debenham Plumbing &
Heating**

DAVID COUPE

Reliable and professional services for boiler
servicing and all plumbing and heating
maintenance and repair. Power Flushing
'first aid' for radiators and pipework



01728 860445

07722 621436

30 Wells Way, Debenham,
Stowmarket IP14 6SL

**Helmingham Free Range
Pork**

Buy direct from local farmer
Large choice of cuts.

**Telephone your order for
collection or delivery by
arrangement.**

**Guaranteed British and reared to
high welfare standards.**

Contact John Cutting
01473 890707/890230

**THE DEADLINE FOR THE NEXT
EDITION OF TOGETHER (MARCH TO
MAY) MAGAZINE IS**

25 JULY

**PLEASE PASS ALL INFORMATION TO
CHURCHWARDENS BEFORE THIS
DATE OR EMAIL TO**

tony@tonyhutt.co.uk



The Old School House Nursery
Helmingham

Visits welcome—Government grants accepted
Open Mon-Fri 9.00am-3.00pm
Contact Jane Cabado 01473 890950 (school hours)



Give your child a fun and stimulating start to education, in our friendly, well equipped nursery. We offer the very best care and our country setting provides opportunities for outdoor play and visits from tractors, lambs and hedgehogs. Situated next to Helmingham Primary School means we can offer a cooked lunch.

Sessions within the 15 hours of grant aiding are now covered fully by the Government funding.

Come for a FREE taster session and see for yourself.

Reiki –Energy for life

Contact: Mark Prangell on 07977 042693 or by
email: mark@reiki-energyforlife.co.uk

What is Reiki?

Reiki is a Japanese word meaning Universal Life Energy. As a treatment, Reiki is about harnessing this energy for the patient with the help of a practitioner.

What are the benefits?

Patients often describe deep relaxation and a calm, peaceful sense of wellbeing following a treatment. Regular treatments can promote better health and vitality.

How do I find out more?

Mark Prangell is a Reiki Master living and practicing in Framsdon and would be delighted to hear from you.

Vouchers available

What better gift for Xmas or Birthday, or just to say 'I'm thinking of you'?



UK Reiki Federation Member

Deben Boiler Services



Registered
Business

Plumbing & Heating
Boiler Servicing
Central Heating
Electrical Installation
Reliable Friendly Service



01473 610051
www.debenboilerservices.co.uk

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

Suffolk Chimney Sweeps

Keep Warm & Safe All Year Round

www.facebook.com/suffolkchimneysweeps

ICS Qualified & Full Member

Fully Insured

Clean CRB

Family Run Business

£45 For One Chimney

- £30 For Each Additional Chimney

suffolkchimneysweeps@gmail.com



Call Sam on 07794907248
or 01359240538



To customers past and potential there's something I have to say,
I had intended to leave you—I was moving quite far away.

I was moving further up country—to Lowestoft by the sea,
And the fact that now I am staying is really no thanks to me.

The sale fell through—as these things do—so now we're not moving at all,
I'd be grateful if you would ignore this small blip and carrying on coming to call.

And so it is business as normal—please bring me your things to repair,
Bring me your curtains, your zips and your skirts—I promise I'm going nowhere.

**Please ring Pauline on
01449 711384**



Have your favourite sofa or chair recovered by

Fusion Furniture

Robin's 45 years' experience gives you peace of mind for both service and quality of workmanship



**Phone 01728 861100 www.fusion-furniture.co.uk
Unit 1 Meadow Works Debenham IP14 6RP**

YOUR LOCAL HORSE VETS

From ancient acupuncture to state-of-the-art digital radiography



01728 685 123 — 24 hour line
DEBEN VALLEY EQUINE VETERINARY CLINIC
Birds Lane Framsden Suffolk IP14 6HR
www.debenvalleynet.co.uk

WHO'S WHO IN THE BENEFICE

Rector (from 6 July)

Revd. Susan Bates 01728 861073 batessu42.sb@gmail.com

Ministry Team

Mrs Veda Berriman 01728 861363 r.berriman111@btinternet.com

Mr Mark Trevitt 01473 890568

Churchwardens

Debenham

Mr Chris Wilkes 01728 860633 crwilkes@btinternet.com

Mrs Carole Edgley 01728 860389 caroleedgley@gmail.com

Helmingham

Dr Peter Haas 01473 785381 doris-haas@tiscali.co.uk

Mr Robert Styles 01728 860239 rstyles172@btinternet.com

Aspall

Mr John Chevalier-Guild 01728 860492 hall@aspall.co.uk

Mr Andrew Ward 01728 860343

Framsden

Mrs Christine Schofield 01449 723650 christine@cpwc.co.uk

Mr Al John 01473 890273 al.john1@hotmail.co.uk

Kenton

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

Pettaugh

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

Dr Hilary Marlow 01473 892090 stcatherinepettaughpcc@hotmail.co.uk

Winston

Mr William James 01728 860233 jameswinstonhall@aol.com

Mr Brian Branch 01728 861004 cmcbranch@btinternet.com

Benefice Administrator and Editor of *Together* magazine

Mr Tony Hutt 01728 860173 tony@tonyhutt.co.uk

19 Priory Lane Debenham, Stowmarket IP14 6QD

Website : www.achurchnearlyou.com/debenham (*this page has links to the other churches in the Benefice*). Also www.facebook.com/groups/492978410777899

Winston Schoolroom

To hire, contact Kate Branch on 861004, The Red House, Winston IP14 6LG or email cmcbranch@btinternet.com.