

TOGETHER

Winter 2017

December to February
Distributed free within the Benefice



THE BENEFICE OF
DEBENHAM & HELMINGHAM

Winter 2017

Eric Milner-White was a poet and priest of the last century and Chaplain to various forces during the first World War. He wrote many beautiful poems about his faith and I share this first verse of one of them, entitled *Change to the Unchanging*: -

*Lord, you have set us amid un-resting change.
Day follows night; season, season; year, year;
not one the same, or even our part in any;
centuries, eras pass, none like the last;
nature herself is servant to the aeons;
change upon change that no one can stay,
but each must share.*

I sought out this poem as I pondered what it is to be human; what it is to be Christian. Part of our humanity, part of the nature of the universe, is that of change. Nothing around us is static; as Milner-White points out, even day and night and season after season. And we, as human beings must share that change as our lives constantly progress, as our bodies age and as society around us perpetually reshapes itself.

Yet there is something within us which resists change. When the sands around us shift it can feel very unsettling. For many people the past seemed a better place than the present and the future holds only uncertainty.

As a Christian, I find that to ponder the nature of God helps with these feelings. For God is the creator of all things and in God's creative nature there is a dynamic essence which is shared with us, enabling us to inwardly grow and outwardly develop; indeed, to move towards God's love and beauty. We are given the gift of God's own creativity. Which gives us that hunger to explore, to develop, to learn, to want to better ourselves and the world of those around us.

However, alongside God's creative nature, God is also faithful. That faithfulness means that God will not abandon us or cease to care for us, but will eternally hold humanity in God's compassionate care. Where we are uncertain, God is certain. Where we stand on shifting sands, God is rock.

In the Bible Jesus says, "Abide in me as I abide in you..." (John 15:4). The word 'abide' means more than just waiting. It has a sense of committed and trusting relationship. And so, as Jesus is the 'link' between heaven and earth, between God and humanity, that promise of Jesus' abiding nature means and shows that God's relationship to us is that of consistency, continuity and order; of faithfulness and compassion. *That* means when we realise that God's creativity requires a sense of letting go in order to grow; of openness and of change in order to develop, those things need not be so unsettling, so scary.

Milner-White's poem* ends,

*Transform our transient lot, and bring to birth
within our nature yours,
yours which abides forever,
yourself in us.*

Advent Course

**Mondays 7.30 - 9pm
at Winston Schoolroom**

November 27

December 4

December 11

More information to follow—see Link newsletters

Change is all around us all the time and in this edition of *Together* you will notice we have a new benefice logo and there is also a change in the pattern of church services across our benefice of seven parishes, starting in January. This incorporates a 'new-look' family orientated service for all seven parishes which will start on **January 7th** at Deben-

ham Church and will continue on the first Sunday of each month in Debenham. Breakfast starts at 9.30am followed by a 45 minute relaxed service for the young and the not so young! You are all warmly invited to come along.

As the seasons change, as we change from children to adults, as school days become university or work, as our hair changes colour, as new technology develops... change is all around us. One of the few certainties we have is that change will happen! It can be unsettling, it can mean a sense of loss, but it can also be exciting and lead towards growth and flourishing. Within and around and holding together all change is God, our creative God of faithfulness, of compassion and of deep, deep love.

Susan Bates

**My God, my Glory by Eric
Milner-White, SPCK 1954 ©
The Friends of York Minster*

PETTAUGH

Our Harvest Service was held on Sunday 1 October in our beautifully decorated church with the Revd Susan Bates officiating at the Communion Service. Flowers, fruit and vegetables were there in profusion causing us to reflect on the fertility of our earth and the work of those who spend many hours of each day tending the growing plants and bringing the produce to our tables. We who live in the countryside are only too aware of, and grateful for, the efforts of farmers and their contractors who go through the regular cycle of ploughing, planting, tending

family@church

Sunday 7 January, Debenham Church

'A Gift for Everyone'



**Service starts 10.00am
with breakfast from 9.30am**

**A relaxed family friendly service
for the young and the not so young**

and harvesting and all the complex work associated with these activities. Gifts of food were distributed to a Debenham charity.

The Suffolk Historic Churches Annual Cycle and Walk event was held on Saturday 9 September. Our local event was organised by Ruth and we are grateful for all the work she did. Our thanks and congratulations go to all the cyclists who pedalled their way around our villages to raise sponsorship money. Our ancient church requires money to be spent on its structure, as shown by the comprehensive 5-yearly architectural inspection. Money raised by the Cycle Ride and other events will be valued contributions to ensure that the church remains a part of our village fabric.

Our next fund-raising event will be the **Marvellous Marmalade Competition** which will be held on Saturday morning **17 March** in Dove Cottage, Debenham. The three categories will be the same as usual: Seville orange only; Seville orange with one or more other citrus fruit; any citrus fruit excluding Seville orange. We hope that those of us who enjoy the marmalade delicacy will respond to the challenge and get preserving! It is hoped that a Coffee Morning with a sale of cakes can be arranged in early December but this will be confirmed nearer the time.

As the Christmas season approaches we look forward to our Annual Carol Service which will be held on Christmas Eve, Sunday 24 December and hope that the usual good attendance will fill the church.

We thank the many people who have contributed their time and skills in maintaining the church, churchyard and meadow.

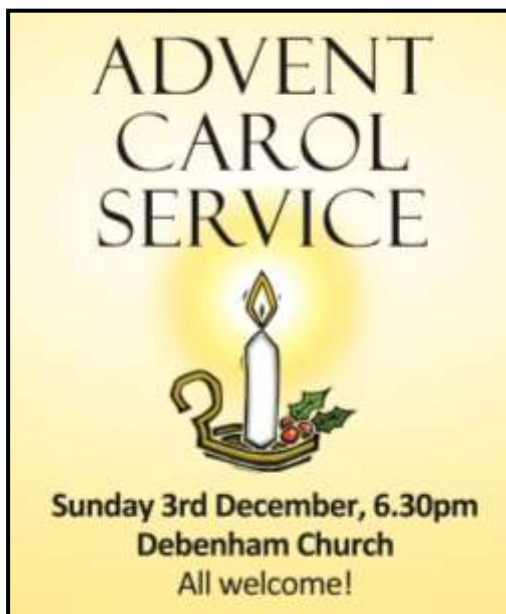
HELMINGHAM

Our Harvest Festival was led by Veda Berriman and the church decorated with flowers and seasonal produce which were later donated to the Salvation Army and YMCA in Ipswich.

Christmas Services at Helmingham, Carol service **Sunday 10th December 6pm** and Communion **Sunday 24th December 11.30pm**

For the Suffolk Historic Churches Bike Ride Bill Forsdike was the only cyclist for Helmingham this year. Our thanks go to him and his sponsors whose generous donations raised a total of £500. Half of which will be returned to St Mary's Church.

The Scrap metal collection is also a useful fund raiser and help us to meet the Parish Share of over £4000, this is the obligatory sum which goes toward the payment of



the rector's salary and pension. In addition we need to raise further money to cover the cost for the church insurance, electricity and any necessary repairs. We would like to thank all those who have provided larger items for collection by Robert Styles and also all of you who have passed on cans and smaller metal item to other PCC members.

Please note that the 2nd Sunday service has now been discontinued with the exception of Remembrance Sunday and the Carol service.

Traditional Christmas Drinks

The Honourable Edward and Mrs Sophie Tollemache invite you to join them at Helmingham Hall on Friday 8th December for mulled wine and canapés. Please come and join us from 6.30pm – 8.30pm

Tickets £12 in aid of St Mary's Church, Helmingham. More information from PCC members or the Helmingham Estate Office.

Helmingham Estate Office, Helmingham, Stowmarket IP14 6EF
Tel: 01473 890363 Email: office@helmingham.com www.helmingham.com

Helmingham Primary School

Since returning to school in September the children have been working hard after the long summer break. Sun Class have visited the Scott Polar Institute and the Botanical Gardens in Cambridge and our year 5 students visited the BT Headquarters with other schools to learn how to program a Crumblebot robot. They rose to the challenge and came second and had a very enjoyable day.

The year 6 children have researched various charities and gave presentations to the school. The school voted for MacMillan Cancer Support as their chosen charity for this year. The children will be organising a variety of fundraising events during the school year.

The parents group, Friends of Helmingham School, have been working hard to raise funds for the school. Their events have included Oktoberfest, a jumble sale and a clothing collection. Please look out for local events and support our school!

If anyone has any of the following that they no longer need we would love to be able to put them to good use in Stars Class:

Dressing up clothes, old pans, greetings cards (to cut up), big spoons, fire engines and tractors, fabric, Playmobil/Lego. Thank you.

The children were looking forward to the half term break before returning to school for the busy half term leading up to Christmas. *Bernie Cleland, Headteacher*

The Old School House Nursery

The start of term saw us give a warm welcome to our new Manager, Steph Cross, who is enjoying exploring our quaint Nursery with all its little rooms as well as getting to know the children.

Carol and other Services in the Benefice in December

3rd (Advent Sunday)	6.30pm Advent Carols, Debenham
10th (Advent 2)	11am Carols, Aspall 6pm Carols, Helmingham
Saturday 16th	6pm Carols, Framsdon
17th (Advent 3)	5pm Carols, Kenton
24th (Advent 4, Christmas Eve)	3.30pm Carols, Pettaugh 5pm Crib Service, Debenham 6.30pm Carols, Winston

These services are in addition to the 11.30pm services on Christmas Eve at Debenham and Helmingham. See the centre pages for the full list.

The Old School House Nursery children have been thinking about the Seasons starting with Autumn which means all the woodland creatures, falling leaves, mixing colours, conker rolling and tractors that have brought in the harvest. A big thank you to Ben Styles for bringing in two different coloured tractors for the children to climb over. The children donated items of 'store cupboard' food from home to make up a Harvest package for a gift to The Salvation Army to help in their centres during the winter months.

This time of year we dress in full waterproof suits to enjoy our grassy garden with its wonderful water rill, willow house, wobbly bridge, big sandpit, slide, balls and hoops. As well as galloping around on our hobby horses come rain or shine! We have collected leaves, printed with them, swept them and even had lizards and crocodiles hiding in them! Miss Pamela continues to visit us on a Wednesday for Dance Classes which are popular with our young children.

An Autumn Playday at the half term holiday provided valued childcare whilst providing a day full of fun for the children. They were encouraged to come dressed up in costume and spent the day making edible spiders on an orange web, rolling conkers to put patterns on bats to hang up and climbing over our giant pumpkin in the playground. Finishing off with stories from Winnie the Witch and Room on a Broom.

We are now well underway with our Nativity rehearsals, singing our favourite songs and looking ahead to our Christmas Party at the Coach House, Helmingham Hall, where a special visitor will make an entrance!

Find us on www.theoldschoolhousenursery.com. Why not phone us on 01473 890950 or email us at theoldschoolhouse@btinternet.com to arrange a visit?

WINSTON

The Harvest Festival was a lovely service, we had a good congregation and many thanks for all the variety of tins given to the Mencap home in Debenham where four people receive supported living. Veda had a lovely card of thanks from them.

For various reasons the Harvest supper was attended by 13 adults and four children. We still had a lovely evening, lots of chat and good food and raise £27 for the Schoolroom Fund.

Many thanks to everyone who manned the church during the Ride and Stride Saturday in September.

The Carol Service takes place on Christmas Eve at 6.30pm. Children are invited to take part by reading, singing or playing musical instruments etc. Please let us know if you'd like to take part. The collection goes to EACH (East Anglian Children's' Hospices).

The Christmas Day service will be at 10am.

We would like to wish everyone a very happy and healthy Christmas and a peaceful and joyous New Year.

From January, our Church Service times will be changing. Please check the centre pages for the new times.

As I write this the date of the Annual Winston Quiz has yet to be decided but it is usually held during February/March in the Schoolroom. Look out for posters etc. nearer the time or ring Lyn Odell for more details, 01728 860859.

<p>Winston School Room is available to hire: see back page for details.</p>
--

Winston Parish Council

At the October Parish Council meeting following on from discussing recycling it was agreed that we will organise a Litter Pick in the Spring. Details will be posted on our website www.winston.onesuffolk.net and on the noticeboard. On our website you will also find minutes from Parish Council meetings and dates of future events. The next Parish Council meeting will be on **Wednesday 24 January 2018** in the School Room and is open to all residents.

FRAMSDEN

St Mary's Church has been as busy as ever this autumn and we are grateful for the efforts of all our volunteers.

The flowers on display in the Chancel have reflected the changing of the seasons culminating in a magnificent display for our Harvest Festival. Window sills were tastefully decorated as were the Altar and the Font. The Porch set the tone for what was to follow.

The Churchyard group continue to apply themselves with energy and we are grateful for their efforts.

Many thanks to all who attended our Harvest Supper and a thank you to our young

musicians from Debenham High School. Christine and Richard deserve a big thank you for all that they do.

Framsden Parish Council

Framsden Parish Council have a web site: www.framsden.onesuffolk.net where all meeting minutes, useful information and accounts are available.

The Parish Council would like to engage parishioners of Framsden by being able to email them directly with any useful information and have the ability to ask for their views when appropriate.

If you are a resident of Framsden and would like to be contacted by the Parish Council, please email the Parish Clerk, Mr Steve Barron via framsden.pc@gmail.com. Please include your name and ask to be added to the mailing list. Your information will not be shared and it will be kept secure as we comply with Data Protection Legislation.

The date of the next Parish Council meeting is **Friday 10th November** at 7:30pm in the Village Hall.

Framsden Village Hall

Framsden Village Hall, which has recently been refurbished, is available for hire at very reasonable rates for meetings, parties etc. Please contact Paul Samain 01473 890677

ASPALL

Friday 1st December: A Traditional Suffolk Fisherman's Supper, 7pm in Dove Cottage, Debenham. Serving herrings and sprats together with a glass of Aspall Cyder (please bring your own additional drinks). We will be entertained with Sea Shanties. Tickets £10 available from Websters' Newsagents—please purchase by Wed 29 November. All proceeds to Aspall Church.

DEBENHAM

There will be a Christingle Service on **Saturday 25 November at 4pm**. The idea of the Christingle began in Marienborn, Germany in 1747. At a children's service, Bishop Johannes de Watteville looked for a simple way to explain the happiness that had come to people through Jesus. In 1968, John Pensom of The Children's Society adapted Christingle and introduced it to the Church of England. *Read more at www.christingle.org*



Salvation Army Carol Concert

Friday 8 December at 7.30 pm

at St Mary's Church, Debenham

In aid of the Friends of St Mary's, Debenham

A family Carol Concert with The Ipswich Salvation Army Band and Songsters

Retiring Collection

Refreshments in Dove Cottage afterwards

Contact Val & Ray Watts 860 255

Buying Chutney for Christmas – STOP!!

St Mary's Christmas Bazaar on **2nd December** (*see page 10*) will have a home-made chutney stall and you can try before you buy. Tastiest you will ever try so worth waiting for. See you there!

We have all received gifts that we have not used. Now is your chance to off-load them and benefit St

Mary's church funds at the same time. Please donate them to our gifts stall at the Xmas Bazaar on Saturday 2nd December. Please let Jan Holme have any such items or contact her on 01728 860865 to arrange collection, preferably no later than 28th November. Thank you.

Annual Christmas Sale at Debenham United Reformed Church

Friday 24 November, 10am-12noon. Home made cakes, Christmas gifts, good as new. Proceeds to "Talitha Koum", a local Christian rehabilitation centre for women with addictions.

Sunday 26 November, 3pm Sing-a-long session at the URC. Enjoy a chat, sing your favourite Sunday School songs. Have a cuppa and a cake!

Friends of Debenham Library

The next film (**Saturday 2nd December, *The Artist's Garden***) will be shown in the School Hall, giving more room for seating and a higher screen—a real cinema event! In January we intend to show the local film ***Life on the Deben*** which has already sold out its three showings in December at Woodbridge. To receive details of future events by email contact tony@tonyhutt.co.uk.

Tuesday 0930 am – 1300 pm Wednesday 1500 – 1930 pm

Saturday 0900 am – 1300 pm Sunday 1200 – 1600 pm

Books, DVDs, Newspapers, WiFi, Computers, CDs, audiobooks, downloadable music/audiobooks/ebooks, free reservations, drinks. The room is available for hire outside opening hours.

Suffolk Libraries: Mobile Library Routes (every 4 weeks)

Aspall Church, Thursdays 1045-1100

Debenham, Gracechurch Street/Henry Street 1115-1145

Framsden Village Hall, Thursdays 1400-1415

Helmingham Forge, Thursdays 1240-1250

Kenton, Garney's Close, Thursdays 1220-1235

Pettaugh, Old Bull, Fridays 1535-1555



Churches in Debenham
Midweek Afternoon Service
At Coopersfield, Debenham, 2.30pm

Led by Rev Susan Bates and Rev Chris Wood (URC)

Tea and coffee are served afterwards

Services are held on the second and fourth Wednesdays each month

Christmas Bazaar

2nd Saturday
December
2 - 4pm

Debenham
Community
Centre

In aid of
St Mary's Church
Debenham



Editor's notes

The Copy deadline for the next *Together* (March to May) magazine is **25 January**, 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.

Editor: Tony Hutt,
Email: 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: cmcbranch@btinternet.com (payable to Winston PCC). 1/8
page for £20 p.a. (4 issues); 1/4 page for £40 p.a.; 1/2 page for £80 p.a. Send advertising
enquiries and advertising copy to Tony Hutt.

Suffolk Theology Forum

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

Thurs 8 Feb 2018 Dr Russell Re Manning, *Divinity Faculty, Cambridge*

Is theology natural? Exploring whether we are all born theologians

Thurs 12 April 2018 Dr Deborah Jones, Oxford Centre for Animal Ethics: Justice for animals: what is the Christian response?

Thurs 14 June 2018 Rev Dr Calvin Samuel, London School of Theology

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 or free to student card holders. Open to all, no need to book

Elizabeth Moore, 01359 230161 eymoore@talktalk.net

See the full 2017-2018 programme at www.sifre.org.uk/stf/, also on Facebook

An EVENT CINEMA screening at...

DEBENHAM LIBRARY

School Corner, Debenham, IP14 6PL

SATURDAY 2nd DECEMBER, 7 for 7.30PM

The Artist's Garden: American Impressionism

Based on the hugely popular exhibition *The Artist's Garden: American Impressionism and the Garden Movement 1887-1920* from the Florence Griswold Museum in Connecticut, considered to be the home of American Impressionism.

Taking its lead from French artists such as Monet and Cezanne, American Impressionism followed its own path which over a thirty year period reveals as much about America as a nation as it does about a much-loved artistic movement. A mesmerising film that is a feast for the eyes.

***"An artist's interest in gardening is to produce pictures without brushes"* - Anna Lea Merritt**

From the Florence Griswold Museum, Connecticut | 90 minutes | Released March 2017

information at www.exhibitiononscreen.com

#exhibitiononscreen

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

December 2017	Helmingham	Framsden	Pettaugh
3rd Advent Sunday			
10th Advent 2	6pm Carols	11 am Family Service	11 am Holy Communion
Saturday 16th		6pm Carols	
17th Advent 3	9.30am Holy Communion		11 am Morning Prayer
24th (Advent 4) Christmas Eve	11.30pm Holy Communion		3.30pm Carols
25th Christmas Day		10am Holy Communion	10am Family Service
31st Christmas 1	10am		
January 2018	Helmingham	Framsden	Pettaugh
7th Epiphany 1 (Baptism of Christ)	8am Holy Communion at Aspall		
14th Epiphany 2		11 am Service of the Word	11 am Holy Communion
21st Epiphany 3	11 am Holy Communion	9.30am Holy Communion	
28th Epiphany 4	9.30am Morning prayer		11 am Morning prayer
February 2018	Helmingham	Framsden	Pettaugh
4th Second before Lent	8am Holy Communion at Aspall		
11th Next before Lent		11 am Service of the Word	11 am Holy Communion
18th Lent 1	11 am Holy Communion	9.30am Holy Communion	
25th Lent 2	9.30am Morning prayer		11 am Morning prayer

Winston	Aspall	Kenton	Debenham
	8am Holy Communion		9.30am Family Service 6.30pm Advent Carols
9.30am Morning prayer	11am Carols	8am Holy Communion	9.30am Holy Communion
11a.m Holy Communion	8am Holy Communion	5pm Carols	9.30am Holy Communion
6.30pm Carols			5pm Crib Service 11.30 Holy Comm.
10am Holy Communion	8am Holy Communion	10.30am Family Ser- vice & Holy Comm.	9.30am Family Service

Debenham Holy Communion

Winston	Aspall	Kenton	Debenham
	10am Family@Church at Debenham		
9.30am Morning prayer		8am Holy Communion	9.30am Holy Communion
6.30pm Evening Prayer	8am Morning prayer	11am Morning prayer	9.30am Holy Communion
11am Holy Communion			9.30am Holy Communion

Winston	Aspall	Kenton	Debenham
	10am Family@Church at Debenham		
9.30am Morning prayer		8am Holy Communion	9.30am Holy Communion
6.30pm Evening Prayer	8am Morning prayer	11am Morning prayer	9.30am Holy Communion
11am Holy Communion			9.30am Holy Communion

Index to Advertisers

Chimney Sweep.....	16
Chimney Sweep, Andrew Baynes.....	18
Clifford Painter and Decorator.....	21
David Coupe, Boiler and Heating services	21
Deben Boiler Services	22
Deben Valley Equine Veterinary Clinic	23
Debenham Vets, Practice, Peter Wilson	17
Dotty Bee design and print	16
Earthwood Tree Company	18
Farthing Funeral Service (Pecks).....	15
Fusion Furniture, Robin Barnes.....	23
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	18
Suffolk Chimney Sweeps	23
Suffok Rural Solutions	15
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 10.**

Snowflakes and Swagger

An evening of style, shopping, fashion and refreshments at Debenham Church

6-9pm, Saturday 9th December

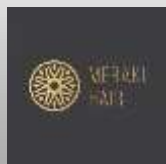
Purchase your tickets from Simply Stylish, Meraki Hair or Ruby and the Angel.

All located on Debenham High Street.

Or email: tammy@simplystylishsuffolk.co.uk

Children £5 Adults £7 Ticket price includes an arrival drink!

*Raising money for Debenham High School
and St Mary Magdalene Debenham Church*



Suffolk Rural Solutions

Garden & Groundcare Services



Grass & Hedge Cutting Tree Surgery
Strimming & Weed Control Hedge Planting
Patio & Decking Installation Pest Control
Domestic & Agricultural Fencing

Please call 07593 540128 for a free quotation

www.suffolkruralsolutions.co.uk



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

Dotty Bee

DESIGN & PRINT

Design services tailored to
all needs and budgets

Graphics & Signage
Branding & Logo Design
Website Design
Bespoke Wedding Invites

email: cathy@dottybee.co.uk

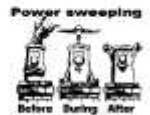
tel: 07821 453026

www.dottybee.co.uk

CHIMNEY SWEEP

SWEEP CHIMNELY SERVICES

NEW POWER SWEEPING METHOD USED
FOR A MORE THOROUGH CHIMNEY CLEAN
THAN BRUSHES.
INDUSTRIAL HEPA FILTERED VACUUM.
FULLY INSURED.
INSURANCE RECOGNIZED CERTIFICATE ISSUED.
SPOTLESS, REPAIRABLE 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

Hair @ Home

Mobile hairdresser
Competitive rates
& Friendly service.

07867963783

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

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

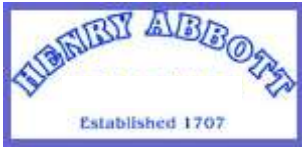
Stonham Barns, Stowmarket, IP14 6AT

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

Chimney Sweep

Andrew Baynes

1 Spencer Way, Stowmarket, Suffolk

Tel: 01449 614852

baynesandrew@aol.com

Member of The Guild of Master Sweepers

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 JANUARY

**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

Revd. Susan Bates 01728 860222 revsusanbates@icloud.com
(Please avoid Fridays if possible)

Ministry Team

Mrs Veda Berriman 01728 861363 r.berriman111@btinternet.com
Mr Mark Trevitt 01473 890568

Churchwardens

Debenham

Mrs Carole Edgley 01728 860389 caroleedgley@gmail.com
Mr Chris Wilkes 01728 860633 crwilkes@btinternet.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 01728 684076 kermahe@outlook.com
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

Editor of *Together* magazine

Mr Tony Hutt 01728 860173 tony@tonyhutt.co.uk
19 Priory Lane Debenham, Stowmarket IP14 6QD

Website : www.achurchnearyou.com/debenham (this page has links to the other churches in the Benefice, and *Together* is published online—see news).

Facebook: www.facebook.com/groups/DebenhamHelmingham.

Winston Schoolroom

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