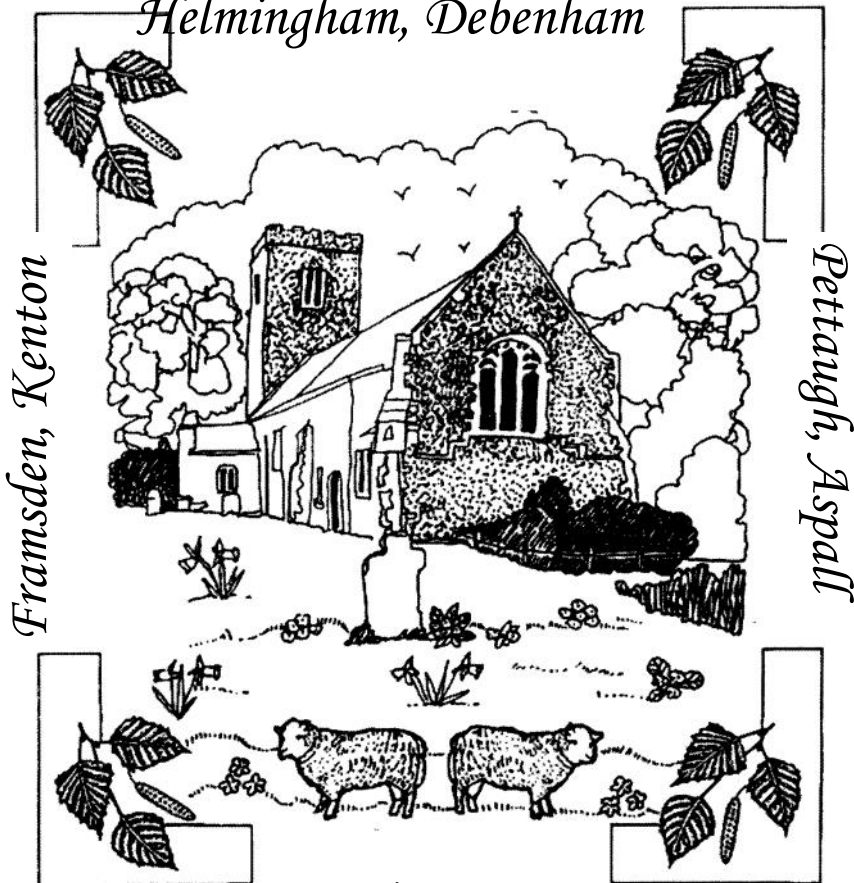


TOGETHER

Spring 2020

March to May
Distributed free within the Benefice

Helmingham, Debenham



Winston



THE BENEFICE OF
DEBENHAM & HELMINGHAM

From the Rector

There's a reading in the Bible which is often chosen at both weddings and funerals; services which mark moments of dramatic change in people's lives. The reading talks of love and of the nature of love, and then it goes on to say, 'For now we see in a mirror dimly, but then we will see face to face. Now I know only in part; then will I know fully, even as I have been fully known' (*1 Corinthians 13: 12*).

In our culture, we seem to have a deep need to 'know'; to understand 'why'. Especially when our lives change radically. It is a defining quality of humanity that we seek to explore our world and seek to understand the meaning behind our lives. It is a great gift. But knowing is not wisdom and an endless seeking after reason or explanation can, rather than help us, drive us to distraction and anxiety.

In her book, *Faith Unravelled*, Rachel Held Evans¹ quotes advice given by one of her favourite poets, Rainer Rilke: "Have patience with everything that remains unsolved in your heart. Try to love the questions themselves, like locked rooms and like books written in a foreign language. Do not look for the answers. They cannot now be given to you because you could not live with them. It is a question of experiencing everything. At present you need to live the question. Perhaps you will gradually, without even noticing it, find yourself experiencing the answer, some distant day"².

There is so much we do not know. We do not know what lies beyond the outer edges of the universe, or how to cure the common cold. There is so much that people of faith do not know about God. We do not know why there is suffering and evil and untimely death. We do not know how to reconcile God's actions in our lives with humanity's free will. I don't really know which bits of the Bible are historically accurate and which stories are metaphorical. And as Held Evans pointed out, "I

Holy Week

Palm Sunday 5 April

Normal Sunday Services

Monday 6th, Tuesday 7th, Wednesday 8th April

7.30 pm - Compline, Debenham

Maundy Thursday 9th April

7.30 pm - Holy Communion (Foot Washing), Debenham

[Afterwards the church remains open for a period of meditation and prayer]

Good Friday 10th April

9.00 am - Walk of Witness, Aspall Church to Debenham Church

10.00 am - Service for Good Friday, Debenham

2.00 pm – Meditating on the Last Hours on the Cross, Debenham

Holy Saturday 11th April

5.30 pm - A meditative time at Pettaugh Church

Easter Day 12th April

9.30 am – Debenham, Holy Communion

9.30 am – Framsdon, Family Service

9.30 am – Helmingham, Holy Communion

9.30 am – Kenton, Family Service

11.00 am – Pettaugh, Holy Communion

11.00 am – Winston, Morning Prayer

don't know if it really matters so long as those stories transform my life"³.

When, in life, there are big changes and it seems that nothing makes sense; or when, on a starry and cold winter's night we look to the heavens and wonder what it's all about... perhaps we might take some small comfort in just learning to live with those questions. To perhaps even love some of them, like locked rooms or mysterious languages, like the kindness of a dim mirror... and to hope that in time, with patience, those questions will in themselves, "dissolve into meaning, the answers won't matter so much anymore, and perhaps it will all make sense to me on some distant, ordinary day"⁴.

Susan Bates

¹Rachel Held Evans, *Faith Unravelled: How a girl who knew all the answers learned to ask questions*. Zondervan, 2010

²Rainer Maria Rilke, *Letters to a young poet*. Random House of Canada 1986, p34

³Held Evans, p224

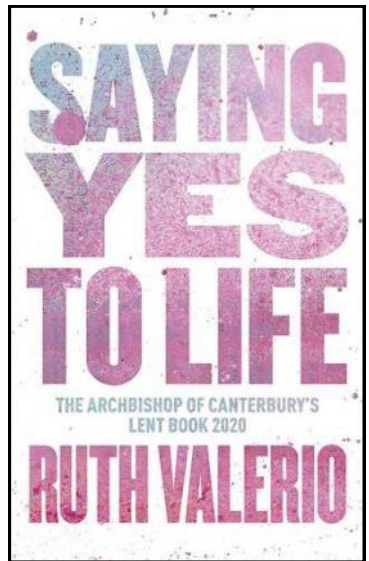
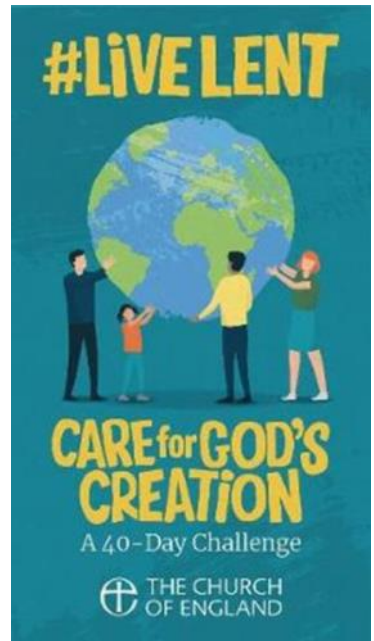
⁴Held Evans, p225

BENEFACTICE

Deanery **Ash Wednesday** (27 February) service is to be held at Sweffling church starting at 7pm. If you would like a lift, please speak to Rev Susan.

Live Lent - Care for God's Creation is a 40 day challenge informed and inspired by the Archbishop of Canterbury's Lent Book 2020, 'Saying Yes to Life' by Ruth Valerio. The 40 day challenge provides reflections and suggestions to help us engage with God's plea that we "Care for Creation". The *Live Lent* resource is available to download from the Church of England website, or a booklet can be purchased for about £2. If you would like a copy please contact Rev Susan. (This is a different book from the Lent Group one, below.)

Lent Group will meet for 6 weeks starting on **27th February** at 2pm in Dove Cottage. We will be studying Ruth Valerio's book, *Saying Yes to Life*, published by SPCK. Copies are available online, or ask Rev Susan.



PETTAUGH

The Annual Remembrance service was held on Sunday 10th November and was well attended. The two life-size soldier silhouettes, made by Tony Thornton, stood looking out in the North and South windows to remind us of the sacrifice made by soldiers and many others during the Two World Wars.

Our Christmas services reminded us of birth and new beginnings. The church was full for the Carol Service and we thank the Revd Penny Wilkes for leading our service. We wish Penny well for the future on her retirement from the Ministry Team. Christmas morning was bright and sunny and the family service was taken by Mark Trevitt. Over the last two years the pattern of Sunday morning services changed to accommodate the changes in the ministry team with services held on alternate Sundays. The first services of the month now take the form of the 'Family at Church' service held at Debenham at 9.30 am for tea/coffee and a light breakfast before the 10.00 am service. Young people are encouraged to take part and all ages are warmly welcome from the whole benefice. This initiative for reaching out to the younger generation has been led by our rector and characterised by enthusiastic participation. On the third Saturday of each month a Said Evensong is held at 5.30 pm at St Catherine, this short service providing a quiet time of reflection.

On Saturday 30th November a Cheese and Wine Evening was held in the church. It was intended to invite people to a sociable community event. No charge was requested instead donations were suggested and the evening raised £160. The wines and cheeses were kindly donated. Over 30 people attended and feedback suggested that we should have similar events more frequently, as it was considered to be a very convivial event. Pettaugh hasn't had any community events for some time and we know that many residents have changed. We have put together a programme of events which are planned for the coming months. We hope that residents will come to meet friends and neighbours. **29th February: Soup Lunch**, midday – 2 pm at St Catherine Church.

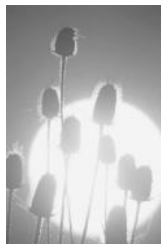
28th March: Marmalade Competition, tea/coffee, cake sale, Dove Cottage 10 am – 12.30 pm
11th April: Morning Coffee 10.30 am – 12.30 pm at St Catherine Church

19th July: Summer lunch in the meadow 12 pm – 2 pm behind St Catherine Church

19th September: Afternoon Tea 3 pm – 5 pm at St Catherine Church

Details of each event will be advertised nearer the date. If anyone would like to offer help with these events please contact Sheila on 01473 890883 or Hilary on 01473 892090

The annual Marvellous Marmalade Competition in Dove Cottage will be held again this year on Saturday morning 28th March from 10 am to 12.30 pm. We hope that marmalade makers will be busy and demonstrate the products of their preserv-



Evensong at Pettaugh

Third Saturday each month

Said Evensong at St Catherine's Pettaugh at 5.30 p.m. The service should last around half an hour at most. All are welcome.

ing skills at the event. Even if you do not like marmalade, do not miss the cake sale where sweet home-made creations will be on sale as well as savoury items. These can be enjoyed over cups of tea and coffee.

Marmalade makers are invited to submit entries of their marmalade for judging. Any variation using a citrus fruit, alone or in combination, is eligible for entry. Entries will be judged on taste and flavour. There is no charge for entering the competition and a rosette will be awarded to the 'Best' in each of three categories (Seville orange; Seville orange with another citrus fruit; citrus fruit other than Seville orange). Entrants for the competition should bring their 454g (1lb) jar of marmalade to Dove Cottage between 9 and 9.30 am with their name on a small piece of paper to be placed underneath the bottle on the table provided. You may enter one jar in any or all of the three categories and the jar should be labelled with the category and type of citrus fruit it contains. Entries will be judged between 9.30 and 10am.

HELMINGHAM

Carol Service: the sound of the bells welcomed the congregation to the carol service which was conducted by The Reverend Susan Bates and on arrival children were encouraged to take part in the service by choosing a costume. Lessons were read by congregation members again including the children, some from Helmingham Primary School, who also shared some Christmas songs they had prepared, thanks to Bernie Celand and her staff. Mulled wine, mince pies and chat were enjoyed following the service.

Thanks again to Edward and Sophie Tollemache for organising the **Traditional Christmas Drinks Party** and the warm welcome everybody received. The house was beautifully decorated and the opportunity to exchange greetings was appreciated by everyone. Thanks to all who supported the event helping to raise much needed funds for St Mary's Church.

Sadly, we report the death of John Dickinson in Ipswich Hospital on 12th January at 9.15pm of pneumonia. John was for many years Land Agent for Helmingham Hall living on the estate, he along with his wife Joan were part of village life including being a member of the Church PCC organising fund raising events amongst other responsibilities concerning the church. He and Joan moved away following retirement but returned to visit and support functions. He continued to be actively involved with other charities especially those connected with sailing. Private funeral, family only was held on February 27th with a memorial service being arranged for a later date. Condolences to Joan and sons Nick and Peter.

Condolences to Carol Nightingale on the death of Graham (Boo) in late October after a spell in hospital. Graham was frequently seen with Carol (nee Chiverton), in the churchyard tending Carol's family graves and surrounding areas. Graham was a keen beekeeper. Condolences also to the families of Michael Ruffles and Douglas Brown for their recent loss.

The Midsummer Hare. Peter Cresswell is to present his entertaining tale of *The Midsummer Hare* on **Sunday 10th May at 4pm** in Debenham Church, tea to follow at 5pm. A small orchestra, led by the brilliant Concert Pianist, Matthew McCombie,

Women's World Day of Prayer

Friday 6 March at 2pm

at Debenham United Reformed Church

This year the Service has been compiled by the women of Zimbabwe on the theme
Rise! Take your mat and walk.

After the Service there will be tea, cake and fellowship.

If you would like to read in the Service please contact Veda on 01728 861363

All welcome—including men!
(www.wwdp.org.uk)

Women, men and children of all ages are called to “Rise, take your mat and walk” to join this day of prayer. Women of Zimbabwe have prepared this year’s service and they encourage us all to reflect on the difficulties and unrest that have plagued their country over many years. They share the challenges they have met and the hopes they have for the future. They encourage us to “Rise, take your mat and walk” with them as they continue their often turbulent journey towards full reconciliation.

World Day of Prayer is an international, inter-church organisation, which enables us to hear the thoughts of women from all parts of the world; their hopes, concerns and prayers. The Day of Prayer is celebrated in over 170 countries. It begins in Samoa and services are held throughout the world - through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 36 hours later.

provides musical accompaniment to the story, narrated by Jennifer Hewes and suitable for all ages. The adventures of a young hare set in the fenland around the source of the Little Ouse and Waveney Rivers on Redgrave and Lopham Fen over a single day. Tickets £10 including tea, (Children free) available from Websters Newsagents, Debenham or on the door.

The Annual Church Meeting will be held on Monday March 2nd.

Helmingham Primary School and Nursery

Accepting In Year Admission for all year groups including Nursery.

Rise and Shine Breakfast Club from 8am every day.

After school Clubs to 4.15pm

Please call Kathy on 01473 890267 for more information.

We look forward to seeing you!

WINSTON

Sandra Baker and Livvy Marsden would like to thank all those who kindly donated to their door to door collection for the Poppy Appeal: Sandra (Winston village) £211.43, Livvy (Winston Green) £107.61. Many thanks once again.

The Winston Early Bird Christmas Market on Saturday 16 November raised over

£450 for the Church and Schoolroom funds. Many thanks to everyone who helped and supported the event and to Kate Branch for all the behind the scenes work. We are always amazed at the refreshments that are provided for our events—many thanks to those who made them.

The Carol Service on Christmas Eve was very well attended and we thank all those who helped us in any way: Veda Berriman for taking the service, the Debenham Bellringers, Shaun Valentine for providing the music, Bob and some of the ladies from the Black Barn singers and a special thank you to all the young readers (and Anthony) who did an excellent job in front of a full church. The collection of £205.28 was sent to EACH (East Anglian Children's Hospices).

The **Annual Winston Quiz** takes place on **Friday 6 March** in the Schoolroom, 7pm for 7.30pm start. Entry is £5 per person, teams of four or join a team on the night. Refreshments at half-time, but please bring your own drinks and table nibbles. To book your table/team please phone Lyn Odell on 01728 860859.

SAVE THE DATE: Winston Fete on Saturday 13 June at 2pm, in and around the Schoolroom. If you're having a clear-out please think of us for Books and White Elephant items. We would also like cakes etc for the teas and cake stall. Entry and car parking will be free. If you have any items or new ideas for games, competitions etc please let one of us know:

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

Are you thinking of upgrading your lawnmower or strimmer, etc or do you have any that are in good working order which you don't use any more? If so would you be willing to donate them to us, to help maintain the churchyard and schoolroom car park? Let us know: Brian 01728 861004 or Sandra 01728 860040.

Winston Parish Council Community Social and Litter Pick

Come and join us for a cuppa and cake and, for those who are able, to clean up Winston! A chance to chat, meet neighbours, book swap and to litter pick in the local area. All welcome including children. If you are not able to litter pick, please still come along. Bring a cake and a book if you wish.

Meet at 2 pm on **Saturday March 28th** at Winston School Room Further information to follow.

FRAMSDEN

At the time of writing the first snowdrops and primroses are appearing in our churchyard.....heralding a time of new growth and the approach of Spring.

The winter months, whatever the weather, always provide a time of reflection followed by a time of eager anticipation as we head towards Advent and Christmas.

Our Remembrance Service was well supported with all our representatives of the various organisations in attendance. Our thanks to them remain undimmed.

Our Christmas Fayre was well attended with the stalls offering a wide variety of Christmas presents and stocking fillers. The hot lunches proved very popular. Our

thanks go to the whole team who made it happen and ensured that the event was a success.

The Carol Service was attended by a goodly number of villagers with both the Readers and Congregation in good voice. Thanks go to them all and to our talented guest organist. Mulled wine mince pies and home made cakes rounded off a most pleasant evening. The flower display in the church was absolutely stunning.....ladies you surpassed yourselves. Thank you.

What's coming up in 2020? The joint brochure has been delivered to every house and contains details of events and happenings in the Village from January to June:

Ceilidh on Saturday 25 April at 7.30pm in the village hall — with music from the excellent Bristol Fashion! Come on...let your hair down, have lots of fun dancing the night away with us. Refreshments available. (Church event)

Jazz café in Framsdén village hall on **Saturday 16th May** from 10.30. Come join us for a chilled start to the weekend...live music, great company, scrumptious food available for brunch and lunch, newspapers and magazines to read...hold that date! (Church event)

Easter services at St. Mary's and details thereof will appear on the web site nearer the time.

For further details concerning both events (or to book tickets for the Ceilidh) please call Christine on 01728 684076 or email her - Christine@cpwpost.com. All proceeds for St. Mary's church, Framsdén.

Framsdén Fundraisers

Hello Everyone and welcome to another year of fun filled events in Framsdén.

On **Saturday 26th March** we'll be running another of our now infamous **Quiz Bingo** evenings – just say “Yes, Yes, No” to anyone who's been before and they'll tell you all about it. A combination of a bit of knowledge, a touch of luck and a lot of fun – a recipe for a great evening!

We hope you'll be able to join us at our **Village Fete on Saturday 27th June** – a joint event with Framsdén Church.

Looking ahead, our **Village Show** will take place on **Saturday 5th September** in Framsdén Village Hall (NB change of date from our village events' flyer) – much more information to follow soon.

Finally, we'd like to give you plenty of notice about our **Barn Dance** which will take place once again, thanks to Lord and Lady Tollemache, in their wonderful Suffolk barn at Framsdén Hall. This year it will be on **Saturday 26th September** (NB change of date from our village events' flyer). More information will follow, possibly including an early bird discount for tickets purchased before the end of July!

To keep in touch with what's going on in Framsdén do join our email distribution list by getting in touch on framsdenfundraisers@gmail.com. Website: www.framsdén.org.uk

Mark and the FF team.

DEBENHAM

Debenham Library

Friday 27 March: *Official Secrets*

Based on world-shaking true events, *Official Secrets* tells the gripping story of Katharine Gun (Keira Knightley), a British intelligence specialist whose job involves routine handling of classified information. Unable to stand by and watch the world be rushed into an illegal war, Gun makes the gut-wrenching decision to defy her government and leak the memo to the press.

Tickets: £5, Bookings: 01728 861940 / 07507 802360 or Debenham Library. Also from Webster's Newsagents. Doors open 7pm, film starts 7.30pm. Licensed Bar, Ice creams. Car Parking available.

Join our email mailing list so you don't miss any in future! Contact to-ny@tonyhutt.co.uk.

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

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/libraries/debenham-library

Facebook: @DebenhamLibraryAndFriends

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

Editor's notes

The Copy deadline for the next *Together* (December-February) magazine is **25 April**, 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: 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: cmcbranch@btinternet.com (payable to Winston PCC). 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.

This magazine is published online at www.achurchnearlyou.com/debenham and earlier copies are available at www.issuu.com/tonyhutt.

D E B E N H A M

Wedding Fayre

& Fashion Show

Sunday 15th March,
Debenham Church, 12-4.00pm



www.simonbuckweddings.com



www.fotonovo.com



Wedding, Prom & Spring 2020 Fashion Show

Everyone welcome! Free entry - donations gratefully received

More information from Tammy 07825 727 998

tammy@simplystylishsuffolk.co.uk


SIMPLY STYLISH
DEFINING PERSONAL STYLE & WELLNESS



CROW'S HALL



THE BENEFICE OF
DEBENHAM & HELMINGHAM

Debenham High School



Debenham's Annual

DUCKS AVAILABLE
from 2nd May
in Henry Abbott Hardware,
Webster's Newsagents and
Debenham Roundabout Pre-School

FLYING
Duck Race

Come and join us at this fun family event!

SRH Primary School Field
Sunday 17th May, from 2pm

REFRESHMENTS 🦆 STALLS & GAMES

RAFFLE 🦆 DECORATE-A-DUCK

The owner of the super flying duck which travels the furthest when flung from the catapult **WINS 1st Prize!**
Fantastic prizes for 2nd and 3rd place too!

Duck launch by the Fire Service at 2.45pm

£1 per duck

Ducks also available on Saturday 16th May
outside Debenham Co-op

debenhamroundaboutpreschool.co.uk



Find us on
facebook

All proceeds to Debenham
Roundabout Pre-School



Debenham



Roundabout
pre-school

Registered Charity Number: 1067494.

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

Suffolk Theology Forum

Thursday 30 April, 7:30–9:15pm, refreshments before meeting

Dr Gudrun Warren

Librarian and Curator, Norwich Cathedral

Angels

At Co-op Education Centre, Fore Street, Ipswich

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

Queries and information:

Vanda Broughton, Forum Secretary: 01728 748280 or v.broughton@ucl.ac.uk

More information at www.stf.one. Also on Facebook

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Helmingham Primary School & Nursery

**Now Open!
Nursery Provision
&
Rise and Shine Club**

**(open from 8.00am)
Come and see what
we have to offer!**



**Telephone: 01473 890267
Email: admin@helminghamprimary.org**

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roofing, decoration etc.
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*A singer for your Special Occasion
Gill sings all time favourites from
all decades especially the 30's, 40's
and 50's. She also performs Olde
Tyme Music Hall in Costume.*

*All enquiries most welcome
01449 781375 or 07505 227606*

Email: gillnicholls3@aol.com

www.gillnicholls.co.uk

March 2020	Helmingham	Framsden	Pettaugh
1 st Lent 1			
8 th Lent 2		11am Morning Prayer	11am Holy Communion
15 th Lent 3	11am BCP Holy Communion	9.30am Holy Communion	
22 nd Lent 4 Mothers' Day			11am Morning Prayer
29 th Lent 5			
April 2020	Helmingham	Framsden	Pettaugh
See page 2 for H			
5 th Palm Sunday			
12 th Easter Day	9.30am BCP Holy Communion	11am Family Service	11am Holy Communion
19 th Easter 2	11am BCP Holy Communion	9.30am Holy Communion	
26 th Easter 3			11am Morning Prayer
May 2020	Helmingham	Framsden	Pettaugh
3 rd Easter 4			
10 th Easter 5		11am Morning Prayer	11am Holy Communion
17 th Easter 6	11am BCP Holy Communion	9.30am Holy Communion	
24 th Sunday after Ascension			11am Morning Prayer
31 st Pentecost	10am Benefice Holy Communion		

BCP – Book of Common Prayer in the Tradition

Morning Prayer every weekday at 9am in St Mary Magdalene, Debenham

am and Helmingham Benefice

Winston	Aspall	Kenton	Debenham
	8am BCP Holy Communion		9.30am family@church
9.30am Morning Prayer		8am BCP Holy Communion	9.30am Holy Communion
6.30pm Evening Prayer	8am BCP Holy Communion	11am Morning Prayer	9.30am Holy Communion
11.00am Holy Communion			9.30am family@church
			10am Benefice Holy Communion
Winston	Aspall	Kenton	Debenham

oly Week services

			8.00am BCP HC 9.30am family@church
11am Morning Prayer		9.30am Family Service	9.30am Holy Communion
6.30 Evening Prayer		11am Morning Prayer	8.00am BCP HC 9.30am Holy Communion
11.00am Holy Communion			9.30am Holy Communion
Winston	Aspall	Kenton	Debenham
	8am BCP Holy Communion		9.30am family@church
9.30am Morning Prayer		8am BCP Holy Communion	9.30am Holy Communion
6.30pm Evening Prayer	8am BCP Holy Communion	11am Morning Prayer	9.30am Holy Communion
11.00am Holy Communion			9.30am Holy Communion

itional Language HC – Holy Communion

n. This follows the Common Worship format and lasts about 30 minutes.



St Mary Magdalene

BANGERS

AND

MASH

Dove Cottage, Debenham
Saturday 25th April 12:00 for 12.30

**Main Course
& Dessert
(bring your
own drink)**

Raffle



**Tickets £7 from Websters or
Chris Bishop at 860124**

Profits in aid of St Mary's Church Funds

Open afternoons to view flowering fritillaries at Framsdén

Friday 17 April 2020, 4pm-6.30pm

Saturday 18 April 2020, 2.30pm-5pm

£5 per adult, under 21's free

Book online at www.suffolkwildlifetrust.org/events. Tel 01473 890089

Location: Fox Fritillary Meadow, Please follow SWT flags off A1120, Framsdén

Suffolk How Are You?

Are you a PTA or Friends of Schools/PRUs or community group such as Brownies, Scouts or a youth project?

Would you like **£1000** to help children and young people be a part of a project about reducing sugar in their diet?

Find out more at: www.suffolkcf.org.uk/grants/sugar-reduction-fund or contact Suffolk Community Foundation and ask about Sugar Reduction Fund on 01473 602602 or info@suffolkcf.org.uk

Find out how you can Move More, Eat Well and Sleep Well for Good Mood, Stress Less and More Energy.

Take the How Are You? Health Quiz and enter the prize draw to win a year's subscription to Spotify (Prize draw ends 10/03/2020)

Go to www.suffolkhowareyou.co.uk



Useful links

Debenham website and PC

www.debenham.onesuffolk.net

Framsdén PC

www.framsdén.onesuffolk.net

Framsdén village

www.framsdén.org.uk

Winston website and PC

www.winston.onesuffolk.net

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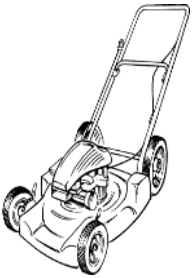
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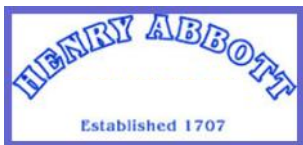
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