



## Diary Dates for March 2015

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<b>15 March</b>	<b>Buxhall Broadcast deadline for April issue</b>	
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## Diary Dates for April 2015

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# Buxhall Broadcast



March 2015

## Services for March 2015

**Priest in Charge:** The Revd Chris Childs, 135 Poplar Hill, Stowmarket IP14 2AY  
**01449 673280 or revcchilds@aol.com**

### 1 March: The Second Sunday in Lent

*Genesis 17, 1 – 7 & 15 & 16; Psalm 22, 23 – 31; Romans 4, 13 – 25; Mark 8, 31 – 38*

9.30 am	Holy Communion	Barbara	Buxhall
9.30 am	Matins	Roger	Harleston
9.30 am	Reflective Morning Prayer	Ray	Shelland
11.00 am	Holy Communion	Sally Fogden	Great Finborough

### 8 March: The Third Sunday before Lent

*Exodus 20, 1 – 17; Psalm 19; 1 Corinthians 1, 18 – 25 John 2, 13 – 22*

9.30 am	Holy Communion	Chris	Shelland
9.30 am	Matins	Ray	Buxhall
11.00 am	Holy Communion	Chris	Harleston
11.00 am	Holy Communion	Michael Eden	Onehouse Ch Room
6.30 pm	Evening Worship	Chris	Great Finborough

### 15 March: Mothering Sunday

*Special Readings*

9.30 am	Morning Worship	Chris	Buxhall
9.30 am	Family Service	Ray	Shelland
11.00 am	Morning Worship	Barbara	Great Finborough
11.00 am	Family Service	Richard Stretch	Onehouse Church

### 22 March: The Fifth Sunday in Lent

*Jeremiah 31.31-34; Psalm 51. 1-13; Hebrews 5.5-10; John 12.20-33*

9.30 am	Sung Eucharist	Chris	Buxhall
9.30 am	Holy Communion	Michael Eden	Harleston
11.00 am	Holy Communion	Arlene	Great Finborough
11.00 am	Holy Communion	Chris	Onehouse Church

### 29 March: Palm Sunday

*Mark 11, 1 – 11; Isaiah 50, 4 – 9a; Philippians 2, 5 – 11; Mark 15, 1 – 39 (40 – 47)*

11.00 am	Holy Communion with Palm Procession	Michael Eden	Finborough
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### 2 April: Maundy Thursday

*Exodus 12, 1 – 4 (5 – 10), 11 – 14; 1 Corinthians 11, 23 – 26; John 13, 1 – 17 & 31b – 35*

7.30 pm	Holy Communion	Chris	Buxhall
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### 3 April: Good Friday

*Special Readings*

11.00 am	Procession of Witness	Ray / Derek	Onehouse Ch Room
2.00 pm	The Last Hour	Arlene	Harleston

### We meet for Evening Prayer:

4.30 pm on Thursdays at St Andrew's, Great Finborough

### All welcome!

*Whether you are a regular worshipper or a visitor to our churches this Sunday, you will find a warm welcome at any of our services*

## Church rotas

	Service	Cleaning for service on	Flowers for service on	Coffee	Sidesman
1.3.15	Said Communion	Jill Reed, Tina Newell, Trudy Gibbs	Lent—no flowers	Lavinia Biles	David & Lesley Steed
8.3.15	Matins	Jill Reed, Tina Newell, Trudy Gibbs	Lent—no flowers	Lesley Steed	John & Lavinia Biles
15.3.15	Mothering Sunday: Morning Worship	Dan & Lucy Fisher	Lent—no flowers	Jill Reed & Lucy Fisher	Volunteers!
22.3.15	Sung Eucharist	Dan & Lucy Fisher	Lent—no flowers	Ivy Friston	Ivy Friston & Jill Reed
29.3.15	No service	Ivy Friston & Anne Hicks	Lent—no flowers	-	-
2.4.15	Maundy Thursday	-	Lent—no flowers	-	David & Lesley Steed
5.4.15	Easter Day: Sung Eucharist	Ivy Friston & Anne Hicks	Easter: everyone!	Denise King & Delia Golding	Denise King & Gill Ling

**If you wish to swap with someone, please arrange it with them directly.**

## Great Finborough and District Garden Club

What a muddle of a winter it has been, the weather doesn't seem to have made up its mind what sort of a winter we should have had, but spring is on the way!!

The start of the new Garden Club year was the meeting on 12 February, when an illustrated talk was given by Andrew Wilkinson from Triffid Nurseries on the subject of carnivorous plants. He presented these fascinating plants in a whole new light and converted many of those present into potential owners, at least as a passive and relatively simple to keep method of fly control. One which will not involve rolled newspapers, electric racquets or plastic swatters.

Keep a watch on your aquilegias, a new and lethal variety of downy mildew is decimating these staple cottage garden plants and there is no method of control or cure other than uprooting and destruction by fire or in the council composting. Your own compost heap does not reach a high enough temperature to do the job and so will spread the mildew through the rest of your plants. This mildew has already been found in Essex as well as other counties throughout the UK so be aware!!

The next meeting in the Pettward Hall, on Thursday 12 March at 7.30 pm, will be a talk by Tim Fuller of the Plantsman's Preference on the subject of "Grasses".

Finally, if you are interested in joining the garden club or would like to join us for any event you will be very welcome. Membership is only £12.50 per household per year or £2.50 for an individual meeting. For further information contact either:

John Davey, [john@abbeyclassics.co.uk](mailto:john@abbeyclassics.co.uk) on 674401 or Judith Cameron, [judyandian@btinternet.com](mailto:judyandian@btinternet.com) on 672978.

## Coffee morning at the Chestnut Horse

Tuesday 10<sup>th</sup> March from 9.30 – 11.30 am

Theme is our Loo Fund

Do come along we have a raffle, tombola and games plus coffee/tea and cake for £1.50

February's coffee morning raised £120 which is going to the Cardiology department, Papworth Hospital.

I thank everyone who came, baked, served to make the event a very sociable event.

## From the Rectory

I noted that Candlemas Day (2 February) was indeed dry and bright so 'winter may have another bite'. It did later that week. These old country sayings do have some sense in them but today with central heating, heated car seats and the like we can move seamlessly from one comfort zone to another whatever the weather – not so our forebears – not so many people in our world.

The shame and horror across the world that some people continue to kill others or make their lives more difficult is hard for us to comprehend. But in days gone by we in this land weren't always *kind* to one another. The Patronal Festival at Shelland at the end of January had us with Bishop David remembering the murder of our King, for standing for what he believed in. Other Christians put him to death. Christians have behaved abominably towards each other in the past which we do well to remember when condemning those of other faiths. And it isn't just abominable behaviour, sometimes just uncharitable unloving actions and attitudes that reach into our lifetimes have caused much hurt. Perhaps lastly legalised was the Workhouse system, its representative standing sentinel as it does high on Onehouse Hill, but for many centuries thankfully we have not killed or maimed in the name of some creed or belief system, though we could have done better to love...

It is right then that as Lent approaches our churches are turning their attention once again with renewed vigour to helping others who still suffer. St Andrew's Coffee Mornings do this monthly and almost all our churches are organising events as you can see to support and do God's work. Ebola, Ethiopiaid, Christian Aid all feature. Will you come and help us?

My God doesn't call me to persecute others, my God calls me to encourage and support that which is good and I hope you feel able to support that work too through the church or otherwise.

The church exists to be useful to its community and wider, to show love and care and concern. It does not exist for itself and its own interest groups. We want to show love breaking through as did God at Easter.

With all good wishes,

Chris

## St Mary's Parish Church contacts

### Priest-in-Charge

The Revd Chris Childs Combs Rectory, Stowmarket IP14 2AY 673280

### Churchwarden:

Mr David Steed                      Leffey Hall, Buxhall                      737991

### Lay Elders:

Mrs Jill Reed                      Sorrels, Mill Road, Buxhall                      737814

Mrs Angela Pead                      Tiree, High Road, Great Finborough                      674754

Mrs Gill Ling                      5 Stearn Drive, Onehouse                      613523

Mr Tony Bugg                      108 Spencer Way, Stowmarket                      616865

Mrs Irene Bugg                      108 Spencer Way, Stowmarket                      616865

All of the ministry team of this benefice are available for pastoral care - to offer a space to talk informally, to offer support and prayer.

## Advertising

If you would like to place an advert in the Buxhall Broadcast, please contact Lesley Steed by e-mail at [lesleyann.steed@btinternet.com](mailto:lesleyann.steed@btinternet.com) or telephone 01449 737991. An electronic version of your advert is especially welcome as it will then be nice and crisp! However, I will be happy to help you publish any other format. Current rates are:

¼ page £6 / issue      ½ page £8 / issue      Full page £12 / issue

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 \*  
 \* **Deadline for the April issue: 15th March 2015** \*  
 \*  
 \* **Editor:** Lesley Steed      **Telephone:** 01449 737991 \*  
 \*  
 \* **E-mail:** [lesleyann.steed@btinternet.com](mailto:lesleyann.steed@btinternet.com) \*  
 \*  
 \* **Address:** Leffey Hall, Brettenham Road, Buxhall IP14 3DX \*  
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 \* and do not necessarily represent the views of Buxhall Parochial Church \*  
 \* Council or Buxhall Parish Council. The Editor's decision is final. \*  
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Buxhall Broadcast is published by St Mary's Parochial Church Council with generous support from Buxhall Parish Council. It is distributed free of charge to every household in the Parish.

St Andrew's Church, Great Finborough is organising another trip to London!



26 September 2015: performance at 2.30 pm

Cost for theatre and coach is **£46.00**. This year I am offering either a ticket to Beautiful, or you book just the coach at **£13.50**

**I have to let the theatre know by 20 April confirmation of numbers**

To book please contact Irene Bugg on [irene.bugg@btinternet.com](mailto:irene.bugg@btinternet.com) or 01449 616865

Please check out our new website at [www.standrewsgtfinborough.co.uk/](http://www.standrewsgtfinborough.co.uk/)



**Be proactive – Consider organising a “Property Marking Weekend”** If you are an allotment holder in particular, encourage other members to participate in a property marking weekend and make it an event. Your local safer neighbourhood team (SNT) are always happy to assist. You can contact them by calling 101.

**Are you aware of local crime and suspicious activities in your area?** Sign up to Police Connect alerts and receive up-to-date information relating to crime, suspicious activities, vehicles and individuals as well as crime prevention advice. This Suffolk Police service is completely free. For further information log onto [www.suffolk.police.uk/aboutus/ourservices/policedirect.aspx](http://www.suffolk.police.uk/aboutus/ourservices/policedirect.aspx). For further help or advice on security please call your local SNT or Crime Reduction Officer on 101.

Verity Howell

Crime Reduction Officer, Babergh and Mid Suffolk Districts



### So what's happening in the area over the last month?

There have been 19 thefts from allotment sheds in Mid Suffolk since 1 October 2014 and 14 crimes in the area of Redgrave, Botesdale and Rickinghall since 1 Jan 2015. The crime is varied in nature, however bicycles and motorbikes are being targeted, as well as garden items such as plant pots. Attention is being given to the area at the key times.

Elmswell and surrounding villages have been subjected to dwelling burglaries where offenders' entry is gained by forcing a PVC window to the rear of property, carrying out untidy searches with jewellery and cash being targeted.

Guidance and reassurance is being given by Suffolk Constabulary during visits to Post Offices and convenience stores in relation to recent robberies and attempted robberies in the area, Essex has also been targeted.

**Many thanks, PC 421 Annelly Miles, PCSO 3225 Ryan Brunning**



**Crime can not flourish in a community that cares**



## News from the churches

I am pleased to report:

The new website for St Andrew's, Great Finborough is up and running, [www.standrewsgtfinborough.co.uk/](http://www.standrewsgtfinborough.co.uk/)

Despite the cost of £1,000 to the church for repairs, St Andrew's bells should be ringing for Easter – any donations gratefully received.

The representatives of the parishes have now met and had their input into the job description for the priest to replace the Revd Liz Law. The advertisement will be placed soon and we look forward to seeing the applicants for interview in due course.

Messy Church and Worship with our newly formed music group for children especially at 11am on the first Sunday of each month at St Mary's, Combs is very popular and all are welcome.

My gratitude to the parish of Stowmarket and particularly the Revd's Eden and Stretch for their generous support to us all in helping cover our services otherwise several would have had to be cancelled.

Chris

## Easter Flowers

It is a tradition in Buxhall that lilies and other flowers are arranged in church at Easter in memory of loved ones who are no longer with us. If you would like to make a contribution towards the purchase of flowers in memory of someone, please send/give to Lavinia Biles, Mulletts Farm by 25 March. Donations may be made in person or anonymously. The flowers will then be purchased and arranged in church for the Easter celebrations.



## Lent Lunch—Buxhall

A choice of delicious soups—bread and cheese—  
coffee/tea

Collection in aid of Ethiopiaid ([ethiopiaid.org.uk](http://ethiopiaid.org.uk))

**Saturday 7 March - 12 noon—2 pm**

in St Mary's Church

# SPANISH



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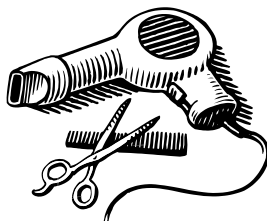
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*Other colour and perm prices on request*

## Crime Reduction advice

Sheds have been targeted recently both at residential properties and on community allotments. Criminals are tempted by the equipment stored within then including hand tools, power tools, lawn mowers, bicycles and fishing equipment. Sheds are usually poorly secured, or indeed left insecure making them an ideal target for the opportunistic thief. A few simple steps however can help keep your equipment safe while deterring thieves. Suffolk Police are therefore urging everyone to follow these recommendations.

**Are perimeter hedges, fences and gates in good repair?** Consider your boundary security, keep fences, hedges and ditches in good condition. Repair any holes and gaps and cut back overhanging tree limbs which could be used as a climbing aid to gain unauthorised access.

If considering new fencing, where possible, avoid chain link which is inherently weak. Welded mesh is preferable. Regularly check your gates and locks for evidence of tampering or damage. Use quality **close shackle** padlocks. Refer to [www.Soldsecure.com](http://www.Soldsecure.com) for recommended manufacturers.

**Are there places where individuals could hide themselves from view?** Consider removing obstructions, places of concealment and recessed areas near stores and sheds. Consider installing lighting where it will increase your chances, or that of a neighbour or a passer-by, of detecting criminal activity. Lighting installed in a remote or very rural location will only however aid an offender.

**Are your tools secured within your sheds?** Inside the shed consider securing your tools to a ground anchor or through their handles to a 'shed shackle' or other similar security anchor point. Please bear in mind that the chains and padlocks used should be secure and fit for purpose. Consider an alarm, either battery operated (sold at most police stations) or upgrade an existing house alarm to include the shed.

**Are tools easily identifiable?** Tools that are obviously marked are difficult for an offender to sell on. Property mark your tools; popular options include obvious marking such as etching or painting, or products like Smartwater and SelectaDNA. Advertise the fact that they are marked with signs or stickers to deter an offender, but make sure you keep a note of serial, make and model numbers and take photographs of any valuable or unique garden ornaments and tools. Register all equipment with a serial number for free on the national database [www.immobilise.com](http://www.immobilise.com). This helps police identify and locate an owner if items are lost or stolen.

*Continued on next page*

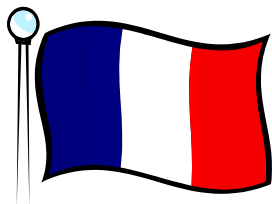
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## Buxhall Village Hall Annual General Meeting

The Annual General Meeting of the Buxhall Village Hall Management Committee will be held in Buxhall Village Hall on Tuesday 14 April 2015 at 7.30 pm. All inhabitants 18 years of age and above living within the boundaries of Buxhall are entitled to attend and vote on matters included on the Agenda. The Agenda for the meeting will be published in the next edition of the Buxhall Broadcast.

Should you wish to stand for election to the Management Committee or have any questions on this or other matters regarding the AGM please contact the secretary (details below).

Managing the Village Hall on your behalf is a complex challenge. It is a charity serving the community which has to be run as a business in order to survive. Striking the balance between making enough profit to maintain and improve the hall whilst keeping hire rates at affordable levels is not easy and relies entirely on the local community using the hall. Special events, birthday parties, wedding receptions, dances, musical evenings, club and company meetings etc can all be accommodated. Your continued support and participation in the main fundraising events such as the fun quizzes and the village 'Little Ernie' draw is also invaluable and much appreciated by the Management Committee.

Arthur Hicks (secretary) Tel: 01449737476.  
Email: arthur.hicks@tiscali.co.uk



## PARISH SUPPER

Buxhall Village Hall

Saturday 18 April 7pm for 7.30pm

Tickets £10 Raffle

(Bring your own drinks)

Come and enjoy a splendid evening of good food in the company of friends

Tickets available from Anders (736333) and John (736297)

Buy early as this is surely going to be a sell-out as usual!

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## Suffolk SAFEKey

As Chief Constable of Suffolk I would like to make you aware of the Constabulary's 'Suffolk SAFEKey' key fob recovery and keyholder database service. Every year the police are handed 1000s of lost keys that, despite our best efforts, cannot be reunited with their rightful owner. Suffolk Constabulary is well aware of the cost and concern resulting from the loss of keys.

Having recently lost my keys myself, and thanks to being a member of Suffolk SAFEKey, I had the fortune to have my keys returned to me (I'm not joking, I really did lose my keys). I therefore speak from first-hand experience of the benefits of being a member of Suffolk SAFEKey.

Suffolk SAFEKey means that the Constabulary can reunite more people with their lost or stolen keys, regardless of whether keys are lost within the UK or EU. Through Suffolk SAFEKey, the Constabulary is offering a service that is proven to help reunite people with their keys should they be lost or stolen. The service has already returned £10,000\* of lost keys to their rightful owners.

As a member of Suffolk SAFEKey you will also be helping Suffolk's communities through the Safer Suffolk Small Grants Fund, the Police and Crime Commissioners charitable arm. Money from Suffolk SAFEKey funds community projects that are aimed at improving community safety issues and the quality of life for those who live, work, travel and invest in Suffolk. From as little as £1 a month Suffolk SAFEKey offers benefits including:

- Suffolk SAFEKey branded key fob meaning there is a 90% likelihood that your keys will be recovered if lost when attached to a fob\*\*.
- Operates anywhere in the UK or EU.
- £10 reward to the finder of your keys courtesy of Suffolk SAFEKey.
- Secure database, letting the police know whom to call in the event of an incident at your unattended property.

By joining Suffolk SAFEKey, you will be automatically entered into a free prize draw to win £250 of high-street shopping vouchers. To join simply visit [www.suffolk.safekey.org.uk](http://www.suffolk.safekey.org.uk) or call the Suffolk SAFEKey hotline 08444 121 802. I look forward to welcoming you as a member of Suffolk SAFEKey, and wish you a happy and safe 2015.

Douglas Paxton, Chief Constable

\*Based on insurance industry data, cost of replacing keys on an average fob is £500 (includes keys and locks)

\*\*Based on Keycare Ltd's comparison between numbers of keys reported lost and overall number of keys found during a 12-month period.



Saturday 28th March 2015 at 7.30pm  
Stowmarket United Reformed Church

## Stowmarket Chorale

A concert of glorious sacred choral music:

- Duruflé: *Requiem*
- Pergolesi: *Stabat Mater*

Tickets from Chorale members,  
Stowmarket Tourist Information,  
or call 01449 771922.

Adults: £14

Under-18s: half price



### Coffee morning

10 am – 12 noon

Saturday 9 May in church

For Christian Aid

Bring & Buy and Prize draw

Any offers of cake/help would be very gratefully received.

Angela Pead (Tel: 674754)

### St Mary's Annual Gift Day

Many thanks to all who gave so generously last year—we are pleased to report that our project to carry out necessary repairs to some of the windows has finally been completed. However, if we are to maintain our church for future generations, we continue to need to raise money for various projects, not least repairs to the roof and stonework, heating improvements, as well as beginning work on repairs to the organ.

Our annual Gift Day this year will be on **Saturday 7 March** - the church will be open from 10 am to 2 o'clock.

If you prefer you can send your gift direct to the Church Treasurer, Mr Pat Ling, at 5 Stearn Drive, Onehouse, Stowmarket IP14 3ET. Please make cheques payable to Buxhall St Mary's PCC. You may also like to consider making a monthly payment to the church by Standing Order; we have a form available—please ask!

Come and see us for a cup of tea or coffee and cake or stay for lunch as our Lent Lunch is on at the same time!

### From The Registers

*St Mary, Buxhall*

Dedication and thanksgiving for the birth of a child

**Clark Tiberius Corbyn**, aged 1 month      25 January 2015

*St John the Baptist, Onehouse*

**June Doreen Tyrell**

Died 27<sup>th</sup> December 2014 aged 74 years

Funeral service at Ipswich Crematorium      15 January 2015



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## Poet's Corner

*This month's poem: a shipwreck in Pembrokeshire*

### Death of The Nimrod 28<sup>th</sup> February 1860

Engines gone and still further falls the glass.  
The gale whips sound away before it is spoken.  
And as each breath is fought for then plundered  
It drives the water's mountains, frenzied and broken,  
Flaying sea spume and gouging canyon troughs  
As if to break the salty molecules asunder.

And in this torment the crack of great ships' timbers.  
And in this ocean of terror: oak but failing hearts.  
And in this screaming cold cauldron of fury  
All hope has been lost leaving only surrender.

Good men look on in grief,  
Their calls and tears are lost from high cliffs,  
And Nimrod is swallowed to Siren's song,  
And cargo and lives are cast up as flotsam  
Against the cliffs of sheer Porth Long.

A. Leech

## East Anglian Air Ambulance

Thank you for all the stamps, ink cartridges, mobile phones and old & foreign coins donated so far in 2015.

Derek Ames

## COFFEE MORNING

10.00 to 11.30 am

Saturday 21 March 2015

Green Farm House, Shelland Green IP14 3JE

Hosted by Rosemary Roe

Raffle


Bring & Buy Stall

Proceeds to Church Funds and The Macmillan Unit,  
West Suffolk Hospitals NHS Trust



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### Need a babysitter?

Let me help you!

My name is Isy and I live in Buxhall. I am 15 years old and I have two younger sisters that I look after.

I am looking for some work. I can bring references, if you would like to meet me and have a chat.

Please call 01449 736980

Buxhall and Great Finborough Over 60s

### Candlestick Club

Just a reminder to our members, our opening meeting for 2015 is on **Thursday 2 April** at 7 pm at Buxhall Village Hall. It takes the form of a social evening. An entertainer has been booked and the committee will do a few refreshments.

We were all sad to hear of the passing of Doreen Goldsmith. She was one of our long-standing members and managed to enjoy last year's Christmas lunch with us. Rest in peace, Doreen.

New members are always welcome.

Keith (736598)

### PREHYSTERIC



### Fairtrade Stall

A Fairtrade Stall runs every **fourth** Sunday of the month in church following morning service. If you don't want to come to the service, you will still be very welcome to pop in at 10.30 for coffee and a browse. The range includes cereals, chocolate, biscuits, dried fruit, pasta, jam, marmalade, tea and coffee.





## KING'S Property & Garden Care

Phone 01449 737495 mob 07971 465372

Email: [adrian@kingspropertycare.co.uk](mailto:adrian@kingspropertycare.co.uk)



### Grass & Hedge cutting

General care and maintenance



### Window Cleaning

Pure water treatment, pole and reach system

### Interior/Exterior decorating

General repair work



## TOMLINSON GROUND CARE

### Horticultural & Garden Machinery Suppliers

Sales • Service • Parts • Repairs

1 Brettenham Road  
Buxhall, Stowmarket, IP14 3DL  
[www.tomlinsongroundcare.co.uk](http://www.tomlinsongroundcare.co.uk)

**01449 736060**

#### Opening Times

Mon– Fri 8.00 am to 5.00 pm  
Saturday 8.00 am to 12.30 pm

Visit our **LARGE SHOWROOMS**  
and **TOY STORE**



This advert is too small to be able to show you all we have to offer, please visit our website or come and have a cup of tea/coffee and discuss your requirements. Main Al-Ko and John Deere Dealers, over **15** ride-on and **25** walk-behind mowers to **Try before You Buy**

## Suffolk Constabulary

Shoppers are being warned to remain vigilant after purse thieves struck locally. Two offences took place in Bury St Edmunds, the first at a shop in Cornhill where a purse was stolen from within a handbag. This was followed by an incident where a handbag was discovered to have been stolen from an elderly lady's shopping trolley at a shop in Abbeygate Street. This bag was later found in a bin in the ladies toilet at St Edmundsbury Cathedral. In Stowmarket two thefts took place at different stores in Ipswich Street, where purses were stolen from out of handbags. Finally in Sudbury, another purse was stolen from a handbag in Old Market Place.

The victims of these thefts were predominantly elderly, with one aged in her 90s, two in their 80s and one in her 70s. The other victim was aged in her 30s.

Anyone with information about any of these incidents is asked to contact Suffolk Police on 101 or Crimestoppers anonymously on 0800 555 111.

Police are offering the following advice to help prevent purse and wallet thefts:

- Wear a shoulder bag across the front of your body
- Always keep your purse out of sight
- Zip up your bag and keep it closed
- Do not leave your bag unattended or on a shopping trolley or push-chair – hold onto it
- If people push or bump into you check your bag immediately
- Keep wallets in front trouser pockets or inside jacket pockets - never keep them in a rear trouser pocket or an open jacket pocket

### Lent Lunch—Onehouse

A Lent Lunch will be held in the Church Room, Onehouse this year on Saturday 28 March at 12 noon. There will be no charge but donations would be gratefully received. These will be donated to a charity as yet to be chosen. Look forward to seeing you there!



# LITTLE HANDS TODDLER GROUP

Telephone: 07708 362697  
Registered Charity Number: 079987



## TERM TIME FRIDAY MORNINGS

**9.15 am - 11.00 am**

For children aged 0 - 3 yrs -  
£2 per child, £2.50 per family  
Weekly changing themed activities  
Play, Craft, and Laughter



Healthy snack for the children and a cuppa for the adults included

Sing a long and calming story circle time with NVQ qualified member of our pre-school team...a chance to meet each other.



First Session Free - you will soon feel very welcome!  
All children must be accompanied by a parent or carer.



**We would like to invite you to join our friendly village pre-school**

### What can we offer?

Qualified, caring and experienced staff  
Excellent facilities and equipment  
Good OFSTED report including 5 areas of outstanding.  
For children aged 2½ to 5  
Funded places for eligible 2 and 3 year olds and all 4 year olds.

### Opening hours

Monday to Thursday: 9:15 am to 3:00 pm  
Fridays: 9:15 am to 12:30 pm  
For further details, please contact  
Delia Prior (pre-school leader) on  
Mobile 07513 140072



## STOWMARKET STRIDERS RUNNING CLUB

will be holding their annual

## STOWMARKET HALF MARATHON

**SUNDAY 22 MARCH 2015**



The race headquarters will be located at **Tomlinson Groundcare's premises in Buxhall.**

The race will be starting at **11am** and runners will be assembled close to the junction of Valley Lane and Brettenham Road prior to the race start.

Competitors will be running a left handed loop around Mill Road and Brettenham Road first and then departing out towards Rattlesden.

The Brettenham Road, from the junction with Buxhall Road to the junction of Mill Road will be **closed** for a few minutes while runners clear the start area. Also during the period that runners are finishing the race there will be traffic control in operation outside the Tomlinson Groundcare Race Headquarters.

We will endeavour to keep disruption to a minimum but would advise that if you require access to this area to try and avoid the designated start time and when runners are finishing.

We apologise if this causes you any inconvenience.

Les Basham

Race Director, Stowmarket Striders Running Club

## Fun Quiz Night

Buxhall Village Hall

Saturday 28 March at 7.30 pm

£3 per person. Grand Draw

Please bring your own drinks, glasses and nibbles. To book your team or yourself in please ring Mim or Keith on 736598

Draw prizes greatly appreciated

In aid of Village Hall funds





## The Buxhall Crown

FREEHOUSE • RESTAURANT

Here at the Buxhall Crown we pride ourselves on only using the freshest ingredients possible for our menu, our deliveries are daily and all our food is cooked for you when you order. This ensures you get your food just how you want it. Every thing possible is made on the premises from Craig's delicious sticky toffee ice cream to our apple-smoked pork belly.

On Sundays we also offer a roast rump of mature British beef along with our usual menu. This proves to be very popular so be sure to reserve the beef when you book your table.

As usual a warm welcome is guaranteed to eaters, drinkers and dogs.

To avoid disappointment please call ahead to book a table on 01449 736521.

See our website for more information and for our daily menu:  
[www.thebuxhallcrown.co.uk](http://www.thebuxhallcrown.co.uk) e-mail: [mail@thebuxhallcrown.co.uk](mailto:mail@thebuxhallcrown.co.uk)

## Exciting news for dieters !!!!!

### Cambridge Weight Plan introduces 'real food'

Cambridge Weight Plan is generally regarded as a meal replacement programme even though it includes several "with food" programmes!!

But now, we are delighted to announce the introduction of **"real food"** products as part of the plan.

**Mushroom Risotto** and **Spaghetti Bolognese** are available immediately, can be used on any Step and provide 33.3% of the NRV (Nutritional Recommended Value) - just like the current range of products - a great choice of soups, shakes, porridge, rice pudding and (chocolate covered!) bars.

**So if you want to lose weight fast but "couldn't give up food" now you don't have to!!**

All products have between 138 kcals and 205 kcals, and 3 products\* a day provides 100% NRV for minimum calories.

Providing complete nutrition at a very low calorie level means that dieters can lose weight considerably quicker than by following conventional diet plans.

Last year Cambridge Weight Plan celebrated 30 years of helping countless people lose weight and regain their lives while continuing to be at the forefront of the fight against obesity. CWP's Medical Advisor, Professor Anthony Leeds contributes to many worldwide obesity forums and is heavily involved in ongoing research.

When you choose Cambridge Weight Plan you have the reassurance of knowing there's 30 years' research behind it. You'll also have the benefit of your own **personal consultant** who has experienced her own weight loss journey on the programme, understands how you'll feel along the way and can help you achieve your goal. You'll get individual support and motivation from accredited Cambridge Weight Plan Consultant Val Lord (with 6 years' experience). Contact her on **01449 737113** or **07519 177645** or for more information go to [www.cambridgeweightplan.com/val](http://www.cambridgeweightplan.com/val)

\*Women over 5'8" and all men need 4 products a day when CWP is used as the Sole Source of nutrition.



**Stowmarkets Independent Family Funeral Service**

24 Hour Personal Service • Private Chapel of Rest • FREE Parking



**Telephone: 01449 771666**

**[www.andrewbingham.co.uk](http://www.andrewbingham.co.uk)**



The Nutshell • Milton Road South • Stowmarket • IP14 1EZ



## CIRCLE DANCING

Free taster session

at Drinkstone Village Hall

Thursday 12 February 10am-11am

No partner or experience required!

Gentle, good fun dances to music

Meet new local people


This will be followed by a weekly Circle Dancing session at a subsidised rate if there is sufficient interest

*Booking is required. Please contact:*

Jen Lerner: 01284 705548/07896 495574 [jenlerner@gmail.com](mailto:jenlerner@gmail.com) or

Maddy Knox: 07825790832 [maddy.knox@suffolksport.com](mailto:maddy.knox@suffolksport.com)

Look and feel fabulous on your special day!



**BEFORE CAMBRIDGE:**  
Patrick and Annalisa

**THE WEDDING:**  
Patrick and Annalisa after their weight loss

- Flexible programmes
- One-to-one support
- Stabilisation and weight management
- Balanced nutrition
- Wide range of flavours

Your Independent Cambridge Consultant:  
**Val Lord**  
Tel: 01449 737113 or Mob: 07519 117645  
[www.cambridgeweightplan.co.uk/Val](http://www.cambridgeweightplan.co.uk/Val)

You should always speak to your doctor before starting any weight loss programme.

**Cambridge**  
Weight Plan

## Buxhall WI



At our next meeting at Buxhall Village Hall on Wednesday, 18 March at 7.30 pm, our speaker will be Karon Saunders of Stackyard Nursery, Mendlesham whose talk is entitled 'The Design and Planting of the Olympic Gardens'. Visitors are always most welcome.

Judith Hickman (672003)

## Little Ernie Winners

### January

£25 Mr J Moss

£5 Harvey Alexander

£10 David Steed

£5 Peter Jordan

### February

£25 Beverley Clayton

£5 Mrs P Lees

£10 Linda Hicks

£5 Mr D Fletcher

## Table Tennis in Buxhall

Table tennis in the Village Hall,

6—8 pm on the following dates:

Wednesdays: 4th • 11th • 25th March

Tuesday: 17th March

Only £2 per person. Exercise, some skill, lots of fun. Do come!

Jill (737814)



## Women's World Day of Prayer

Women's World Day of Prayer will be held in Great Finborough Church, Friday 6 March 2015 at 2.15pm. The Women of the Bahamas have put together the format of the Service so it is sure to be colourful in every way! Every family member welcome. Refreshments will be served after the Service.



# LAND ARMY DESIGNS

## Garden design and build

Call Jane Hamblin

01359 231344

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

For an instant garden try “Bed in a Box”

[www.bedinabox.net](http://www.bedinabox.net)

### RATTLEDEN & DISTRICT COMMUNITY SHOP

Buxhall residents - your nearest Convenience Store and Post Office is  
**less than 1.5 miles away!**

Shop open Monday – Friday 9.00 – 5.00, Saturday 9.00 – 1.00  
(01449 736199)

Post Office open Monday – Friday 9.00 – 1.00, Saturday 9.00 – 12.30  
(01449 736197)

Come and check us out – you are always sure of a warm welcome.

Good selection of produce at competitive prices.

Fresh bread daily from Palmers, Grange Farm ham, bacon etc.  
Orders taken.

Other local food such as free-range eggs (£1.25), honey, Hillside oils,  
Hollybush pies.

Christmas orders taken for Grange Farm meats / local Christmas cakes and  
mince pies.

Save a trip to the bank – pay in your cheques and withdraw cash or foreign  
currency at the Post Office, while buying your stamps, Charity Christmas  
cards and wrapping paper. Euros always in stock.

Dry Cleaning and Shoe repair service.

### News from your councillor – John Matthissen

#### Planning Applications

My own experience as well as the procedures at Mid Suffolk continue to show that if you are considering a building project, pre-application advice and discussion frequently smoothes the path and saves time and money. If you believe you may need planning permission please telephone 01449 724500 and ask for the duty planning officer. They will be able to advise you by telephone or in person whether planning permission will be necessary for your project. If objections are anticipated a pre-application discussion on site may be able to resolve these at the outset. Such a discussion will usually involve the applicant and agent/architect, a planning officer, a representative of the parish council and the district councillor (currently myself).

#### Do you need advice?

We are fortunate to have an excellent Citizens Advice Bureau in Stowmarket which is able to advise on a range of personal and financial problems. Contact details: Milton Road South, next to the Town Council, telephone 01449 676060 [www.midsuffolkcab.org.uk/advice](http://www.midsuffolkcab.org.uk/advice)

In addition the Avenues Group specialises in advice and advocacy for people with disabilities. They are based in Red Gables in Ipswich Road, Stowmarket. telephone 01449 672781 [www.avenuesgroup.org.uk](http://www.avenuesgroup.org.uk)

#### Food Banks

More people are being referred to the local food bank and they are in need of more donations. There are collection points in local supermarkets, churches (including Buxhall), the Town Council offices and the Community Centre in Hillside, Combs Ford. They need tinned and dried food and toiletries.

#### Petition for 30mph zone on Finborough Road

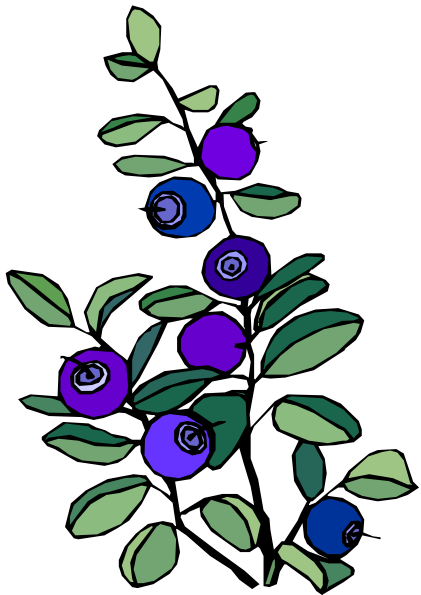
This has now been responded to in some detail, and will eventually be considered by Suffolk County Council. The planning application for the Red Willows site, which gave rise to the petition, has been approved, with the Planning Committee agreeing to write to SCC in support of the speed limit.

#### To get in touch

Call 01449 771742, email [councillor@matthissen.net](mailto:councillor@matthissen.net) or write to me at 3 Wash Lane Corner, Great Finborough, IP14 3BJ



## OAKLANDS BLUEBERRY NURSERY



### Blueberries

#### “The Super Food of the 21<sup>st</sup> Century”

Blueberries are one of the most anti-oxidant rich foods known to man.

#### EATING THEM:

- Reduces belly fat
- Reduces age related illnesses
- Reduces risk of cancer
- Reduces heart disease
- Promotes healthy digestion
- Boosts your immune system

**NOW YOU CAN GROW YOUR OWN!**

Clearance of 6 year old Blueberry Bushes in 65 litre container bags ready to put on the patio.

£20 each

Collection from Oaklands, Rattlesden Road

Call Graham on

07860 618903

for details

Carole and Ray are hosting a Pie and Mash on Saturday 14 March, 12 noon at Primrose Barn Cottage, The Green, Harleston IP14 3HT. £8 adults and £4 for children. A two course Lunch will be provided also tea, coffee, squash and fruit juice. Please bring your own liquid refreshment if you require anything stronger! Limited numbers so please book your place on 736025. Proceeds to Onehouse Church.

St Andrew's, Great Finborough

### LENT LUNCH

Wednesday 25 March at Maple Lodge, High Road

(next to the car park)

12:00 – 1:30



Join us for a variety of scrumptious soups and some comforting conversations

Your kind donations will help to fight Ebola

Many thanks to Simon and Jacqueline Tarabella for their hospitality

### Table Tennis at Onehouse Church Room

Table Tennis continues in the Church Room, Onehouse on Thursdays, 7.30-9.30pm

12 and 26 March • 9, 23 and 30 April

**£2 /session including refreshments**

Derek Ames (Tel. 613328)



## Great Finborough and Buxhall Under 5's

### Easter Trail

Saturday 28 March 2015 - 10.00 am to 12.00 midday

Start / finish at Petteward Hall, Valley Lane, Great Finborough

*Children's Easter Trail*

*(parent/carer to escort their child)*

*Raffle      Cake Stall*

*Face Painting      Quiz*

**£2 entry per child**

(each child receives an Easter Egg)

to book place call/text 07966 964727



Registered Charity Number: 1079987



## Helpful Hilary

**Tel 07539112026**

**Email [helpfulhilary@gmail.com](mailto:helpfulhilary@gmail.com)**



My name is Hilary Pike and I have a new business offering social and practical services to the community.

For the past 17 years I have worked as a Teaching Assistant in my local primary school. But the time had come to take on a new challenge!

The idea is a simple one: For just £15 per hour I can be your 'Girl Friday'. I can run errands, offer companionship, organise an event, support when de-cluttering, visit elderly loved ones when regular family support are away on holiday and so much more, in fact the list is endless!

So, if you think I can be of service, in any way, please contact me at **Helpful Hilary** [contact details above] for an informal discussion.

*Please be aware I do not offer medical, personal or child care.*

Mid Suffolk (Stowmarket) **Tourist Information Centre**  
(just up the hill from Asda)



**Mothers' Day.** Young or older – you should be able to find a suitable gift for your mum. From retro tins to chocolate, shopping bags to locally made soaps and Norfolk Lavender to writing sets. Also we have a fantastic selection of cards from local artists, left blank for your own message.

Most of our 2015 **visitor guides** are now in – and our own Heart of Suffolk guide offers plenty of variety in accommodation, both self-catering and serviced, along with details of local attractions. Pop in for a copy to share with friends or family who may want to visit the area, or we can post to you or them.

The Museum of East Anglian Life has its **Stowmarket Open Day** on Sunday 22 March. This marks the start of the season, when the whole site is open through till November. Entry is £2 per adult, children free. A range of activities include: steam engine running, face painting, printing press and cream teas.

**Mid Suffolk events** include Egg Trails at Needham Lake on Tuesday 31 March and Thornham Walks on Tuesday 7 April. For more information call 01449 724639.

Mid Suffolk **Leisure Centre** in Gainsborough Road has a full range of activities, including swimming, the Cragg climbing wall, indoor archery, squash, bowls, Playworld and even a hair salon! Details 01449 674980.

**Suffolk libraries** are having a book-fest at various locations across Suffolk from 6 – 22 March. Tel 01473 263838 for more information.

For more ideas to inspire you, why not look at our website [www.heartofsuffolk.co.uk](http://www.heartofsuffolk.co.uk) where you will find information on stately homes, farmers' markets, the countryside, guided walks and lots more.

Sue Green Stowmarket TIC  
[www.midsuffolk.gov.uk](http://www.midsuffolk.gov.uk)

## Onehouse Ramblers

The next walk will be on Sunday 29 March

Meet in the Church Room car park at 3.00pm for a walk of 3-4 miles.

Derek Ames (Tel. 613328)

