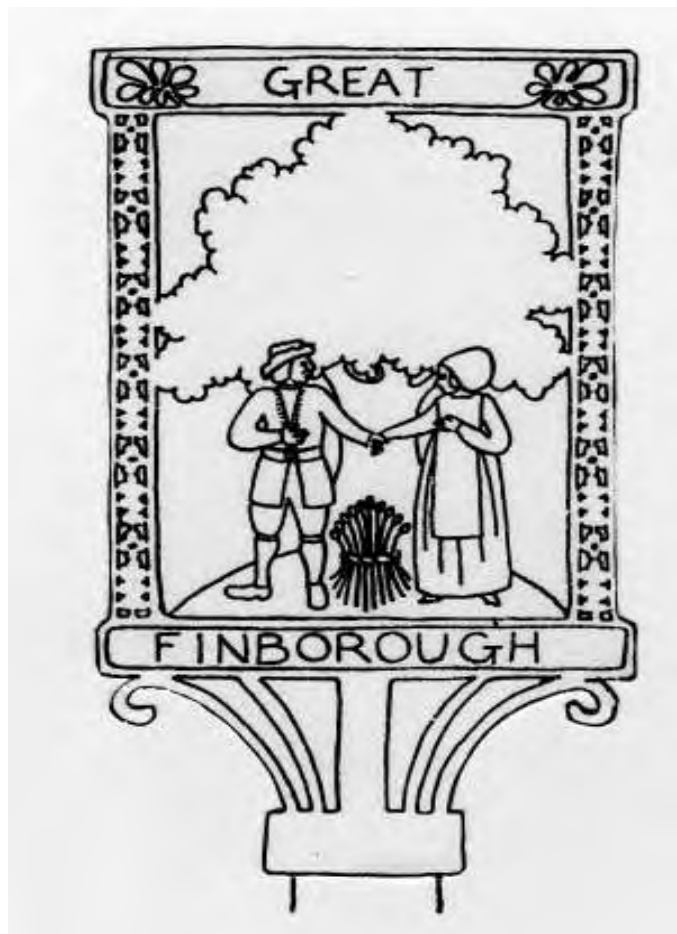


GREAT FINBOROUGH NEWSLETTER



**JULY/AUGUST 2010
ISSUE 410**

VILLAGE DIARY – JULY 2010

2	7.30pm	Potato and Praise, Onehouse Church Room
4	1-6pm	Finborough Open Gardens
5	7.30pm	Parish Council, Pettward Hall
8	4.30pm	Skylarks, Onehouse Church Room
10	2pm	Onehouse Fete
15	6.30pm	Charity Bingo, Pettward Hall
19	tba	Great Finborough Primary School Leaver's service, followed by picnic
20	9.45am	Candlestick Club outing
21	6.30pm	Buxhall Women's Institute, Member's only Garden Party, Buxhall Village Hall
22	4.30pm	Skylarks, Onehouse Church Room
27	Noon	FHOBS lunch, Buxhall Village Hall
29	tba	Great Finborough & District Garden Club BBQ

VILLAGE DIARY – AUGUST 2010

1	2pm	Buxhall Fete, Copinger Hall
5	9.45am	Candlestick Club outing
18	7pm	Buxhall Women's Institute
19	6.30pm	Charity Bingo, Pettward Hall
31	Noon	FHOBS lunch, Buxhall Village Hall

The Newsletter is produced by Great Finborough Parish Council, printed by Gipping Press, and distributed to all households in the village free of charge

Editorial

As we go to press the Budget has just been published and so you may be busy working out how much tighter your belt needs to be in the next five years. Perhaps that is why we have less news and comment this month. I would like to see more contributions offering opinion on local and national issues in the newsletter together with features on subjects in which I know villagers have expertise to share.

If you know someone newly arrived and living in the village, or friends and neighbours who are moving on, please let me know. 15 August 2010 is the next copy deadline for material for the September newsletter. Please put 'newsletter' in the header if you are emailing. Norman and I welcome visitors so if you need to contact me 'phone, email or call in to Park Cottage any time. The kettle is always on.

Sally Gooch

Richard the Brave

Richard Brice has given service over two decades at the helm of Great Finborough Parish Council. He took the decision to stand down from the position of Chair at the May Annual Meeting. Although he remains a vigorous Councillor and someone the rest of us look to the moment should not pass unnoticed. The role of Chair can be challenging and draws upon the incumbent's energy, enthusiasm and pragmatism (as well as a significant amount of voluntary time) and Richard has served the needs of the village and villagers admirably. Therefore, on behalf of all the Parish

Councillors, past and present; and the community of Great Finborough, I would like to thank Richard for his contribution to the village during this time. Thanks again Richard!

Liz Michie

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News from the Community Council

Allotments

Efforts continue to find a suitable site and it is on the agenda for 5 July Parish Council..

Village Hall

Finborough School is talking to MSDC regarding their plans for a sports hall and auditorium and, if community use is offered, this may mitigate the listed building considerations. Pettiward Hall still needs renovation nevertheless. The donated cooker for the hall needs to be collected and delivered. A new kettle has been bought and decorating still needs to be done. This is in hand.

We will need someone to clean the hall so an advertisement will be drafted. Each user group is to take responsibility for minor repairs in the areas that they use, and reasonable costs/expenses for this will be reimbursed when a receipt is received. The situation will be referred to the Parish Clerk.

Youth Engagement

Adult volunteer numbers are reduced to three names on the rota. The money for the youth shelter has been received. It would be most helpful if the land for this could be transferred quickly so that planning permission is not needed.

Car Park/Play area

There is not one in post as a caretaker at present but there is a volunteer litter picker in the village. Mark Brewster will be locking and unlocking the play area and maintaining it, and the car park. There are gaps in the hedge around the car park which need filling in and also the mix and size of planting was not as agreed on the plans. The developer is obliged to rectify this.

Structure of the Community Council

Some plans have come to fruition and there seems to be a lull in enthusiasm at the moment. When the appraisal results are known perhaps this will rejuvenate the group since there should be a clear

direction established for it. A chairperson is needed, and all groups who use the hall should be represented on the Council.

Village amenities

The construction in Valley Lane, adjoining the new village housing scheme, of the multi-purpose pitch and surrounding regraded meadow is fast approaching completion by Peter Blemmings of Gipping Valley Homes. Together with the adjoining woodland we hope to form a 5 acre meadowland and woodland Conservation Area (CA) for the community to enjoy for informal and passive recreation. A meeting has taken place with the Green Light Trust to see if there is an opportunity for collaboration.

Future Dates

18 October and 20 December 2010.

Sue Green

Great Finborough Open Gardens With Scarecrow Competition for children and adults

Sunday 4 July 2010 1pm to 6pm

Entrance fee £3 per adult; children free

Programmes, Plant sale, and Tombola
opposite the village shop
Lots of lovely gardens
Teas and refreshments
Garden equipment sale

All proceeds will go to East Anglian Children's Hospice

News from your District Councillor

Bus Services

Attempts to reduce our local carbon footprint and prepare for a future with much less oil are to suffer a heavy blow, with bus services drastically reduced. I have obtained the timetables effective from 31 August. The shortfall will be made up by the Club 88 Taxibus, which makes 3 journeys serving Buxhall, Onehouse and Harleston each morning (Monday to Saturday). In addition it will respond for pre-booked journeys in the afternoon, up to 7pm. They must be booked between 8am and 1pm. Further details at:

<http://www.suffolk.gov.uk/NR/rdonlyres/1A2D6642-5FAE-429D-9F89-7E56B0E244B4/0/CTClub88Taxibus.pdf>

This reduction reflects very low levels of bus usage, and County Council cash cuts, but leaves Great Finborough with almost no service at all. I will be lobbying for the Club 88 service to be extended to Great Finborough, and need to hear what regular journeys people wish to make for work, school, health or shopping needs. Bookings and information on the Club 88 service is available on 01449 616000.

Health Walks - Stowmarket

All start at the Mid Suffolk Leisure Centre, Stowmarket at 10am lasting no more than 45 minutes. Walks on even ground (grade 1-2) and finishing at the Leisure Centre for refreshments afterwards. Tuesdays: 6 July, 20 July and 3 August - led by Bob Halls. To get in touch with me see Who's Who.

John Matthissen

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Stowmarket - Bildeston - Hadleigh

461

Tuesdays, Thursdays

From: 31st August 2010

Stowmarket, Cedars Park, Sandpiper Road	1025	1225
Stowmarket, Cedars Park, Kestrel Drive	1027	1227
Stowmarket, Market Place, Argos Stores	1032	1232
Great Finborough, The Street, opp Post Office	1041	1241
Buxhall, Mill Road, The Crown	1045	1245
Great Finborough, opp Buxhall Turn	1049	1249
Cross Green, The Water Run, opp Brettenham Rd	1055	1255
Hitcham, The Causeway, Causeway Estate	1100	1300
Bildeston, High Street, opp Clock Tower	1104	1304
Semer, B1115, opp Semer Bridge	1109	1309
Kersey, Bell Inn	1114	1314
Kersey, Church	1116	1316
Hadleigh, Lady Lane Industrial Estate (E/B)	1122	1322
Hadleigh, Magdalen Road, Bus Station Stand D	1125	1325

Hadleigh - Bildeston - Stowmarket

461

Tuesdays, Thursdays

From: 31st August 2010

Hadleigh, Magdalen Road, Bus Station Stand A	0930	1130	1400
Hadleigh, Lady Lane Industrial Estate (E/B)	0932	1132	1402
Kersey, Church	0938	1138	1408
Kersey, Bell Inn	0940	1140	1410
Semer, B1115, Semer Bridge	0945	1145	1415
Bildeston, High Street, Clock Tower	0952	1152	1422
Hitcham, The Causeway, opp Causeway Estate	0956	1156	1426
Cross Green, Brettenham Road	1000	1200	1430
Great Finborough, Stowmarket Rd, Buxhall Turn	1004	1204	1434
Buxhall, Mill Road, opp The Crown	1008	1208	1438
Great Finborough, The Street, Post Office	1012	1212	1442
Stowmarket, Bury Street, Station Road West	1014	1214	1444
Stowmarket, Cedars Park, Kestrel Drive	1019	1219	1449
Stowmarket, Cedars Park, Sandpiper Road	1021	1221	1451

Thorpe Morieux - Rattlesden - Bury St Edmunds	377
Stowmarket - Rattlesden - Bury St Edmunds	386

Mondays to Saturdays (except Public Holidays)

From 31st August 2010

Service :	377	386	386
Stowmarket, Market Place, Argos Stores	--	0945	1230
Onehouse, Forest Road, Stearn Drive	--	0953	1238
Harleston, Cutler's Lane, Village Sign	--	0956	1241
Buxhall Fen Street, Lower Road, Fen Street	--	0958	1243
Thorpe Morieux, Chapel Hill, Church Corner	0704		
Great Green, Felsham Road, Plough & Fleece	0710		
Felsham, Cockfield Road, Bury Road	0715		
Gedding, Drinkstone Road, Bus Shelter	0717		
Rattlesden, Top Road, Hill Top Farm	0724		
Rattlesden, Brewer's Arms	0726	1003	1248
Rattlesden, Top Road, Windmill End		1005	1250
Drinkstone Green, Rattlesden Road, Post Box	0730	1009	1254
Drinkstone Street, Blacksmith's Corner	0732	1011	1256
Hessett, The Street, Five Bells	0737	1013	1258
Rougham, Bennet Arms	0742	1018	1303
Bradfield St George, Church Road, The Green	0747		
Rougham Green, Bus Shelter, The Green	0751		
Blackthorpe, Newthorpe Road		1022	1307
Blackthorpe, White House	0756	1023	1308
Bury St. Edmunds, Hardwick Lane, West Suffolk Hospital	0806	1033	1318
Bury St. Edmunds, Bus Station	0815	1042	1327

Bury St Edmunds - Rattlesden - Stowmarket	377
Bury St Edmunds - Rattlesden - Thorpe Morieux	386

Mondays to Saturdays (except Public Holidays)

From 31st August 2010

Operator:	MU	MU	MU	MU	MU
Service :	386	386	386	386	377
Notes :	1	1	1	1	1
Bury St. Edmunds, Bus Station	--	1130	1335	1615	1745
Bury St. Edmunds, Hardwick Lane, West Suffolk Hospital	--	1139	1344	1624	1754
Blackthorpe, White House	0905	1149	1354	1634	1804
Blackthorpe, Newthorpe Road	0906	1150	1355	1635	
Rougham Green, Bus Shelter, The Green					1809
Bradfield St George, Church Road, The Green					1813
Rougham, Bennet Arms	0910	1154	1359	1639	1818
Hessett, The Street, Five Bells	0915	1159	1404	1644	1823
Drinkstone Street, Blacksmith's Corner	0917	1201	1406	1646	1828
Drinkstone Green, Rattlesden Road, Post Box	0919	1203	1408	1648	1830
Rattlesden, Top Road, Windmill End	0923	1207	1412	1652	
Rattlesden, Brewer's Arms	0925	1209	1414	1654	1834
Rattlesden, Top Road, Hill Top Farm					1836
Gedding, Drinkstone Road, Bus Shelter					1843
Felsham, Cockfield Road, Bury Road					1845
Great Green, Felsham Road, Plough & Fleece					1850
Thorpe Morieux, Chapel Hill, Church Corner					1856
Buxhall Fen Street, Lower Road, Fen Street	0930	1214	1419	1659	--
Harleston, Cutler's Lane, Village Sign	0932	1216	1421	1701	--
Onehouse, Forest Road, Stearn Drive	0935	1219	1424	1704	--
Stowmarket, Bury Street	0941	1225	1430	1710	--

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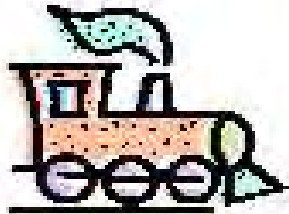
Please call Phil on: 01449 777088 or 07891 777459



Buxhall Fete at Copinger Hall

Saturday 1st August
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Picnic on the lawns of Copinger Hall
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Dennis Green

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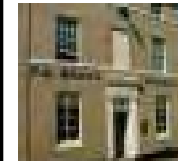
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News from The Primary School

We are now in the last weeks of our Summer Term and sadly we will be saying goodbye to our Year 4s who are moving on to Middle School. We wish them all well and success in their new schools. To celebrate their time here at Great Finborough we will be holding a Leavers Service on 19 July followed by a picnic lunch and then the Leavers' Assembly here at school in the afternoon - so bring your hankies.

The Year 4s have a residential trip to Felixstowe Ferry Centre planned. In previous years this has proved to be very successful with visits to Languard Fort and lots of activities on the beach. To finish off the term the whole school is visiting Walton on the Naze with Badwell Ash Primary School. We hope for sunshine on that day!

Work in school and outside areas is progressing rapidly. Pleased with all the work carried out so far we hope to move this forward over the holidays: a new fence, entrance gate and renovation of the library. You may have noticed the new bicycle shelter - very kindly donated by parent, Nick Robins and his company NJR Tubular Solutions. Thanks, Nick, for this generous donation and it had its first use in Cycle Proficiency Week.

I do hope you all have a fantastic Summer. We look forward to welcoming in our new children into Foundation Class in September. Many thanks for your continued support.

Stephen Dodd

EACH Treehouse Appeal

Thank you so much for the wonderful support for our Butterfly Cake and Coffee get-together. We raised £665 for the EACH Treehouse Appeal. Thanks to all those who came along for coffee and cake, all those who made delicious cakes and, of course, all those who donated so generously. The EACH Treehouse Appeal is to raise £3 million for a new children's hospice for life-threatened children and their families in Suffolk and North Essex. If you want to help in way please give me a call on 675447.

Marion Mason and Rosie
EACH Stowmarket Friends Group

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News from the Friends of Great Finborough Primary School

We would like to thank everyone who has supported us through the year, and we hope that we continue to have your support in helping us raise money for the children of Great Finborough Primary School.

Easy Search Website

Thank you again to everyone who has used this search engine. If you are an Internet Shopper why not help the Friends raise funds by using the free website www.easyfundraising.org.uk and follow the links. Over 400 retailers can be accessed from this site and up to 15% from each online purchase will be donated to the friends.

Squirrel Gardens

The garden is blooming and the children have worked hard with hope to be harvesting some of the produce before the end of the school term. We are taking part in Open Gardens on 4 July again, with the children's scarecrows on show. We will be selling vegetable plants, herbs and produce. Please call in to look how the garden has changed.

Does anyone have an old pasting table they do not need any more? This is the ideal size for the children to pot up and work on. If you do please contact one of the team.

We still have some seeds for sale at discounted prices to raise money for the garden for next year. If you would like to purchase any vegetable or flower seeds please feel free to contact one of us. If you have any questions please feel free to contact Lesley Cass (675970) Julie Francis (736185) or me.
Sharla Goldsmith

Under 11's Football Players Required For Season 2010/11

Stowmarket Town Youth FC is moving from 7-A- Side football to 11-A-Side next season and requires 3 additional players. If your child is interested please email me: steve068@live.co.uk or call 07966 037574.
Steve Bradley



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Mid Suffolk Disability Forum

The next Mid Suffolk Disability Forum meeting has been booked for Wednesday 14 July at the Rugby Club, Stowmarket. We are asking people to arrive for 10.15am to start at 10.30am. Let me know if you are intending to come, or call me on 01473 836746 or our main number on 01473 836777. Please let me know if you have any particular needs for the meeting or if you need any assistance with travel and I will try and help.

James Powell

Personal Invitation

Changing Places Event, 26th July 2010, 10-12 noon
Kesgrave Community Centre, Ipswich, IP5 1JF





Would you be happy to lay down on a toilet floor? At the moment if you have complex or multiple disabilities you have to be changed on a public toilet floor because standard disabled toilets do not have the correct facilities. The nearest Changing Places toilet is in Norfolk! This is not acceptable.

Suffolk Learning Disability Partnership Board are working in partnership with Mencap to help plan for the future.



You are invited to attend a presentation and question/answer session at Kesgrave Community Centre, Kesgrave, Ipswich, IP5 1JF on Monday 26th July 2010. The event will start at 10am and finish at 12 noon which will be followed by refreshments and buffet.



You attendance is crucial to planning for the future and improving standards for the people of Suffolk. For more information go to www.changing-places.org

Numbers are limited and organisers are keen to ensure that there is an effective mix of attendees. RSVP to Alex Catling by 12 July.

Alex Catling: 01473 264327 or alex.catling@suffolk.gov.uk

Buxhall and Great Finborough over 60's Candlestick Club

July's outing is a day trip to Great Yarmouth on Tuesday 20 July. The coach will be leaving at 9.45am from the Old Chapel, Great Finborough, and then from Buxhall Village Hall at 9.50am. Refreshments have not been arranged so you are free to sort yourselves out.

The next outing will be on Thursday 5 August and will be a day trip to Clacton. Pick up times will be the same as the July outing. We will leave Clacton at 3.30-4pm to stop on the way home for a delicious WI tea. I'm sure some of you can remember the lovely outings that Evelyn Fisher arranged, so we would like as many of you as possible to come along. Please let me know if you are coming as soon as you can. New members are always welcome.

Keith Proctor

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Enjoy better sex by keeping fit

Keeping fit can make sex even better – and better sex can make you fitter – that is just one of the benefits of living a healthy and active lifestyle. Too many men are taking too little exercise. Join the national campaign to get men up off the sofa and walking, gardening, swimming, jogging – in short, moving more.

Physical activity has a huge range of benefits including reducing stress and anxiety, helping keep weight down, reducing the risk of heart disease as well as increasing sexual performance. And, when it comes to activity the message is clear – exercise need not be too difficult or too long. Just 30 minutes, five days a week, can hugely improve men's health and wellbeing.

Exercise needn't involve going to the gym or joining an expensive sports club – simply doing some walking, gardening or DIY contributes to the recommended 30 minutes of exercise a day. Facts on Suffolk health:

- 80% of men aged over 45 are either overweight or obese
- More than 2,000 people die prematurely (aged under 75)
- The main causes of death are cancer, heart disease and stroke.

Peter Bradley, NHS Suffolk's Director of Public Health

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Garden Tools and Equipment Sale

This will take place in conjunction with Great Finborough Open Gardens on Sunday 4 July between 1pm and 6pm at Abbey Farm Cottage, Buxhall Road. If you have any surplus items of equipment that you are either prepared to donate to us or let us sell for you on a 50/50 basis, please contact me on 674401. All profits from this sale will be added to the income from Open Gardens and the proceeds will be donated to East Anglian Children's Hospice. Thank you. **John Davey**

WILD BIRD SEED

The next order will be placed on 8 July and will be available for collection from Abbey Farm Cottage, Buxhall Road, Great Finborough, IP14 3AU, by about 14 July.

If you would like to place an order please let me have your requirements together with a cheque to 'Great Finborough Garden Club'. It is essential that I have your telephone number so that you can be advised when seed is ready for collection.

Orders may be posted to or dropped off at Abbey Farm Cottage; 1, Valley Lane; or 8, High Road, and must be received by 7 July.



John Davey

Product	Weight	Price
Wild Bird Mix	20 kg	£7.50
Finch Mix (no corn)	20 kg	£9.50
Mixed Corn	20 kg	£6.50
Peanuts (superior quality)	25 kg	£22.50
Peanuts (half sack)	12.5 kg approx	£12.50
Black Sunflower Seed	15 kg	£9.00
Sunflower Kernels	25 kg	£25.75
Sunflower Kernels (half sack)	10kg approx	£12.00
Niger Seed	25 kg	£20.50
Niger Seed (half sack)	10kg approx	£9.50

CHIMNEY SWEEP

ECO SWEEP
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Stay aware

The longer days and warmer weather mean children are spending more time in the garden enjoying the outdoors – which is good. Water holds a particular fascination, with garden pools, paddling pools and other water features often being an exciting source of interest. But drowning is the third most common cause of accidental death in under 16s so it is important that we are all aware of the dangers of water and garden ponds.

Young children aged between one and two are particularly at risk due to their increasing mobility. Their stability and co-ordination are still poor and they do not understand the concept of danger until the age of four or five.

Most child drownings in back gardens or garden ponds happen quickly, with death in about two minutes. It is important for parents/carers to be vigilant and to make sure that garden ponds and other water features are secured to avoid access by young children. The dangers of even the shallowest water should never be underestimated.

Please consider:

- Containers holding rainwater should be emptied or sealed to prevent children gaining access
- Paddling pools should always be emptied and turned upside down after use
- Parents of children under 6 should temporarily fill in garden ponds – use it as a sandpit until your child is older
- Cover your garden pond with a secure grille
- Always keep a close eye on your children

Dr Mashbileg Maidrag, Consultant in Public Health

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Charity Bingo

15 July 2010 will be for Great Finborough & Buxhall Under 5's Little Hands Toddler Group. 19 August 2010 will be for the Pettward Hall fund. Start time: 6.30pm. Bingo, Raffle and Refreshments. All welcome, Children to be accompanied by an adult. Please come along and join in the fun. If you have any unwanted raffle prizes they wish to donate, please feel free to bring along on the night or contact either Mari (770032) or myself (678480). **Sharla Goldsmith**

Join us in remembrance

St Nicholas Hospice Care warmly invites you to join us to remember your loved ones at our bi-monthly thanksgiving and remembrance services. The important services are, for the first time ever, open to everyone who would like to mark the anniversary of the death of their loved ones, even if they did not die or receive care from the Hospice. Anyone who feels they would benefit from the very special and intimate services of remembrance are welcome to attend.

Forthcoming services, all held at the Hospice, are 25 July, 26 September and 7 November (religious services). Future services include non-religious/humanist services. Please register your interest in attending by contacting me on 01284 715572 or email jennie.unitt@stnh.org.uk **Jennie Unitt**

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FHOBS Lunch Club

FHOBS is a thriving Lunch Club with about 40 members who enjoy a meal and some valued comradeship. This takes place on the last Tuesday of each month: 12 noon for 12.30pm in Buxhall Village Hall. A small charge of £3.50 is made to cover expenses. We would be delighted to welcome new members. Please contact me on 737814.

Jill

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Great Finborough & District Garden Club

The gardening year seems to be accelerating faster than ever and the recent rain has caused everything to grow at an alarming rate. The lawn seems to need more mowing than ever! I have not seen better displays of early Summer flowers, which also means that the weeds need constant attention too!

The annual Open Gardens will be held on 4 July to help raise funds for the EACH Treehouse appeal. We are hoping that as many people from the village as possible will help to raise a goodly sum for this very worthwhile cause. In addition to the usual teas, ice cream, tombola and plant stall we are also running a scarecrow competition for both adults and children. The children will have already received the information through the school and we hope that many of you will join in. For those of you no longer at school we hope that you will also join in and support us in our efforts. For further details please contact us. The Presidents Lawn BBQ, hosted by the committee to say thank you to those who open their gardens to the public, will take place on the evening of 3 July.

Open gardens is followed by the now customary Garden Club Summer BBQ at 'Jordan' on Thursday 29 July to celebrate another successful Garden Club year. We supply the cooks, BBQ sauces and bread. Members bring along something to cook, a salad or dessert to share and their drink of choice. With (hopefully) fair weather the evening will reflect the enjoyable spirit of the Club.

Once replete with the Midsummer social events do not forget to note in your diary the first meeting of the new gardening year. This takes place on 9 September at the usual time of 7.30pm in the Pettward Hall, and will feature a talk by Ben Potterton on the subject of 'Unusual Plants'.

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 £12.50 per household per year. Non-members can attend meetings for £2 per person. For further information contact me or John Davey at john@abbeyclassics.co.uk - see Who's Who.

Judith Cameron

Wedding Wear Amnesty for Hospice

With the Summer wedding season well under way, why not donate your old outfit to St Elizabeth Hospice's shop in Stowmarket? The Hospice is holding a wedding wear amnesty this Summer during which people are asked to donate the wedding clothes they no longer need. The outfits will be resold to raise money for the charity, which costs £5.9 million a year to run. All eleven Hospice shops throughout East Suffolk will be taking donations, including the one in Bury Street, Stowmarket.

Then a special wedding department will be set up at the Ipswich and Saxmundham Hospice shops, to sell the collection for people looking to revamp their wedding outfit this year. A woman's wedding dress is a precious item, so why not consider giving it as an extra special gift to the Hospice shop after it has been worn. It will be gratefully received and will help us to continue to raise funds to care for our patients and support their families and carers.

It is not just wedding dresses that can be donated for resale. Why not dig out last year's hat, shoes or handbag you may have worn for the wedding reception, the groom's suit or even the bridesmaids' dresses. St Elizabeth Hospice relies on the generosity of the local community to help it raise funds to continue to provide its services to people throughout East Suffolk. Visit our shops and

www.stelizabethhospice.org.uk

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Buxhall Women's Institute

At the May meeting we discussed and voted for the Resolution to be put forward on behalf of all WI members. We then had a 'Bring and Buy sale' where we raised over £70 for our funds thanks to the generosity of the donors and purchasers.

Chris Place was our speaker. He related the background to his present job in the prison service involving sniffer dogs. The proceedings livened up with the introduction of a golden Labrador called *Rusty* and *Buzzy*, a Springer spaniel, who quickly showed their skill in locating previously hidden contraband in the form of drugs and mobile 'phones. Having done their job they then located our buffet and a swift swoop was needed to protect it!

Val Lord, with her team of Sue Marks and Bernie Brand, made a superb job of creating our entries for the Suffolk Show where they achieved very high marks. We owe a big vote of thanks to Val for co-ordinating and motivating our entries. She hopes for more volunteers when the programme is announced for next year's challenge. Sue lives in Portugal and despite not being able to attend any meetings is a fully paid up member who continues to contribute her creative skills and support our Institute.

Libby organised a very enjoyable outing to Carter's Vineyard near Colchester where we watched a video of a year in the life of a vineyard, had a guided walk round the vines, tried and tasted a range of wines and finished with a cream tea.

The June walk took off from Needham Market, covered four miles on a balmy Summer's evening passing Barking Church where keen bird spotters saw a peacock in a field. On to Darnesden Church where long distance views were enjoyed. A meal followed at The Limes.

We are now looking forward to our next outing: Ladies Day at Newmarket. Posh hats, best dresses, and a buffet lunch and tea are the order of the day. Horse racing comes somewhere in the middle. There is a member's only garden party on 21 July which starts at 6.30pm at Buxhall Village Hall. On 18 August our speaker will be

Joanne Hammond talking about 'baskets from the wild'. Doors open 7pm for 7.30pm start. Visitors welcome.

Anne Hicks



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Our neighbours at Onehouse

Potato and Praise is in the Church Room, Onehouse on Friday 2 July at 7.15pm for 7.30pm. Tickets £5 for adults, £3 for children and are available from Carole (on 736025) or Gloria (on 676198). Mike Arbon is the musician who will be playing requested Hymn favourites that evening. Come along and enjoy good company, good music and good food!

Onehouse Church will be organising the Cake Stall at the OHS Fete on Saturday 10 July from 2pm onwards. Please support. Sunday 1 August is Onehouse Church's Benefice Service at 10.30pm.

The Jubilee Players are performing 'Duets', a four part comedy, on 17 and 18 September. Although not suitable for children, tickets are £5 for adults. Written by Peter Quilter the play has excellent reviews. Tickets available from the beginning of August from me. To be held at the Community Centre, Onehouse at 7.30pm.

Carole Hearn

Diary Date for Cyclists

St Elizabeth Hospice will hold its first ever fundraising cycle ride on Sunday 12 September 2010. There will be routes for serious cyclists and family fun routes. For more information email laura.backhouse@stelizabethhospice.org.uk

Laura Backhouse

Jackbridge Cottage

Friends or family coming to stay? Need some extra space for a week? This could be the answer you are looking for.

Jackbridge Cottage is a brand new cottage available for rent, situated on the outskirts of Great Finborough in an idyllic rural location with beautiful views. Ideal for a couple, this charming cottage is well equipped, comfortably furnished and has a four star rating from the Quality in Tourism Board.

For further details or to book the cottage please contact Teresa Pemberton.

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JACKBRIDGEFARM

Keep cool and safe in the hot weather

In the Summer weather there is more opportunity to spend time outdoors – enjoying gardening, walking on the beach or exploring the countryside. At this time of year it is easy to underestimate the strength of the sun and the damage it can cause to your skin and to your health. Older people, babies, young children and those with breathing and heart problems, in particular, may be harmed. Here are some tips:

Sunscreen – Remember to apply sufficient sunscreen, preferably with a minimum SPF of 15. Sunscreen can be easily washed or sweated off, so remember to re-apply it regularly. Do not be tempted to use sunscreen that is past its use-by date – old sunscreen loses its protective properties and will not protect you from the sun's rays.

Clothing – Wear a brimmed hat and loose fitting clothes, preferably cotton.

Sunglasses – Wear good quality sunglasses. Remember if you need sunglasses, so do your children. Buy them a pair as soon as they are able to wear them.

Drinking – Drink soft drinks regularly, even if you do not feel thirsty. Water and fruit juice are best. Avoid alcohol, tea and coffee and fizzy drinks. They make you more dehydrated.

If you feel unwell or have unusual symptoms after being in the sun, (cramp in your arms, legs or stomach, feelings of mild confusion, weakness or problems sleeping), rest for several hours. Keep cool and drink plenty of water or fruit juice. Seek medical advice if your symptoms get worse or will not go away.

Sally Hogg
Head of Health Improvement, NHS Suffolk

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CHURCH EVENTS TO LOOK FORWARD IN SEPTEMBER

Pop in for Coffee is Changing...

St Andrew's Church would like to invite you to a coffee morning on the first Saturday of every month. There will be an opportunity to purchase homemade produce, books and see how well our volunteers have done in the churchyard.

SATURDAY 4 SEPTEMBER 10AM-NOON



Suffolk Historic Churches Trust

The Annual Sponsored Bike Ride is a national event and every second Saturday in September, 11 September in 2010, cyclists all round the country are out making money for their local churches. Plan your own route to include as many churches as you wish. To help St Andrew's please contact me.

Brenda Grimaldi

Harvest Festival and Bring & Share Picnic



Everyone is most welcome to our Harvest Festival on 19 September followed by a 'bring & Share' picnic. 11am for the service and 12.30pm for the picnic. We will be decorating the church the day before. Would you like to come and help?

Rachel Bergstrom

Skylarks Children's Club

Next sessions on 8 and 22 July: 4.30-6pm in Onehouse Church Room. Any child aged between 5 and 9 years living or worshipping in Onehouse, Harleston, Shelland, Great Finborough or Buxhall who would like to join Skylarks, please contact me or Christine Hagger (736487).

Derek Ames



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CHURCH SERVICES IN THE BENEFICE FOR JULY AND AUGUST

Weekday Morning Prayer

Monday	Onehouse	8.00 – 8.30am
Friday	Great Finborough	8.00 – 8.30am

Sunday 4 July

Sung Eucharist
Reflective Morning Prayer
Holy Communion
Family Service
Evening Worship

Fifth Sunday of Trinity

Buxhall	9.30am
Shelland	9.30am
Finborough	11am
Harleston	11am
Onehouse Church	6.30pm

Sunday 11 July

Matins
Holy Communion
Holy Communion
Holy Communion
Family Service

Sixth Sunday of Trinity

Buxhall	9.30am
Shelland	9.30am
Harleston	9.30am
Finborough	11am
Onehouse Church Room	11am

Sunday 18 July Thanksgiving Eucharist followed by Ploughman's lunch

Shelland	11am
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Sunday 25 July

Holy Communion
Holy Communion
Time2Worship
Holy Communion

St James the Apostle

Buxhall	9.30am
Harleston	9.30am
Finborough	11am
Onehouse Church	11am

Sunday 1 August Benefice Eucharist

Onehouse Church	10.30am
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Sunday 8 August Benefice Eucharist

Shelland	10.30am
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Sunday 15 August Benefice Eucharist

Buxhall	10.30am
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Sunday	22 August	Twelfth Sunday of Trinity	
Benefice Eucharist		Finborough	10.30am
Sunday	29 August	Thirteenth Sunday of Trinity	
Benefice Eucharist		Harleston	10.30am

*Whether you are a regular worshipper or visiting this Sunday
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Clerk, Parish Council	Giles Hill	740272
	lsdp@btinternet.com	
District Councillor	John Matthissen	771742
	3 Wash Lane Corner, Great Finborough, IP14 3BJ	
	john.matthissen@midsuffolk.gov.uk	
County Councillor	Penny Otton	737870
	penny.otton@councillors.suffolkcc.gov.uk	
Newsletter Editor	Sally Gooch	677940
	sally.gooch@btinternet.com	
Church Warden	Lesley Cass	675970
Church Warden	Brenda Grimaldi	612440
Great Finborough & Buxhall Under 5s	Delia Prior	07708
		362697
Great Finborough & Buxhall Brownies	Gail Jarrett	674538
Chair, Team Finborough (Youth Club)	Joe Ball	
	josephball@hotmail.co.uk	
Charity Bingo	Sharla Goldsmith	678480
Candlestick Club	Keith Proctor	736598
Great Finborough & District Garden Club	Judith Cameron	672978
	ianandjudy@btinternet.com	
Royal British Legion	Charles Freeman	01728
		684819
Neighbourhood Watch Co-ordinator	John Davey	674401
Post Office & Village Shop	Nigel & Jeannette	612274
	Edwards	
Head, Great Finborough Primary School	Stephen Dodd	613208
	headteacher@greatfinborough.suffolk.sch.uk	
Chair of Governors, Primary School	Nigel Brown	675344
Police	PCSO Claire Cox	
	01284 774100 x3104 or via 01473 613 5000	
Combs Middle School (674666)	Stowmarket High School (613541)	
Stowmarket Health Centre		776000
Combs Ford Surgery		678333
Stowmarket Library		613143
Pettward Hall Bookings		676249
Village website:	www.great-finborough.co.uk	
Primary School website:	www.greatfinborough.suffolk.sch.uk	