MID-LOES BENEFICE MAGAZINE Ashfield-cum-Thorpe, Charsfield with Debach, Cretingham, Dallinghoo, Earl Soham, Hoo, Letheringham, Monewden

February 2024



Benefice Service Sunday 4th February 10am The Priory Church of St. Mary, Letheringham All Welcome

WHO'S WHO IN THE BENEFICE

Priest-in-Charge	Revd Gary Best, The Rectory, Earl Soham (Day off Friday) Email: revgarybest@gmail.com	01728 685550 07493 072 695			
Assistant Priest	Revd Kathleen Martin, Firs Farm, Monewden Email: rev.kay@yahoo.com	01473 737285 07928 799 416			
Lay Elders	Mrs. Mary Vellacott, Stretham House, Earl Soham, Miss Amber Pearce-Wright,	01728 685 423			
Mag. Editor	Revd Gary Best, E-Mail: midloesmagazine@gmail.com	01728 685550			
	ASHFIELD				
Churchwardens — Secretary Treasurer	Robert Grimsey, email: Robert@rwgrimsey.co.uk Robert Grimsey, as above Robert Grimsey, as above	01728 685 203			
	CHARSFIELD				
Churchwardens — Secretary	Linda Stratton Mike Bamford Beverley Gugenheim, The Cottage, The Street, Charsfield	01473 737771			
Treasurer	Email: bev@gugenheim.net Vacancy	01473 737667			
CRETINGHAM					
Churchwardens " Secretary	Alister Gourlay, Tubric Cottage, Cretingham Mrs. Heather Runacres, Dove Farm Cotts. Cretingham	01728 685 335 01728 685736			
Treasurer	Alister Gourlay, Tubric Cottage, Cretingham	01728 685 335			
DALLINGHOO					
Churchwardens "	Mrs. Charlotte Sullivan, email : charlottesullivan87@yahoo.com	07967743006			
Secretary Treasurer	Tina Love, 2 Blacksmiths Cottages, Dallinghoo Ros Bayley, ros.bayley@googlemail.com	01473 737653			

Who's Who continues on the inside back cover

The Deadline for contributions to the MARCH 2024 edition is Sunday 18th February

MID LOES BENEFICE Ashfield-cum-Thorpe, Charsfield with Debach Cretingham, Dallinghoo, Earl Soham, Hoo, Letheringham and Monewden

February 2024 From The Rectory...

Welcome back! I trust that everyone has had a joyous Christmas and has started the New Year in a positive way, something that I get a sense is the way many people are feeling... positive for the year ahead.

My Christmas started with a challenging communication from within the benefice of someone writing to me in my capacity as Editor of this magazine, but from someone who was writing objecting, 'to a parish magazine giving a platform to any politician, especially when there is no clear right to reply', which is of course reference to the fact that our local, democratically elected Member of Parliament, Dr Dan Poulter, has an opportunity to share his thoughts and providing us with updates on his role as our local, democratically elected, MP. This is an article that I know is shared with other parish magazines and is published accordingly.

The same person who wrote to me, also went on, and I quote, ' I am also wondering about the whole concept of a Christian orientated parish mag anyway which seems wholly anachronistic given that the majority of local people do not identify as Christian let alone church goers'. The same person finishes with, and again I quote, 'If the local magazine cannot seek to truly represent the community in a fair and truly inclusive way I would really appreciate not having this overtly Christian and vaguely right wing propaganda pushed through my letter box thank you'.

My first reaction to the communication was, 'and a very Happy Christmas to you, too'. But, it provided me with something to reflect upon and, after the Christmas just experienced within this benefice, I realised that all is well, and importantly, everyone is allowed a voice to share their thoughts, whether published or unpublished.

After recent meetings within the benefice, I am delighted to share with you that across the parishes, Christians have filled our churches at the various Carol Services, and other Christmas Services. Two pubs were filled with people, joyfully singing those well-known Christian Christmas Carols that we love so much. Witnessing families and friends coming together as Christians, was a reassuring moment for me to realise that, whilst not going to church on a Sunday, may not work practically for everyone in today's world, the support of your local churches; the joy of celebrating the birth of Jesus Christ; the joining of communities at this time, is well and truly alive. Thank you to everyone within the benefice who support the local churches, keeping them open, alive, and relevant, today.

And, what about the year ahead...with six weddings confirmed and awaiting confirmation on two others; church and village activities building in the diary...I get the sense of another exciting year ahead for this benefice.

I know of a few people who do not live within the benefice, who download this magazine each month and follow what is going on across the parishes, and they are always amazed at the work that continues to be done through many groups, providing community events, support within our parishes for those who might need a helping hand, providing the Christian value of loving your neighbour as you would love yourself. Thank you to everyone involved in whatever group you are part of, in sharing the love and generosity that you do. An important aspect of this magazine is that I do not go looking for copy to fill the pages, it is sent through to me, and will continue that way. But, on reflection, I thought a reminder to everyone that you are more than welcome to send copy through for insertion into the magazine. Talking it through with someone, ideas came through, including, 'Recipe of the Month', a 'Day in the Life of a', comment from environmental groups; the list could go on and on, but I am sure you get the idea. This I leave with you.

The past few weeks, reflecting upon the communication received before Christmas, has made me realise that we do live in a predominantly populated Christian benefice. Whether individuals or families attend church on a Sunday, is not the issue. The real issue is that we continue to live and serve each other in a loving, caring, compassionate way, the way that we have been taught through that one book that provides the foundation on which society and our lives are built...

Love and Blessings, Revd Gary Best

PRAYER FOR HEALING

A small group meets every month and if you would like prayer for yourself or someone close who is ill or in any kind of need please get in touch with any of the following:

Kathleen Martin - 01473 737 285 Pauline Cobley - 01473 737 317 Margaret Salter - 01473 737 182 Mary Vellacott - 01728 685423 Your call will be treated in the strictest confidence .

Rota for the Altar and Roll of Honour Flowers and Brasses — St. Mary's		
February 1st -13th only	Mrs McCormack	
March Mrs Peacher (brasses only until 29th March)		
Any Problems Ring Denise —685234		

Earl Soham 100 Club

Having had to cancel the Annual Draw, due to the flooding, we found it very difficult to get all the principals together and to give sufficient notice. As with Covid the draw was held at Waters Edge with Dawn Edwards as the Independent Observer. The committee for 2023 was myself, Irene Elmore and John Hulme. Cheques for £239 each were 'presented' to St Mary's Church and the Village Hall and seventeen prizes totalling £478 were distributed. All prize winners have been informed. Thank you to those who have already subscribed for 2024. I would be grateful if you would continue to subscribe either by BACS or cash to save on bank charges. If anyone would like to set up a new subscription please contact me on 685745 or chris.anne1@btinternet.com.

<u>Benefice Choir</u>

The next service where the choir will be present, is being held at: **Priory Church of St. Mary, Letheringham Sunday 4th February — Choir present from 9am** If you would like more information, please contact David Irlande.

David Irlande - davidirlande@gmail.com; 07931 594 325

Dear Parishioners,

On behalf of the PCC, a big thank you to those of you who have, either through regular standing orders, donations or collections, contributed to the financial wellbeing of St Mary's over the years. Your on-going support is vital in ensuring the continued life and mission of the church.

> Best Wishes, Chris Pratt, Treasurer, St Mary's PCC

Earl Soham WI

A thriving, growing and friendly group. We hold interesting, informative and fun meetings. These are usually on the 4th Thursday of every month at 7.00pm at Brandeston Village Hall. New members from Earl Soham and the surrounding villages/areas are most welcome.



Next meeting:

22nd February – 7pm Brandeston Village Hall Wickham Market Workhouse with Jeanette Robinson

Find us at <u>www.sefwi.org.uk</u> or contact Eleri Whitham – 01728 628614

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> Anything sent after this date will not be included.

E-mail: midloesmagazine@gmail.com



will assemble teams on the night

ST MARYS EARL SOHAM

BURNS NIGHT SUPPER

Saturday 10th February 2024

7 for 7.30 pm Earl Soham Village Hall Traditional 3 course haggis supper Piped in by our own 'Highlander'

 \pm 12.50 PER PERSON - beer/ wine/ soft drinks available

(children under 12 years £7)

Book your tickets by February 3rd

RING Mavis 01728 685700 or Irene 01728 685814

maviskerridge@gmail.com

IN AID OF ST MARY'S CHURCH FABRIC FUND

St Elizabeth Hospice are looking to recruit a team of warm, caring and empathetic Community Volunteers to provide support to people living in their own homes.

The support provided may include tasks such as collecting and delivering shopping, collecting medication, making a snack or drink, lighthouse work and gardening or visiting to provide carer/loved one respite, reassurance or a cup of tea and a chat.

We have many patients requesting support in their own homes, across various locations in Suffolk but in particular – Saxmundham, Ipswich, Woodbridge, Eye, Felixstowe and Stowmarket areas. Visits can sometimes be up to 4 hours, but usually would be much less.

If you have any questions regarding the role please contact the Volunteer Team on 01473 707939 or email <u>volunteer@stelizabethhospice.org.uk</u>

SUFFOLK PLANT MACHINERY

Your local friendly plant machinery hire company based in Brundish Nr Framlingham with 20 years experience in machinery



hire and Sunward sales.

We offer a full range of diggers from micro 1-ton machines to gain access through doorways to 6-8 ton machines for larger jobs, dumpers, skid steer loaders, mini telehandlers and specialised attachments for the machines.

- Prompt friendly service at a sensible price
- We can offer self-drive or with experiencedoperators.
- We can offer full delivery and collection service for machines if required.
- No job too small or too big and advice given if needed.

We also have full workshop facilities for repairs and servicing of any machines.

Please call to discuss your requirements on 01379 384977. Email office@suffolkplantmachinery.co.uk



CRETINGHAM NOTES

Flower and Cleaning Rota February 2024			
	Altar Flowers	Cleaning	
February 2024	Mrs Kemp	Vacant	

Church Services in St. Peter's during February

11th February - 10am

Holy Communion with Revd Kathleen Martin

18th February - 10am Morning Prayer with Mr Robert Grimsey

Bible Reading Fellowship (BRF)

Several years ago, Stephen Brian, our Rector at the time, suggested I might like to have two BRF booklets to help give me a focus during my 'personal time' each day. I have found them invaluable, with their comments on different biblical passages for each day of the year. The booklets are New Daylight (sustaining your daily journey with the bible) and Guidelines (bible study for today's ministry and mission).

I have recently taken over from Mary Vellacott the ordering and distribution of these booklets to people in our benefice of Mid-Loes, and intend bringing copies to the February and March Benefice Services, to provide an opportunity for you look at the booklets and to share further thoughts on my experience in using them as part of my 'personal time' each day.

David Defoe

COFFEE & CHAT

St. Peters Church, Cretingham 10.30am – 12noon Friday 9th February 2024



OPEN TO EVERYONE from Cretingham and surrounding villages... just bring yourself for a cup of coffee/tea and biscuit... and the heating will be on! We look forward to seeing you there. x

Last call – can anyone please help with cleaning St. Peters Church just <u>1 hour</u> in the whole year? You get to pick when, i.e. day and month.

All we are asking is that someone pops in the church on their agreed date, check round the church, sprays some polish, wipes some seats and quick sweep!

No more than 1 hour on one day in 2024.

Send me a message – I would love to hear from you.

(Text) 078955348702 or (Email) heather.runacres@hotmail.co.uk

Heather (Churchwarden)



Are you ready for a RACE NIGHT? Brandeston Village Hall, starting line up 7pm, on Saturday 9th March 2024. Support and Part Tickets, Adult 610, Children 65

Supper and Bar. Tickets Adult £10 Children £5.

Let us know if you are coming – Ring Pauline 01473 737317 or email heather.runacres@hotmail.co.uk.

9th March 2024

Cretingham PCC present

RACE NIGHT

Saturday evening

7pm in Brandeston Village Hall SUPPER and BAR

<u>Adults £10</u> <u>Children £5</u>

(if you would like to pay online please let us know)

Lots of frantic betting and of course totally non-competitive... believe that and you believe anything !!

To book a place contact either Pauline on 01473 737317

or text Heather on 07981526009 or email heather.runacres@hotmail.co.uk

Friends of St Peter's Cretingham

Notice is given for members of an Extraordinary General Meeting

To be held on 27th February 2024

at

The Bell, Cretingham - 7.30pm

To consider the resolution below: RESOLUTION OF THE MEMBERS OF THE FRIENDS OF ST PETER'S CRETINGHAM

It is resolved that the charity known as the Friends of St Peter's Cretingham constituted on the 28th March 1997 and registered with the Charity Commission under charity number 1061885 be dissolved and that the balance of the assets remaining after the satisfaction of any proper debts and liabilities shall be transferred to the Charitable Incorporated Organisation known as the Friends of St Peter's Cretingham incorporated on 14th November 2023 and registered with the Charity Commission under 1205705

Contributions to the Magazine

Please note that any contributions to the magazine need to be sent to the following e-mail address: **midloesmagazine@gmail.com**

March Benefice Service

St. Mary, Dallinghoo Sunday 3rd March - 10am

Archdeacon Rich Henderson will be joining us for this service as Revd Gary is to be made Rector of our Benefice. This is a service to which all are welcome and light refreshments will follow the service.

MONEWDEN NOTES

DATE	FLOWERS AND BRASSES	CLEANING	SIDESPERSON	COFFEE
February 4th	Benefice Holy Communion Service—Letheringham			
February 11th	M. Gibson	W. Heath	L. Grier	W. Heath
February 18th	-	-	-	-
February 25th	<i>Lent</i> <i>Brasses Only</i> L. Grier	M. Sills	J. Dinwiddy	C. Saxby

READERS FOR FEBRUARY. 11th—Brian and Sheila.

100 CLUB WINNERS: Dec.23: 1 £75 Ann Legg; 2 £50 Richard Gibson; 3 £25 James Dinwiddy.

January 2024: 1 £25 Chris Hearn; 2 £15 Lisa Grier; 3 £10 Kathleen Martin.

PCC MEETING: There will be a PCC meeting on Tuesday, February 20th, 7.30 p.m. at Maple House.

Our next **COFFEE MORNING** will be on Saturday, February 17th from 10am onwards. Real coffee, tea, breakfast and bacon rolls will be served. Come and join us, this monthly event is now very popular. The 100 Club draw prizes for February will be drawn at this event.

Old Monewden Local - History Society Magazines Free to the first to ask!

We have the magazines dated 1994, 1995, 2000 and 2002. If anyone would like them, just call **01473-737700** and we will put them aside for you to collect. *Jeremy Quinlan*



HOO NOTES

The New Year

The PCC is currently planning a programme of community events for 2024, but one, which we know is very popular which we can give a date for this year's diary, is the Open Garden at Hoo Hall and accompanying concert in the church. This will be on **Sunday 9th June 2024** from 2pm to 5pm. If you have been before, we look forward to seeing you again, but please tell your family and friends what a great afternoon it is. *Francis Whitbread*

A BIG THANK YOU....

To everyone who came to Percy's, Songs of Praise Service last June, giving him the send-off he deserved.

Also, thank you to Annabel for arranging the service; Kathy for leading the service; and to the people who gave the delicious food; decorating the church; and all the other people who did so much to make the afternoon go so smoothly...

Thank You.

We would also like to say a huge Thank You to all who contributed to the wonderful bench and base, in memory

of Percy and Phyllis...

it was very kind and most touching.

May they rest in peace together.

God Bless you all.

Trudy, Eddie, Cynthia.

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E-mail: midloesmagazine@gmail.com

Thank you to all those people across the benefice, who have been able to contribute food donations to FIND. As a reminder, donation boxes are available in all the benefice churches, so please, if you are able, continue to donate to this worthwhile cause.



THANK YOU

Thank you to everyone who decorated, arranged flowers and cleaned St. Peter's for Christmas. It was lovely to see the church looking so attractive and welcoming.

Date for your Diary

Advance notice of Coffee Morning at Hill Farm on Friday 17th May, 10am -12. Please start collecting bric-a-brac, books and raffle prizes for this event with funds raised going to the Church's Fabric Fund.

Cream Teas will start again from June to September in St. Peter's Charsfield. This year they will be held on 3rd Sunday of the month, 3-5pm. Home-made scones and cake and a chance to chat with friends with a cup of tea. All proceeds will be going to Church Funds.

St. Peter's Church Rotas - February 2024		
Date	Readers Sides Person	
4th February - 10am Benefice Service Holy Communion	Benefice Holy Communion at Letheringham	
11th February	No Service at Charsfield Please check the Magazine for details of services elsewhere in the Benefice	
18th February - 6.30pm Evening Prayer	Margaret Linda	Linda
25th February - 10am Holy Communion	Mike Pauline	Pauline

CHARSFIELD WITH DEBACH NOTES

St. Peter's Church Cleaning Rota - February 2024		
February 10th	February 24th	
Linda and Kurt	Gill and Beverley	

Charsfield and Dallinghoo

Women's Institute

We invite you to join us or visit us **INSPIRING WOMEN** and enjoy interesting speakers, friendly company and excellent catering! Our meetings are held at either Dallinghoo village hall (in the summer) or Charsfield village hall (in the winter) on the second Monday of the month at 7.45pm. Guests and new members are always welcome - for more information contact the President, Maureen Arbon at **thearbons@btinternet.com** or 01473 737346 We would love to have some new members join us.

12th February - Charsfield Village Hall Working with Prisoners in Hollesley Alison Wintgens

11th March - Charsfield Village Hall

Chiropractic, problems with the Back (and other) Mycel Mason Give us a try, come along as a guest and see what we're like!

Charsfield C of E Primary School Aiming high, valuing individuals, celebrating success.

Small class sizes

- Forest school and swimming lessons
- Affordable wraparound care 8am-5pm
- Close to Wickham Market, Framlingham
 & Woodbridge
- Rated 'Good' by Ofsted, 2023
- Pre-school coming soon
- High adult to pupil ratio
- · Family feel and supportive staff
- Inclusive, diverse curriculum

Come and see what a small school can do for your child.

Church Road, Charsfield, Woodbridge IP13 7QB, office@charsfieldprimary.org.uk, 01473 737347





Charsfield Baptist Coffee Pot,

held alternate Tuesdays during February (6th and 20th)

10.30am - 12noon

in the Village Hall. Everyone welcome

Sunday Services at 11am every Sunday.

Morning prayer times continue in the Chapel Wednesday-Friday, and alternate Tuesdays, 10am-10.30am.

The retiring collection taken at the Village Carol Service amounted to £75.00, which was forwarded to the Salvation Army, for their Christmas Appeal. Many thanks to all who attended the service and contributed to this worthy cause.

Road Safety Survey

If you live in Charsfield there should be a Road Safety Survey inserted in this magazine.

The Parish Council have received so many diverse comments and complaints about road safety in the village we feel the best way forward to utilise the limited funds available is to formulate a long term Road Safety Plan. This is your opportunity to have your say.

The survey can also be completed electronically: <u>https://forms.gle/xisbQ9FHBqyP2HHX9</u> or via a link on the village website <u>www.charsfield.org.uk</u>. **Completed paper copies can be posted through the letterbox at 2 St Peters Close.**

There's no need to leave your name, it's anonymous, but you can at the end if you wish. The Parish Council will pull together all the survey results, which will be available on the Parish Council website and in the magazine. Thank you!

Please complete the survey This affects every one of us.

Charsfield Parish Council

Charsfield Amateur Dramatics Society

CADS - Date for your Diary

After last year's great success with sold out performances, Charsfield Amateur Dramatics Society would love to see you back again this year for lots of Laughter, Music and much more.

21st/22nd/23rd March 2024.

In excess of £1,500 was donated to our local charities last year. - *Maybe we can beat that this year?* -

Further details in March magazine.

	February 4th	February 11th	February 18th	February 25th
Church	2nd Before Lent	Next Before Lent	1st of Lent	2nd of Lent
	Green	Green	Purple	Purple
Ashfield		4pm Evening Prayer VB	8.30am Holy Communion KM	x
Charsfield		x	6.30pm Evening Prayer KM	10am Holy Communion WG
Cretingham		10am Holy Communion KM	10am Morning Prayer CW	x
Dallinghoo		4pm Holy Communion KM	10am All-Age Worship CW	x
Earl Soham		10am All-Age Worship WG	10am Holy Communion KM	10am Morning Prayer GB
Ноо		8.30am Holy Communion GB	x	8.30am Morning Prayer KM
Letheringham	10am Benefice Holy Communion KM	x	x	x
Monewden		10am Holy Communion GB	x	10am All-Age Worship KM

Key to Service Leader: GB = Revd Gary Best; KM = Revd Kathleen Martin;

WG = Revd Wendy Gourlay; APW = Amber Pearce Williams, Lay Elder;

CW = Churchwarden; VB = Veda Berriman, Reader.

March Benefice Service

St. Mary, Dallinghoo Sunday 3rd March - 10am

Archdeacon Rich Henderson will be joining us for this service as Revd Gary is to be made Rector of our Benefice. This is a service to which all are welcome and light refreshments will follow the service.

Date	Readings	Psalm
February 4th	Colossians 1: 15-20	104: 26-end
	John 1: 1-14	
February 11th	2 Corinthians 4: 3-6	50: 1-16
	Mark 9: 2-9	
February 18th	1 Peter 3: 18-end	25: 1-9
	Mark 1: 9-15	
February 25th	Romans 4: 13-end	22: 23-end
	Mark 8: 31-end	

Bible Readings for February 2024



The treasurer still had a trick up his sleeve



<u>News from</u> Charsfield C of E Primary School

We have had a wonderful start to the school term, although it has been rather chilly lately!

Our youngest pupils in Rowan class have been learning about London as part of their topic Bright Lights, Big City. Over the course of the term, the children will learn what a city is, they will find out about some of landmarks and learn about the Great Fire of London. In science the children are learning all about the seasons and the weather. Our writing is linked to the book All Aboard the London Bus. In our DT lessons we will be learning about moving vehicles and the London taxi!

In our KS 2 classes pupils are learning about what the earth is made of and the natural disasters that occur in our Geography topic: Rocks, Relics and Rumbles. We have been finding out how fossils and different rock types are made, and we have been using these to inspire our artwork. We are designing motifs to create a repeating pattern and later in the term we will be creating sculptures from clay. In science lessons the children are exploring states of matter and finding out more about these through exciting experiments. In our literacy lessons, pupils in Oak Class (Year 4, 5 and 6) are using the story of Charlie and the Chocolate Factory to inspire their writing. We have invented our own sweets and written invitations inviting Charlie Bucket to Wonka's amazing Chocolate Factory. Pupils in Ash Class (Year 2 and 3) have been using the book The Marvellous Fluffy Squishy Itty Bitty to inspire their story writing.

This term we have resumed our Forest School sessions where the children explore, create and learn in our forest school area on site. The activities vary weekly, but the children have great fun. Activities can involve anything from: making stretchers, dens, bug hotels to building campfires to pond dipping or bug hunting. You can find out more here: <u>https://forestschoolassociation.org/</u> what-is-forest-school/

We have a wonderful school community here at Charsfield, and our governing body is looking to recruit more governors. You don't need any experience, just an interest in supporting a thriving school community! If you'd like to find out more, please contact our school office <u>office@charsfieldprimary.org.uk</u> We look forward to hearing from you.

We are a friendly, nurturing school that "feels like a family in its own right" (Ofsted 2023). If you are looking for schooling in the area and would like to find out more, please contact the office on the email address above or call 01473737347.

Website: <u>www.charsfieldprimary.org.uk</u> We are also on Facebook and Instagram.

Mrs Reeve Head of School



Services at St. Mary's, Dallinghoo, for February

11th February 4pm - Holy Communion 18th February 10am - All-Age Worship

Dallinghoo Christmas Fair

The church PCC would would like to give a HUGE thank you to <u>everyone</u> who supported the Christmas Fair, especially Father Christmas who turned up in his unique way, and we successfully raised £388.60.

Cleaning Rota

We would be extremely grateful to anyone could spare the odd hour on any day, to do a spot of cleaning to help us keep our newly restored church looking fabulous; a rota has been left in the church for any volunteers names.

Churchyard tidy up 13th April - from 10am

Advance notice for your diaries - do come along and help us get the churchyard ready for the summer season. All helpers welcome. There are a wide variety of tasks to be completed both large and small.

BENEFICE HOLY COMMUNION AND LIGHT LUNCH

Thursday 8th February from 12noon at Firs Farm, Monewden

A reflective Holy Communion service followed by a light lunch to which all are welcome.

Please let Revd Kathleen know if you are coming in order to help with planning.

b.a.martin@btconnect.com or 01473 737285

DALLINGHOO NOTES



Father Christmas with friends at the Dallinghoo Christmas Fair.



POTSFORD CARE FARM LETHERINGHAM



Potsford Farm is a Care **Farm** and Livery Yard based in Letheringham

What is a Care Farm?

We look after approximately 70 adults per week (approximately 25 people per day) on the Care Farm – who have learning disabilities and/or mental health

problems. People are generally referred to us from Social Care or the NHS, but occasionally people do self-refer.

The Care farm clients (co-farmers) get involved in all aspects of farming – and help to look after cows, sheep, goats, chickens, pigs, guinea pigs, horses – and take part in growing fruit and vegetables. The farm provides regular meaningful activity, where people can learn skills, socialise, make friends, have structure, and talk to us if they have any worries or concerns.

They also take part in looking after the horses, we have two ponies for carriage driving, and we provide training such as British Horse Society Challenge awards (we are a British Horse Society approved Livery Yard).

We currently only do Carriage Driving in the arena or on the farm – as taking clients out on the B1078 would be too risky.

The Horse and Rider Safety Issue

Livery customers (myself included) do go out on the road – as it's the only way to leave the farm on horseback, but there have been several near misses, including being over taken too closely, overtaken too fast, people over taking on blind corners, people revving their engine behind us etc etc.

We are also all of course aware of the recent upsetting incidents in the local news, where a horse was killed in Earl Soham, and in Dennington - where a horse and rider were injured, when out riding on the road. This of course makes us re-consider whether we should go out on the road, or whether we might be the next statistic. We do our utmost to get off of the B1078, and can ride on rented tracks most of the way up to Wickham Market – but even this can be problematic when a lorry is driving 60mph with just a small hedge separating us.

We don't have any tracks to ride on if we want to get to the nice quiet hacking around Letheringham.

There are no bridleways that enable us to safely get off of the farm, or off of the B1078.

We like all road users want to be able to go about our business safely, and to proactively be part of the local community. The current situation means that some customers do not feel safe to leave the



farm, and possibly prevents some people moving their horses to us, and certainly restricts what we feel we can safely do with the Care Farm – to teach them skills, and give them as much Carriage Driving experience as possible.

How you can help us keep our horse and Riders safe.

If you are out driving and see a horse on the road, then **please slow down** - and give them plenty of space.



Passing horses wide and slow is now in The Highway Code – (Rule 215) so please: Be particularly careful of horse riders and horse-drawn vehicles especially when approaching, overtaking, passing or moving away.

Always pass wide and slowly.

When you see a horse on a road, you should slow down to **a maximum of 10 mph**. Be patient, do not sound your horn or rev your engine.

When safe to do so, pass wide and slow, allowing at least **2 metres** of space.

Horse riders are often children, so take extra care and remember riders may ride in double file when escorting a young or inexperienced horse or rider.

Look out for horse riders' and horse drivers' signals and heed a request to slow down or stop.

Take great care and treat all horses as **a potential hazard**; they can be unpredictable, despite the efforts of their rider/ driver.

Remember there are three brains at work when you pass a horse; the rider's, the driver's and the horse's.

Do not forget horses are flight animals and can move incredibly quickly if startled.

Kevin Francis , Potsford Care Farm Letheringham

The deadline for contributions to the MARCH 2024 edition is SUNDAY 18th February



With the hustle and bustle of Christmas and the New Year festivities firmly behind us, it seems like the opportune time to take a few moments and reflect back on some key highlights and events of 2023.

Last year saw the coronation of His Majesty King Charles III, a day of great celebration for many across the country and of course, here in Central Suffolk and North Ipswich. It was an historic moment and once again, our communities rallied together to host an array of coronation events in celebration of this once in a lifetime event.

Sadly, many of us were also impacted by the once in a generation flooding caused by Storm Babet in late October and I was pleased to play my part in securing the flood recovery relief fund, thanks to my direct intervention with the Prime Minister. I still continue to support residents as they recover from the flooding and continue to press our local councils to work together to get this money out to residents as quickly as possible in order that recovery works can get underway.

Representing the views of residents here in Central Suffolk and North Ipswich remains, as ever, my top priority and throughout 2023, I have enjoyed visiting many schools, businesses, charities, health settings and other voluntary organisations. My team and I have dealt with thousands of casework enquiries from individuals needing help throughout the year and I have received over 15,000 emails on topics such as health services, the Israel Gaza conflict, animal welfare, energy and the environment. As a practising NHS hospital doctor, healthcare continues to be a top priority for me and it is vital that residents have access to high quality healthcare services. I continue to remain focused on securing a new GP practice in Needham Market, which will support residents living in and around Claydon, Barham, Great Blakenham, Henley and the surrounding villages.

I continue to support residents in the fight against National Grid's Norwich to Tilbury pylon proposals and as a key member of the Energy Security and Net Zero Select Committee, and also the OffSET group of MPs, I have long supported an offshore route as the preferred option for energy transmission. In recent weeks, I met with the Defence Secretary to discuss my concerns over the impact of the pylon proposals on the operability of military flights in and out of Wattisham Air Base. This will continue to be a key focus for me moving into 2024.

Supporting our farmers and rural communities has also been a continued focus this year, and I have pushed for greater support for our sugar beet farmers in their recent round of negotiations with British Sugar.

Visiting schools across Central Suffolk and North Ipswich remains a key part of my role and as ever, I will continue to push central government for further funding to ensure that every child in Suffolk has the very best start in life.

As ever, I look forward to meeting many of you at events during the coming months and in the meantime, would like to take this opportunity to thank you for your support and wish you a happy, healthy and prosperous 2024.

Dr Dan Poulter

Candlelit Carol Service - Saturday 23rd December 2023

We were delighted to welcome local parishioners as well as many others from the Mid-Loes Benefice to our annual Candlelit Service at The Priory Church of St.Mary, Letheringham. The Church was beautifully adorned with winter foliage, flowers and candles and every member of the congregation was given a hand held candle which was lit during the first carol.

The PCC would like to say a huge thanks to Keith Wallace who organised and led the 'Letheringham Youth Choir'. The voices from the choir added a very special touch to the service. Thanks also to all those who helped with decorating the Church, and for providing mince pies and mulled wine which were thoroughly enjoyed by all.

Forthcoming Services at The Priory Church of St. Mary's, Letheringham

Sunday 4th February 10am - Benefice Service

Sunday 31st March 9.30am - Easter Service

Wednesday 19th June 6.30pm - Taize Service



ASHFIELD NOTES

FLOODING UPDATE

By the time you are reading this the deadline for applying for and receiving the initial payment towards recovering from the floods will have passed and I hope all of those who are eligible will be successful in their applications.

I am attending a 'Flood Forum' at Debenham on 26th January and if anything significant comes to light at that I will put this out on the village email system.

Moving on from this traumatic event it is important that everyone who has a ditch/s or drains on their property makes sure that it is kept clear of obstructions and that any accumulations of vegetation or silt are removed before water is able to back up. I am at present in touch with a few landowners where action is required and shall keep anyone affected by this activity informed. Finally it should be remembered that there is a requirement to obtain permission from Suffolk County Council [Floods Team] if you plan to reduce the capacity of any ditch or take steps to divert water which could increase the risk of flooding elsewhere!

RG

CAROL SERVICES 2023/2024

Thank you to everyone who joined our Carol Service on the 19th December, particularly those who read lessons or were part of the 'Ladies Group' choir. I think everyone enjoyed the chance to chat over refreshments after the service too! Moving our Carol Service to a midweek evening seems to be very popular so I have already booked the date for 2024 with Revd Gary. Please put Monday 23rd December 2024 at 7pm into your diaries.

RG

'FIND' FOODBANK DONATIONS.

I should like to reiterate Kath Burton's thanks to you all for the abundance of donations made in Ashfield just before Christmas. Thanks also to Colling and Kath for delivering them all to 'Find' in Ipswich in time for Christmas. The collection box remains in the church porch where donations can be placed at anytime. During 2024 it is planned that the boxes across Mid Loes Benefice will be emptied once a month, once the date for this is set we will send out an email about a week ahead to enable donations to be deposited just before collection. Thank you for your continued support of this important initiative.

RG

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Anything sent after this date will not be included.

E-mail: midloesmagazine@gmail.com

BENEFICE HOLY COMMUNION AND LIGHT LUNCH

Thursday 8th February from 12noon at Firs Farm, Monewden

A reflective Holy Communion service followed by a light lunch to which all are welcome.

Please let Revd Kathleen know if you are coming in order to help with planning.

b.a.martin@btconnect.com or 01473 737285


Food Donations across the Benefice

The benefice churches are delighted to be supporting FIND (Families in Need) a local charity based in Ipswich supporting people across the local villages and towns.

For over 30 years, Families in Need (FIND) Ipswich, has offered a lifeline to people in Ipswich and the surrounding areas who are experiencing poverty and despair.

FIND provides free food parcels and personal care items to help people get through a crisis, as well as furniture, bedding and other household items where the person or family has none.

An army of over 80 volunteers regularly give their time freely to check and sort the donated food, collect items from local stores, make up the food parcels and deliver them.

It's a six-day a week operation.

The demand for food parcels has risen year on year and FIND now distributes an average of 120-150 parcels every week and even more at Christmas - more than 7,000 every year.

Going Forward

Each church within the benefice has now become a donation point where there are boxes in the church porches in which donations can be left. The donations will then be collected on a regular basis and taken to the offices of FIND. Currently, the food requirements are as follows:

> Long grain rice - Long-life whole milk Toiletries for men, women and children Tinned vegetables, meat, fruit/desserts Coffee - Sugar - Jam - Soup Pet food (dog, cat, fish, rabbit/guinea pig)

If you are able to donate, thank you.

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Ashfield	Mrs Sarah Clare E-mail: actpc.clerk@gmail.com Tel: 01449 781671		
Charsfield	Pamela Hembra E-mail: charsfieldparishcouncil@gmail.com Tel: 01473 737655		
Cretingham	Acting Clerk : Caroline Saxby E-mail: cmhparishcouncil@gmail.com		
Dallinghoo	Chris Ling E-mail: dallinghoo@outlook.com Tel: 07963305205		
Earl Soham	Guy Harvey E-mail: espcclerk@gmail.com Tel: 01728 685729		
Ноо	Caroline Saxby (see Cretingham above)		
Letheringham	E-mail: letheringham@btinternet.com		
Monewden	Caroline Saxby (see Cretingham above)		
Village Ha	all/Community Centre Booking Secretaries:		
Ashfield	Geoff Henney Tel: 07507 040041 Email: sueandgeoffhenney@hotmail.co.uk		
Charsfield	Website: www.charsfieldvillagehall.org.uk Email: enquiries@charsfieldvillagehall.org.uk Or <i>Tel:</i> 07935 445193		
Dallinghoo	Mr Chris Pennington Tel: 01473 737 836		
Earl Soham	Village Hall Committee Tel: 07961 606647 Email: esvhbookings@gmail.com Website: earlsohamvillagehall.org		
Monewden	Sian Kingston Tel: 07887606717 Email: sian@rskingston.com		

Village Organisations			
ASHFIELD	Community Council	Ms Sam Thomas	07985 807683
u	Ladies Group	Mrs Susan Hansen	01728 685 738
CHARSFIELD	CEVC Primary School	Mr Mark Taylor	01473 737 347
u	WI Secretary	Mrs Rosalin Baley	01473 737171
u	Rec. Ground Com	Gerry Smith	01473 277166
u	Tennis Club	charsfieldrgtennis@yahoo.com	
u	Flower Show Secretary	Mrs Pip Smith	01473 277166
"	Village Hall	Pam Hembra committee@charsfieldvillagehall.org.uk	
CRETINGHAM	100 Club	Mr Alister Gourlay	01728 685 335
DALLINGHOO	Rec. Ground Com.	Mr Derek Spall	01473 737 565
u	Carpet Bowls Club	Mr Cliff Green	01473 737 421
"	Village Hall Com.	Mr Derek Spall	01473 737 565
EARL SOHAM	FO St. Mary's	Mr John Stott	01728 861 340
u	Primary School	Mrs Jen Carlyle	01728 685 359
u			
u	WI Secretary	Mrs Daphne Dale	01728 621 292
u	Village Hall Secretary	Mrs Susie Starke	01728 684 385
u	100 Club	Christopher Pratt	01728 685 745
u	Tennis Club	Mrs Mary Patterson	01728 685 362
u	Bowls Club	Martin Dorey	01728 684880
u	Scouts/Cubs/Beavers	Mrs J. Lovett	01728 723 712
u	Carpet Bowls Club	Chris Pratt	01728 685745
	Allotment/Gardeners Association	Mrs Susie Starke Mrs Janice Meakin	01728 684385 07921 263632



WHO'S WHO IN THE BENEFICE (Continued from inside front cover)

EARL SOHAM

Churchwardens	Dr. John Elmore, Hill Farm, Earl Soham	01728 685 814
		— <u>-</u> -
Secretary	Mrs. Mavis Kerridge, The Malt House, Earl Soham	01728 685 700
Treasurer	Christopher Pratt, Waters Edge, Low Road, E. Soham	01728 685 745
	НОО	
Churchwardens	Vacancy	

SecretaryMr.Trevor Branton, The Poplars, Pound Hill, Dallinghoo01473 737 246TreasurerMr Francis Whitbread, Archers Keep, Butts Lane,
Debenham. Email fwhitbread57@gmail.com07788 563827

LETHERINGHAM

Churchwardens	Vacancy	
Secretary	Janet Ross, Pips Cottage, Cooks Hill, Letheringham	01728 746228
-	Email jeross I @me.com	
Treasurer	Terence Carlin. Email terence.carlin@btinternet.com	01728 746480

MONEWDEN

Churchwardens	David Grier, Northgates, Monewden	01473 737 298
"	Mr Brian Martin, Firs Farm, Monewden	01473 737 285
Secretary	Mrs. Caroline Saxby, Maple Ho, Rookery Rd. Mon'den	01473 277 146
Treasurer	David & Lesley Grier, Northgates, Monewden	01473 737 298

CHARSFIELD BAPTIST CHAPEL

Pastor	John Green, The Manse, The Street, Charsfield	01473 737861
Secretary/	Mary Rowe, 15 Broad Road, Wickham Market	01728 582243
Treasurer		
Deacon	Philip Read, 2, Owners Cottages, Hall Road, Charsfield	01473 737372

In order to keep this information up to date please inform the Editor of changes as they occur. midloesmagazine@gmail.com

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