

The Benefice of Badwell & Walsham

Rector : Rev'd Catriona Brinkley 07525920307

revcatrionabrinkley@outlook.com

Reverend Jill Walker *jill.walker@me.com*

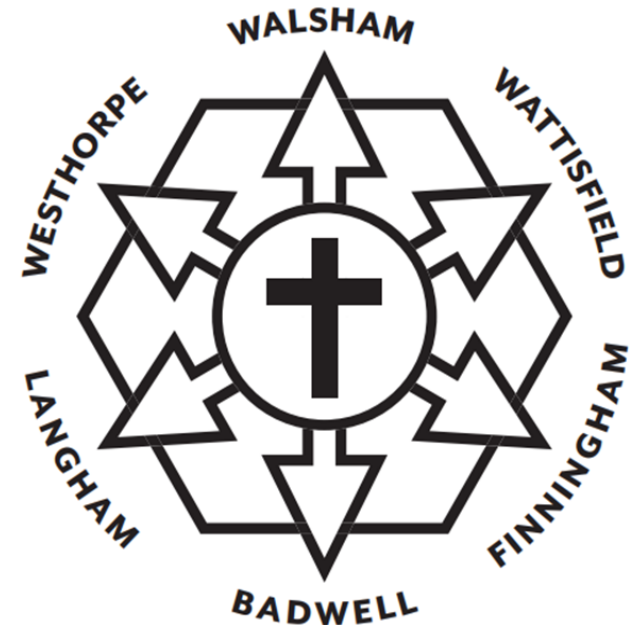
Reverend Jay Price 07752 867388 *jsgprice@aol.com*

Benefice Reader: Ian Jackson 07971007147

Benefice Elder: Marion Bell 01449 782072

Benefice Safeguarding Officer:
Tracey Gorzelak 01359 258529

The Benefice of Badwell & Walsham



Hexagon

October — November 2024

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TRANSITIONS, TRANSFORMATIONS AND THANKS

‘There is a time for everything, and a season for every activity under the heavens:
a time to be born and a time to die, a time to plant and a time to uproot.’
(Ecclesiastes 3-1-2)

As I write this surrounded by moving boxes and the last days of summer sun streaming through the rectory windows, I am so grateful – grateful for God’s timing both in our lives and in the changing seasons. Within the last two weeks we have enjoyed the Open Gardens event in Walsham and celebrated as Bishop Martin dedicated the newly rehung bells in Westhorpe, not to mention several weddings and baptisms across our benefice there has been so much to celebrate and be grateful for. So, as I transition from my curacy churches and start this new role am I also thankful for all that has been and all that is still to come.

And yet by the time you are reading this I will have been installed by Bishop Mike (one of his last services before his move to Exeter) and I am also grateful for Revd Jill, Revd Jay, and all those who have looked after our churches in the vacancy period since Revd Phillip left. I am really looking forward to meeting and getting to know you all and our villages over the next few months, if you see me around please do say hello.

As the fields around us transform from golden hues to earthy browns we have turned our thoughts to thanking God for this year’s harvest – and as ever we pray for our Farmers for the work they do all year round to feed and sustain us. This year we pray for the challenges they face; the rise in diseases such as Blue Tongue, and the constant difficulties of balancing finances and rising costs.

In November we turn our thoughts to remembering those who fought bravely for our freedom on Armistice Day and Remembrance Sunday, where there will services across our benefice. It is also a time in our church calendar when we remember all those we have personally loved and lost, this year we will be holding an All-Souls service in Finningham. It will be a short reflective service where we can remember

cont>



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HEXAGON

Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine to the Editor: Debbie on 01359 259686 or debbiewatson2916@gmail.com

COPY DEADLINE Last date for items for inclusion in the next issue is Friday **8th November 2024**

The Hexagon is delivered to nearly 1800 households in the villages of Badwell Ash, Finningham, Langham, Wattisfield, Walsham le Willows and Westhorpe.

We have not raised our prices since 2015, but regretfully have had to make a small increase this year.

Advertising Rates

FULL PAGE	single issue £33	3 issues £66	6 issues £127
HALF PAGE	single issue £22	3 issues £44	6 issues £83
QUARTER PAGE	single issue £17	3 issues £34	6 issues £55

Contact Judith on 01359 258251 or judithharlow@outlook.com

HEXAGON MAGAZINE

We are seeking someone to take over as the 'Advertising Organiser' for the Hexagon. This would involve collating adverts from the various companies/organisations for inclusion in the Hexagon. Liaising with the advertisers with regards to size and cost of the adverts and in conjunction with the editor ensuring they are the correctly printed in the magazine.

For further information please email Judith Harlow at judithharlow@outlook.com

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Afternoons (up to 6.00pm)	£35.00	£25.00
Evenings (up to 11.00pm)	£35.00	£25.00
All Day	£90.00	
Hourly	£10.00	

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those we have commended to God's eternal care; everyone is welcome please contact me if you would like more information.

These next few months are busy ones with lots happening in our churches and villages but also in our daily lives. If you should find yourself needing to find a moment of calm remember our churches are open for you to retreat from the busyness of daily life.

Father God, as we transition through the changing seasons, we ask for strength as our lives transform as we face daily challenges and joys. Thank you for all we have received and bless us with your grace. Amen.

God bless, Revd Catriona

FROM THE REGISTERS

BAPTISMS

Arleigh Moors	14/7/24	Bsdwell Ash
Hugo Faraday Din Harlow	3/8/24	Walsham
Lara Isobel Blankhorn	1/9/24	Walsham

WEDDINGS

Joshua Ryan Smith/Eleanor Lillian Smith	17/8/24	Finningham
James Graham Hinkley/Louise Alice Matthews	31/8/24	Walsham
Jason Frederick Mitchell/Emma Louise Teresa Robinson	6/9/24	Walsham
William Richard Meyer/Tasley Elisabeth Farrell	7/9/24	Walsham

FUNERALS

Catherine Elizabeth Whatling	9/7/24	Walsham	Burial
Ruth Elizabeth Frost	22/8/24	Walsham	Memorial



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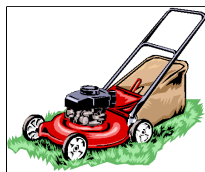
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THANKS

I would very much like to thank my friends in the Benefice who so kindly donated to the half marathon that I walked with family and friends in aid of Cancer Research U K in memory of our dear daughter Alison . I raised £1.626.25 and all together our total is £11.460.88p.

My sincere thanks to you all
Yours Margaret Miller

WATTISFIELD JUMBLE SALE

A big thank you to all who contributed to the jumble sale. We raised £800.55. This will be divided between the Parkinson's society and St Margaret's Church.

Gill Adamson


MUSIC AT ST MARY'S CHURCH
WALSHAM LE WILLOWS

October

Saturday 12th October: 7.30pm
Alistair Blay and friends
An evening of a classical pot pourri of music.
Free entry, refreshments.
A retiring collection for church funds

December

Sunday 22nd December 4.00pm
Nine Lessons and Carols.
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Walsham le Willows Memorial Village Hall is available for hire contact Sarah Cousins email sarah@octopusadmin.co.uk or tel 01359 259698 There are also a variety of activities happening at the hall:

Sosa (Start of Something Amazing!) Monday 9.30-10.30 am
Contact : Sam on 07410. 978335 / samfitz@hotmail.co.uk

Community Lunch 12.45 pm (second Monday of each month)
Contact : Shirley White tel 01359 258532

Self Defence Class Tuesday 6.30pm
Contact: Andy at info@rbmdynamics.com

Pilates Wednesday 9am -10am, 10.15am-11.15am & Friday 2pm-3pm
Contact: Lara at contact@larapepper.com

Coffee shop Thursday (weekly) 10.30am - 12.30pm
Home-made cakes and savouries, teas, coffee and cold drinks. All welcome

Post Office Van Thursday (weekly) in the village hall car park



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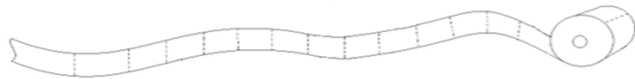
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YOGA Monday (weekly) 10:45am-12:15

Contact: Juliet Wright. Tel: 07503 212670 jujuyoga39@gmail.com

ART CLUB Monday (fortnightly) 2:00-4:30pm.

Contact: Paul Weston. Tel: 07860 376592. paulwestonarchitect@gmail.com

LINE DANCING Monday (weekly) 12.45-1.45pm

Contact: alisonweston25@hotmail.com Tel: 07972 415205

CARPET BOWLS Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 jeffmoore297@hotmail.com

John Gladders 01449 780365 dijongladders@gmail.com

CRAFT CLUB Tuesday (fortnightly) 10:00am-12:00

Contact: Lynda Cotgrove. Tel: 01449 780142 / Rosemary Mees. Tel: 01449 780394

SINGING FOR PLEASURE Wednesday (three weekly) 10:00am-12:00

Contact: alisonweston25@hotmail.com Tel: 07972 415205

PILATES Wednesday 12.15-1.15pm

Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

GENTLE FITNESS Friday 10.00 - 10.45am

Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

Please check the village website at westhorpe.onesuffolk.net for details,
or contact Alison Weston on 07972 415205 or wvhbooking@hotmail.com

QUIZ NIGHT

Badwell Ash Village Hall on 11th October 24

Doors open at 7.00pm for 7.30pm start.

Look out for details in the village



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Friday 18th October 7.15pm to 9.15pm

Session price £3.00 BYO drinks

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or

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Walsham Sports Club in Summer Road is a thriving local community facility offering sporting/exercise opportunities to everyone.

Regular Weekly Activities

Walking Netball Tuesday 10 – 11am & Thursday 6 - 7pm
 Senior Football (over 40's) Monday 8 – 9 pm
 Walking Football (over 65's) Tuesday & Thursday 1 - 2pm
 Senior Football (over 50's) Tuesday 2 - 3pm
 Otago (chair based exercise) Wednesdays 11.30 -12.30
 Pétanque Thursday 2pm
 Walking Football Thursdays 2-3pm
 Yoga Thursday 1.15- 2.15pm
 Cardio Tennis Friday 12 – 1pm



Social Events

Sunday night Bingo starts 7pm on
6th & 20th October, 3rd & 17th November

Junior Halloween Party
Friday 25 October start 6.30pm onwards
 All Welcome

Race Night
Saturday 16th November
 For further details see website

For further information and to check for any at/time changes for events please visit our website <https://walshamsportsclub.co.uk> or contact Gordon 07790564674.



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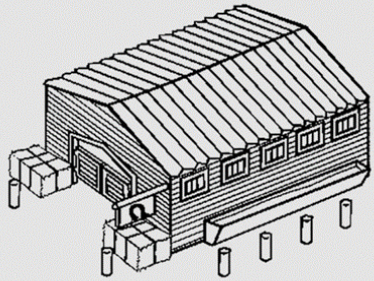
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joseph.light@sentry.co.uk

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Friday 18 October & 15 November

From 10:00 til noon
At Badwell Ash Village Hall

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Caroline Morris: 07843 248 411
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Web address: pawfectmoments.co.uk
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HAUGHLEY HOOVERS

Haughley Hoovers are a group of local North West Clog Dancers performing traditional dances from North West England, the Isle of Man and the Outer Hebrides. Formed in the early 1980s we have performed at a variety of local events and festivals, both here and abroad.

Practice sessions again in Haughley Village Hall on Sunday evenings
7.30-9 pm from 17th September 2023.

If you would like to come and have a go, we would be delighted to see you.

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CITIZENS ADVICE



Amidst changes to Winter Fuel Payments, Citizens Advice Mid Suffolk offers top tips on affording energy bills this winter.

In late July the Chancellor announced changes to the Winter Fuel Payment (WFP). The WFP is an annual one-off payment to help pensioners pay for heating during the winter. Depending on age and if you live with somebody else who's eligible, it could provide up to £300 towards your bills.

However, the new announcement means only those receiving Pension Credit or other means tested benefits will now be eligible for WFP. The changes might be confusing and worrying to some people who have already factored WFP into their household budget.

That's why Citizens Advice Mid Suffolk is on hand to offer their top tips on affording energy bills this winter.

There are also steps those still entitled to the Winter Fuel Payment can take to make sure they don't miss out on this much-needed support. We know a third of people entitled to Pension Credit aren't claiming it, and it's more important than ever to apply for this benefit if you can.

Pension Credit is a weekly benefit to boost your income and is based on how much money you have coming in. If you have reached State Pension age, you might be able to apply for it. Check the Citizens Advice website to see if you're eligible and get instructions on how to apply.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am-3.30pm and Friday 9.30am-12.30pm.

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Church Rd, Westhorpe, Stowmarket IP14 4SY

Tuesday 3rd December 2024

7.00pm- 9.30pm

£40.00

Come and create your own Christmas Wreath, the evening will include a demonstration, tuition, and everything you need to create your personalised wreath

Coffee and tea will be provided, but please feel free to bring your own nibbles, soft drinks, wine etc

A £15 non-refundable deposit on booking

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or email michellemead1963@gmail.com to book

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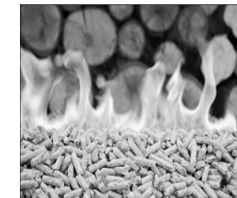
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In Folk Guitar children learn songs to sing accompanied by a variety of plucks and strums on guitar to enable them to perform solo or in a group. My Phoenix group performed all the music for Langham Church Carol Service last Christmas on 12th December 2021.

If you know a child who would like to learn to play guitar and sing so they can perform, please email me for further details. I can give private lessons in your home or if there are 6 or more wishing to learn I can use Westhorpe village hall at a suitable time after school which would be much cheaper than individual private lessons. I am DBS checked to teach guitar and run the Phoenix group. Parents are always welcome to stay and watch.



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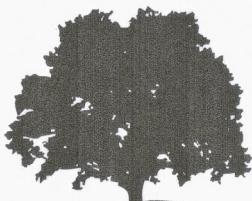


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NOTES FROM THE GARDEN

Hello again. Well summer came; at last the sun was shining on our plants and flowers, showing them off in all their glory, but this also brought challenges with watering in the really hot days. These hot summer days seem to happen more than ever, is the climate changing?

As the seasons change we as gardeners have to adapt accordingly, by planting more drought resistant plants. Mulch more around the garden and create a corner of the garden into a shady area with a small pond or shallow pool. Construct a simple trellis around this with pallet wood cut to size, up this grow climbing plants giving shade underneath to plants such as ferns and Hosta's. With seasons changing winters seem less harsh, which enables us to grow and keep more tender plants giving more scope nature tends to adapt with a little help from us.

As I write this piece Autumn is upon us, a wonderful time of the year, harvesting our vegetables from our allotment, with more to come later. Flowers and plants are slowly preparing for the coming cooler weather ahead. Help them by mulching over them with compost, if the soil is dry give it one last soak. When plants are dormant it is a good time to relocate or divide them. Also in October and November it is not too late to plant daffodils or tulip bulbs. Plant the tulips deeper so they get more moisture in the spring,

November is a time for tidying up the in the garden, clean greenhouse glass and structure trim and tie climbing plants for the winter. If you build a bonfire please turn it over, or relocate it before lighting so as to protect hedgehogs and other small mammals which had made it their winter home.

Keep your bird feeding stations and tables topped up, with clean fresh water available, so our garden birds can be ready to help us next year.

Till next time. Phillip Bennington



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Walsham le Willows and District WI



AUGUST - CHEESE AND WINE SOCIAL

The members of the WI had a very relaxed and social evening at the August meeting, enjoying a choice of wines and a selection of cheeses. A tricky quiz on wines and cheese was fun and a survey full of questions about how members would like their WI to develop in the next year or so, got everyone chatting.

For relaxation we were delighted to have Sharon Rees with her lovely Tropic goodies, and Zoie Tuley giving reflexology to some lucky members who thoroughly enjoyed it.

The next meetings are:

9 Oct 24

30 years in the Metropolitan Police—Sue Wheatley

13 Nov 24

Sue Ryder Charity Talk—Barbara McElroy

NEW MEMBERS ALWAYS WELCOME to come along and visit.

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In future if you would like to make a monetary donation, you can make a one off or regular donation directly to Stowmarket foodbank - Barclays bank, Stowmarket. Sort Code: 20-82-75 - Account number: 33867331 Quoting ref: **FOODBANK**.



MEN ARE WELCOME to join! YOGA FOR EVERYONE

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Question – I volunteer at a day centre, helping to organise social events and entertainment, but often I and my fellow volunteers run out of new ideas. Is there any organization that can help?

Answer – The Elderly accommodation Council (EAC) is a nationwide organization which helps people with a wide range of housing requests but also has an EAC Entertainment Directory with over 1,300 Acts keen to perform in retirement housing complexes, care homes and day centers. Visit their directory at <https://housingcare.org/entertainment/>

Question – Do you know which supermarkets and large stores provide wheelchairs for customers use?

Answer – We recently ask our live-in, carers this question and the response was that the main stores providing wheelchairs for customers use are Asda, Sainsburys, Tesco, Morrison's, M&S, Ikea and B&Q.

Question - There may be welfare benefits that I or my older friends could be entitled to. Is there a website, leaflet or booklet that lists all the welfare benefits that are available?

Answer – Yes, one of which is [The BenefitsGuide.co.uk](http://TheBenefitsGuide.co.uk). This is a free to use resource which provides clear and comprehensive information on all available UK welfare benefits. This includes guidance on benefit applications, appeals, emergency assistance & legal help. It has been estimated that up to £20 billion of welfare benefits go unclaimed every year in the UK so it is worth checking.




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Wattisfield URC Services

Date	Time	Service details
*October 6 th	11am	Harvest Thanksgiving followed by a soup lunch – see below
13 th	11am	Holy Communion
20 th	11am	Morning worship
27 th	10.45am	Morning worship at Diss URC <i>(No service at Wattisfield)</i>
November 3rd	11am	Holy Communion
10 th	10.50am	*United service for Remembrance Sunday at St Margaret's Church
17 th	11am	Morning worship
24 th	11am	Morning worship
December 1st	11am	Holy Communion

*Our Family Harvest Thanksgiving service will be followed by a soup and roll lunch in aid of RABI – the Royal Agricultural Benevolent Institution – a charity supporting the farming community. The fresh produce on display will be available for a donation, and any unwanted non-perishable goods will be collected and sent to the Stowmarket Food Bank.

Anyone wishing to come, please contact Jo (07808 487844) or Mary (01379 898233)



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The PUDDLE-DUCK CAFÉ is now open **monthly** from 10.30am-12.30pm on the **3rd** Saturday of the month. This will enable people to support the Farmers Market at Wattisfield Community Centre on the **1st** Saturday (9.30am-1.30pm.)

CrafTea Time & ScrabbleTea Time: 2-4pm on 2nd & 4th Weds of the month (1-3pm from November onwards)

Please contact Mrs Jo Patel our Local Leader (07808 487844) for more information

Benefice Services October - November

6th October

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Harvest	Finningham

13th October

8.00am	Holy Communion	Walsham
11.00am	Songs of Praise	Walsham
11.00am	Harvest	Wattisfield

20th October

8.00am	Holy Communion	Walsham
11am	Holy Communion	Finningham
6pm	Evensong	Westhorpe

27th October

9.30am	Holy Communion	Badwell
11.00am	Holy Communion	Walsham

3rd November

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
3.30pm	All Souls Service	Finningham

Benefice Services November - December

10th November

8.00am	Holy Communion	Walsham
10.50am	Remembrance Service	Walsham
10.50am	Remembrance Service	Badwell
10.50am	Remembrance Service	Finningham
10.50am	Remembrance Service	Westhorpe
10.50am	Remembrance joint service with URC in Wattisfield	

11th November

10.50am	Armistice Day Service	Walsham War Memorial
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17th November

8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham
3.00pm	Evensong	Westhorpe

24th November

9.30am	Holy Communion	Badwell
11.00am	Holy Communion	Walsham

1st December

8.00am	Holy Communion	Walsham
11.00am	Benefice Stir Up Sunday Service	Finningham