Badingham ECHO



BADINGHAM DIARY

Watercolour workshop	Mon 29th September	Village Hall 1 to 4	
Quiz Night	Thu 2nd October	Village Hall 7.30	
Kurling	Thu 16th October	Village Hall 7.15	
Autumn Brunch	Sat 18th October	Cafe 10 Walk 12 Lunch	
Pub Night at the Village Hall	Fri 24th October	Village Hall from 7	
Coffee & Bacon Rolls	Sat 25th October	Village Hall 10 - 12	
Messy Morning - Dennington	Wed 29th October	Denn. Church 10 - 12	
Bingo Night	Wed 29th October	Village Hall 6.30 for 7	
Shining the Light Workshop	Fri 31st October	Church 2 - 3.30	
Village Litter Pick	Sat 1st November	Cafe from 10	
Quiz Night	Thu 6th November	Village Hall 7.30	
Book Sale	Sat 8th November	Church 10 - 12	
Wartime Exhibition	Sat 8th November	Church all week	
Remembrance Service	Sun 9th November	Church from 11:15	
Community Council AGM	Thu 13th November	Village Hall 7	
Kurling	Thu 20th November	Village Hall 7.15	
Pub Night at the Village Hall	Fri 21st November	Village Hall 7.30	
Coffee & Bacon Rolls	Sat 22nd November	Village Hall 10 - 12	
Bingo Night	Wed 26th November	Village Hall 6.30 for 7	
Winter Market	Fri 28th November	Village Hall 5 - 8	
Quiz Night	Thu 4th December	Village Hall 7.30	
Village Festive Lunch	Sun 7th December	Village Hall 12.30 for 1	

Table Tennis every Tuesday at 7.30 pm

Wednesday Walks meet outside the Cafe at 10

Badingham Café Wednesdays & Thursdays, 10.30 - 12.30

Church Services - Please see the Upper Alde Link for full details

Notes from the Editor

Autumn is almost upon us. The hedges and trees are heavy with fruit this year. Soon the leaves will be turning and daylight hours will be narrowing. Autumn hails the return of several regular fixtures in the Badingham Diary which have taken a break for the summer.

The Village Quiz returns the first week of October with a fundraiser for the Air Ambulance. In November Geoff takes the helm as Quizmaster, raising funds for the church roof repair. Kurling recommenced last week with players surprised they weren't as rusty as expected! The ever-popular Coffee & Bacon Rolls mornings make their return in October - after the first Pub Night in the Village Hall. Is that good timing?!

A new venture which proved really popular were the Messy Mornings in the school holidays, organised by Revd Claire. 18 children (plus two babies!) enjoyed hunting for bugs, crafting and decorating biscuits. More have been organised for half term.

My nephew has always enjoyed taking part in the village Litter Pick, when his diary allows! It might be that he is eco-conscious or it might just be the glass of milk and tasty treats back in the Cafe afterwards. If you have ideas to keep the youngsters busy, perhaps a Christmas party or disco, you will find contact details for the village groups on the back page.

Yes, it is already time to be thinking of the festive season and in Badingham it kicks off with the Winter Market, followed by the Festive Lunch a week later. Don't panic, before that there is plenty in the Diary with the crowd-pleasing Autumn Walk and Lunch, another Book Sale and regular gatherings including Bingo - you can even squeeze in a Watercolour Workshop, if you are more talented with a paint brush than me.

Hope to see you around the village soon.

Best wishes, Tish

The copy deadline for the next Echo is **15th November**Please send your news / articles to Tish at Brick Kiln Farm, IP13 8LE or by email to BadinghamEcho@gmail.com or call Tish on 638259

BADINGHAM

COMMUNITY COUNCIL

Badingham Village Fete

What a splendid day, when we were blessed with glorious weather for Badingham's village fete. The White Horse kindly allowed us to hold the fete in their grounds and were busy serving food and drinks all day. There are so many people to thank for making the day such a success.

Everyone who helped set up and clear away
Volunteers who helped on the stalls, especially those
who stepped in last minute
People who organised games – fete-goers relished
the challenges
Badingham Bowls Club – people always enjoy this popular
feature
Cake makers for providing delicious cakes and scones
All those who donated tombola and raffle prizes
Stallholders for bringing a variety of items for sale

Finally, a huge Thank You to everyone who supported the fete - residents, visitors and friends. It was great to see everyone enjoying themselves on such a beautiful afternoon.

Badingham Community Council AGM

The AGM will be held on Thursday 13th November at 7pm in the Village Hall. Further details, along with the agenda, Annual Report and Accounts will be available on the Badingham website by the end of October.

Pauline on behalf of Badingham Community Council



or Bring Your Own Drinks

~£2 entry to cover hall costs ~

Latest Village News & Events

Check for updates on the Parish Council's website: www.badingham.org.uk

Village Facebook groups

Badingham Recorder - for recording events, sharing memories and archives. Badingham Village Community - for news, advice and help Badingham Village Hall - Badingham Café - Badingham White Horse

Badingham Café CIC

Café email: Badinghamcommunitycafe@gmail.com

Facebook: Badingham Café

Website: badingham.org.uk/Badingham-cafe



News from Badingham Community Cafe

During the summer months we enjoyed eating cake in the sun, Thierry's French Feast and Karen's Sunday Teas. We welcomed holiday makers and visitors to the café as well as our regular customers. Where has it all gone? It's definitely Autumn now, but never fear – we have lots of exciting goings on to look forward to in the cafe.

This year's **Autumn Brunch** takes place on Saturday October 18th. As usual, Caroline will be leading a walk starting at 10am and returning to the café at midday where the two Wendys will be dishing up a wonderful warming brunch of veggie goulash with a glass of wine, followed by apple cake and tea or coffee.

If you don't fancy the walk then just come along to the cafe at 12pm for your brunch.

Booking is essential, either in the cafe or by email. Cost is £15pp.

On Saturday 1st November Karen will be organising the **Autumn Village Litter Pick**. 10am in the cafe to pick your route and collect implements then back to the café afterwards for refreshments. Please text to let Karen know if you are planning to come 07587173755

We will be hosting a **Hammerbeams Week** on Wednesday 5th and Thursday 6th November. The cafe will be open as usual but all the takings that week will be given to the church roof appeal. Please come along and support this important cause for our village.... there might even be a few fireworks!

The annual **Winter Market** will be on Friday 28th November 5-8pm in the village hall. We still have a few spaces left, inside and out, so if you are interested in a stall to raise some money for yourself or for a local cause, please email badinghamwintermarket@gmail.com Stalls are just £10 each.

We always love to see the cafe buzzing so please drop in on a Wednesday or Thursday morning. We are open from 10.30 -12.30 and the Wednesday walks leave the café every Wednesday at 10am, regardless of the weather!

If you'd like to join our happy band of volunteers or bakers then we'd love to hear from you. Just email badingham community cafe@gmail.com for more info.

See you in the café soon!



Special Book Sale

November 8th 10 - 12

Undercover in the Churchyard Coffee Available CASH ONLY

Lots of interesting, high-quality books for sale that have been donated over the past months. Including many as-new children's books which would be suitable for Christmas gifts.

Don't miss it - we really need your support

The Bookshop continues to do well with daily sales and lots of kind donations of unwanted books. We need to keep the momentum going over the winter in order to fund the maintenance of the Church, not to mention the Roof Repairs.

Please remember to pop your payment in the box and thank you to everyone for your continued support.

SAINT JOHN THE BAPTIST'S CHURCH BADINGHAM



COFFEE & BACON ROLLS

Saturday 25th OCTOBER &

Saturday 22nd NOVEMBER in Badingham Village Hall 10 – 12 noon

Summer is over and Autumn and cooler days are here so do join us for coffee, bacon rolls and a get together with friends and neighbours. We do have vegetarian and gluten free options.

It will be good to see you

Church Roof Repairs

We are still waiting for several subcontractors to supply costings and advice on inflation since 2022, when the original costings were done, for an up-to-date estimate. In the original costings we had expected to reclaim the VAT. VAT reclaim is currently capped at £25,000 and may disappear altogether next year which will increase the cost.

A small group are currently working on sending out applications to various bodies for grants. We have a progress meeting with Heritage in October which will determine whether we can set a date for the mid-stage review in November. If that is successful, we will be able to apply for the money for the Delivery Stage, which has to be done by the end of

February.

We continue to be grateful for all the help and local support for our lovely village church and to The National Heritage Lottery Fund and lottery players.

SAINT JOHN THE BAPTIST'S CHURCH BADINGHAM

Services at St John's Church Badingham during October/November

Sunday 5th October 11am Holy Communion with the re-commissioning

of Ann Foster as Elder

Sunday 19th October 11am Holy Communion Sunday 2nd November 11am Holy Communion

Remembrance 9th November 12 noon at the War Memorial

Sunday 16th November 11am Holy Communion

Advent Sunday 30th November 10am Benefice Communion

Service of Remembrance - Sunday 9th November

12 noon at the War Memorial

If you would like to place a personal tribute at the same time as the poppy wreath is laid on behalf of the village, or if anyone would like to represent any of the village organisations, small wooden poppies are available in the church.

Please join us for coffee / tea before the service from 11.15am onwards or after the service. Everyone is welcome.

There will be a display of war-time photos and memories in the church from Saturday 8th November until Saturday 15th November.

Badingham Winter Market - Friday 28th November

We will have a table for Christmas gifts at the Winter Market. If you have anything suitable for a gift that you can donate, please let me know – Ann 638288. I only have room for gifts, so please no bric-a-brac.

Also at the Winter Market we will have a Christmas Raffle in aid of Badingham Church Roof Repairs. Prizes for the raffle will be much appreciated.

Thank you for your support

Christmas Services

For many of us it is too far ahead to think about Christmas but please put these dates in your diary –

Badingham Church Carol Service, Sunday, December 14th at 7pm Badingham Crib Service Wednesday, December 24th at 4pm

Autumn Messy Morning

Wednesday 29th October 10am - 12 at St Mary's Church, Dennington

- * Crafts * Food * Art *
- * Sensory Play * Bug hunting *



To book please contact Revd Claire Kiddy 07469 718695



All Hallows Eve - Friday 31st October 2pm - 3.30pm at St John's Badingham

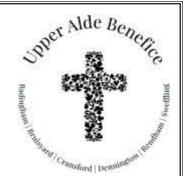
In this workshop we will be discovering, through crafts and stories, ways of shining light in the dark. We will be making lanterns for you to take home or you may like to take the light with you if you are going trick or treating.

- * Crafts * Stories * Hot Chocolate *
- * Sparkle cakes * Marshmallows *

Suitable for ages 5-11 years.

Under 5s may prefer to come and go anytime between 2 - 3.30pm

For more information, to book or offer help please contact Revd Claire 07469 718695 revclairekiddy@gmail.com



News from Enterprise Badingham

The gardeners have produced many varied crops again this year in the Community Gardens, though some of us have been battling with moles! The soft fruit and the dahlias have been particularly abundant in this hot summer.

There are now two plots available so if you fancy growing a few extra veg or flowers next year, please contact Annie 01728 638130 or aelea1550@gmail.com

Enterprise Badingham will be selling sets of our 4 seasonal recipe booklets at the Winter market on 28 th November. These would make lovely Christmas gifts and any profit we make will go into maintaining the herb and flower garden at the village hall.

Finally, don't forget the oil syndicate. By grouping together, we can get a very ompetitive price for heating oil from Rix Petroleum. They deliver 3 times a year but will do extra deliveries if needed. For more info please ring 01728 638130.

EYES DOWN FOR BINGO!

Bingo at Badingham Village Hall on the last WEDNESDAY of each month

* 29 October * 26 November from 6.30 for a 7pm start

Cash only £10 for 2 books and raffle tickets!

Refreshments served at half time or bring your own snacks and drinks

Call Celia for details 638332

VILLAGE QUIZ

A quiz is held on the first THURSDAY of each month 7.30 - 9.30 pm in Badingham Village Hall

Tables of up to six people (£3 per person)
Please bring your own nibbles, drinks and glasses
Proceeds to local organisations and charities

Thursday 2nd October - Air Ambulance Thursday 6th November - Church Roof Repairs

BADINGHAM VILLAGE HALL

Pub Night @ The Village Hall Friday October 24th - Doors open at 19:00

With the village's White Horse pub closing down at the end of September, why not come along and have a drink with your friends and neighbours at the Badingham Village Hall in October. Bring your own drinks and snacks; the hall will provide glasses, etc. Why not bring your playing cards and pub games along too? There may even be a dart board. If it's a success this could become a regular evening while we don't have a pub.

We request a small contribution of £2 per person towards the hall's running costs for the evening.

For more info, email badinghamvillagehall@gmail.com

To book the village hall for an event, family get-together or party contact 07734 527808 badinghamvillagehall@gmail.com

In aid of Badingham Community Café
and Badingham Village Hall

Winter Market

Hot Food!

Live Music!

Mulled wine!

Local crafts!

Friday 28th November 5-8pm Badingham Village Hall

Stalls inside and outside in the herb garden

BADINGHAM VILLAGE HALL

Coming up at the Village Hall we have a Watercolour Workshop run by Chris Bacon, Monday 29th September 1-4pm. Spaces for this are limited, if you are interested please contact Celia on 01728 638332 for more information.

The very successful Winter Fair will be held in the Village Hall again this year, Friday 28th November 5-8pm. We plan to have stalls inside and out along with festive music, mulled wine, hot food, tea & coffee. Stalls can be booked at a cost of £10 via badinghamwintermarket@gmail.com or call in at the café.

In addition there are the regular events at the hall: Table Tennis, Tuesday evenings at 7.30pm, Kurling on the third Thursday every month at 7.15, BCC Bingo on the last Wednesday of the month, Quiz Night, first Thursday of the month resuming in October, Coffee & Bacon Rolls Saturday 25th October

More details for all these events can be found on the Badingham Community Calendar on the Badingham PC website, www.badingham.org.uk

Don't forget that the hall can be booked for very reasonable rates for Badingham residents, contact Charles on 07734 527808, badinghamvillagehall@gmail.com

Badingham Website

The website continues to develop, hopefully it will become a useful resource for residents and visitors alike, particularly the Community Events calendar, and the local services page. In particular there is a lot more on the St John the Baptist page, worth looking at particularly if you weren't aware of the scale of the task to replace the roof. Please get in touch with comments or anything to add: robpicton@me.com

You may have noticed that www.badingham.org.uk now redirects to www.badinghamparishcouncil.gov.uk as the Parish Council have migrated the website and emails to a .gov domain. You don't have to change your bookmarks as both addresses will continue to work but the plan is to separate the sites into PC and community, each linked to the other.

Festive Village Lunch

Sunday 7th December 12.30 for 1pm Badingham Village Hall

Bucks Fizz & Canapés on arrival
Traditional 2-course Christmas
Lunch with all the trimmings
Tea/Coffee and Mince Pies
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All for £28 per person

To reserve your place contact michaelc36@hotmail.co.uk or 01728 638270



BADINGHAM NATURE DIARY

Paul shares his notable sightings from Pollards and around the village. We would love to hear what you have spotted, in your garden or on walks around the village.



First, an apology. Last time, I reported an emerald damselfly. Upon reflection, the specimen was way too robust for that species and I believe that what I saw was a female banded demoiselle (a first at Pollards).

Sightings at Pollards unless otherwise noted:

4 July Gatekeeper

5 July Ringlet

Small skipper

6 July Elephant hawkmoth Three in trap

Essex skipper

9 July Hobby

Small red-eyed damsel

10 July Brown hawker

Tipula maxima UK's largest cranefly

12 July Linnet

13 July Metalampra italica A very small moth, only identified to science in 1977 and first recorded in this country (Devon) in 2003

14 July Poplar hawkmoth Four in trap

22 July Clouded yellow Pale female helice variant

24 July Red kite

31 July Migrant hawker

9 August Badger Rook's Bridge

14 August Willow emerald damsel

24 August Delicate moth

BAWDSEY RADAR MUSEUM

After a busy couple of months the Museum is open as usual Thursdays and Sundays each week 11am-4pm until 2nd November, when we close for the winter. So, what's on in October? Why not join us for a half-term family Treasure Hunt with a Halloween theme, or come and climb the 360 foot tower (VR). Further details are on our website: www.bawdseyradar.org.uk

LETTER FROM THE LIBRARY

Thank You Card Winners We were delighted with the fantastic response to our thank you card design competition! Three winners have been selected, and we will be using their designs to thank everyone who helped us raise funds for our children's library.

Meet Spotfire Our stained-glass window dragon in the children's library now has a name! Following our hugely successful "Knights go Pop" event with Suffolk Swords and Pop Chorus, we chose "Spotfire" - perfect for a fire-breathing, spotted dragon.

Art Exhibition The Exhibition by 'The Hat' has been a huge success, many thanks to everyone who visited, donated and bought from us. More news to follow on how we will be using the money.

100 Years Celebration Planning - Help us mark Framingham's public library centennial this November! Drop in with ideas, memories of the library's various locations, or experiences of how libraries have changed over the decades.

Fall Prevention Classes – These started on Wednesday 10th September – you can self-refer for a place on one of the Strength and Balance Classes, more information in the library or via the Suffolk Community Libraries website.

NHS App Feedback Wanted - We're piloting NHS app workshops. Share your experiences of using the app so we can tailor sessions to benefit our community most effectively. Let us know what has worked well for you or any barriers, concerns you may have about the app.

All our regular activities have returned after the school summer holidays so keep an eye out for our posters, website updates and social media pages.

See you in the library, Vivia

Framlingham Library Manager Suffolk Community Libraries 01728 587104

BOWLS CLUB

Interested in joining Badingham Bowls Club?

Call Ann 638760

We are a friendly, social club with the emphasis on enjoying the game - good results are a bonus!

HAVE A GO AT KURLING

Join us in the Village Hall on the 3rd Thursday of the month, 7.15 - 9pm

£2.50 per person includes tea/coffee and biscuits

* Everyone welcome

BADINGHAM & DENNINGTON BELL RINGERS

We meet for practice every Thursday evening at 7.30pm at Badingham or Dennington church

NEW RINGERS ALWAYS WELCOME

If you haven't rung before don't worry, come along and try, we will teach you how it's done.

Interested in having a go? Call Matt 638070

THE SLOW READERS BOOK CLUB

Meet alternate months on a Friday evening of the café for wine with pipes and a discussion of the books we have read.

Call Caroline 638585

BADINGHAM GARDENING CLUB

Our afternoon meetings are held on the first Thursday of the month, when we enjoy tea and cake and a look around members' gardens.

Call Helen on 638055

NEWS IN BRIFF

No NHW news from Sonja this time but please be vigilant following a break-in off New Road and attempted burglaries on Laxfield Road, all in the first week of September.

International postage rates increase by 20p to £3.40 for standard letters and postcards from 6 October 25. Send your Christmas greetings early!

Flu and COVID-19 jabs are now available to those aged over 75 and those who are immuno-suppressed. If you cannot make the booster days at the surgery, you can book appointments at a local pharmacy - Framlingham, Halesworth, Saxmundham, Wickham Market. Search online for 'book covid booster' or call 119. You will need your NHS number which you can find on your prescription slip. You can book separate appointments for flu and COVID-19, if you prefer.

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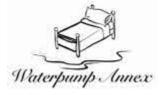
email tc.building.carpentry@gmail.com

Quotes, references and pics available



www.airbnb.com/h/waterpumppod

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www.airbnb.com/h/waterpumpannex

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Bridge Street Barbers

Walk in, no appointments necessary

Opening times

Tuesday, Thursday & Friday 9am-6pm

Wednesdays 2pm-7.30pm

Saturdays 8am-2pm

Bridge Street, Framlingham IP13 9AH

LOCAL TRANSPORT

Service 118 Eye, Stradbroke, Laxfield, Framlingham, Ipswich

Monday - Friday (Schooldays only)

Ipswich, Old Cattle Market

or use their own cars.

Stradbroke	07:15	Ipswich, OCM	17:15
Laxfield	07:21	Otley College	17:35
Pound Corner	07:30	Framlingham, White Horse	17:59
Badingham, White Horse	07:31	Badingham, White Horse	18:06
Framlingham, Bridge Street	07:51	Pound Corner	18:08
Otley College	08:19		

CATS (Coastal Accessible Transport Service) 01728 830516 Booking hours: Service hours:

08:43

Mon-Fri - 8.45am - 4.00pm Mon-Sat - 7.00am - 7.00pm CATS provide transport services to people in coastal towns and villages when access to public transport is not available. Volunteers drive minibuses, wheelchair friendly vehicles

Route 522 from Peasenhall to Leiston, via Saxmundham

Bus leaves Peasenhall Chapel St at two hour intervals from 07:53 to 13:53, calling at Waitrose Saxmundham at 08:16 to 14:16 and Leiston High St at 09:26 to 15:26. Returning to Peasenhall at 09:52, two hourly to 15:52.

Katch bus service - operated by CATS

KatchaLift.com operates between Fram, WickhamMarket, Campsea Ashe and Snape. Book via the app or call 01728 635939 (8.30am to 4pm).

High Suffolk Community Bus

Mini bus frolm Tannington and Worlingworth make regular trips to Ipswich, Diss, Bury St Edmunds and Norwich. See Combus.org.uk for more details.

BADINGHAM VILLAGE HALL



Our spacious hall has a kitchen and bar area, with plenty of tables and seating

To hire the Village Hall please contact:
Charles Bainbridge 07734 527808
Badinghamvillagehall@gmail.com
Hire rates from £9 per hour.
Full pricing, terms and conditions online at
www.badingham.org.uk

PATRICK SPENCER MP

Delivering for Central Suffolk and North Ipswich patrickspencer.co.uk patrick.spencer.mp@parliament.uk

As I sit to write this month's article, it's noticeable how much the days are shortening and for me, Suffolk really is particularly beautiful basking in the warm autumnal colours. However, with the shorter days also come seasonal weather changes and living in a predominantly rural county, it is important that we all take time to look out for one another, particularly the elderly and more vulnerable who may need additional support.

Power cuts can happen at any time, especially during severe weather, so please make sure you're prepared by keeping a torch, spare batteries, a power bank, and essential supplies handy. In the event of a power cut, you can call **105** — a free, national phone number that connects you to your local electricity network operator for updates and assistance.

Equally, flooding can happen with little warning, so do please stay alert by signing up for free flood warnings from the Environment Agency and checking local forecasts. Take time to know and understand the flood risk in your local area and ensure that you have a plan in place. If you do need to report flooding in Suffolk, contact **Suffolk County Council's flooding team on 0345 606 6171**, but for emergencies or immediate danger, always call **999**.

I hold regular surgeries in our communities across the constituency, as well as open "Meet Your MP" meetings, so if you would like to meet to discuss a local issue, please get in touch with our office by email:

patrick.spencer.mp@parliament.uk or by phone: 01728 726612

The best way to stay in touch and receive regular updates on campaigns and our work across Central Suffolk and North Ipswich is to sign up to receive my newsletter: www.patrickspencer.co.uk

I want you to know that I care deeply for our constituency and the communities that make Suffolk such a great place to live and work, so if I can ever help with anything, please do not hesitate to get in touch with my office.

The ECHO is produced for the villagers of Badingham by the Badingham Community Council Registered Charity No. 274549

The Editor's decision on whether or where to place material is final. While every effort is made to check information published, the BCC does not endorse the accuracy or reliability of any article or advert within the magazine. E.O.E.

BADINGHAM DIRECTORY

Emergency Services	Use your grid reference	Dial 999		
POLICE - Framlingham	Fire Station, Saxmundham Road	Dial 101		
Staffed by volunteers on Mon, Tue, Thu & Fri 9am - 1pm				
DOCTORS	Pembroke Road, Framlingham	01728 723627		
DENTIST	Framlingham Dental Surgery 01728 723651			
VET - Castle Vet Group	Pepperwash Lane, Framlingham 01728 723480			
VET- Framlingham Vets	Station Road, Framlingham 01728 621 66			
Peasenhall Post Office	The Street, Peasenhall	01728 660 060		
Little Oaks Playschool	Michele Cole	07585 913605		
Primary School	Dennington	01728 638206		
High School	Thomas Mills, Framlingham	01728 723493		
Library	Bridge Street, Framlingham	01728 723735		
Newspapers	Patricks of Framlingham	01728 724414		
DIY Materials	Framlingham DIY	01728 723505		
Taxi Service	Country Cars	01728 724377		
Window Cleaner	Prestige Window Clean	07538 585431		
Fresh Fish Van	Spencer Wightman	07929 097124		
Church	Ann Foster	01728 638288		
White Horse Inn	Moss & Co	01728 580107		
Community Council	Rob Johnston	07939 235417		
Community Gardens	Annie Clark	01728 638130		
Neighbourhood Watch	Sonja Russell	07821 235834		
Oil Syndicate	Annie Clark	01728 638130		
Parish Council Chair	Thomas Mountain	07984 033345		
Parish Council Clerk	Caroline Byrne	01986 798765		
Village Hall bookings	Charles Bainbridge	07734 527808		

Remember, if you **Need a Hand** while you can't get out and about, there is a team of willing people ready to help - call Karen on 07587 173755