Venhaston

Village Newsletter delivered free to all houses in Wenhaston Also online at http://www.wenhastonword.co.uk/ and available at Halesworth Library



Nord

Series:2, Issue:21 December 2008

Wenhaston Village Hall



Christmas Bazaar

Saturday 6th December 2pm - 4pm

Santa's Grotto, Refreshments, Festive Stalls, Grand Raffle All Welcome



Christmas Greetings

Greetings to Graham reading this online in South Korea, Happy Christmas! from T&E&M&A&Mum&John



10am-4pm Friday-Monday 12-15 December

(Service 9.30-10.30 on Sunday 14)

Exhibition of decorated trees Recitals & Entertainments every day Bring-and-Buy Stall Competition Story reading

Sat-Sun: Lunch & Tea Fri & Mon: Tea & coffee

Full programme (50p) from Wenhaston Post Office

Christmas and New Year Round-Up

(details for all these December events can be found in this issue of WW)

2nd Footpath Walk and Christmas Lunch

6th Christmas Bazaar, Village Hall

9th Gardeners Club Meeting:

Christmas Party, Village Hall

10th Mothers Union Meeting:

Christmas Party, Church Room

12th Christmas Tree Festival, St. Peter's Church

13th Christmas Tree Festival, St. Peter's Church

14th Christmas Tree Festival, St. Peter's Church

14th Commons Yuletide Work Party, Mill Heath

15th Christmas Tree Festival, St. Peter's Church

15th Carol Singing around the Village

16th Carol Singing around the Village

16th Women's Fellowship Meeting:

Carols, Methodist Chapel 19th Village Carol Service, St Peter's Church

21st Carols by Candlelight, Methodist Chapel

24th Midnight Mass, St. Peter's Church

25th Service at Methodist Chapel

26th Boxing Day Walk, Village Hall

31st New Year's Eve, Queen's Head, Bramfield



See in the New Year with the

Tmore band

Free admission

Tel 01986 784214 www.queensheadbramfield.co.uk

Merry Christmas and a Happy New Year to all Wenhaston Word readers, advertisers and distributors.



Wenhaston Christmas Tree Festival

It is two years since our last Festival and we hope this one will be as successful as the last. It takes place from 12th to 15th December in Church, daily from 10:00am to 4:00pm (there will be a service at 9:30am on the Sunday).

On Friday and Monday teas and coffees will be served, the school children and pre-school children will come along to listen to the barrel organ and there will be other recitals.

On Saturday and Sunday light lunches will be available and there will be a variety of choirs, organ and harp recitals and barrel organ music.

A Bring and Buy Stall will be situated by the door, visitors may purchase a programme for 50p on the day or beforehand at Wenhaston Post Office, and there will be the opportunity to choose your favourite tree. Story reading will be available for the tots at all times.

We do invite you all to come along and enjoy the spectacle, and help us raise much needed funds for our church.

See separate advert on front page.

Margaret Bloomfield

Wenhaston Methodist Church

Services for December

Sunday Services at 10:30am 7th Gordon Frary 14th Rev'd Don Moxon

21st 4:00pm Carols by Candlelight

28th Ian Prettyman

Christmas Day 9:30am Rev'd Robert Soanes

Tuesday Meetings at 2:30pm 2nd Women's Fellowship Rev'd Robert Soanes 9th Bible Study

16th Women's Fellowship Carols/Tea 23rd No Meeting

30th Healing Service

No "Pray a While" this month

Wenhaston Post Office

June, Trevor, Sarah and Margaret would like to wish all their customers a Merry Christmas and a Happy New Year. Thanks to everyone for their custom in the past year. Just a reminder that we do telephone top-ups, Banking with most banks and of course stamps and parcels. Christmas stamps are going well.

The shop has Christmas cards, paper and selotape to wrap your presents. Do come in and have a look.

June Tate

Wenhaston United Football Club

We are now about a third of the way through the Season and results so far are satisfactory. The first team have won five out of seven league games and are fifth in Division One. They are in the last sixteen of the Suffolk Junior Cup and have reached the semi-finals of the Wightman King Cup - we have however been knocked out of the Omnico Cup.

The Reserves are mid-table in the Int."B" Division but are no longer in any Cup competitions.

The Club would like to thank everyone for their support up to now and look forward to their continued backing in the cold and damp months ahead

We wish a Merry Christmas and a successful New Year to all players and supporters.

Dec 06 1st v Willis

Dec 13 Res v Leiston St Margaret

Dec 20 1st v Claydon

PTP

Great North Run 2008

Thank you to everyone who sponsored Craig Stammers and his Wenhaston United team mates who took part in the Great North Run in October. Collectively they managed to raise over £8,000 for Cystic Fibrosis.

Craig Stammers

Christmas Bazaar

Do you have any unwanted items in a good saleable condition such as books, toys, gifts etc that you would like to donate to the Wenhaston Village Hall Management Committee stall at the Christmas Bazaar on Saturday 6th December? No clothes or jumble please. Please contact June Tate 01502 478622.

St. Peter's Church Services for December

7th No service (service at Halesworth 9:30am)
14th 9:30am Parish Communion
19th 7:00pm Village Carol Service
21st 9:30am Parish Communion
24th Christmas Eve 11:30pm Midnight Mass
25th Christmas Day No service (Service with
the Methodists at Stone Chapel 9:30am)
28th No service (service at Halesworth
10:30am)

Footpath Walking

There will only be one walk in December. It will be led by Olive Sims and Ian Denney. Meet at High House Farm, Sibton Green, at 10:00am on Tuesday 2nd December. This will be followed by a pre-booked lunch at High Lodge, Hinton, at 12:30pm.

May I wish farmers, land owners, caterers, publishers and all our walkers who have made the walks so enjoyable, a very Happy Christmas. *Heather Phillips* 01502 478545.

Commons Work Parties

Tuesday 9th December - Bickers Heath - meet at seat 10:00am.

Sunday 14th December - Mill Heath. Yuletide Work Party. Meet by the power line poles in the middle of the common. We will be continuing scrub clearance to promote and encourage existing heather to regenerate.

Sunday 28th December - Blackheath. Meet at the bottom of the slope leading up to the BMX track, in the middle of the common. We will be working in the same area where the November 9th work party was held, removing gorse where heather still existing underneath.

Jonathan Alder

Halesworth Golf Club

24th November to 23rd December Non members very welcome

Golf-shop-lesson vouchers ideal as Christmas presents. 18 & 9 hole pay & play golf courses, golf shop & restaurant. Function Suite. 01986 875567

www.halesworthgc.co.uk

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Sunday: 12:00pm - 10:30pm

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Monday - Saturday: 12noon - 2:30 pm

6:00 pm - 9:30 pm

Sunday: 12 noon - 3:00 pm

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Christmas at St. Peter's Church

Christmas Bazaar We shall start our Christmas Celebrations by having a stall at the village Bazaar on Saturday December 6th and I am certain that you will find something to purchase on our 'Christmas Goodies' stall! This event will be followed by our Christmas Tree Festival the following weekend. (See full details in this WW). Come and see the beautifully decorated Christmas Trees and enjoy Light Lunches and Teas, all served in the Church.

Carol Singing around the Village This will be on Monday 15th and Tuesday 16th December. Please meet at the Village Hall at 6:45pm. There will be refreshments on both evenings and we are extremely grateful to Heather and Peter Phillips and Felicity and Rob Jelliff for inviting us to their homes. The money raised will be donated to Halesworth Community Nurses and as in previous years everyone is very welcome to join the Carol Singers on either or both evenings.

Village Carol Service Friday 19th December in the church at 7:00pm. We look forward to welcoming many friends to this popular Service, which will be followed by Mincepies and Mulled Wine served in the Church.

Christmas Eve Midnight Mass starting at 11:30pm. This will be an Ecumenical Service to which everyone is very welcome.

Christmas Day. St. Peter's joins with the Methodists at 9:30am in the Chapel. (There will be no service at St. Peters).

Margaret Goldstone, Churchwarden

Thank You

Robin and Diana Shaw-Cotterill wish to thank everybody for their prayers, best wishes and support following Robin's heart attack in August.

We are pleased to say that his recovery is going well.

Wenhaston Word Deadline Date

16th December 2008 for January 2009 issue PLEASE NOTE EARLIER DATE

Useful Information

Thursday 18th December - last posting date for Second Class post. Saturday 20th December - last posting date

Opening Times:

for First Class post.

PJN Motor Engineering Wednesday 24th December - open as usual Closed from Christmas Day.

Open again from Monday 5th January 2009. For motor emergencies call 07802 965 746.

Blythweb

Closed for Christmas and New Year from Monday 22nd December. For urgent computer, website or IT problems call 01502 478712 or email mail@blythweb.net.

Re-open Monday 5th January 2009.

Bramfield Queen's Head
Open every day serving meals and drinks over
Christmas and New Year excluding Christmas
day evening and all day Boxing Day.

Village Hall Surgery

There will be no Southwold Surgery at Wenhaston Village Hall on 18th or 25th December or 1st January 2009. Contact 01502 722326

Christmas Greetings

Wenhaston Parish Council
would like to wish all Parishioners a
Merry Christmas and a Happy New Year.

Boxing Day Walk

Friday 26 December. Meet 10:00am Wenhaston Village Hall. Mince pies and mulled wine at The Barn after.

Someone else like to lead it in 2009?

Jill Daines Wenhaston Commons Group

Recycling Plastic Bottles

The Recycling Centre at Beccles requests only clean plastic bottles, no tops and no labels.

Will now take plastic carrier bags.

I can collect from your home. Thank you.

Andrew Taylor 01502 478692 for collection.

Dates for Your 2009 Diary

16th January WEA starts, Church Room
20th January Deadline for February WW
31st January Sports Club Jumble Sale
24th and 25th May Archive Weekend
See Wenhaston Archive Announcement below

For events in the local area go to www.blythweb.net/calendar/

Wenhaston Archive Announcement

The next Archive Exhibition will be held at Wenhaston Village Hall on Sunday 24th May and Bank Holiday Monday 25th May.

This is a change from our earlier planned date at the end of March but the building work at the Village Hall makes a March Exhibition unwise! This Exhibition will be open longer hours than last year. There will be a new DVD on sale plus we plan to show old cine clips and play some of the audio recordings we have been doing as well.

Tim Heaps

http://archive.wenhaston.net

The Wenhaston Archive Project Website

Music Corner by Chris Dunn

Sunday 7th December 7:30pm. St.Mary's Church, Halesworth. Halesworth Festival Voices and Players, and Wenhaston Girl's Choir. 'Christmas Celebration' Music by Britten ('Saint Nicholas'), Handel (from 'Messiah') and Carols. Tickets £10 (£5 for under 16s) from Halesworth Bookshop and 01986 873328.

Thursday 11th December 2:30pm. New Cut Arts Centre. Cavendish String Trio. Tickets £8 Box Office 0845 6732123 www.newcut.org

Friday 19th and Saturday 20th December 7:30pm. New Cut Arts Centre. Wenhaston Girls Choir and guests. 'New Songs in New Adventure'. Old, new, traditional and contemporary Christmas Carols and songs. Tickets £4, as above.

Small Ads

For Sale

Mobile folding therapy couch £85.00 (plus two towelling couch covers free!)



Length 1m81cm x width 65cm x height 77cm.
Face hole and carry handle.

Optional wheeled carry cover £25.00. Buyer collects. View on site. 01502 478980.

Found

Blue and black glove found, Bramfield Road. Call into Blythweb's office in The Street.

Advertise items for sale and wanted here for just 20p per word (min £2).

Colour photo £5.

'Lost & Found' items FREE.

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Wenhaston Energy Support Group

The Energy Fair was a great success! Over 150 people came - with many in time to hear our MP the Rt. Hon. John Gummer give a very supportive and appreciative opening speech - there was a report in the East Anglian Daily Times soon afterwards. John Midwinter's presentation on climate change filled all seats on the stage, and Muck and Magic farmers sold every banger, burger and bun they brought.



John Gummer MP at Wenhaston Village Hall 1st November 2008. Photo supplied by Robin Dillaway.

Jon Bell (EnergyMix) got us thinking about the village's existing facilities and how they might be more energy-efficient and life-enhancing. Feedback received will be collated and discussed further in the New Year.

The displays included Sustainable Bungay, which has been inspired by our achievements.

Adam East showed an example of one of the compost toilets he distributes, ideally suited for allotments, garden studios or field workers. The School produced a magnificent visual display focusing on energy issues, their 'Grow your Own' project, and the award they've won.

Electricity monitor meters. Several new people put their names down to borrow one of these through Janice Claxton, who will contact you soon. A brilliant way to check up on where your pennies (and pounds) go! Anyone else interested, phone 01502 478158.

Teresa Howarth of SEAL (Suffolk Energy Action Link) launched the 'Warmer Wenhaston' DIY Insulation and Draughtproofing scheme - specifically designed by and for Wenhaston, utilising our award from the County Council. It can provide either free or discounted (no-itch!) materials, according to your specific requests, your household income and your age. Forms and leaflets are in the WESG pocket in the Village Hall corridor, and you send applications direct to SEAL who administer the scheme, which makes it fully confidential. Deadline for completed applications is 1st December. Materials will be available on a 'first come, first served' basis (as the award is only a five-figure sum!) so you're advised to apply as soon as possible.

Mothers' Union Report for November 2008

'What would you think if a travellers site was due to be set up in your village', and 'how could the church/Mothers' Union welcome them to the village', or 'How have fashions changed from the 60s to the present time', and 'do you welcome religious postage stamps at Christmas or secular ones' were some of the subjects discussed at the November meeting. Most of the members were present and there was much discussion and laughter - we all agreed it was a good meeting, many thanks to Margaret Goldstone who organised it.

On December 10th we hold our Christmas Party in the Church Room at 3:00pm. Members are asked to bring along a plate of food, and to invite a friend. As always it will be a happy afternoon, and anyone is welcome to come along. Also we shall be raffling the hamper of goodies that we have been collecting, and the proceeds will be sent to the Mothers' Union Literacy Campaian.

The Mothers' Union wishes everyone a very Happy and Peaceful Christmas.

Margaret Bloomfield

Wenhaston School Gardening Club

The School Gardening Club is doing well and is reasonably well-equipped thanks to help, in the initial stages, from Pepyn & Lessey Trust. However there is a continual need for replacement tools and new equipment. The School is registered with 'Let's Grow', the Gardening Voucher Scheme at Morrison's Food Stores, and is aware that I'm making this appeal. Although Morrison's are no longer issuing vouchers with your shopping, the School can still receive any vouchers you may have collected already.

Please take your vouchers to the School and drop them off at the new foyer. You won't have to wait for anyone to open up; the outside door will be open during school hours.

The Scheme appears to be quite a good one, and no, I don't have shares in Morrison's!
Thank you for your help.

Bernard Orme

School Thanks

The Governing Body, Headteacher and Staff of Wenhaston Primary School would like to thank everybody who attended the School Organisation Review meeting on Tuesday 11th November. There was a fantastic turnout and your support is very much appreciated. Thank you so much.

Lisa Leeming

Admin Assistant



Wenhaston Pre-School

Wenhaston Pre-School welcomes children aged $2\frac{1}{2}$ to rising 5 years. Situated in a purpose-built facility within Wenhaston Primary School, the Pre-School offers children a safe and exciting environment for fun, learning and development.

For further information, tel: 01502 478819

Wenhaston Pre-School

Many thanks to everyone who supported the Pumpkin Night at the Star Inn on 31st October. An impressive £110 was raised; many thanks to Julie at the Star for all she did to help us. Congratulations to the winners of the pumpkin competitions, and thanks to Heather and Lucy from Pre-School for organising the night.

We have some lovely tea towels for sale with artwork by the Pre-School children, including some great self-portraits by the older children, and some cookery books again with contributions from the children of some of their favourite recipes. We will be selling these at the Christmas Bazaar on December 6th. We are all looking forward to taking part in the Christmas Tree festival at St. Peter's.

Fiona Adams

Wenhaston W.I. November Report

Gwyneth Harris, our WI adviser, joined us for our Annual Meeting, which commenced after a rendition of Jerusalem. Helen was once more voted to be our President and the committee was voted back en bloc. Various reports were read out which showed what a varied and interesting year we had had. Our French evening being one of the high lights.

Congratulations were due to our team who came second in the P.C.C. quiz; let's hope they do equally as well in the British Legion quiz!

Seventeen shoe boxes were sent to Romania, a splendid effort. Volunteers were asked to sew up knitted squares for our annual blanket offerings.

We are going to celebrate our 90th year on a Mississippi Paddle Steamer, enjoying Trad. Jazz the while. Lots of other good things to look forward to; a bazaar, a Christmas tree festival and next month's speaker Patrick Thompson who is going to talk to us about catering at the Palace. It is suggested we wear festive garb as this will be our last meeting before Christmas. The committee members are going to wash-up. It's good to know that the Lord of Misrule is alive and well!

FFJ

St Peter's Churchyard

Those of you who have walked through Wenhaston's churchyard will have noticed a few changes in recent months. Not only has the condemned Monterey cypress been removed, gravestones cleaned and restored by others but a seat and interpretative sign have been installed in the conservation area by Wenhaston Commons Group.

Working to a management plan from Suffolk Wildlife Trust we have used lottery money from 'Awards for All' to buy a power scythe mower and Austrian scythes to revive mowing in the 21st century. The sign and seat were made from local oak by craftsman David Cox, to whom we are indebted for his woodworking skills. Unfortunately the wood from cupressus macrocarpa wasn't suitable.

Do take a detour and admire the churchyard – we're looking forward to resting on the seat next year when the wild flowers appear. There'll be more about the churchyard project in the spring issue of the 'Silver Studded Blue' with the March Wenhaston Word.

If you would like to join us for plant surveys in spring and summer and work parties to cut and rake the area do contact us via the Commons Group pocket in the foyer of the Village Hall.

Michael Gasper

Wenhaston Commons Group

Flying the Flag

Saturday 1st November. To celebrate the Enthronement of Christopher Cocksworth as the 9th Bishop of Coventry. Christopher is the nephew of Joan Louch and the cousin of Margaret Goldsmith.

Margaret Goldstone, Churchwarden

Church News

Autumn Fair

Saturday 15th November was a beautiful Autumn Day and we were very pleased to welcome many friends and visitors for Lunch. Thank you for supporting us and helping to raise £725.50 for Church Funds.

Margaret Goldstone, Churchwarden

Maple Farm Organic Vegetable Boxes
Order by Monday for Wednesday delivery

Box incl potatoes £12.00, no potatoes £10.75 Bag incl potatoes £8.00 no potatoes £7.25

Organic free-range eggs, honey and flour (unbleached white and rye) also available. The flour is grown and milled all on the farm.

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News from the Bus Shelter

Quite a few people who attended the Wenhaston Energy Day took the opportunity to talk about public transport in the area. There are lots of opportunities to cut your carbon and save money at the same time. A few took up the idea of pledging a regular journey on the bus - I hope it worked well for them.

The 601 bus to Southwold and Lowestoft is becoming quite popular. Some of the passengers have said that it would be good to have a small bus shelter at the stop opposite Green Blade. If you would use a bus shelter there then please write to the Parish Council, c/o the Clerk. Letters may be left in the pocket marked 'Parish Council' in the foyer of the Village Hall.

It's worth checking that the timetable you have (Halesworth, Southwold and surrounding area -guide no 16) is the latest issue. Look on the back - if it isn't issue 3 recycle it now and get a copy from the Post Office Michael Gasper Transport Officer, Wenhaston Parish Council

Doggy Doos and Doggy Don'ts

To the dog owner whose dog left dog poo in front of the Old Paint Shop and Blythweb's office door Saturday afternoon 8th November 2008. Kindly carry a bag and take it home next time. We don't want to carry it into our house or the office on our shoes. Be responsible.

Jane and Brian Nolloth

Local Business and Services

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Matthew: 07884 477110 William: 077171 76655

e-mail: mrwcfelectrical@hotmail.co.uk

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Pearce & Kemp Ltd. Electrical & Lighting contractors. Unit 20 Business Centre, Norwich Road, Halesworth. www.pearce-kemp.co.uk

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The Wenhaston Website

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www.explorewalberswick.co.uk

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Wenhaston WEA

The topic of next Spring's Course is:

'The 20th Century Remembered'

with Geoff Brogden as tutor
This will describe and discuss the lives of
'ordinary' people in fiction, memoirs, biography
and student experience.

10 week Course starts Friday 16th January 2009 10:00am in Wenhaston Church Room

Total cost is £43.00

For more information contact Kathleen Orme on 01502 478708

Local History Matters: 16

Music

In Church, accounts show in 1606 14 shillings paid for pipes and in 1621 3/6d paid for mending the organ. This was destroyed by Dowsing's men in the 1640s.

Before the First World War a Harmonium was placed on the left side of the chancel. In 1916 it was replaced by a hand pumped organ built by a local man, W Newby, and was placed in the gallery in front of the tower.

When the gallery was dismantled in 1928, the organ was placed where the organ is now installed. In 1940 Winifred Battle became organist - she was organist for 46 years. However in 1950 the organ was showing signs of wear and a larger one was purchased from a bombed out church - Marylebone Parish Church.

Other items in the accounts:

1772 James Stubing, schoolmaster, paid £1 for Psalm singing (1st Choirmaster?). In 1830 a base violin was bought and a violin

In 1830 a base violin was bought and a violin box was repaired, also £1 10 shillings for teaching the singers.

1836 a set of strings for a violoncello 1839 a German flute 1844 repair to clarinet.

The Wenhaston Boys Choir was formed in 1982 under Chris Barnett. This choir gained international fame, performing in St. Paul's, touring the USA and singing at the Vatican, as well as in cathedrals through Britain. It was disbanded on 31st December 2000. However the Wenhaston Girls Choir, formed in 1997, is still busy making itself an excellent reputation.

Keith Johnceline

Wenhaston Gardeners

Karen Kenny came to speak to us at our last meeting. Did she fly in on her broomstick? She brought with her a humble basket of herbs from which she plucked a veritable cornucopia of magic, mystery and country lore. We shall be looking at the plants growing in our gardens with a much more knowing eye from now on. After all, how can you wage war on that pesky Chickweed and stubborn Horsetail when the one will add succulent sprigs to your salad and soothe your sore hands, and the other will give you juicy young shoots to eat and, at a pinch, clean your pots and pans? So don't swear too much-just keep cutting. Ah, but if you're going to chop that Elder tree which is getting too big, take a moment to beg its forgiveness and remember its many virtues, not least the cordial and wine.

Onions - well, yes, a familiar friend - but now we also know that they will aid our memories and reduce cholesterol. Funny how there's a subtle aroma wafting around the village these days! And we'll all be slim and shapely, too, once we've sweetened our rhubarb with Sweet Cecily and rubbed lvy on our cellulite.

But the best of the lot has to be the Nettle. So learn to love it because its properties are legion. From threads and textiles to a medicinal cure-all, a calming tea and a scourge to banish rheumatism. For those chaps who didn't use Nasturtium to prevent baldness, nettle lotion will restore your locks! It's a food plant for butterflies and moths, it's an activator for compost, it will protect you against demons and it's the Viagra of the herb garden - I shall say no more... ... Except to remind you to buy your tickets for the Christmas Party on Tuesday December 9th. Tickets £6 each. Fine fare and festive fun with Syzewell Gap. We'll all be so healthy we'll be dancing all the way to the Village Hall. Cherry Wilkinson

Local Business and Services



Computer Services

Internet Access Computer. £1.00 per half hour. Printing available. Book your slot or just turn up. Blythweb Ltd 01502 478712

Computer Repairs, upgrades, etc., Same-day service where possible. Anti-Virus, Networks, IT, Broadband, Websites created, hosted, and advertised. Established over 10 years.

Open weekdays 9:00am -5:00pm, other times by appointment. 01502 478712. Blythweb Ltd, The Street, Wenhaston. mail@blythweb.net

Food and Drink

Family Butcher: K.W. Clarke. Bramfield. Well-stocked village shop with freezers and greengrocery. Opening times - Shop: 8am to 5pm. Half-day Saturday. Tel: 01986 784244

Market Fields, Holton Road, Halesworth. Grocers/greengrocers, freezers & off-licence. Seasonal local produce. Household items. Tel: 01986 872134

Marybelle Milk Products. Will Austin. Fresh milk to the door. Tel: 01986 784458

Vegetable Boxes from Soil Association certified Organic Farm less than 15 miles away. Also flour, eggs and honey. Delivered weekly on Wednesday to Blythweb in Wenhaston for you to collect. Details from 01502 478712

Newsagent

Patrick's. Market Place, Halesworth. Delivers in Wenhaston from 6:30am. Tel: 01986 875229

Vehicle Bodywork

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Accommodation

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Personal

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Food and Friends

So what is a Food and Friends club? It's a very simple idea (as all the best ideas are) of two or three volunteers working together to organise regular social 'get togethers' with four or five older people, over refreshments. These can be a morning coffee, simple lunch or afternoon tea and meetings can be in volunteers' homes, a local pub, café, church or village hall. The beauty of a Food 'n' Friends club is its size...small and homely.

We, at Age Concern, offer free support to help volunteers to start clubs in their local community. This simple project can make a huge difference to an older person and if you would like to know more and volunteer, please call me on 01473 353057.

Jo Collins

Age Concern, Suffolk

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