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Wives Club



PRIZE BINGO EVENING

Friday 1st July

At Rickinghall Village Hall

Doors open 7.00 pm Eyes Down 7.30 pm

Raffle and Refreshments

In aid of the Dialysis Unit
at West Suffolk Hospital



FRIENDS OF WORTHAM CHURCH

The sale of the 'Up Cycled' items that had been on display during the Open Gardens weekend took place at Battelys Cottage on Saturday 27th June. A huge thank you goes to all those who braved the atrocious weather during the afternoon. Wine and savouries proved most enjoyable and the final bidding made £570 for Wortham Church Funds. Items that were not sold will be sold on EBay where hopefully our fund raising will reach £600.

MUSIC WINE

& ROSES

~~ with the Kingfisher Ensemble ~



Wortham Church

Sunday 7th August 2016

6.30pm

Concert one hour with a glass of wine

Music by Haydn, Puccini and Beethoven
for string quartet

Tickets £10 from Wortham Post Office Stores

Or Tel: 01379 898479 email: edwardcoales@live.co.uk

Proceeds in aid of Friends of Wortham Church

HERITAGE CIRCLE

Richard Smith, Ale-brewing, Ale-houses and Ale-selling in Medieval Suffolk

Richard Smith gave an interesting account of medieval brewing, based upon detailed research, to the June meeting of the Heritage Circle at Rickingham Village Hall. He emphasized the importance of grain to all aspects of the medieval diet, especially for the poor. In the medieval period, grain was consumed by humans in three ways. There was bread, ale and pottage. Pottage was a form of porridge made using oats, barley and vegetables. It was a major part of the staple diet of the poorest in society.

The poor have left few records but the household accounts of the elite give some insight into the medieval diet. The accounts of a Benedictine monastery in London show an allowance of one gallon of ale a day for each monk. Similar quantities of ale seem to have been consumed at Framlingham Castle as 78 gallons of ale a day were provided for the 83 inhabitants during 1385-6. This may seem to be a lot to us. However, the ale had a lower alcoholic content than modern beers and was much safer to drink than the contaminated water available at the time.

It is likely that brewing would have been a widespread activity in villages because there were few technological needs for the process. It tended to be done by women. Brewing began with malting. Barley was soaked for several days and then turned onto a floor to germinate and ferment. It was then dried. The drying for wealthier households was done in a kiln but the poor dried their grain in the sun as fuel was expensive. Once dry, the malted grain would last up to a year. Malt was crushed with a hand mill and then mixed with hot water where its sugars were dissolved. The liquid was drawn off and yeast was added. The ale was ready in a couple of days. Households tended to brew every three to six days as the ale would go sour within a week.

From the 13th Century the price and quality of ale was monitored. Assize records offer valuable information about brewing. The price of ale was linked to the cost of grain and was higher in the towns than in the countryside. This possibly reflects lower transport costs. Fines were imposed upon people selling ale which had not been checked for quality or where it was found to be inferior or sour. Ale tended to be sold from the front of the brewer's house. There are few archaeological remains indicating the existence of pubs in the medieval period.

Records show that there was a busy market at Botesdale in 1289. 18 stalls sold ale which was often bought by the very poor who had little land but earned wages by labouring. Intriguingly, one large scale producer was called Roger the Taverner which may suggest that he owned a pub.

The Black Death (1348-9) brought about considerable change as standards of living rose with increased wages. More barley was grown and the alcoholic strength of ale increased. Men tended to replace women as brewers because production became a more lucrative business. Further change occurred in the late 15th Century when the introduction of hops into brewing led to the production of beer which lasted longer and could be transported over greater distances. Inns and taverns began to develop. These were initially used by richer people as a place to eat, drink and stay when travelling. Ale houses were opened from the 16th Century as places run by the poor for the poor. Their increase in number, and instances of drunkenness, sinfulness and disorder worried Tudor and Stuart governments. This was an approach to brewing and leisure which is more familiar to us than the medieval period.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 27 July 2016 at The Village Hall, Rickingham. Georgette Vale will be speaking as Lucilla Reeve about the villages lost in the creation of STANTA. Further information about the Heritage Circle is available on its website, www.heritagecircle.onesuffolk.net.

Gerry Gurhy

SATURDAY 16 JULY, 8:00 pm

DADS ARMY (pg)

Sat Aug 06, 8:00pm
Sat Sep 03 8:00pm
Sat Oct 01 7:30pm
Sat Nov 12, 7:30pm
Sat Dec 03, 7:00pm

SPOTLIGHT (15) WINNER OF BEST FILM OSCAR
TRUMBO (15)
EDDIE THE EAGLE (pg)
FLORENCE FOSTER JENKINS (pg)
DINNER & FILM – MAMMA MIA - singalong

www.palgravecinema.co.uk

Book in advance online, where trailers can be seen and reviews read.

TICKETS £5 each



New Bus Club Lottery

The New Bus Club Lottery was established to help Borderhoppa replace older vehicles coming to the end of their useful life. New Bus Club Lottery is open to everyone aged 16 or over.

Each lottery number costs £2.00 per month and participants can purchase any amount of numbers each costing £2.00 per month.

The lottery draw takes place on the last Friday of each month and all winners are notified by post.

If you would like to support your local community transport service and join the New Bus Club Lottery application forms are available to download from our website www.borderhoppa.org, from our drivers or by calling us on 01379 854800.



We have been very fortunate, at least on my length of our village street. Every morning, when I fetch my paper, I hear above me the song of a Skylark. I presume it is the adult male extending its 'territory' from a near-by field to include our street and, indeed, our home. How lucky we have been even through this cold pre-summer and late-spring weather.

In my last article I mentioned finding a female Sparrow hawk in our front garden, alive but stunned. I am now informed that on the same day a female Sparrow hawk stunned itself flying into an outhouse belonging to a fellow birdwatcher (he heard the thump). He picked it up and it flew off in the direction of our house! I trust it had no further accidents!

I have had several reports of the Turtle Doves' return. Sometimes in pairs and sometimes a single bird. One being heard, seen and photographed within 200 yards of my home. A Spotted Flycatcher has returned to its previous nest in Redgrave. Last year it had three broods. Obviously a good source of food from the flies above the nearby sheep.

Members of Suffolk Wildlife Trust may have read in their May edition of "Suffolk Wildlife" an excellent article on Redgrave/Lopham Fen Reserve entitled "The battle for a valley fen". It stated that Marsh Harriers are attempting to breed on the reserve. I mentioned in my last report that I had seen a pair and others have also seen both male and female Marsh Harriers present.



I promised myself another visit to the east coast and another of my favourite bird walks. This one was from the car park opposite Hoist Covert on the road out of Walberswick to Westward Lodge. Walk through the covert and turn left onto the Walberswick marsh. Crossing the marsh and turning right after the windmill, walk west into the marsh. There you are surrounded by reed beds and their birds. Sedge and Reed Warblers, Bearded Tits, I heard and saw two pairs. Bitterns 'boomed' several times and one flew low over my pathway. To complete my day, I saw a Marsh Harrier flying low over the periphery of the reed beds. I have known this path since my teens and it has never disappointed.

So, although my days of long walks are over, short ones with rests at intervals are still possible, and you do see and hear far more by just stopping, listening and looking.

On 6th June the internet showed a Glossy Ibis at Micklemere. This mere is on your left of Ixworth bypass on the A143. Now, I have always considered myself a 'birder' not a 'twitcher', though I do have 'twitcher' instincts.



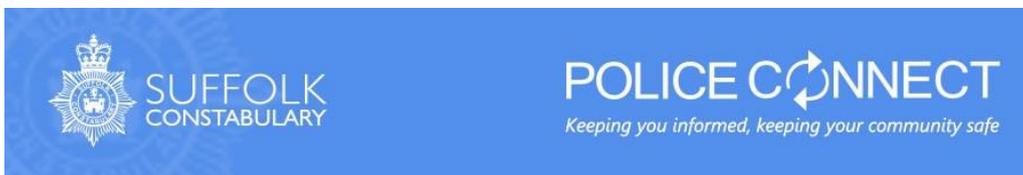
Off I went to the Micklemere hide which is on the road to and just before Pakenham Watermill. There I was amongst the experts with their digiscopes and after about 20 minutes there was the Glossy Ibis, the size and shape of our Curlew but a glossy black, digging into food on the flooded meadow. How the digiscopes clicked. Steve Piotrowski in his "Birds of Suffolk" states this bird has only been seen 42 times in Suffolk (now 43). It usually breeds in southern Iraq. Anyway if one must do a 'twitch' this was a

good one.

STOP PRESS: This morning, 10th June, I had a report of a Red Kite flying low over Redgrave and another Spotted Flycatcher. Though late in the season, reports do keep coming.



 <p><i>Friends of Wortham Ling</i></p>	<p>We need your help</p> <p>Do you live locally?</p> <p>Perhaps you walk (with or without your dog) on the Ling or like to visit with your family?</p> <p>Are you passionate about the Ling's wildlife?</p> <p><i>Find out about the new Friends group</i></p>
<p>The Friends of Wortham Ling aim to</p> <ul style="list-style-type: none"> • Help maintain the Ling as a public and open access site for the benefit of all those who love and enjoy the Ling, but without compromising its special status. • Protect and promote the Ling as a valuable nature site and Site of Special Scientific Interest, and, with the owner's permission, assist in its management as such. • Foster community ownership and encourage everyone who uses the Ling to value it as a beautiful heath that needs protecting for future generations and wildlife. <p>We aim to do this by</p> <ul style="list-style-type: none"> • Liaising with the owner, and the local parish and district councils. • Providing everyone within the Ling community (local residents, members of the dog walking community, visiting families and walkers) the opportunity to be involved. <p>We need your help</p> <p>If you are willing to help in some small way or just want to become a Friend of Wortham Ling contact us at LingLink@friendsOWL.org.uk or join the Facebook group on www.facebook.com/groups/LingLink/</p> <p>Your help and support would be most welcome</p>	



Safer Neighbourhood Team Newsletters – Keep in touch with your local team

Your local Safer Neighbourhood Team (SNT) works to keep the community safe and address any issues of concern. To keep you updated on the work they are carrying out and how they are addressing local priorities, a regular newsletter is available on our website.

Visit www.suffolk.police.uk and select your relevant SNT from the 'My Neighbourhood' section on the home page. Under the 'Priorities' tab you will find your current newsletter, which is published during the first week of every month.

Should you wish to contact your team to discuss any of the issues mentioned, dial 101 and ask to speak to your local SNT. Help us keep our communities safe by reporting any suspicious activity.

Please use the following link to pass useful information to Suffolk Police about any incident: <http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx>

DO NOT USE THIS LINK IN AN EMERGENCY OR IN A SITUATION THAT REQUIRES AN IMMEDIATE POLICE RESPONSE WHEN YOU SHOULD RING 999.

Police Connect Team

Roella's 60th Birthday

Charity Dance

to

"Backstreet"

Saturday 16th July 2016

8.00 pm – Late at the Park Hotel, Diss

Tickets £5

From Park Hotel or 01379 650 471

*All Proceeds to Pancreatic Cancer
and Brain Tumour Research*

RICKINGHALL COMMUNITY TRANSPORT



Following the acquisition of the community bus by Rickinghall Parish Council, we would like to thank Robert and Andrew Lister for their generous sponsorship. R W Lister & Son has also taken on the maintenance contract for the vehicle.

The cooperation between Rickinghall Parish Council, R W Lister & Son and Rickinghall & Botesdale Good Neighbour Scheme will guarantee the existence of the bus for the foreseeable future.

RBGNS continues to administer the community bus and provides the voluntary drivers as before, and would welcome future sponsorship and donations to ensure its continued success.

Gordon Lawrence. Community Transport Coordinator. 01379 897109

OPEN GARDENS

It was a very busy weekend for those opening their gardens over the weekend of 11 & 12 June. In all, 18 gardens were open, among which was Wortham Primary School's where the children had worked hard on their gardens. When you went through every gate, there was a lovely surprise for everyone to enjoy as each garden was unique and there was also the opportunity to glimpse Wortham's Solar Dome, which is used as an extra classroom for the children to work in. Refreshments and Ploughmans lunches were available and a large plant stall, kindly donated by Howards Nurseries.

Thanks go to all who helped over the weekend; to Wortham Post Office and Store for selling the programmes; Howards Nurseries for donating so many plants; and to Diss Garden Centre and Simonds Coaches for giving raffle prizes. All proceeds will go to Wortham Village Hall funds and we now know that a total of £2,750 was raised.

LEGION GET-TOGETHER

Suffolk County Women's Section, Royal British Legion met at Needham Market Community Centre on Saturday 11 June for its last county get-together. Branches attended from all over the county and there were fundraising stalls in the morning and a chance to see the wonderful needlework from branches. Then everyone broke for lunch and a short meeting followed. Vice Chairman, Jo Lea said the Silent Tribute and welcomed the attendees. She read a message from the Chairman, Pat Scott who was unable to attend.

The county standard will be laid up in St Mary's Church, Bury St Edmunds (no date yet) and County will close by 5 September. All branches will also need to lay up their standards by the same date. There was a large raffle and cups were presented to branches for their needlework. There was entertainment by an Ipswich group called Ricochet. A celebration cake was cut and tea was served. VC Jo thanked the ladies for their hard work in many years of membership. The national anthem was sung and then it was time to say goodbye to the many friends made over the years, and many tears were shed.

SONGS OF PRAISE

A large congregation was present for the Songs of Praise on Sunday 19 June at St Mary's Church Wortham, celebrating twenty years since the formation of The Friends of Wortham Church. The service was conducted by Rev Adrian Watkins, Rector of North Hartismere Benefice and the organist was Peter Cresswell. The welcome was given by the rector, readings were by Elizabeth Clark and Edward Coales. Prayers of Intercession were said by Cathy Hume and Lyn Pelham Burns and a special thanksgiving and dedication prayer for the Friends of Wortham Church was given by Rev Watkins.

Churchwarden Cathy Hume gave a vote of thanks to The Friends for the last twenty years; to Edward Coales its chairman for the first five and to Maureen Ling for the past 15 years. Geraldine Rash had been the first person to suggest the Friends' creation. The service ended with the blessing and light refreshments were then served.

GOOD COMPANIONS

Wortham Good Companions club held a fundraising meeting on Tuesday 21 June, Stalls of home-made cakes and preserves, clothing, household items, plants donated by Howard Nurseries, games and Guess the Weight of a Cake made by member Marie Hewish. This was correctly guessed by Janet Bromley at 4lbs 9ozs. Members then enjoyed a tea of sandwiches and cakes, and there was a small raffle. The sum of £208 was a very good reward for the efforts made by the members. Chairman Betty Garnham thanked members who had helped with the stalls, teas and raffle, and those who had donated items for sale. She welcomed Sue Bawden, Vice President and thanked her for her support.

Garden notes by Linda Simpson

We cannot complain about lack of rain so far this year and everything is growing away lushly. The roses in particular seem to be doing really well – those that is, that do not get spoiled by the rain.

I must say I was very eager to see how our new rose hedge was going to do this year particularly since it was growing so well. We planted two types of rose – one called Chianti and one called alba semi plena - one white one red. Both are beautifully scented. However, I have been disappointed to find that although they were recommended as hedging roses by David Austin the chianti rose has grown very floppy. It has



lots of lovely blooms at the end of the stems which do not appear capable of holding them up. I do not know if this is to do with particular weather conditions or if this is its habit. I intend to write to David Austin's since if this is its habit I cannot imagine why they recommend it as a hedging rose.

Even more irritating is that one of the white roses is not the same as all the others! Given that we bought 36 rose plants at a not inconsiderable expense I am expecting a sensible reply from the nursery!

The continuing wet and humid weather is of course the perfect breeding environment for all sorts of diseases and critters. Slugs and snails this year have been at plague proportions. It's hard to try and be wildlife friendly when all that happens is you lose many of the plants you have been nurturing and anticipating.

I have mentioned in the past using a liquid slug killer Slug Clear. However, I discovered this year that it was being withdrawn from sale (although I have as yet to discover why). It's marginally more wildlife (and pet) friendly since it can't be taken accidentally by other creatures and is more effective at killing the slugs and snails. There is no chance of birds eating only partially poisoned live ones as is possible with the slug pellets. Since birds will not touch already dead slugs and snails there is no chance of them getting a build-up of harmful chemicals in their systems.

I have managed to get a stock which will last until next year, I hope. I find that the most effective way of controlling these pesky creatures is by early applications at the point when the plants are just about to emerge from the ground. In many years this is sufficient although this year I have had to continue to apply the control.

Nematodes, a natural deterrent, is I find quite tricky to use and expensive in a garden the size of mine. I do use it selectively on the vegetables since of course I cannot use chemicals on them.

WORTHAM VILLAGE GARDENS OPEN

The weather was relatively kind to us all on 11/12th June when 18 gardens and studios in and around the village opened to raise funds for the village hall. As has already been reported we raised and £2750 and had a total of 270 visitors over the weekend. Visitors came from far and wide, many visiting our village for the first time.

Sales of refreshments with ploughmans lunches and homemade cakes, sales of plants kindly donated by David Howard, and a raffle all helped to boost the takings.

The following day the garden openers had been hoping to have a chance to view each other's gardens but unfortunately the deluge that continued all day put paid to that! However, it did not prevent many of us enjoying an evening get together, kindly hosted by Jacky Bradley, to celebrate the success of the event.

Joy Cornish in particular but also her team had worked hard to make the event a success and were pleased with the very positive outcome. Hopefully Joy's first experience of organising this event will not have put her off doing it all again and her team thanked her for organising everything so efficiently.

Summer of Activity, Mid Suffolk & Babergh



Mid Suffolk and Babergh are hosting their Year of Walking, with guided walks in many towns and villages, including Nordic Walking and some themed walks – booklets are available here at the Tourist Information Centre, where we can take your bookings too.

Following the active theme, we have information on all the local sports clubs. Come and see us for more details and contacts for many different activities including Bowls, Badminton, Rugby, Tennis, Fishing, and Golf.

The Mix in Stowmarket are open throughout the year for youth activities and workshops, and there are many activity sessions for older people too, including New Age Kurling at the John Peel Centre on Wednesday mornings, and Yoga, Pilates and Line Dancing at Stowmarket Community Centre.

Activity isn't just about exercise – it's about getting outdoors and exploring the area too. Many attractions have trails and treks included; at the Museum of East Anglian Life, there is a lovely nature river trail, and a children's play area. Baylham House has a farm trail, and the Mid Suffolk Light Railway at Brockford have special open days in June and July, and they are open every Sunday. Stonham Barns have a range of activities, with fishing, mini golf, and plenty of space just to run around in.

So however you are planning to spend your summer – pop in to the Tourist Information Centre in Stowmarket (just up the hill from ASDA) for some inspiration.

Sue Green

ef Esmée Fairbairn Foundation

Corn Hall Comedy

@Diss Rugby Club
sat nav: IP22 5RG

Seymour Mace

Amir Khoshokhan

Joe Bor

Advance £10
Door £12
Min Age 18

Friday 22nd July 8pm

Follow us on Twitter @DissCornHall

Food from 6.30pm

Bar from 6.30pm

CORN HALL ON TOUR

Tickets: 01379 652241 www.disscornhall.co.uk

The Saturday Club
Quaker Woods
off Factory Lane, Diss IP22 4NF

Imps

Wonderful Wild Adventure



Saturday 16 July
10.30am - 12.30pm or 1.30pm - 3.30pm

Cost £5 per child
Pre-booking essential
Children must be accompanied by an adult

DISS CORN HALL ARTS **BOX OFFICE 01379 652241**
Corn Hall Box Office, DesignerMakers@21, 21 St Nicholas Street - opposite the Corn Hall, Diss IP22 4LB
Monday, Wednesday - Friday 10am - 4pm
Saturday 10am - 4pm
www.disscornhall.co.uk

The Saturday Club

CORN HALL ON TOUR

Saturday 16 July
10.30-12.00 or 1.30-3.00
Quaker Wood, off Factory Lane, Diss IP22 4NF
IMPS Wonderful Wild Adventure
Join us for a session of wonderfully wild activities. Learn about the creatures that live at Quaker Wood with pond-dipping and bug hunting, explore natural art with silver-on-leaves and a sand pendulum. Play in the mud kitchen, the musical tunnel and make a stick person or a goblin face. This is a Wild Day, so bring wellies and a change of clothes.
Cost £5 per child (2½-8 yrs)
Children must be accompanied by an adult

Saturday 13 August 2pm
Church Hall, St Mary's Diss, IP22 4QQ
Making Music with Janet Koralambe
Singing games are a great way to connect people of all ages, for them to share memories and have fun. In this workshop for children and adults some songs and games may be familiar - others new. One thing is certain, a lot of fun and laughter will be had!
Janet has 25 years experience of sharing her enjoyment of singing and music running Baby Music and Early Years music groups and teaching at local schools.
Cost £5 per child (2-8 yrs)
Must be accompanied by an adult.




CORN HALL ON TOUR

Workshops

Upstairs Studio @DesignerMakers21

16 July 10am - 4pm
Crocheting Motifs for Beginners with Diss Crochet Bee
An ideal workshop for those new to crochet or who want to take crochet on to the next level. You will learn the three basic stitches and move on to creating motifs in rounds.
£35 including materials and refreshments, plus a 10% discount voucher for Diss Wool & Craft Shop

30 July & 6 August 10am - 4pm
Printmaking for adults with Oyster Press
No experience is necessary for this enjoyable one-day course. Pop-up printmakers Oyster Press will teach you all the printmaking skills required to create your own piece of art, using their etching press.
£50 including materials and refreshments

3 September 9.30am - 12.30pm or 1.30pm - 4.30pm
Introduction to Polymer Clay - Making Beads with Enid Winder
In this three-hour workshop you will choose and prepare your clay colours, learn how to blend them to make beads, then cure and make them into a bracelet or necklace to take home.
£40 including materials and refreshments





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News from the Wortham Garden Lovers Group

Wortham Garden Lovers Group recently visited the home of Pam and Jan in Burgate to see Jan's collection of unusual plants. Jan is an ex National Trust Head Gardener, now retired and grows and propagates unusual plants. He also has a National Collection of Muhlenbeckia.

After a wander round the garden and a chance to buy some of the plants Jan had propagated we all enjoyed the delicious selection of home-made cakes that Pam had provided.

Anyone interested in joining the Garden Lovers Group please contact Linda on lindaruth11@gmail.com.

The CAS Awards 2016 are now open for nominations!

The CAS awards celebrate individuals and groups who deserve recognition for their work and commitment to the Voluntary, Community and Social Enterprise sector in Suffolk, with nomination closing on 12 August 2016. You may know someone who gives up their own time, to do things for others. You may know a local group which is the centre of a community. You may know a local village hall or community centre, without which lots of activities wouldn't be possible. The 2016 awards are:

- The Anne Dunford OBE award – for youth participation
- The Roddy Macleod award – for youth club of the year
- The Andrew Towers award – for young person of year
- The Colonel Probert award – for community initiative
- The Ian Campbell MBE award – for individual initiative
- The Village Hall or Community Building award
- The Outstanding Contribution to Volunteering award
- Event Organiser of the Year
- Most Inspiring Volunteer story



Save the date! Tuesday 18 October 2016

CAS will be holding its Annual Celebration and Awards evening, reflecting on our achievements in the last year and presenting our awards to our deserving winners. We will be inviting our members to join us for the evening in Needham Market, with a limited number of places available. So make a note in your diary and keep an eye on your inbox later this summer, as invites will be sent to CAS members (so make sure you have signed up for your free CAS membership to be on the mailing list!)

WORTHAM BOWLS CLUB NEWS

June 2016



Our 2016 season is well under way now after a postponed Green Opening due to the awful weather in April. Despite the vagaries of the "summer" weather, we have managed to play all the fixtures as scheduled except two when we would have been playing "mud bowls" rather than lawn bowls as the green was waterlogged!

Wortham has made a good start this year with some excellent victories in both the Upper Waveney & Stowmarket leagues. These have made up for just a few losses and some closer match wins. At the time of writing, we lie 4th in both leagues.

The Upper Waveney League runs an annual Cup & Plate competition and Wortham has been successful in the first two rounds of the Cup.

The green has been kept in wonderful condition by our greenkeeper, Charlie Gooderham, and his team of helpers. We have to thank them for the compliments received from visiting teams.

Our newly recruited members are getting to grips with the art of bowling. The Friday evening roll-ups at 6.30pm are proving helpful in their progress. Anyone interested in having a go is welcome to these evenings.

A series of friendly matches have been arranged with Scole and Coney Weston bowls clubs. These will take place in the afternoons at 2pm.

- The dates arranged are:
 - August 18th home to Scole
 - July 28th home to Coney Weston
 - August 30th away to Coney Weston

Sadly, our first fixture for June 23rd was cancelled due to the green at Scole being too wet for play. Supporters are welcome at the matches, especially the home ones.

Our next big event is the

Annual Coffee Morning.

This will take place on **Saturday July 9th at 10.30am in the Clubhouse.** As usual, we will have a cake stall with some produce and a raffle. If the weather permits, some of the bowls competition matches may be played as last year. All are welcome and posters will be around the village & surrounding area.

All club information & results can be found on the website www.worthamandburgate.onesuffolk.net and choose Clubs & organisations, then Wortham Bowls Club.

May we continue to have a successful and enjoyable bowls season and hope the weather is kind to us for the remainder of the summer.

Jean
Wortham Bowls Club Secretary
Email: worthambowlssecretary@gmail.com
Tel: 01379 643641

Botesdale Open House

Drop-in morning



Do you have a life-shortening illness of any kind?

Are you caring for someone who has received bad news about their condition?

Are you struggling with bereavement?

Would you like to meet others facing similar challenges?

If so, please feel welcome to come and join us for the opportunity to share experiences with others or just some quiet space.

Open House is held on the **first Thursday of every month** between **10am-12pm** at **Botesdale Health Centre**.

There is no need to book a place, just drop in, and you can bring a friend or family member too. **We look forward to seeing you.**

*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773

**Botesdale Health Centre, Back
Hills, Botesdale, Diss, IP22 1DW**

For more information and future dates
please call 01284 702525 or email:
dayhospice@stnh.org.uk



Tim Peake Returns to Earth after six months on the International Space Station, and inspiring one million British schoolchildren



Photos courtesy NASA, ESA & Flickr



VILLAGE HALL DATES FOR YOUR JULY DIARY

Wortham Morning Yoga	Village Hall	Tuesday	05, 12, 19	10:00 – 11:30
Wortham Afternoon Yoga	Village Hall	Thursday	07, 14, 21	11:45 – 13:15
Ballroom Dancing	Village Hall	Monday	04, 11, 18	18:30 – 21:00
Sewing Class	Village Hall	Monday	04 17	09:30 – 14:30
Good Companions	Village Hall	Tuesday	05	14:00 – 16:30
Tea's Made		Wednesday	06, 13, 20, 27	14:00 – 16:30
Pilates	Village Hall	Tuesday	05, 12	18:30 – 21:30
Pilates	Village Hall	Wednesday	06, 13, 20, 27	09:30 – 10:30
Pilates	Village Hall	Thursday	07, 14, 21, 28	18:00 – 19:00
Wortham & Burgate Twinning	Village Hall	Tuesday	09	17:50 – 22:30
Dance School	Village Hall	Wednesday	06, 13, 20, 28	19:15 – 20:15
Anglia Polymer Guild	Village Hall	Sunday	17	10:00 – 15:00
Private Function	Village Hall	Saturday	02	17:00 – 23:59
Private Function	Village Hall	Saturday	23	12:00 – 23:59

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