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WHO ARE YOU?

With SARAH DOIG from Rickinghall

Friday 7 April, 7:30pm

Redgrave Amenities Centre

An evening of family history, fun and information with chat and tasty eats included.

Something different!

TICKETS: £7 pp from June Hart, 01379 897180

RAHOF is celebrating its 30th year of fundraising for St Nicholas Hospice Care, Bury St Edmunds

Wortham & Burgate Spring Clean

Dear All, Spring really is here now and conditions look promising for a good tidy up, although a trifle later than usual.

Officially it will take place over the weekend of the 7th April but those involved in the Hede exchange may prefer to do it earlier or over Easter weekend. The Primary School are doing their area before they break up.

I will drop off clean bags on Wednesday 5th April and will be collecting roadside bags on Sundays the 9th & the 16th April, and I will get MSDC to collect the bags from Ivy House Farm on Tuesday 18th April.

As always, thank you so much everyone for the splendid work you do. Do please be careful.
Jacky . (01379 898 395)



hello!

From 16th April The Forge
Community Church will be
at Hartismere School in Eye.

There will be a fun programme
for kids and teens, great live
music and amazing talks tied
into your everyday life.

Every Sunday from 16th April, 4pm
Hartismere School in Eye.

Get your diary, book the date
and tell your friends.

See you there...

forge community
church

Can't wait? Check out:
www.forgechurch.com/eye

Garden notes by Linda Simpson

What a fabulous time of the year it and we have certainly enjoyed some days of warm sunshine to make the most of it. All the bulbs seem to be flowering well and the meadow area where I have been trying to build up the range of daffodils is looking particularly good.

We are watching with interest what happens to the meadow this year. Over the last few years the amount of moss has been building up and up. The range of



is

wildflowers has been quite limited and I have been struggling to introduce Queen Anne's Lace (cow parsley) without success. Whilst spring bulbs primroses and cowslips have been increasing, the range of perennial wild flowers has been limited to hogweed, vetches and buttercups with the odd bit of ragwort which we pull out.

We decided to take the bull by the horns and scarify the whole area last autumn. In fact, we did it twice and ended up with a enormous heap of moss and thatch. We were too late to sow yellow rattle which is a parasitic plant that restricts the vigour of the grasses but we may do that this autumn.

The whole area looked a bit scruffy for the winter but it is interesting to see what is coming up. The most noticeable things now are vast areas of hogweed seedlings which I will have to selectively cull. I don't mind some but I don't want it to take over. There is also an area where cleavers seem to be taking hold (in fact I have noticed elsewhere in the garden the cleavers seedlings are in quite large numbers and needing dealing with). There are encouragingly quite a few cow parsley seedlings so I am guessing they needed less competition to germinate.

Some years ago, I scattered some poppy seeds but nothing happened. Poppies like the ground to be disturbed to germinate (I am sure you have seen them appear beside roadworks and building sites) so I am hoping they might also pop up. What else might grow will be seen in due course. The lovely variety of grasses will not I hope be diminished but may also do better for having a bit less competition.

Ours is primarily a spring meadow (the flowers are spring flowers) and I also love the contrast between the mown rides and the areas of long grass as the season progresses. We cut it in August / September, and in October as late as possible so that the grass is short when the bulbs start to flower. We plan to scarify it again this year since there is still plenty of moss to come out. In the meantime, we will keep an eye on how it develops.

The idea of having a meadow area might sound like a time saver but from experience it's not just a matter of sitting back and letting it grow – at least not if you want it to look attractive!

Diabetes care in Suffolk: Do you know your foot health risk?

Healthwatch Suffolk is putting feet in focus with the launch of its latest research report. It has worked closely with a leading clinician to explore the views of local patients about their experiences of accessing diabetic foot care in the county.

Figures from Diabetes UK indicate that over 100 diabetes-related foot amputations occur every week in England. Patients with diabetes should receive an annual foot examination to determine whether their foot sensation is intact and their blood supply to the feet is good but this does not always happen.

Key findings:

- 32% of the respondents stated that they were not told about their risk of developing a diabetic foot problem in the future during their last appointment.
- 43% of respondents were not told what they should do if a new foot problem had developed.
- 28% of respondents said they were not given advice about how to look after their feet.

Three things that people said could be improved about their care:

1. Ensuring people are informed about the importance of maintaining foot health and their risk of developing complications.
2. Improving the availability of information regarding foot health.
3. Offer more regular foot health checks.

An early outcome from the project will see patients across the East of England receiving a new information card following their annual health check. The passport, which will be roughly the size of a bank card, will be carried by patients at all times and include information about what to look for in terms of their foot health and who they should contact if they have concerns.

Andy Yacoub (Chief Executive of Healthwatch Suffolk) said:

“It is clear that people are receiving good care in the county but there is room to improve, particularly with regard to keeping people involved in their care and informed of their foot health risk. It is also important to help people to understand how they can best manage and look after their health as early intervention is linked to the best possible outcomes.

“It is our hope that the findings will be used to improve services in Suffolk and to build on continued developments within local services. Our report includes a number of recommendations and we will ask health leaders to respond formally in due course.”

For more information about this work and how you can make a difference to local NHS and social care services in the county, please visit www.healthwatchesuffolk.co.uk, call 01449 703949 or email info@healthwatchesuffolk.co.uk.

DISS CYCLATHON

A DAY TO CELEBRATE ALL THAT IS GREAT ABOUT CYCLING IN NORFOLK AND SUFFOLK

Including the:

NINE TOWN SPORTIVE

25 JUNE 2017



Register at:
WWW.DISSCYCLATHON.ORG



A South African Success Story

Mike Bowen

Through my Civil Servant father, I have a lifetime affinity with South Africa, especially since 1998 when I became involved in a major transport project with the new SA Government under Nelson Mandela. I made many trips there and grew to love it. My local business partner moved his family to Cape Town in the Western Cape from Kwa-Zulu-Natal when his sons gained entry to UCT, his *alma mater*, early in the Millennium. That was when I started to fall in love with that province with its warm weather, mountains and oceans.

I am a member of Naked Wines, *an online wine retailer founded by Rowan Gormley which launched from Norwich on 1 December 2008. Naked Wines' customers (called Angels) fund independent winemakers from around the world, in return for wines at wholesale prices. They currently ship wine throughout the UK, USA and Australia.* (Wikipedia) Go to: <https://www.youtube.com/watch?v=h4FM0M8Am6M> to see **Carmen Stevens'** 2012 thank-you video to Naked Wines' Angels and talking about how it started with Rowan Gormley in 2010.

One part of its marketing strategy is to hold wine-tastings in UK cities at which international winemakers present their latest product for sampling by Angels. They are fully open to questioning and general conversation, and thus Lesley and I have met our favourite wine producers from New Zealand, Argentina, France and South Africa. We particularly like Sauvignon Blanc, Corbiere, Malbec and Pinotage and Bill & Claudia Small, Mike Paterson, Rod Easthope, Katie Jones, Patricio Gouguenheim and **Carmen Stevens** are the main producers of Lesley and my preferences.

When we knew that we would go back to Cape Town on holiday in late January, I contacted Carmen, who was South Africa's first black female head winemaker, to purchase some wine for our holiday rather than buy from supermarkets. The harvest was to start when we arrived and we agreed to 'play it by ear' as to when we would visit her winery near Stellenbosch in the Western Cape Winelands.

The call came on Wednesday 1st February and we drove the 60 kms from Noordhoek in the South Peninsula to the Amani Vineyard to arrive late morning. The wonderful raised location took in views east across fields of lavender and red grape vines to the distant Hottentot-Hollands mountains, a rainfall catchment area for the winelands.



The opposite panorama ranged from Cape Point in the far-left distance to Table Mountain on the right but was too misty for a recognisable photograph on the day of our visit. Amani was purchased some years ago by an oil family from Oklahoma, and it was under this boutique winery that Carmen honed her skills to become a gold medal winning Head Winemaker. When the Americans returned home after a family crisis, they allowed Carmen a lease on the premises and its equipment, and with the investment in her skills by the Angels of Naked Wines, she started up her own winery with the Catoria brand.

Recent rare rainfall of 2mm on the previous Sunday night had halted Monday's Sauvignon Blanc planned harvest at Carmen's grower, and the production had to be switched from white to red wine, and a delivery of Pinotage grapes had been made from another grower on Tuesday evening for Wednesday's production and final adjustments to the process were being made as we arrived.

Carmen grows no vines of her own, but has contracts with several regional growers, all selected by herself to exacting quality standards and methods for her supplies of Sauvignon Blanc, Chardonnay, Merlot and Pinotage. Most of her wines are single grape but she does blend occasionally, depending on availability of supplies. Picking is staggered to fit all variables such as ripeness of fruit, weather and production capacity.



The fruit arrives in plastic stillages. (Pic 1) The grapes are in very tightly-packed bunches in which Carmen insists that those grapes closest to the stem are as equally ripe as the outer ones. The grapes, leaves and stems are separated by a manual selection process on a conveyor belt, (Pic 2) and the fruit, still bearing its skins, is vacuumed into a stainless-steel vat. (Pics 3 & 4)

In here it starts its natural fermentation process with occasional help from special yeast. After two weeks or so, the liquid is drawn off into oak barrels (Pics 5 & 6) where it continues its second natural fermentation; the acid conversion from a hard apple acid to the softer malic acid, this also brings microbial stability to the wine. The wine is constantly sampled by Carmen to control the taste and quality. After 12 -14 months of barrel maturation the wine is blended in stainless steel tanks and preparation for bottling starts.



When the wine is deemed ready for bottling, a mobile bottling plant operator, with whom Carmen has worked since she started as an independent winemaker, visits to perform the bottling, capping and labelling process. Naked Wines takes all of Carmen's production each year for online sales in UK and USA.

This is a true success story that proves however politically and socially disadvantaged one might be, education, qualification, hard work, dedication and good luck can work for you. Lesley and I felt that it was a privilege to meet Carmen Stevens.

However, the story does not end there.... There is more to Carmen Stevens than meets the eye.

See the May issue of WOBUL for more about Carmen the humanitarian.

THE SHEILA RUSH PAGE

Good Companions. The Good Companions Club held a Bring & Buy at its meeting on Tuesday 21 February at the village hall and £70 was made for club funds. During the afternoon, club members Gerry Bennett presented a pot plant to Audrey Rose as she has retired from the Committee. The club then discussed future events. Bingo and a raffle was held.

- The club is holding its Easter Prize Bingo on **Monday 10 April** in Wortham Village Hall at 7:00pm. All are welcome and there will be good prizes.

World Book Day. Wortham Primary schoolchildren dressed up as their favourite characters during March to mark World Book Day.

Ash Wednesday Service. The Ash Wednesday service with Holy Communion was held on 1st March at St Marys Church, Wortham, conducted by the Rev Adrian Watkins, assisted by Reader, Graham Reardon and organist Myra Pinnell. Readings were given by Elizabeth Clark and Michael Richards, and the gospel by Graham Reardon. Members of the congregation each received the sign of the cross in ashes, and then Holy Communion was received.

Sunday Club. The next Wortham & Burgate Sunday Club will be held at Wortham Village Hall on 9 April. All children are welcome to come along for an hour of bible stories, games, music and crafts. The fun starts at 10:00 am and parents and friends are invited to join us at 10:45am for cookies and coffee. We meet on the second Sunday of each month during term time; we will resume after Easter on 23 April.

Wortham Bowls Club. The club held its Annual Dinner and Presentation evening at The Manor House, Wortham on Tuesday 21 March. 25 members and friends sat down to a varied menu of their choice. A large raffle was held and club member Irene Chandler made the presentations. (See Bowls Club article on P.)

In the leagues, Wortham finished third in the Stowmarket Wednesday Triples, and the Tuesday Team did well to finish in fifth place in the Upper Waveney League.

Spud & Spout. Friends of Wortham Church held a Spud & Spout evening at Wortham Village Hall on Friday 24 March. 40 people sat down to a baked potato with fillings and salad, followed by an illustrated talk from Deb Crawford, Deputy Warden for Suffolk Wildlife Trust at Redgrave & Lopham Fen who was introduced by Sue Heaser.

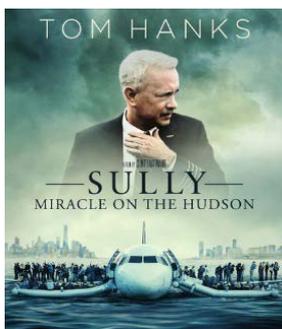
Deb gave a wonderful and very interesting talk about her work at the fen. It is home to insect-eating plants and Britain's largest spider, the Fen Raft Spider which was only discovered in 1956. This dramatic fenland landscape is one of the most important wetlands in Europe and the source of the River Waveney. She also showed the stunning wild flowers that grow on the fen. She paid tribute to the hundreds of volunteers who give their time to the wildlife patch. Collectively they give 20,000 man days each year to reserves, nature education, species conservation and community-based activities. This unstinting support from members and volunteers makes it possible for us to keep doing more for Suffolk Wildlife

Edward Coales gave a vote of thanks to the speaker and to the ladies who donated the potatoes and cooked the meal. £483.50 was made for FOWC funds. The evening ended with a Silent Draw, and the money from that was donated to SWT.

Mothering Sunday. The Mothering Sunday service took place at St Marys Church, Wortham on 26 March. The service was taken by the Rev Ginny Manning and the organist was Myra Pinnell. Welcome was given by Rev Manning and a candle was lit. Children from Wortham Primary School played a big part in the service: with lots of readings, taking the posies of flowers to the mothers in the congregation and taking the collection. The service ended after The Dismissal and the children brought around refreshments to everyone.

April Events with Corn Hall on Tour

For more information on events and to book go to www.thecornhall.co.uk



Film

5th April 7.30pm

Diss High School

Sully: Miracle on the Hudson (12A)

Tickets £5 / Under 18s £2.50 /

FREE to DHS staff & students

Film

12th April 7.30pm

Diss High School

Julieta (15)

Tickets £5 / Under 18s £2.50 *FREE to*

DHS staff & students



Theatre

15th April 7.30pm

Botesdale Village Hall

The Pantaloons present:

Pride & Prejudice

Tickets £12 / Concessions £10



Theatre

27th April 7.30pm

Diss High School

Burton by Gwynne Edwards

Tickets £10

Family

29th April 2pm

Garboldisham Village Hall

Ripstop Theatre presents:

A Real Mermaids Tale

Tickets £6 / Children £4



Music

29th April 8pm

Garboldisham Village Hall

Roving Crows

Tickets £12 / Concessions £11

Newly Refurbished Corn Hall to Re-open in May

Built at the height of agricultural prosperity in 1854, the Corn Hall in Diss was the centre of social life in the town for over the century. Although the Hall was probably the last operating corn exchange in the country, finally closing in 1998, it had lost its other roles and effectively closed. The town council, the owners since the building was gifted to them in 1957, looked at various options for the building, before supporting the creation of a separate charitable arts trust in 2009, the Diss Corn Hall Trust.

The Corn Hall opened its doors as a multi-use arts venue in early 2010, with its first gig a student's band from Diss High School. The warm-up act, largely ignored by the audience who were waiting to see their local heart-throb, was a young acoustic guitarist called Ed Sheeran. Clearly the Corn Hall helped launch his stratospheric success.

The next few years saw audiences growing from 3,000 a year to nearly 30,000 and a huge fundraising effort. In 2014 a £1.65 million grant was awarded by the Heritage Lottery Fund to a scheme to refurbish the Corn Hall, improve the streetscape in the historic centre of the town and create a boardwalk across the town Mere, and a new community garden. Other support by Diss Town Council, South Norfolk and Norfolk County Councils, the Arts Council, the New Anglia Local Enterprise Partnership and other private Trusts followed, raising £3 million to complete the whole project.

In mid-2015 the Corn Hall closed for refurbishment, taking its programme 'on Tour' for eighteen months. Building progress was not always smooth as Victorian 'state of the art' underfloor heating, unexpected drains and manure pits were discovered. But slowly the Hall was returned to its former glory with a sympathetic modern extension.

In May this year the building will reopen, with a splendidly restored auditorium (the old trading Hall), with retractable seating and modern underfloor heating, two studio spaces, and an expanded gallery with a new bar, run by Grain brewery of Alburgh, and a café under the wing of Fredrick's Fine Foods of Diss.

Angela Sykes, Director of the Corn Hall, said: "I think the thing that hits you when you come into the Corn Hall is the lovely space, light and warmth. The new foyer, cafe and bar have been beautifully integrated with the original Corn Hall and I'm sure the people of Diss will be truly be proud of the result. With the bright and airy new cafe open all day, daytime screenings, workshops, exhibitions and heritage research facilities, we hope that everyone will come and take advantage of this wonderful facility as much during the day as in the evening."

The Corn Hall will be kicking off the programme of events on the 4th May with Diss Jazz Club. The first month is jam packed with high quality events offering something for everyone, from daytime screening for mothers and babies and the over 60s, to evening events with top named artists including Shappi Khorsandi and David Starkey. Live screenings from the National Theatre and the Royal Opera House return as does the gallery programme. The ever-popular Comedy Club arrives home in June and July kicks off with a Beer, Gin and Rum Festival.

The newly built extension is also home to a series of interactive and informative displays that tell the story of The Heritage Triangle, the historic centre of Diss, and an open access computer research area with free wifi.

The Corn Hall is back and open for business, just bigger, better and brighter than before.



OPEN DAY

23 APRIL 2017, 2 PM

WORTHAM BOWLS CLUB

Wortham Bowls Club has been serving the people of Wortham and the surrounding villages for over seventy-five years and is looking forward to another successful season in 2017

GIVE IT A TRY !

**Fresh air, great
company and
friendly
competition**

**New members very
welcome**

**Free coaching
every Friday
evening**

**All ages and
abilities welcome**

**FOR MORE
INFORMATION PLEASE
CALL**

**JEAN
01379 643641**

**OR BRIAN
01379 890701**

Bills Birds

When you read this article, there should be sights and sounds of spring being with us. In our garden, we had an early forecast of spring. We had a Collared Dove nesting on February 6th discovered when cutting back a shrub. The bird could not even be disturbed by the proximity of snapping shears. This of course answers the question of the amazing increase in numbers of the Collared Dove in recent years. I remember my first sighting of one in Walberswick in the early seventies and being justifiably thrilled. This bird starts breeding early in the year and goes on until November. No wonder it has done so well. It reminds me of seeing Puffins on the Trishnish Islands off Mull in their breeding season. There were dozens of them in or over old rabbit burrows on the edge of cliffs. They (like the Collared Doves) brazenly stood their ground despite photographers within a few feet! It amused me seeing photographers on their knees creeping close to the breeding birds. You couldn't touch them. No wonder the photos came out so well.

You should have heard by now the plaintive song of the first of our migrating warblers - the Chiffchaff – typically high in the, as yet, leafless trees, singing in spite of the late blustery spring winds and sleet showers. With the warmer climate, the early twittering of the swallows should be heard and seen if only “passing through”. However, I note a swallow was seen over a reservoir near London in January.

We say goodbye to flocks of Redwings and Fieldfares, the latter in chattering flocks going North overhead. Our Blackbirds started singing again in January, just before the Song Thrush (though I seldom ever see the Song Thrush these days). There has been a report of a Blackbird in Wortham with a white chest. This may well have been a Ring Ousal, which is over wintering from the North. Sometimes there is a winter influx of Ring Ousals on the East Coast. These birds nest in the Northern hills and moors over 1000 feet, having a distinctive song heard in lonely countryside. I last saw a pair that were nesting in some skiing buildings in the Glen Shee ski area at the top of the Cairnwell Pass.

One bird I have been fortunate enough to see and observe for several minutes is the Goldcrest. I thought it was a Wren, a small bird flitting in and out of ivy clinging to a tree. I usually see it in evergreens and am attracted by the typical high pitched twittering song. This one did not appear to be frightened of me and I could appreciate the vivid gold and red stripes on its head and wings in excellent light.



Visitors to our coasts (typically North Norfolk) will see wonderful skeins of Geese, Pink Footed and Brent gathering over the marshes, awaiting to start their journeys north. One sighting I remember was while following them as I sped north over the passes and mountains of Scotland. Unforgettable.

Bill Cordeaux, 01379 898286

because
you matter

St Nics Hospice Raffle 2017

www.stnicholashospicecare.org.uk

St Nicholas
Hospice Care
A Registered Charity No. 207173



Dear WOBUL reader

Let me tell you a lovely story made possible by good members of our community.

Sue and Mick from Rickinghall recently got married in the Hospice after 30 years of being engaged too! Unfortunately, Sue was diagnosed with a Cancerous Melanoma on her back last September and came into the Hospice for our special care. With everything going on, they decided the time was right to tie the knot at last. Well, all the staff here organised a wedding cake, decorations and food and we really pampered the bride. You can imagine their day was extremely special to them.



"The path of true love never runs easy" a famous quote, but never so true, as with a wonderful local couple from Rickinghall.

Mick said: "The hospice has been fabulous. The support we have received has been out of this world. Nothing is too much trouble for the staff and we are so grateful. The staff always show such compassion, I can't express how good the care I have received has been." "It was a lovely day, we both thoroughly enjoyed it," added Sue.

We want to celebrate this month of love and kindness, not just to our partners, but to everybody around us. The care surrounding this couple and all our other patients is what makes our Hospice so very special; we can only do this with your support. Sue will continue with her treatment at home. Now married and with rich memories of their special day, they will continue on their journey.

So, can I ask you and your friends to buy the Raffle tickets that are now available? This raffle is an extremely important part of our fundraising, for the care we provide throughout the community to all our friends, neighbours and relatives.

Please buy the tickets or send a donation. If you plan a collection around your circle of friends or at a club you attend, I'd be happy to send you books of tickets, just call me on 01284 715566. My colleagues and I so appreciate ALL that you have done in the past to help people like Sue and Mick. Your care and support is a lifeline to those at St Nicholas Hospice Care, for whom life might be shorter than it should.

Thank you most sincerely

Alison

EYE TOWN HALL
SATURDAY 13TH MAY 2017
7.00 P.M.

Igor Stravinsky *Symphony of Psalms*

Karol Szymanowski *Stabat Mater*

Joseph Haydn *'Nelson' Mass*

The Burgate Singers
with *Henrike Legner Soprano* *Joanna Gamble Mezzo*
Benjie del Rosario Tenor *Alistair Bamford Bass*

The Burgate Sinfonia
Conducted by **Alain Judd**

Tickets £20
from Eva at **01379 677333**
and at the door

Festival of Flowers & Music

10th and 11th June 2017
St Mary's Church, Burgate

Flower Festival on the theme of famous people
Saturday and Sunday 10am - 5pm

Entrance free - enjoy a cup of tea or coffee, a light lunch, & home made cakes during your visit



Saturday 10th June at 7.30 pm

"Amici"

"Suffolk's friendliest a cappella chamber choir"
Director: Adrian Knott

A concert of short pieces of varying styles and from Medieval times to the present day. Pimms and Canapes in the interval.

Tickets £12.50 - available from Gina Cole on 01379 783 718 or email ginacole49@gmail.com

A FRIENDS OF WORTHAM CHURCH EVENT

BARN DANCE

AT ROOKERY FARM WORTHAM

SATURDAY JULY 1ST
7:00PM - 10:30PM

HOXON HUNDRED CEILIDH BAND

BAR

HOG ROAST

TICKET PRICES (INCLUDES HOG ROAST)

ADULT	£15
CHILD 14 YEARS & UNDER	£5
CHILD UNDER 5 YEARS	FREE

TICKETS AVAILABLE FROM **WORTHAM STORE** OR CALL 01379 898176

Raising Money for **St Mary's Church Wortham**



Don't forget – **the kettle's on** every Tuesday at the Church Hall in Burgate. Do come along and enjoy a hot drink and homemade cakes, meet your neighbours, catch up with old friends, bring children. 10.00 am until 12 noon. Look for the 'A' board by the side of the road.

Plant Sale – please note new venue and time and date for your diary

The very popular plant sale will take place at Burgate Church Hall on Saturday 13th May, entry from 2.00 pm.. There will be a wide variety of plants for sale (annuals and perennials, and perhaps some vegetables too), as well as tea, coffee and home-made cakes. Come early for the best selection!



Lunch in aid of Kagera

Burgate Church Hall was full of happy eaters on Tuesday 7th March, enjoying a lunch in aid of Kagera, our twin parish in Tanzania. Many thanks to all who came, thanks to those who were unable to attend but made generous donations, and of course many thanks to Jennie and Carol in the kitchen. A marvellous total of £ £405 was raised.

Church Flowers

16th April Jennie Labdon
23rd April Shudy Walker
30th April Shudy Walker

Hall Cleaning

Judi Tann

Church Hall Booking Secretary: Judi Tann, 01379 783302



We would like to tell you about the Suffolk-wide Surviving Winter Project in the hope that you can share details with any of your parishioners who you feel may benefit from help with paying for fuel during the winter months. The project is a joint venture between The Suffolk Community Foundation and EADT.

The Surviving Winter campaign offers vulnerable older individuals respite from the anxiety of managing fuel costs and the opportunity to stay warm and healthy during the winter.

Every year, the Government provides a non-means-tested Winter Fuel Payment for everyone aged 62 and above. The Surviving Winter campaign encourages people who don't need the extra support to donate it to help those who may otherwise struggle to afford to heat their homes.

This year Ipswich and District Citizens Advice are administering the distribution of those funds. We would really appreciate you spreading the word to those over 63 in your area. Applications are assessed against pre-set criteria and one off payments range between £25 to £200.

Below there is a link to the application form that we encourage you to share widely. All completed forms should be returned to Ipswich & District Citizens Advice, 19 Tower Street, Ipswich, IP1 3BE. Applicants requiring further information or assistance in completing the form, can contact us on 01473 219770 or email survivingwinter@ipswichcab.org.uk

Surviving Winter Project, 01473 219770

Click for application form: <https://www.dropbox.com/s/a3q4gnyqhw43jwb/CAB%20SW%20form.pdf?dl=0>



WORTHAM BOWLS CLUB NEWS

March 2017

With the coming of spring, members of Wortham Bowls Club are looking forward to the 2017 bowling season.

The Annual Dinner and Presentation was held on March 21st at The Manor House Wortham. The trophies were presented by Richard Pursehouse and Irene Chandler to the winners of the club competitions. The raffle raised just over £74 and a pleasant evening was enjoyed by all.

Winners:

Eddie Hall Cup - Rachel Garnham	3 Wood Plate - Charlie Gooderham
2 Wood Singles - Steve Wilby	3 Wood Pairs - Derek Frost & Peter Jenner
4 Wood Pairs - Rona Walters & Peter Jenner	Handicap - Rona Walters
Men's Singles - Charlie Gooderham	Ladies Singles - Isobel Pursehouse

The Green Opening will be on Sunday April 23rd at 2pm. A warm welcome is waiting for any prospective new players or interested people. Do come and give it a try. All you need to bring is shoes with flat soles so as not to damage the green.

Wortham Club plays in the Stowmarket and Upper Waveney leagues. Both these offer fixtures home and away, over north Suffolk and south Norfolk from April till late August and we have hopes of a successful summer. Throughout the summer several friendly matches are arranged with local bowls clubs, offering opportunities for less experienced players to enjoy an afternoon's bowling with tea and cakes to follow.

Every Friday evening during the season, there are rollup/practice sessions starting at 6.30pm. Anyone interested is invited to attend when support and advice is offered if desired.

Hope to see new and existing members enjoying the summer on the green

Any further information can be found on our webpage <http://worthamandburgate.suffolk.cloud>

or email worthambowlssecretary@gmail.com

Tel: 01379 643641

Jean Hoskins

Hon. Secretary



Suffolk's FAB40 ADVENTURES



fun for all outdoors
whatever the season



Summer

Simply lay back,
look and listen



Autumn

See and hear the
clash of antlers



Winter

Take a night time walk



Spring



Spot a Mad March Hare

outdoor adventures
to enjoy with
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Can you spare some time to help with a vital community service?

Borderhoppa, the provider of community transport across 56 parishes in South Norfolk and North Suffolk, urgently needs volunteer drivers to help with regular outings for residents in the areas covered by the scheme.

Community transport works because of the goodwill and time given by people who volunteer as drivers, office staff and trustees. At present Borderhoppa needs drivers to help with outings, including trips to the coast, lunches and visits to garden centres.

Service users value the outings as ways of getting out and about and meeting up with friends, which many people are otherwise unable to do, either because they don't have a car or don't have access to a regular commercial bus services to and from where they live.

Drivers need to have a D1 category on their licence, basically, entitlement to drive a minibus with no more than 18 passengers. Mileage expenses are paid but the time commitment is a gift to the community.

To find out more, call Borderhoppa on 01379 854800 or e-mail adminborderhoppa@btconnect.com.



FoBHC

The Annual General Meeting of
The Friends of Botesdale Health Centre
will be held at

The Botesdale Health Centre

Wednesday 3rd May 2017 at 7.30 pm

Come along and meet the Partners / Doctors.

At the end of the AGM the FoBHC Chairman, John Humphries, will present a short introduction based on recent research into 'micro-hospitals' followed by an Open Forum to find out people's thoughts and aspirations for an 'Ultimate Health Centre'.

Everyone is welcome, so do come along. We look forward to meeting you and sharing a glass of wine and refreshments.

Friends of Wortham Church

A **Willow Weaving Course** run by Jo Hammond took place at the Village Hall on Friday 17th March. Eleven people took part and produced magnificent deer, complete with antlers and all very different characters.

Jo demonstrated each stage in the willow weaving and included information on a variety of willow and its usage. Her professional help enabled everyone to practice their skills and create a splendid deer.

A great lunch made the day very enjoyable. Just over £259 was made for Wortham Church funds.



Another successful **'Spud and Spout'** evening was held at Wortham Village Hall on Friday 24th March when 46 people sat down to a baked potato supper.

This was followed by an interesting talk by Deb Crawford who is the deputy warden of Redgrave Fen. She is so passionate about her work and showing many slide illustrations about the fen it proved to be a very interesting evening. £483.50 was made for Church Funds.



NORTH HARTISMERE BENEFICE Wortham and Burgate Sunday Club

Meet at Wortham Village Hall
from 10.00am to 10.45am on the
2nd Sunday of each month during term time.

Dates for this term are:

12th February, 12th March, 9th April

Stories Games

Crafts Singing

All children aged 4-11 Welcome.

Just turn up or ring Lyn on 788479 for more details



HERITAGE CIRCLE, February Meeting

John Reeve, The Mid Suffolk Light Railway

John Reeve, Marketing Manager of the Middy, as it is known, spoke to the February meeting of the Heritage Circle. He gave a brief history of the railway. Construction began in 1902 with 19 miles of line from Haughley to Laxfield, connected with a short stretch to Kenton. The line was opened to goods traffic in 1904, but technical and financial difficulties prevented the line to Halesworth being completed. The Chairman and the railway went bankrupt, and the railway went into receivership.

Despite this, the railway operated successfully and opened for passengers in 1908, the first passenger being Lord Kitchener. At the onset of WW1, the Middy came under Government control, and with the men gone to war, women became porters. Women again helped run the railway during WW2.

Traffic increased with the USAF bases in the area, and the trucks were upgraded to take larger loads. After the war, lorries were beginning to take trade away from the railway, but two passenger trains a day ran each way. In 1948 the railways were nationalised. School children were carried by train between Stowmarket and Laxfield until July 1952.

The railway museum opened in 1990, on the site of the old Brockford Station goods yard, and is run by volunteers. Its aim is to educate people on how the railway served the community for many years. The track has been re-laid and items which were used on the railway are displayed, together with 4 wheel Victorian coaches, and the oldest horse box wagon.

Permission has been granted for an extension to the track and grants received for the repair shed. The museum has won many awards, and re-opens at Easter with vintage steam and other events throughout the summer. There is also a Santa Special in December.

Angela Bigley

WORTHAM & BURGATE HAS A NEW WEBSITE

<http://worthamandburgate.suffolk.cloud/>

The old site no longer exists.

Please change your favourites, and use this new community site.

Your contributions to the site are most welcome

Netty Verkroost, Wortham & Burgate Parish Clerk and RFO

07557 333 811

SATURDAY 22 APRIL, 7:30 pm

INFERNO

SUNDAY 23 APRIL, 7:30 pm

I, DANIEL BLAKE

Sat 06 May, 7:30pm A STREETCAT NAMED BOB

Sat 27 May, 7:30pm SECRET GARDEN (Live theatre)

(from Spinning Wheel Theatre. Seating limited to 35, due to staging)

www.palgravecinema.co.uk

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

TICKETS £5 each

WORTHAM WALKERS

We walk on the first Wednesday of each month.

Next walk – **Wednesday 5 April - An Eyeful of Eye!**

David and Margaret Williamson have organised this month's walk which will be in and around Eye. The meeting place is in the car park at the Community Centre at the Town Moor, entrance in Magdalen Street, for a 10.30 start. The walk is relatively easy and should take no longer than one and a half hours. It is a varied walk within the town of Eye and around the outskirts, anything from meadows and woodland to streets and housing development.



There are several interesting and historical features to witness along the route, more than many may envisage. At the end of the walk we will be going to the **Queens Head** in Cross Street and hope that many of you will join us there. Looking forward to seeing you next Wednesday.

John Scott,

juliejohn_scott@yahoo.co.uk

VILLAGE HALL DATES FOR YOUR APRIL DIARY

Wortham Morning Yoga	Tuesday	18, 25	10:00 – 11:30
Wortham Midday Yoga	Thursday	20, 27	11:45 – 13:15
Ballroom	Monday	24	18:30 – 21:00
Sewing Class	Monday	03, 24	09:30 – 14:30
Pilates	Thursday	05, 12, 19, 26	09:30 – 10:30
Tea's Made	Wednesday	05, 12, 19, 26	14:00 – 16:30
Gentle Exercise Evenings	Wednesday	05, 12, 19, 26	19:30 – 20:30
Gentle Exercise Mornings	Thursday	06, 13, 20, 27	09:30 – 10:30
W&B Sunday Club	Sunday	09	10:00 – 11:00
Good Companions	Tuesday	04	14:00 – 16:30
Good Companions Bingo	Monday	10	18:00 – 21:30
Annual Parish Meeting	Tuesday	04	19:00 –
Parish Council Meeting	Tuesday	04	19:30

WOBUL is published monthly as a service of the Wortham & Burgate Community Action Programme

Members of the CAP: Terry Quinn (Chairman), Michael & Paddy Richards, Jacky Bradley, Sheila Rudland, Paul & Alexis Burd, John Payton, Pete Antill, John King and Chris Williams (Treasurer).

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The Editor thanks all contributors for their timely submissions and states that the views stated herein are his or those of the article contributor and not of the W&B Community Action Programme.