



# WOBUL

## Wortham & Burgate Letter

December 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	1	2
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

<b>IN THIS ISSUE</b>	2	Tea's Made, Wortham Village Hall, Carol Singing 6 December
	3	The Burgate Singers – Messiah, Diss Corn Hall: 9 December
	4	Palgrave Movies, Live – A Christmas Carol – Spinning Wheel Theatre: 10 December
	5	Park Radio and John King of Wortham – The Vinyl Knight
	6/7	Burgate Village News                      W&B Parish Council notice                      W&B website
	8	Healthwatch Suffolk – Help us improve home care services.
	9	Wortham Open Gardens 2018
	10	The Sheila Rush Page
	11	Santa is coming to Wortham
	12	Garden Notes by Linda Simpson
	13/14	Concorde – Words and pictures
	15	More Concorde                      Borderhoppa                      Friends of Botesdale Health Centre
	16	Bill's Birds for December
	17	Heritage Circle for November
18	What is Pilates and how can it benefit me?	
19	Help for Howard Nurseries?                      Dates for your December Diary	
20	A message from The Editor                      WOBUL contact details	

### WORTHAM WALKERS

We walk on the first Wednesday of each month. **Next walk – Wednesday 6 December**

Next Wednesday's walk, is organised and led by David and Margaret Williamson, and they tell us: "We have decided that, for our pre-Christmas Walk, we will organise one that isn't too far away and reflecting the fact that the weather seems to have changed for the worse, it has a fair amount of hard surface walking. The distance is in the region of 3.5 miles. The walk starts and finishes in Hoxne but the major part of it is in the parish of Oakley after we have crossed over the River Dove. Parking is at the Swan Inn in Hoxne for a 10.30am start. Dogs are welcome.

For those wishing to join us in the pub after the walk and we hope you all will, they are expecting us around 12.15-30. We appreciate that most will know this attractive timbered building and we feel it is a fitting venue to conclude our walks for 2017. Good food, a roaring log fire and excellent beers and wine await! We look forward to seeing you next Wednesday and hope for a fine day.



# TEA'S MADE

## Attention residents of Wortham

You are invited to a weekly meeting with a difference. There are no agendas, no objectives and nothing on sale. The event is nothing more than an opportunity to meet new neighbours or old friends over a cuppa and a piece of homemade cake in a relaxed atmosphere. We meet every week in Wortham Village Hall on Wednesdays, between 2 and 4 pm.

Some of our regulars are among the 50 or so people who live alone in the Wortham area and they look forward to a weekly outing to have a natter. We try to avoid discussions on health problems, Brexit or Donald Trump, but we don't always succeed!

And the price for this get-together over tea, coffee and cake? Anything you like. We have to pay for village hall hire and refreshment supplies and there are covered by voluntary contributions.

For more information call Miriam Quinn on 01379 898864. Or just join us and Wednesday afternoon. No reservation is necessary.

# TEA'S MADE

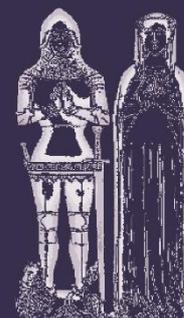
We will have a **carol singalong on Wednesday 6 December**, when Myra Pinnell will play the piano for us. To get us in the mood, we'll first enjoy some wine and mince pies.

On Wednesday 13 December we will transfer to the Norton Dog for our Christmas lunch. More details later.

Finally, please make a note: There will be no Tea's Made in Wortham Village Hall on 13, 20 or 27 December. Weekly natterfests resume on Wednesday 3 January.

# TEA'S MADE

DISS CORN HALL  
ST NICHOLAS STREET, IP22 4LB  
SATURDAY 9TH DECEMBER 2017  
7.00 P.M.



BURGATE  
1977  
2017

HANDEL

MESSIAH

The Burgate Singers

*40th anniversary concert*

*with Aurélia Jonvaux Soprano*

*Guy Elliot Tenor*

*Hannah Bennett Mezzo*

*Meilir Jones Bass*

The Burgate Sinfonia

*Conducted by Alain Judd*

Tickets **£18** (*under-18s £16*)

*Box Office: 01379 652241*

[www.thecornhall.co.uk](http://www.thecornhall.co.uk)

PALGRAVE COMMUNITY  
CINEMA

Sun 10 December, 7:30pm

**Live Theatre:**

# **A Christmas Carol**

By The Spinning Wheel Theatre

**SATURDAY 13 JANUARY, 7:30PM**

**DUNKIRK**

[www.palgravecinema.co.uk](http://www.palgravecinema.co.uk)

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

**TICKETS £5 each**

DISS CORN HALL



## PARK RADIO & John King

In November, Park Radio, a community-run radio station, once again took to the airwaves daily, focusing on local news, features, interviews and events, accompanied by a sustained service of popular music from the last 50 years. The 5-year OFCOM licence awarded to the Diss-based station allows it to serve the areas of Diss, Eye, Harleston and surrounding villages and reaches over 80,000 listeners.

The station is manned largely by volunteers, both on and off-air, and one man who joined the Park Radio DJ roster was Wortham resident, **John King**, aka **The Vinyl Knight**. A resident of Wortham for nearly twenty years and for thirteen of those a Parish Councillor and chair of the planning committee, John played in the pub's pool team for many years and still visits the Manor House regularly, taking on (late) comers.



Music helped John through the darkest days in his life and enhanced and made more poignant, the good and great times. His love of music spans a lifetime during the most dramatic developments in popular and underground music. From songs first heard on wind up gramophones to the incredible variety of music platforms today. His experience of hearing the newest ground-breaking tune is as great as ever.

Displaying an early lack of musical talent, he trained as an Accountant and worked mostly for British Sugar; at times working in China, Poland and France. He was appointed an Expert Witness and ran a business as a claims consultant which he could have continued had not the buzz of putting on Vinyl Nights at the Dolphin (Manor House) rekindled his desire to work and perform in music. John has always loved radio, from Radio Luxembourg, pirate radio and Radio 1 with John Peel, Alan Freeman and Pete Tong. A lot of the new music continues to excite him.



Park Radio bravely gave John the chance to present from 2010, during the Restricted Service Licence broadcasts required to build the audience base and gain their full-time licence. John developed his skills in Radio Broadcasting at South Essex College at weekends, then as a full-time student in Music Production and Technology at Cambridge Regional College from 2010 until 2013. John attended Dubspot – The World Famous Electronic Music School in New York - for six months from early spring 2014. The intensive and extensive courses covered sound design, sound creation and DJ-ing and John DJ'd in a club in New York before returning to the UK where he continued the Dubspot course online until 2016.

Between presenting for Park Radio, John worked for other radio stations in the East Anglian area. With Park Radio's launch on FM and online, for its initial five-year licence, John brings his unique style to their audience in the Diss, Eye and Harleston area.

John regularly listens to live music, collects vinyl in a wide variety of genres and is a Hi-Fi enthusiast. John's other hobbies are world travel, camping in the UK; and of course, visiting record shops - and training in Krav Maga - self-defence.

The Vinyl Knight plays an eclectic selection of music: Electronic, post-Dubstep, Trance, Prog Rock, Folk, Dance, World music, Jazz, including the spoken word; in fact, anything that landmarks important changes in musical development, sounds great, taps into the emotions: is evocative, or has a message.

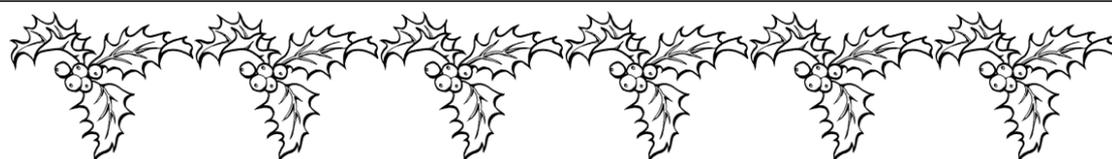
**Park Radio transmits on 107.6 FM (Diss) and 105.2 FM (Harleston) now. For more information, please contact [Chris@parkradio.co.uk](mailto:Chris@parkradio.co.uk)**



## **Burgate Village News**



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.



### ***St Mary's Church, Burgate Christmas Fair***

***Saturday 2<sup>nd</sup> December  
2.00 pm – 5.00 pm  
in the Church***

*Craft Stalls ★ Xmas Tombola ★ Games*

*Cakes and Savouries ★ Mulled Wine & Mince Pies*

**Come and buy those little presents you can't find anywhere else!**

#### **Soup and Cheese Lunch – 24 October**

A big thank you to everyone who came and enjoyed the very tasty Soup and Cheese lunch prepared by Jennie Labdon and her helpers on 24<sup>th</sup> October in the Church Hall. A total of £220 was donated to the Benefice Appeal for CMS work with children of Syrian Refugees in Lebanon and Jordan.

#### **60s Quiz Evening – 17 November**

Eight teams competed in the latest quiz organised by the Friends of Burgate Church on 17<sup>th</sup> November in the Church Hall. Winning by the closest margin of one mark were Team Turk, while there was a tie for last place between the Scole Commoners (again!) and the Senile 6. A total of £263.35 was raised for the FOBC.

## Friends of Burgate Church

The next meeting of the Friends will be at 7.30 pm on Wednesday 10<sup>th</sup> January in the Church Hall. Do come along if you would like to get involved in our fund-raising efforts. During the last year

the money we have raised has gone towards the purchase of a new lawnmower for the church, and a contribution to the cost of the external redecoration and repair of the Church Hall.

### Church Flowers

No flowers in Advent.

### Hall Cleaning

Fran Jones

**Church Hall Booking Secretary:** Judi Tann, 01379 783302

## Wortham & Burgate Parish Council

If you are a resident of this parish and wish to be kept informed of news by the Parish Council, please email the Clerk to the Council as below to confirm your wish and that you are happy to receive information from it.

Your contact details will not be revealed to any other organisation, and would be for the sole use of the Parish Council to contact you with its news and information.

Netty Verkroost  
W&B Parish Clerk  
0755 733 3811  
wandbpc@gmail.com

## 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

## Can you help Healthwatch Suffolk to shape and improve home care services ?

Healthwatch Suffolk is exploring people's experiences of accessing home care services (domiciliary care). It is an opportunity for you, your friends or family members to influence and improve these services now and for the future.

The watchdog wants to hear from people that are currently using home care services, have used them in the past or those who may need help at home but have been unable to obtain support in the county.

Domiciliary care is care provided in a person's home. Sometimes it is called home care or 'Support to Live at Home'. Home care can include support with things like helping people to get out of bed, washing, dressing, getting to work, cooking meals, eating, seeing friends, caring for families and being part of the community.

Healthwatch Suffolk will use your feedback to help it understand the issues that people face when accessing care at home and what needs to be explored in detail as part of its developing project. As the health and care watchdog for Suffolk, it can use the things that people share to shape, influence and improve care to our county's most vulnerable residents.

### Sharing your experiences couldn't be easier

If you are currently using a service, Healthwatch Suffolk is asking people to take part in a short survey. You can access it using the following link:

<https://www.surveymonkey.co.uk/r/homecareinsuffolk>

If you are not currently accessing support or would prefer not to feedback online, please contact the Healthwatch Suffolk team on 08004488234 (Freephone) or by email to [info@healthwatchsuffolk.co.uk](mailto:info@healthwatchsuffolk.co.uk).

Hard copies of the survey and other formats are available on request.



**Do you receive care in your home?  
You can help us to improve local services.**



# WORTHAM *Open* OPEN GARDENS 2018



CALL FOR  
GARDENS



Wortham will be opening its gardens again on the weekend of the 16th and 17th of June, 2018.

In the past this event has not only raised much needed money for the maintenance of the village hall, but has also been a very enjoyable social occasion. In order to make 2018 equally successful we need volunteers willing to open their gardens. It doesn't matter how big or small your garden is, or whether it is manicured or natural, all gardens are interesting. If you would like to volunteer your garden, or if you would like to have a chat about the possibility, please phone or e-mail me.

**Joy Cornish**

*(on behalf of Wortham Village Hall Committee)*

[Family.cornish@gmail.com](mailto:Family.cornish@gmail.com)

Tel: 01379 309538



## THE SHEILA RUSH PAGE

### Remembrance Service

A Large congregation was present at St Mary's Church, Wortham for the Remembrance Service. It followed a short service at the war memorial when wreaths were laid by Stephen Rash, Chairman of the Parish Council, Alexander Jackson from Wortham Primary School and Mike Burgess from Wortham Bowls Club. The church service was conducted by the Rev'd Ginny Manning, and the organist was Myra Pinnell. The names of the fallen from the war memorial were read by Janet Bromley, and the silent tribute was given by Maureen Lodder OBE. Readings were given by Sheila Rush and Maureen Lodder and Intercession Prayers by Paddy Richards. The collection was taken by the Earl Haig Poppy Appeal. The National Anthem was sung, and the service ended with the Blessing. Coffee and biscuits were served at the back of the church.

### Autumn Fair

The Autumn Fair of St Mary's Church, Wortham was held in Wortham Village Hall on Saturday 4 November, with a variety of stalls and games. The adult winner of the fishing game was Martin Coales, the child winner Darcy Coe; Adult Scrabble – Edward Coales, child Scrabble – Rhys. The same result for Tiddlywinks! The afternoon ended with a raffle and £663.65 was made for church funds. Many thanks to all who donated prizes and helped on the day.

### Good Companions Club

The club's well-supported Christmas Bingo made £420 when held in the Village Hall on Monday 6 November. Chairman Betty Garnham thanked the many people who come regularly to support the club. The success of the efforts was due to the prizes donated by members and the help given by, Janet Allen, Janet Bromley, Sheila Rush, Ronnie Fulcher, Jerry & June Bennett and our two stalwarts, Tom Davis and Iris Cracknell. Thank you all.

### Village Hall Quiz

Wortham Village Hall Committee held its Quiz Night and Hog Roast on Saturday 18 November. Chairman Barry Higgs welcomed everybody to the event and the evening began with a delicious hog roast with lots of salad. Fourteen teams of 4 people were entered, and the Quizmaster for the evening was Lee Acaster. The winning team was the Old Habits with Sue & Steve Beckit Doyle and Joy & Mike Cornish. The bar was run by Mike Burgess & Jenny Piper and the raffle by Janette Higgs. All money raised - £490 - go to the Village Hall maintenance fund.

### Nine Lessons service

There will be a service at St Mary's Church, Wortham of Nine Lessons and Carols at 11 o'clock on Sunday 17 December.

# Father Christmas is Coming to Wortham



Thursday 21st December  
at Wortham Village Hall  
Arrive by 5pm - Don't be late!

(as Father Christmas will arrive soon after on his sleigh)

**£2 PER CHILD - INCLUDES GIFT**

(accompanying adults free)

**TICKETS MUST BE PURCHASED IN  
ADVANCE FROM WORTHAM STORE**

Father Christmas will draw the Christmas hamper raffle

**ONE ADULT TO EACH CHILD**

Organised by Friends of Wortham Church

## Garden notes by Linda Simpson

Now we have had the first real frosts of winter plants are beginning to perform more as expected in the winter. We registered -5.5 in the penultimate week of November which certainly ensured that most of the plants that die back over winter have now blackened off.

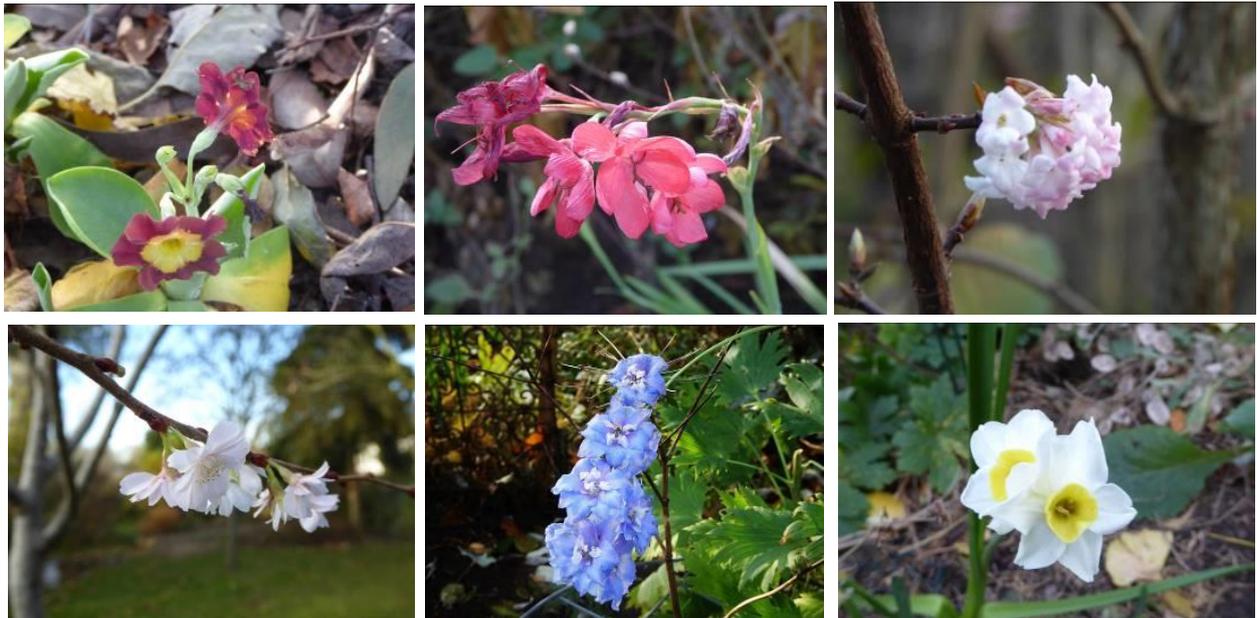
As always, I do not necessarily cut everything back immediately but try and make sure that in the coldest part of the garden I leave the dead and dying stems to give some protection to the roots of the plant.

I plan to use spent mushroom compost as mulch in the borders this year as well as our garden shreds. Since the mushroom compost is sterilised it should not contain weed seeds so if I can apply a decent layer hopefully it will suppress the weeds up to a point. Since it is a soil improver rather than a feed I shall also distribute chicken manure pellets in the spring.

My dilemma is when to apply it, not really wishing to apply on droughty ground since it will then take more for the moisture to penetrate the soil. Despite most of the country having rain and in some places floods, the rainfall in this part of East Anglia remains very low and forecast rain often ends up missing us. As I have been digging in various parts of the garden I have been concerned how dry it mostly still is.

It must mean the water table is very low. We probably need weeks of rain to top things up. Of course, this may happen, and we may well be saying 'enough' by the end of the winter. However, the trend in the last couple of years seems to have been dryer winters. Time will tell.

Wandering around the garden just this week there is still quite a lot in flower - some things that should be - *Prunus subhirtella*, *Schizostylis coccinea* Major and *Viburnum bodnantense* - and some that shouldn't - *Auricula*, *Delphinium* and *Narcissus avalanche*.



Clearly the autumn weather has confused some plants but perhaps having had some cold weather and with more forecast, plants will return to more normal behaviour!



Concorde, perhaps the most iconic airliner in history, made its first commercial flight between **London and New York 40 years ago last week. In a journey that took a mere three hours, the rich and the rushed quaffed champagne and scoffed lobster while travelling at twice the speed of sound.**



captains.

Concorde was jointly developed and manufactured by Sud Aviation (later Aerospatiale) and the British Aircraft Corporation (BAC) under an Anglo-French treaty. Twenty aircraft were built, including six prototypes and development aircraft. Air France (AF) and British Airways (BA) were the only airlines to purchase and fly Concorde. The aircraft was used mainly by

wealthy passengers who could afford to pay a high price in exchange for Concorde's speed and luxury service. For example, in 1997, the round-trip ticket price from New York to London was \$7995, more than 30 times the cost of the cheapest option to fly this route.



The original program cost estimate of £70 million met huge overruns and delays, with the program eventually costing **£1.3 billion**. It was this extreme cost that became the main factor in the production run being much smaller than anticipated. Another major factor impacting the viability of all SST programs was in how supersonic route options were eventually limited to ocean-crossing only to prevent sonic boom disturbance on populated areas. With

only 7 airframes each being operated by the English and French, the per-unit cost were impossible to recoup, so the French and British governments absorbed the airframe and development costs. British Airways and Air France were able to operate Concorde at a profit, despite very high

maintenance costs, because of this steep government subsidy. British Airways paid £1 per aircraft, so its entire Concorde fleet cost £7.

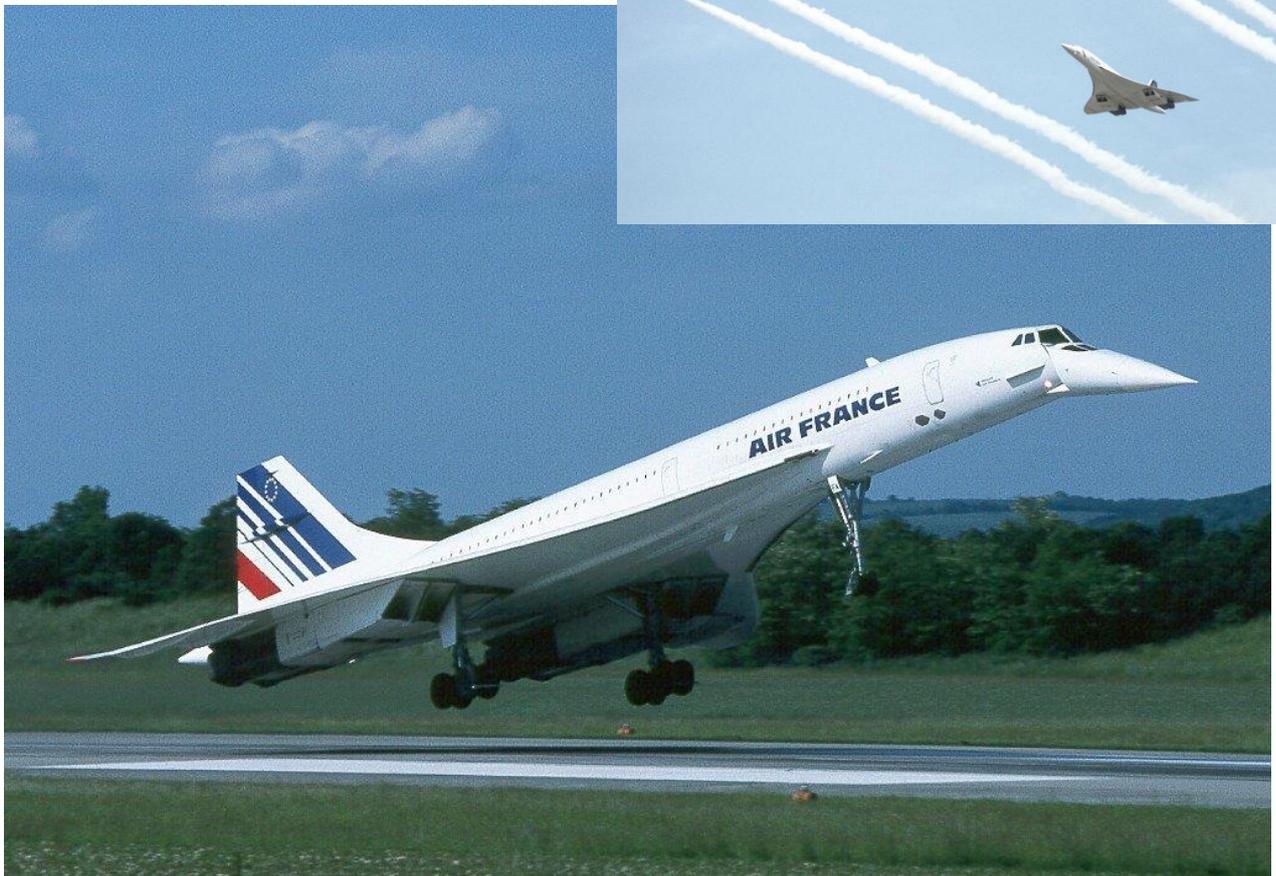
Among other destinations, Concorde flew regular transatlantic flights from London's Heathrow Airport and Paris's Charles de Gaulle Airport to John F. Kennedy International Airport in New York, Washington Dulles International Airport in Virginia, and Grantley Adams International Airport in Barbados; it flew these routes in less than half the time of other airliners.



Concorde's name, meaning "harmony" or "union", was chosen to reflect the co-operation on the project between the United Kingdom and France. In the UK, any or all the type are known simply as *Concorde*, with no definite article *the*. Concorde won the 2006 Great British Design Quest organised by the BBC and the Design Museum, beating other well-known designs such as the BMC Mini, the miniskirt, the Jaguar E-Type, the London Tube map and the Supermarine Spitfire. The type was retired in 2003, three years after the crash of Air France Flight 4590, in which all

passengers and crew were killed. The general downturn in the commercial aviation industry after the September 11 attacks in 2001 and the end of maintenance support for Concorde by Airbus (the successor company of both Aerospatiale and BAC) also contributed.

Sources: BBC & Wikipedia





We wish our passengers and everyone that has supported us throughout 2017  
**a very Merry Christmas  
and  
a Happy New Year**



Friends of Botesdale  
Health Centre

### Patient Transport

CAN YOU HELP ?

This increasingly busy service is in need of more volunteer drivers.

If you have a car, time to spare and would like to help please phone Val Goodwin on 01379890190 for details.

## BILL'S BIRDS IN JANUARY

A friend of mine was watching a Greater Spotted Woodpecker, obviously in failing health, fall off a tree and lie still. He went to pick it up. At that moment there was a sudden 'whirring' of wings close by and a Sparrow Hawk made a quick circle of the 'watcher' and flew off minus Woodpecker. The Sparrow Hawk had obviously been watching the Woodpecker and, wary of its dangerous and powerful bill, had waited until the Woodpecker had expired to pick up (safely) an easy meal. This was nature in the raw. That Sparrow Hawk must have been patiently watching the succumbing Woodpecker until it was safe to take its next meal. Be reassured the dead Woodpecker was laid to rest beneath a shady bush.

On a similar subject, a dead Redwing was found on 10th October in a Hinderclay garden. Redwings had only just been arriving in this country. Perhaps this one had beaten its colleagues to its winter quarters, but the feat had exhausted it.

A fascinating article in a recent BTO's bird magazine describes how it is possible to record hitherto undetected birds passing overhead at night. Complex apparatus can do this for you. A sonogram will interpret night noises of passing birds and you will see on this machine in the morning what has passed in the night. Who would have guessed such birds as Redshank, Coot, Little Grebe and even a Bittern flew over suburban Thetford at night?

The RSPB's Winter magazine recorded that in 2016 there were 162 male booming Bitterns in Great Britain. This is an increase from eleven in 1997. Remember, each male may have more than one female, silent but doing all the work!

On Thursday 19th October I visited Redgrave Fen after too long a gap. The notice board revealed the presence of Bearded Tits on the Little Fen and two Marsh Harriers. This was about 4.30 pm and I wondered if our Starling murmuration had reappeared. Yes, it had, but only about 500 had so far arrived, rushing in from groups of twenty to thirty. Two days later, on a very windy afternoon I again visited Little Fen and there were the two Marsh Harriers, thoroughly enjoying the weather using the strong wind to lift them high and then diving (joyfully I am sure) at each other, and of course - missing.

Two months ago, a White Stork was seen and photographed near Gislingham. It could have been an escapee, but there was a similar report elsewhere in East Anglia at the same time.

Finally, a Bittern has been seen on Redgrave Fen within the last fortnight. I am sure it was not this summer's 'boomer', but a wanderer from Europe or one from the increasing numbers at Minsmere or Walberswick.

I would like to thank all of you who have given their ornithological reports to me, be it at Maypole Lodge, in The Street, or even at the Health Centre! Please keep them coming.

Happy Christmas to you all and remember the Robin you have seen and heard in your garden may be one from the many hundreds of continental Robins taking time off from their Autumn migration through our country.



*Merry Christmas!*  
*A Christmas*

## HERITAGE CIRCLE

Stuart Bowell – History from old photographs

Stuart Bowell gave a very interesting talk about the early development of photography and the historical value of surviving photographs at the November meeting of the Heritage Circle at Rickinghall Village Hall.

In his introduction, Stuart explained that some technical advances in the use of chemicals for photography dated from the mid-1830s. The developments were often made by gentleman amateurs, like William Henry Fox Talbot. However, by 1860 photography was well established. Major towns and cities had professional photographers listed in local business directories. They often combined photography with other artistic work or picture framing. Some travelling fairs had photographers who took photographs of family groups. By the 1860s there were well established photographic societies, like those in Norwich.

There were many early photographers in East Anglia. Several worked in Ipswich and we are fortunate that some of their fragile photographic plates have been preserved in local museums and archives. For example, in the 1960s the Suffolk Record Office bought the collection of Richard Dykes Alexander's photographs of Ipswich which date from the 1850s. Similarly, it preserves the photographs Cleer Algar took of Diss and the Waveney Valley in the mid-19th Century.

There were some photographs of the Crimean War (1854-56) but the American Civil War (1861-65) was the first conflict to be well documented. Early photography had the problem of taking cumbersome equipment into the streets or countryside. In addition, it needed for the people or animals to absolutely still for a period of time otherwise the image was blurred. These difficulties were gradually overcome by the late 19th Century, a time when the police began to take photographs for criminal records.

Photographs are a valuable historical source as they provide evidence of how life was in the past. Surviving photographs show changes in fashion, transport and the nature of work. Stuart Bowell showed a number of images which were full of fascinating detail. A number were street scenes from the late 19th Century. Buildings, such as the Rising Sun Inn in Bury St Edmunds have barely changed and features like a hayloft and a carriage entrance have been adapted for modern needs. Photographs of roads in Ipswich illustrated the gradual evolution of transport. Horse drawn buses and trams were slowly replaced by electric trams with overhead wires. About 1906, the tram rails in Ipswich were removed and trolley buses were introduced as they were more manoeuvrable. One photograph showed the last trolley bus in the town in 1963. Horses were also used on the railways, for example for shunting at Woodbridge and for moving the level crossing at Halesworth. A photograph of a work's outing had a crowded charabanc pulled by three horses. This image also hinted at the presence of different social groups as one man, possibly a clerk, was wearing a straw boater.

Photographs can record significant events. There was an image of the last election hustings at Bury St Edmunds about 1868. A large group of predominantly well-dressed men, many with top hats, were watching a platform set up in front of the Angel Hotel from which votes were being cast. The use of a secret ballot for voting was introduced in 1872. Two other photographs showed the collection of first old age pension payments in Framlingham and Wickhambrook in 1909. One of these was a postcard.

Stuart Bowell did warn of the need to be cautious in interpreting images. A school photograph had all the boys smartly dressed in their best clothes and wearing boots. They may not always have looked like this.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 24 January at The Village Hall, Rickinghall. Geoffrey Robinson will be speaking about Buffalo Bill. Further information about the Heritage Circle is available on its website, [www.heritagecircle.onesuffolk.net](http://www.heritagecircle.onesuffolk.net).

Gerry Gurhy

## What is Pilates and how can it benefit me?



Pilates was founded by and named after Joseph Pilates, it was originally developed as a rehabilitation program for World War I veterans. Pilates is a body conditioning method based on the fusion of body and mind which results in an improved posture, flexibility, overall strength and a new lease into the way a person's body feels, looks and performs.

Pilates is different from many other exercise regimes as it focuses on multiple muscle groups at the same time and concentrates on building a strong core. The core consists of the muscles that run underneath the shoulder blades, around the ribcage and down the hips and gluteals. Core control is achieved by the integration of the shoulder girdle, pelvis and trunk.

There are six Pilates principles which are the foundation of the exercise form which conditions the entire body: breathing, centering, concentration, control, precision and flow.

Top athletes and professional dancers use Pilates not only to build strength and help reduce injury, but also for improved flexibility and agility. Models and celebrities practice Pilates to help maintain their desired physiques. People love Pilates for the body conditioning it truly provides, a toned and strengthened set of core muscles, improved body awareness, injury prevention, increased flexibility and control, improved posture and balance and a general ease of movement through daily life.

Pilates is safe and the amazing benefits can be utilised by anyone!

So why not come along and try a STOTT Pilates class from December 6<sup>th</sup> onwards at Wortham Village Hall?

## STOTT PILATES®

STOTT Pilates is a contemporary approach to the original method. STOTT Pilates exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints. This means more concentration is placed on the pelvis and collar bone stabilization, and the integration of all body parts into one.

The technique has a variety of modifications and equipment meaning it can cater for a wide variety of body types and abilities, making it applicable to sport-specific training and everyday life. STOTT Pilates has five basic principles; breathing, pelvic placement, rib cage placement, scapular placement and head and cervical spine placement.

Alternative locations include Diss, Mellis, Gislingham and Westhorpe, mornings and evening. Please feel free to contact me with any questions queries or booking enquiries.

[mtwannadance@gmail.com](mailto:mtwannadance@gmail.com)

Miranda Tuddenham  
BA Hons Dance and Culture  
AFIDTA  
STOTT Pilates Certified, Personal Trainer





## HOWARD NURSERIES LTD

WORTHAM DISS NORFOLK IP22 1PX

Tel: 01379 898529 Fax: 01379 898620

Email: [sales@howardnurseries.co.uk](mailto:sales@howardnurseries.co.uk)

[www.howardnurseries.co.uk](http://www.howardnurseries.co.uk)

WHOLESALE SUPPLIERS OF HARDY PERENNIAL PLANTS

Howard Nurseries is looking for a local family to host two female horticulture students from Austria. We are looking for accommodation from Saturday 16<sup>th</sup> June to Saturday 28<sup>th</sup> July 2018, ideally with meals provided. We can provide bikes for their local transport.

Please contact Christine Howard, [sales@howardnurseries.co.uk](mailto:sales@howardnurseries.co.uk) or 01379 898529 if you can help.

We are also grateful for newspapers to help with packing the field grown plants, which can be dropped into the office.

### VILLAGE HALL DATES FOR YOUR DECEMBER DIARY

Wortham Morning Yoga	Tuesday	05, 12	10:00 – 11:30
Wortham Midday Yoga	Thursday	07, 14	11:45 – 13:15
Pilates	Wednesday	06, 13, 20	09:30 – 10:30
Tea's Made	Wednesday	06	14:00 – 16:30
Ballroom	Monday	04, 11, 18	18:30 – 20:30
Gentle Exercise Evenings	Wednesday	06, 13, 20	19:30 – 20:30
Gentle Exercise Mornings	Thursday	07, 14, 21	09:30 – 10:30
W&B Sunday Club	Sunday	03	09:45 – 11:00
W&B Parish Council	Tuesday	05	19:30
Wortham Tennis Club	Sunday	03	17:00 – 20:00
W&B Twinning	Thursday	14	17:30 – 22:30
Private Function	Friday	01	14:00 – 23:59
Private Function	Saturday	02	16:30 – 23:59
Private Function	Thursday	21	11:00 – 15:00
Private Function	Sunday	31	15:00 – 00:30

**OH YEAH, OH YEAH!  
YOU ARE HEREBY ADVISED BY THE EDITOR  
TO HAVE A MERRY CHRISTMAS AND A  
HAPPY NEW YEAR!**



***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).***

***Editor: Mike Bowen. The Chalet, Union Lane, Wortham. IP22 1SP.***

***Tel: 01379 650192 email: [wobul@mcb-biz.net](mailto:wobul@mcb-biz.net)***

***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.***