



# WOBUL

Wortham & Burgate Letter

JANUARY 2018						
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**THE EDITOR THANKS ALL CONTRIBUTORS FOR THEIR ARTICLES THROUGHOUT 2017, AND ALL READERS FOR CREATING THE DEMAND. I WISH YOU A PEACEFUL, PLEASURABLE AND PROFITABLE 2018.**

### WORTHAM WALKERS

We now walk on the first Tuesday of each month.

**Next walk – Tuesday 9 January**

The first outing of 2018 will be led by Mike and Joy Cornish who will lead a walk starting at the Four Horseshoes car park at Thornham Magna at 10.30. It is a walk of about three and a half miles along good paths.

For anyone who would like lunch or a drink after the walk the pub is very inviting. Everyone is welcome to join us even if you have never been on one of our walks before, or even if you aren't walking on today.



## 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 SUFFOLK 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.

PALGRAVE COMMUNITY  
CINEMA

**ONLY A FEW SEATS LEFT**  
**SAT 13 JANUARY, 7:30PM**

**DUNKIRK**

Saturday 10 February, 7:30pm  
**VICTORIA & ABDUL**

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

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

**TICKETS £5 each**

## Introducing Beyond the Wall at Thornham Magna



Beyond the Wall is a charitable project based at the Thornham Estate's Walled Garden. As a charity we offer a progressive day service to approximately twelve clients with additional needs/disabilities.

Our aim is to unlock future opportunities in mainstream education, sheltered volunteering or employment by providing an environment where people can gain real work skills, improve their basic skills and gain self-confidence.

We are fortunate to be located in a truly stunning environment, with natural woodland all around us we have opportunity to not only provide courses and learning opportunities within the Walled Garden but also access the countryside on our doorstep which is of great benefit to health and wellbeing. We aim to ensure that each day is varied and offers positive opportunities for social interaction, fun activities and learning. We have a large range of courses available to improve self-confidence, personal, social, functional and employment skills.



We open our gardens to the public Monday to Wednesday in the winter months and Monday to Friday in the summer between 10.00 and 14.30, where the hard work of our clients' staff and volunteers can be admired, this provides a work experience opportunity for our clients and an opportunity to interact with

and

members of the public. As well as beautiful flowers we also grow produce which we both sell and use to make jams, chutneys lavender products. We also have a tea

room on site which provides a further opportunity for our clients to gain real work skills. All our work experience opportunities have corresponding courses to enhance the learning experience.



We hold four fundraising events each year, the next being **Wassail** on Saturday 20th January 12.30 – 3.00pm, and will be held at The Walled Garden, Thornham Estate, Thornham Magna, Tickets cost £5.00 per adult and £3.50 for under 14s this will include Live Music, Devilled Sausages or Vegetable Curry served with pitta bread and mulled cider or spiced apple juice.



**Wassailing** is an ancient custom that involves drinking cider, singing to the trees in the hope of a good harvest and scaring away any evil spirits that might be lurking. It would be great to meet you, don't forget to bring your drums, rattles, whistles etc.

Angie Brett, Project Manager.

## 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.**

*Attention residents of Wortham*

## TEA'S MADE

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 they're covered by voluntary contributions.

For more information call Miriam Quinn on 01379 898864. Or just join us on Wednesday afternoon. Our weekly natterfests resume on **Wednesday 3 January**.

No reservation is necessary.

## TEA'S MADE

*Wortham Village Hall*



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.



# 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

Tel: 01379 309538



## 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.



### **Burgate Church Christmas Fair**

A big thank you to everyone who helped organise this event, and also to those who supported the Fair in the Church on 26<sup>th</sup> November. A total of around £1,000 was made for the PCC.

### **Friends of Burgate Church**

The next meeting of the Friends of Burgate Church is to be held in Burgate Church Hall on Wednesday 11<sup>th</sup> January at 7.30 pm. Do come along if you wish to become involved in organising events.

### **Church Flowers**

1 <sup>st</sup> January	Gina Cole
8 <sup>th</sup> January	Gina Cole
15 <sup>th</sup> January	Flo Tyler
22 <sup>nd</sup> January	Flo Tyler
29 <sup>th</sup> January	Liz Chapman

### **Hall Cleaning**

Jennie Labdon

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

# 1066 A MEDIEVAL MOSAIC EXHIBITION

GUINNESS WORLD RECORD ARTWORK



Photo by Justin Lycett

by Michael Linton



A complete recreation of the Bayeux Tapestry  
handcrafted in 3,000,000 pieces of steel  
64 metres long • weighs 350kg • 33 year artistic odyssey

16 December 2017 - 16th February 2018

OPEN DAILY 10 am - 4 pm Wed. - Sun.  
Unit 2, Riduna Park, Melton IP12 1RT  
Adults £5 - Children under 12 free  
Artist will be in attendance daily.

choose woodbridge .co.uk RIDUNA PARK

Thanks to: Riduna Holdings Ltd. and Choose Woodbridge  
for their kind help in hosting this exhibition.



[www.medievalmosaic.com](http://www.medievalmosaic.com)

## THE SHEILA RUSH PAGE

**School Visit.** 74 pupils from Wortham Primary School visited the Good Companions Club on Tuesday 28 November for their annual visit to sing songs and Christmas carols with their teachers. Head Teacher, Mrs. Clare Flatman introduced the children to the club along with music teacher, Jane Kenyon. The first song they sang was Frosty the Snowman, then We Three Kings of Orient Are, and one child sang solo in the carol. This was followed by Rudolph the Red-Nosed Reindeer (with actions) which caused much laughter in the audience, and they finished with We Wish You a Merry Christmas. Chairman Betty Garnham thanked the children and their teachers for a wonderful afternoon. Club Member Gerry Bennett presented a donation to the school from the club. The children were then given refreshments. Also visiting were two members of the Open Book Team who go into school on Monday afternoons.

**Tea's Made.** Everyone who goes to the Tea's Made afternoons on Wednesday afternoons in the Village Hall, enjoyed a lovely afternoon with Myra Pinnell who played the piano with a carol sing-along. They also enjoyed wine and mince pies. On 13 December, they went to the Norton Dog for their Christmas Lunch.

**Good Companions Club.** Members, friends and guests went to the Park Hotel on Tuesday 12 December for their Christmas Lunch. Chairman Betty Garnham welcomed everyone to the lunch and said it had been a good year; she thanked the committee and members for their support during the period. Attending with her husband was vice-president Vivian Bloomfield; the second vice president Sue Bawden sent a card and wished the club a successful 2018. The first club meeting in the new year will be at Wortham Village Hall on Tuesday 13 February at 2pm, and will be the annual general meeting. Everyone wished each other a Merry Christmas.

**Carols and Readings.** St Mary the Virgin, Wortham Church held its Carol Service on Sunday 17 December. A large congregation attended, and the service was taken by Rev Adrian Watkins with Myra Pinnell on the organ. Words of welcome were given; the third Advent candle was lit and Oliver Stone sang a solo. There was also a lighted crib. The first reading was given by Peter Johnson and all the following readings were by Wortham Primary Schoolchildren. The first carol was Once in Royal David's City, followed by the Bedding Prayer and the Advent Collection. During the service gifts were placed under the tree, and will be distributed by The Salvation Army for disadvantaged children. The collection was taken by the children. The church was decorated by the Ladies of the Church, and as usual, the floral arrangements were stunning, and the Ladies were thanked by the Rector. The service ended with the carol O Come All Ye Faithful and the Christmas Blessing. After the service, mulled wine was served, and the children came around with refreshments.

**Santa's Visit.** Father Christmas made a welcome visit to Wortham Village Hall on Thursday 21 December, arriving on a decorated sleigh to a rousing welcome from the children. He was accompanied by one of his elves. The children went into the village hall where they were given biscuits and a drink and Santa told several stories and gave presents to the 30 children present. Music was played by Sue Heaser and Jingle Bells was sung to her accompaniment. Santa made the draw for the two Christmas Hampers – Ticket 109 held by Elizabeth Clark and 27 by Archie Fox. The children gathered outside and waved goodbye to Santa as he left on his sleigh. The event was organised by FoWC and they thank everyone who bought tickets. The event raised £385 for Friends' funds.

**Village Carols.** A good crowd attended the carol singing around the village Christmas Tree at Wortham PO, Store and Tea Room on Friday 22 December. Mulled wine and mince pies were served and a total of £70 was made for East Anglian Air Ambulance.

**Editor's Note:** My thanks go to Sheila for her constant reporting on Village activities. She is now taking a break and will resume The Sheila Rush Page in the Spring.

## VILLAGE HALL DATES FOR YOUR JANUARY DIARY

Wortham Morning Yoga	Tuesday	09, 16, 23, 30	10:00 – 11:30
Wortham Midday Yoga	Thursday	11, 18, 25	11:45 – 13:15
Pilates	Wednesday	03, 10, 17, 24, 31	09:30 – 10:30
Tea's Made	Wednesday	03, 10, 17, 24, 31	14:00 – 16:30
Ballroom	Monday	08, 15, 22, 29	18:30 – 20:30
Gentle Exercise Evenings	Wednesday	03, 10, 17, 24, 31	19:30 – 20:30
Gentle Exercise Mornings	Thursday	04, 11, 18, 25	09:30 – 10:30
W&B Sunday Club	Sunday	07	09:45 – 11:00
W&B Parish Council	Tuesday	09	19:30
Wortham Tennis Club	Thursday	11, 18, 25	16:30 – 17:30
Wortham Tennis Club	Friday	12, 19, 26	16:00 – 17:00
W&B Twinning AGM	Thursday	18	18:30 – 22:30
Private Function	Saturday	27	10:00 – 17:30
Anglian Polymer Guild	Sunday	28	10:00 – 15:00

***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.***