

Your local journal
with news, past and
future events and
interesting articles

WOBUL

Wortham & Burgate Letter



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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 must 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.

No reservation is necessary.

Beyond the Wall – Catch-up

Since I retired I've rather got out of the business of meeting deadlines.

That's the best excuse I have for missing last month's WOBUL – it certainly wasn't the lack of news from the walled garden!



The plant sale in June was a successful first-timer and has enabled us to invest in further and continued sales – and we're sure it will grow as visitors become familiar with our garden events.

A more prestigious success was the award of a gold medal for our stand at the Suffolk Show. It was our second stand designed by Phil, our garden manager, and a well-deserved reward for his imaginative displays; this one called #heartgardening and inspired by Alice in Wonderland.



We turn to Lewis Carroll again for our next gathering – our annual **Mad Hatter's Tea Party.**

Hopefully, the storm that's raging outside as I write this will help to return our grass to a gentler green than the colour we've all become used to.





Don't be Late

Join us on

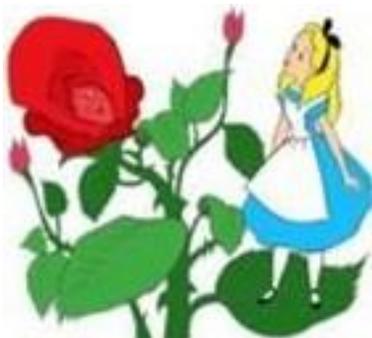
Friday 10th August

12.30 - 3.00 pm for
Afternoon Tea and Fun & Games



£3.00 children U10, £5.00 Adults

**Have your picture taken with
Alice and the Mad Hatters!**



The Walled Garden

beyond the Wall, Thornham
Magna, Eye, IP23

SHA

Battelys Cottage

National Garden Scheme Opening 29th July

Unfortunately, despite all the glorious weather we have been having over the last few months the weather conspired against us, although it could have been worse. After several hours of rain in the morning fortunately the gusty winds blew the worst of the rain clouds away and the afternoon was at least dry.

A total of 85 visitors visited and enjoyed seeing the plants looking happier for having had a good dousing of rain. Most if not all our visitors also stopped to enjoy home-made cakes and teas, and plant sales also went well.

In all a total of £669.50 was raised for the National Garden Scheme Charities.

We are always very grateful for the support of friends and neighbours who help with serving refreshments, selling plants, taking entrance money and supervising parking. We also really appreciate the generosity of our visitors.

Linda and Andy

Rickinghall & District Community Bus



Transport Needed?

The Rickinghall & District Community Bus is available for hire to readers of this publication. Typical journeys include shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits.

The bus is also available for visiting friends and relatives, in fact pretty well anything you need. Door to door service, any help a pleasure. Wheelchairs no problem. Please telephone

*Gordon Lawrence Community Bus Co-ordinator.
Tel: 01379 897109, 24/7 answerphone*

HERITAGE CIRCLE

Linda Sexton: The Baron, the Policeman and the Mayor – The Ipswich Riot 1863

Linda Sexton gave an interesting account of a little-known event, the Ipswich Riot of 1863, to the July meeting of the Heritage Circle at Rickinghall Village Hall.

The origins of the riot lay in the political and religious tensions which existed in the town in the 19th Century. Ipswich had grown rapidly from a population of 11,000 in 1811 to over 50,000 by 1881. This was typical of the urbanisation occurring across Britain at this time. During the period, the age structure of the community had altered significantly as well, leading to there being many young people in Ipswich. They were largely disenfranchised as the right to vote and the ability to influence political decision making was held by a group of about 200 property owning men. Added to this there were religious tensions within the town.

During the medieval period, a chapel dedicated to Our Lady of Ipswich had been a place of pilgrimage for Roman Catholics. There were also five large religious houses and 23 places of worship in the town. However, during the 16th Century this changed. The shrine to Our Lady was destroyed during the Reformation and the parish churches were taken by the Church of England. Ipswich embraced Protestantism enthusiastically and Catholicism was suppressed. Non-Conformist groups were allowed to build places of worship over the next two hundred years, but it was only in 1827, after Catholic Emancipation, that Roman Catholics were allowed to build St Mary's Church. In 1861, a second Catholic church, St Pancras, was opened closer to the city centre, with Father Kemp as the parish priest. However, there remained a distrust of Catholicism in Ipswich.

Tensions surfaced in November 1863. The self-styled Baron de Camin began to deliver a series of lectures at the Temperance Hall. They were virulently anti-Catholic and made false, prurient accusations about the behaviour of priests and nuns. Father Kemp was named by de Camin. The lectures were applauded by the audiences but George Bacon, the Mayor of Ipswich, became very concerned that they would lead to trouble as there were 300 Irish soldiers stationed in the town. He banned the lectures and used the police to prevent people from entering the hall.

The police force for Ipswich had been founded in 1836 and had gradually evolved into a weak, but more disciplined, force under the direction of Superintendent William Carrington Mason. On 5 November 20 policemen tried to control a crowd of several hundred who had gathered to hear Baron de Camin speak. Entry to the hall was blocked and so a number of young men went off to stone the Mayor's house. Disorder spread around the town with many windows being broken. Father Kemp and his curate barricaded themselves inside their house while it was attacked by a mob. By midnight, the town was quieter. The following night there was further trouble with over 2,000 people thought to be involved. The Mayor enrolled about 200 special constables to help the police to quell the riots. Some arrests were made, and the disorder was ended. Those arrested were brought before the magistrates who were drawn from the wealthy. Some offenders were cautioned but others were fined and given short periods of hard labour. In the most serious case, Henry King was tried for slashing the coat of a policeman, but he was later acquitted.

In the aftermath of the riot, Father Kemp moved to new parish at East Bergholt. Baron de Camin was exposed as a fraud and a liar. He left Ipswich. The damage to the town had been largely superficial and was repaired. The event itself was almost forgotten until Linda Sexton came across reference to it in newspaper archives. The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 22 August at The Village Hall, Rickinghall. Frances and Michael Holmes will give a talk about the old courts and yards of Norwich. Further information about the Heritage Circle is available on its website, www.heritagecircle.onesuffolk.net.

Gerry Gurhy

BILL'S BIRDS (For August & September)

Just south of Norwich there is a large lake, Whitlingham Great Broad. It has an excellent centre with parking, food, etc., even wheelchairs with enormous balloon-like wheels to iron out the bumps on its excellent circular walk.

As usual, in these summer days, there are plenty of lake and land birds. Also, some very loud screaming Swifts. Excessively loud and there, above the parking place, was a pole with a square top containing several holes—man-made Swift nests and the screams we heard were recordings of Swifts attracting these birds, hopefully to use these man-made nests!

The last time I heard and saw such attractions was on the island of Malta. There, in a large enclosure, were several man-made and used comfortable little rooms open at one end to the skies and built to accommodate 'shooters'. The recordings of birds were being targeted at our passing-through migratory birds to breed in Europe and luring such birds into the range of these 'brave' shooters. What a contrast?



Now back to Suffolk I have again visited (this time in better weather), Minsmere. What a welcome noise in the 'scrape' from nesting gulls, resident Avocets and visiting waders. One new gull I noticed was a Mediterranean Gull with a real black head. It has now joined our black (dark brown) headed gulls in their nesting site. It is a big gull with a red bill and legs.

Coincidentally I have visited Lackford Lakes near Bury St Edmunds and saw three small gulls flying in circles like terns and surface feeding. These were immature Little Gulls passing through East Anglian waters. If they were adults, they would remain 'small' but they would also have the same black heads and red feet as the Mediterranean Gull. Lackford Lakes has an excellent 'centre' from which one can watch birds on their nearby feeders. On that day a Greater Spotted Woodpecker and Marsh Tit. On their pond swam a pair of Gadwalls. Not a very exciting looking grey duck with marked white wing feathers at its side. The female has the same white marking as the male, but typically, being female, is much smaller. In the past I have seen a Water Rail on this site happily pinching food meant for pheasants. The Water Rail is a bird rarely seen and with a hideous pig-like cry. Sadly, the Lakes' two male Nightingales had found mates and had ceased to sing.

And now Turtle Doves. One was seen in a garden in Hinderclay. Once only. It was probably searching in vain for successful nesting sites of the past, but then moving on. But, surprise, surprise, a pair has nested in our area. This really is exciting news. The Turtle Dove's population since 1994 has fallen by nearly 93%, mainly due to our new farming methods, but not helped by the aforementioned Maltese 'shooters' slaying them on their migratory routes. I wish I had been able to hear their 'purring' song. It used to be typical of the English summer.

Two more churchyards have been home to Spotted Flycatchers and one annual visitor to Redgrave has successfully fledged young. I have previously mentioned that we have Oyster Catchers nesting near Redgrave Lake. These are waders, black and white, with red bills and legs. These coastal birds are being seen much more frequently inland. When heard flying overhead they have a distinctive 'peeping' cry which you will never forget. A pair have recently been seen on Rickinghall playing field.

I write while Swifts are screaming over our home in this hot summer, against a long-lasting background of a clear blue sky. They may have gone by the time you read this month's magazine. Happy holidays and don't forget your binoculars.

RICKINGHALL FURTHER EDUCATION GROUP

is delighted to announce that **Charles Lewis** will come to Rickinghall to deliver a ten-week course:

HOLLAND IN THE GOLDEN AGE



The course will look at the achievements and culture of the Netherlands in the 16th and 17th centuries.

This will be Charles's first lecture series for us – do come and enjoy it with us! Charles will cover Holland in The Golden Age, looking at ships and Strangers, Rembrandt and Vermeer, windmills and tulips, Dutch gables and Delftware – all part of the heritage of Holland's Golden Age.

Lectures take place in **Rickinghall Village Hall** and last for two hours each Thursday afternoon, with a break midway for FREE refreshments. Coming to our lectures is not like returning to the schoolroom, there are no examinations, no tests, no homework. Just two hours each week to come and exercise your brain a little and maybe learn something new! All this for **ONLY £40!**

This ten-week course starts at 2.00 pm on **Thursday 13th September 2018** (with a half term break on 25th October). If you think you'd like to come, or have any questions, please contact either **Janet Swann on 01379 650615** or **Sue Emerson on 01379 897010 (email Emerson500@btinternet.com)**

If you haven't been along to one of our courses before, do please telephone one of us – if you come and discover the course is not for you there will be no charge. But do please let us know if you think you might like to come to make sure we put out enough seats and buy enough refreshments!

WORTHAM BOWLS CLUB 2018

With four wins and four defeats during July, Wortham remain comfortably in the top half of the two leagues they enter and have enjoyed the recent warm evenings – a little too warm for some activities but ideal for bowling.

Two friendly matches (afternoon starts) were played against Coney Weston and were enjoyed by all - one win and one defeat kept everyone happy.

The annual coffee morning was held on 7th July and raised over £200 toward ground maintenance and clubhouse refurbishment.

During August, Mike Burgess and his helpers will be selling raffle tickets for the annual whisky draw (or two bottles of wine if that's your preference). Please buy generously and help the club to continue providing an excellent facility for local villagers.

Further details, including contact details, weekly fixtures and results are available on the village website: www.worthamandburgate.cloud.com

BATTLE'S OVER - A NATION'S TRIBUTE 11TH NOVEMBER 2018



Wortham & Burgate Parish Council is planning to hold an event on 11 Nov. 2018. This event is planned to include the lighting of the beacon, a non-religious commemoration of those who died and fought, the Last Post and fireworks to finish.

The Parish Council Clerk would like to contact as many family members of those involved in WW1 and invite them to attend. Please can you help me by sending any contact details to my email address below.

We are also looking for a bugler to play the Last Post at our event, and to join 999 others around the country in a synchronised playing of the Scottish lament. So if you know of anyone who might be prepared to do this for us, please let me know.

Netty Verkroost

Jo Churchill MP Summer Tour 2018

Monday 13th August 9.30-11.00am

Cross Keys Community Pub, Redgrave



Please RSVP

jo.churchill.mp@parliament.uk

01284 752311 or in writing to

10 Hatter Street, Bury St Edmunds, Suffolk, IP33 1LZ

CORN THE HALL



01379 652241
www.thecornhall.co.uk

Date	Category	Diary of Events	Tickets
20 July-1 Sept, Box Office hours	Art exhibition in Main Gallery	Lawrence Edwards - Sculpture	Free
Wed 1 Aug, 10.30 - 19.30	Matinee and Evening Film	Phantom Thread (15)	£5 / Under 18 £2.50
Fri 3 Aug, 19.30	Music	Unforgettable - A Tribute to Nat King Cole	£14
Wed 8 - Fri 10 Aug, 09:00 - 15.30	Summer School	Childrens Summer School – Musical Theatre and Crafts	£65 Ages 6-11
Wed 8 Aug, 19.30	Evening Film	Let the Sunshine In (15)	£5 / Under 18 £2.50
Thurs 9 Aug, 19:30	Music	Diss Jazz Club - Billie Holiday Songbook: Jessica Radcliffe	£12
Fri 10 Aug, 10:00 - 13:00	Workshop	Make a Jam Jar Posy – with Gabriel's Garden	£35 (incl materials plus tea/coffee & cake)
Sat 11 Aug, 10:00 - late	Activities & Music	The NEW Corn Hall 1st Birthday Party - loads of free family-friendly activities during the day plus a dance in the evening	Evening party dance band & DJ £5 / Under 18s FREE
Tue 14 Aug, 10.30	Family Flick	Moana (PG)	£5 / Under 18 £2.50
Wed 15 Aug, 10.30 - 19.30	Matinee Evening Film	All the Money in the World (15)	£5 / Under 18 £2.50
Tue 21 Aug, 10:00 – 16:00	Workshop	Photography for Beginners – with Lucy Kayne	£85 (incl tea/coffee & cake)
Wed 22 Aug, 19.30	Evening Film	A Fantastic Woman (15)	£5 / Under 18 £2.50
Fri 24 Aug, 10:00 - 16:00	Workshop	Make Your Own Book – with Diane Griffiths	£40 (incl materials plus tea/coffee & cake)
Fri 24 Aug, 10.30	Family Flick	Early Man (PG)	£5 / Under 18 £2.50
Sun 26 Aug, 16:00 The Oaksmere, Eye	Outdoor Theatre	A Woman of No Importance by Oscar Wilde	Adv £12 / Door £15 Bring a low chair or rug to sit on
Wed 29 Aug, 10.30 - 19.30	Matinee Evening Film	The Shape of Water (15)	£5 / Under 18 £2.50
Fri 31 Aug, 10.30	Family Flick	Toy Story I (PG)	£5 / Under 18 £2.50
Fri 31 Aug, 13.30 - 14:30	Workshop	Toy Story Movie-inspired Movement Workshop	£5 Ages 4-9

**For more information about any event or
activity go to www.thecornhall.co.uk or ring
the Corn Hall box office on 01379 652241**

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 until 12 noon. Look for the 'A' board by the side of the road.

Burgate Church Fete

Saturday 11th August from 2.00 pm

Burgate Church

Attractions for all the family



JUMBLE SALE

Saturday 22 September

2:00 – 4:00pm

BURGATE CHURCH HALL

**To donate good quality items, please contact:
Jennie Labdon, 01379 783 598**

Church Flowers

5 th August	Shudy Walker
12 th August	Shirley Sturgeon
19 th August	Shirley Sturgeon
26 th August	Gina Cole

Hall Cleaning

Gina Cole

Did you know.....

..... that you can hire Burgate Church Hall for meetings, parties and other social events? It has a very well- equipped kitchen with excellent cooking facilities, fridge, microwave and dishwasher. Toilet facilities are modern and are fully disabled accessible.

Contact Judi Tann on 01379 783302 for further details.

THE SHEILA RUSH PAGE

Wortham Lawn Tennis Club held an open day on Saturday 28 June as part of the Lawn Tennis Association National Great British Tennis Weekend. The event attracted 93 visitors with ages ranging from 2 to mid-70s. People were able to try out *Cardio Tennis*, the tennis version of Keep Fit; *Tennis Express*, a course which introduces new people, or people returning to tennis after time away from the game; and *She Rallies*, an initiative aiming to increase participation for women and girls and coaching of youngsters. There were also courts for casual social play, plus a strength and conditioning session delivered by provider Performances4Sport. Another attraction was the *Speed of Serve* inflatable on loan from Suffolk LTA and Suffolk Youth Fund, challenging people to see how fast they could serve. Winners were Janie Goddard and Rowan Mowles. The day was coordinated by the committee and helpers of the club, and on-court activities by Head Coach Emily Wharton and Club Coach Ben Mowles.

Wortham Bowls Club held its annual Coffee Morning in the club house on Saturday 7 July. There were stalls of home made cakes, plants, books and coffee & cake. There was also a large raffle. It was a lovely social event with a club competition taking place. The event raised £239 for club funds.

Good Companions Club. Members and many friends went to Jimmy's Farm in Wherstead, Ipswich on Tuesday 17 July. There was a lot to do and many farm animals to see. There is now a Reptile House, an Aviary with many exotic birds, a lovely Butterfly House and an adventure playground. There are several coffee houses and a large restaurant, and many small shops. The farm now offers a full wedding ceremony in four different locations (even in the Butterfly House). Education visits to the farm are also offered. After leaving the farm, the coach continued to Felixstowe for the afternoon, and the usual raffle was held on the return journey.

W&B Sunday Club. The club will be taking a break over the school summer holidays and will be returning with a Harvest Festival on 2nd September.

Wortham Primary School. The school held its summer fete and BBQ on the playing field on Friday 6 July. It was a well-supported event with pony rides, live disco and dancing, bowling, face painting, bean bag and a penalty shootout. Three Year Six students were also running stalls and there was a large printed draw. The event raised £1300 for school funds.

School Leavers. Wortham Primary School held its school leavers' assembly on Monday 23 July and parents, grandparents and friends attended. Headteacher Mrs Claire Flatman welcomes everyone to the assembly; there were 14 leavers this year and all of them gave their recollections of the school and of their favourite subjects, which included swimming, football, Lego, uniforms, badges, lorries, Harry Potter, rugby, golf, the Disaster of the Titanic and Spanish Dancing. This year the school presented the leavers with the school logo on the front and Class of 18 on the back.

School Governor Jacky Bradley presented the tennis cup to the most improved pupil this year: Zachary Whitehead. The school was presented with a lovely clock from the pupils. Headteacher praised this year's leavers for their hard work and said it was sad to say goodbye but wished them good luck as they start the next stage of their school life. Assembly ended with a video of baby otters showering the leavers as babies which created much audience laughter.

The school was also visited by the children from W&B Twinning partners in Hede, here for a four-day exchange trip with their families. They were paired with school students and they both were able to improve their foreign language. Wortham Primary School was recently awarded a Linguamarque Silver Award recognizing the teaching of French at the school.

healthwatch

Suffolk

Mental health services – Have your say!

People living in east and west Suffolk are being urged to have their say about local mental health services as part of a unique engagement opportunity.

The NHS Ipswich & East Suffolk and NHS West Suffolk clinical commissioning groups (CCGs) want to transform the way mental health provision is delivered across the county.

In order to do that, they first need to find out how effective the people who deliver and receive the current services think they are.

Commissioners want to hear from people who currently use or have previously used mental health services, those who care for them and the staff who deliver those services.

All three groups are being asked to input their feedback via three surveys that 'go live' from this morning (Monday 2nd July).

The surveys are part of a much larger engagement exercise that aims to help create a new model for east and west Suffolk that will bring mental and physical health services much closer together.

In a break from usual practice, the CCGs have commissioned four local voluntary sector organisations to engage with local people under the banner "The future of mental health – a very different conversation".

Suffolk Family Carers, Suffolk User Forum and Suffolk Parent Carer Network will co-ordinate a whole host of mental health workshops and events to gather feedback on the current services.

Healthwatch Suffolk will then gather and analyse the feedback before preparing a report making a case for change for the CCGs' governing body meetings in November.

To respond to one of the surveys please use one of the links below:

- People who use, or have previously used mental health services, should respond https://www.surveymonkey.co.uk/r/MHTransform_Plan_Service_Users_Public
- Carers of people who use, or have previously used mental health services, should respond https://www.surveymonkey.co.uk/r/MHTransform_Plan_Carers
- Professionals who work in mental health services or support people with mental health needs should respond https://www.surveymonkey.co.uk/r/MHTransform_Plan_Professionals_Staff

Many thanks and kind regards

Healthwatch Suffolk

BSEVC is a registered Charity No 1004198 – Co No 2636217

Are you missing a bus service? Can you get to your nearest large shopping centre or has your bus service stopped?

Can we help by picking you up from your house and taking you to Eye to connect with the bus services to and from Diss, or to Gislingham to connect with the buses to Stowmarket?

BSEVC Connecting Communities run fully accessible vehicles on which to book a seat you only have to phone us. We have one vehicle covering the whole of North Suffolk so therefore can suggest we may be able to help you by getting you to Eye to connect with the bus services to and from Diss and Bury St Edmunds or by taking you to Gislingham to connect with the buses to and from Stowmarket. If there is a group of you from the same area we may be able to take the vehicle all the way to Diss.

We do not take bus passes, carers and children under 5 travel free and the fares taken when travelling are: 1 to 5 miles £2.40, 6 to 9 miles £3.30, 10 to 14 miles £4.20, 15 to 20 miles £5.50

We realise the need for transport within your area and are working hard to engage volunteer drivers to drive their own vehicles to provide you with a community car service. This service should be up and running by the middle of July. The community car service is slightly more expensive than the minibus but is more flexible and will travel to and from destinations inside and outside of Mid Suffolk.

We have been running community car services from Stowmarket, Debenham, and Ipswich for several years and more recently have set up a service in Kesgrave. These services have proved very popular and are a lifeline to so many people who otherwise couldn't take trips to visit relatives and friends, enjoy the sociability of clubs, attend day centres, and for the energetic Stradbroke Leisure Centre.



The most valuable service this type of transport provides is to get passengers to hospitals, health centres, and dentists. For health appointments our drivers will wait for you for no extra charge and West Suffolk and Heath Road will not charge our drivers for parking. We also get requests to take people to parties and weddings or connect with buses and trains and even to catch planes at various airports.

The charges for the community car services are 54p per mile (45p plus VAT) charged from the driver's home to you to your destination and the return for the driver to his home if he is not required to wait for you. There is a booking fee of £1.20 (£1 plus VAT) for each single journey. Travel taken in the community cars will be invoiced to passengers the following month.

Our offices are in Stowmarket and to book any of our services please ring 01449 614271 between the hours of 09.00 and 16.00, we also have an email address bookings@bsevc.co.uk. One of our office staff Katie, Francesca, Cherie or Jan will be more than happy to help you. For groups wishing to make bookings for outings and social events we operate a much larger fully accessible minibus, a 15-seater. If you are interested in this service, please contact Fran on 01449 614271 or email francesca.callan@bsevc.co.uk

Saturday 4 August, 7:30pm

Meryl Streep & Tom Hanks

THE POST

Spielberg's prequel to The Washington Post's Watergate and All the President's Men

Saturday 1 September, 7:30pm

Staunton, Spall, Imrie, Sessions, Hayman & Lumley

FINDING YOUR FEET

At last, another feelgood British movie

www.palgravecinema.co.uk

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

TICKETS £5 each



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 and Burgate

Sunday Club

Meet at Wortham Village Hall from 10.00am to 10.45am
on the **1st Sunday** of each month during term time.

(followed by coffee and cookies, for parents/carers too!)

Dates for Autumn 2018 are:

2nd September

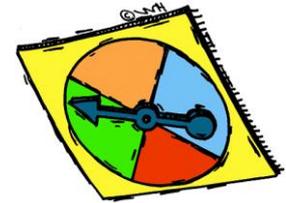
7th October

4th November

2nd December

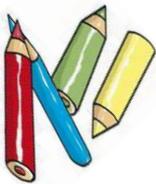


Stories



Games

Crafts

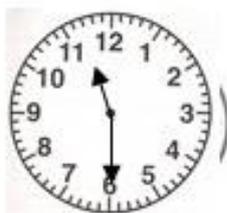


and lots of fun!



All children welcome, and
Parents/carers can stay if they wish.

Just turn up or ring Lyn
01379 788479 for more details



**MID MORNING COFFEE
BREAK**



CALLING ALL LOCAL BUSINESSES

**WE ARE INVITING ALL BUSINESSES TO BE PART
OF PARK RADIO**

**WE WOULD LOVE TO HEAR FROM YOU, WE WILL
PLAY 3 SONGS OF YOUR CHOICE AND WE WILL
PLAY YOUR TUNES ON AIR DURING OUR MID
MORNING COFFEE BREAK**

**SO ALL YOU HAVE TO DO IS EITHER EMAIL US
AT studio@parkradio.co.uk**

or

call us on 01379 210000

WE LOOK FORWARD TO HEARING FROM YOU.

**CHRIS MOYSE'S SHOW
MONDAY - FRIDAY, 10:00 - 13:00**



PAWS WITH A CAUSE

A fundraising country walk for
all the family. All proceeds in
aid of East Anglian Air
Ambulance (EAAA).

**Sunday
30
September
2018**

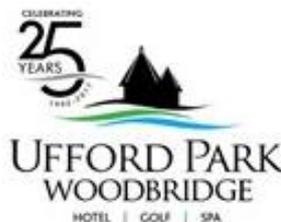
10am - walks finish 3pm

Glemham Hall
Woodbridge, Suffolk, IP13 0BT

www.eaaa.org.uk

East Anglian Air Ambulance is a registered charity
in England and Wales, number 1083876.

Together we save lives



Paws with a Cause
is kindly sponsored
by Ufford Park.

Yarmouth Road, Melton,
Woodbridge, Suffolk Tel:
01394 383555
www.uffordpark.co.uk

A unique opportunity to walk around the beautiful area surrounding **Glemham Hall** in support of EAAA.

One, three or five mile walking routes available.

PAWS WITH A CAUSE

Paws of Parham will be holding regular agility displays during the day. Perhaps your dog would like to test their agility?

Enjoy a hot drink and a bacon butty before your walk and a freshly cooked burger or hot dog afterwards from Beefed Up Catering. Or why not treat yourself to a glass of prosecco, wine, beer or a soft drink from The Stable Arms!

Register now!

You can register online or by calling us.

For more details visit www.eaaa.org.uk or call 03450 669 999.



Wortham Walkers for August

Next month's walk will be led by Joy and Mike Cornish on Tuesday 7 August for a little under 3 miles around Burston. 'We will start from the car park at Burston Strike School at 10.30 as usual. The Crown serves a good range of cold drinks as well as lunches.'

John Scott, 01379 650009



VILLAGE HALL DATES FOR YOUR AUGUST DIARY

Wortham Morning Yoga	Tuesday	14, 21, 28	10:00 – 11:30
Wortham Midday Yoga	Thursday	16, 23, 30	11:45 – 13:15
Tea's Made	Wednesday	01, 08, 15, 22, 29	14:00 – 16:30
Pilates	Wednesday	01, 08, 15, 22, 29	09:30 – 10:30
Gentle Exercise Mornings	Thursday	09, 16, 23, 30	09:30 – 10:30
Gentle Exercise Evenings	Wednesday	01, 08, 15, 22, 29	19:30 – 20:30
Good Companions	Tuesday	14	14:00 – 16:30
Private Function	Saturday	04	14:00 – 16:00

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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