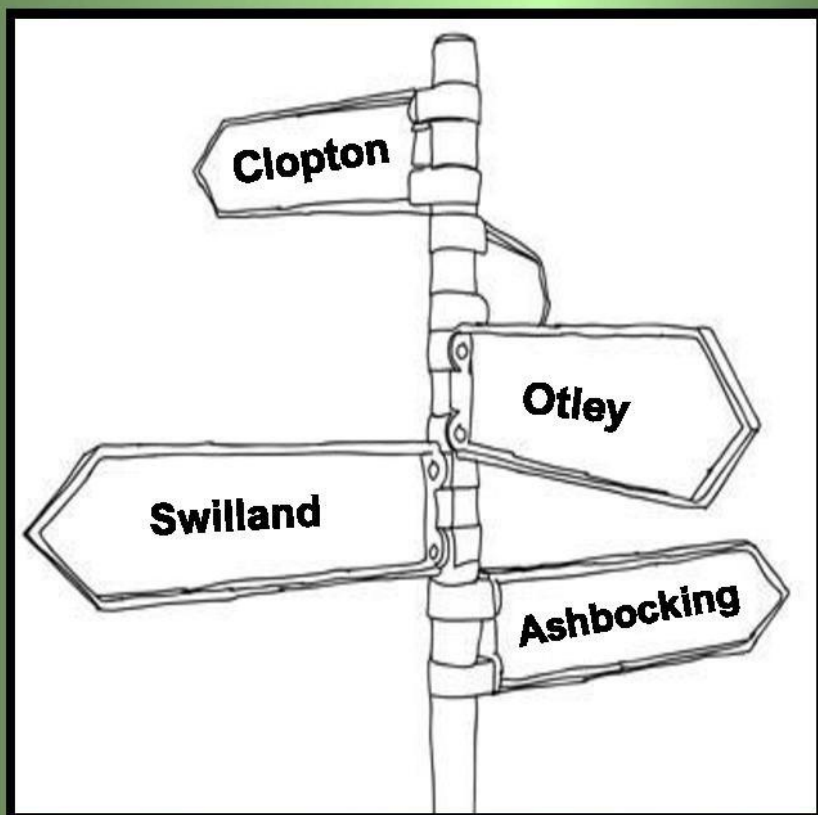


The Signpost



News from the Parishes

A Word from The Editor.....



Welcome to the **May** edition.

Firstly enormous congratulations to Mark on officially becoming our new rector following his installation on Wednesday 24th April. A special service and a proud moment for our Benefice. We will continue to support him in his new role.

I had hoped to be writing about the glorious sunshine of April!! But instead, it has been very much April Showers! But hopefully they should bring May Flowers!

We can only wish that May will be warmer and more settled.

News on the farm - April has been successful in getting our spring crops drilled and the Barley has now popped up and beginning its period of growth. We have welcomed many new lives in the form of healthy piglets, all doing well and having fun in the straw. I never tire of seeing new life and all that nature brings us on the farm – I feel truly blessed to see such raw beauty and live farm life. The greenhouse is also doing well with many new plants, vegetables and salad items appearing out of the compost, getting ready to be potted on to bigger pots, hanging baskets or planters.

The benefice villages are also busy once again with several upcoming events from an Illuminati concert in Swilland church to a Ceilidh dance in Clopton and a plant sale in Otley. There really is a lot of news to catch up on and event details.

If there is anything else you would like to see within next year's magazine, or if you would like to advertise or promote upcoming events that you are a part of, please do get in touch using my contact details below.

If you would like any special birthdays, exam results or anniversaries celebrated, then please do let me know and I will include in the next month's magazine.

**The next Signpost will be the June issue,
With a deadline of 24th May 24.**

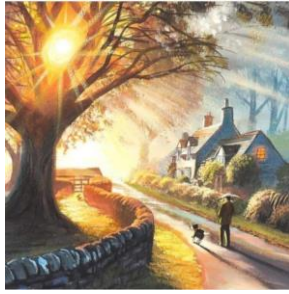
To register to receive The Signpost via email, each month, please email me at bakergirl174@gmail.com

News of the Carlford Churches and details of online Worship can be found on the website carlfordchurches.org and within the Mini Grapevine. If you would like to receive the Mini-Grapevine weekly via email, please register via the website carlfordchurches.org or with amy@carlfordchurches.org. There are links on the Carlford Churches website to the Facebook page, Mini-Grapevine and The Signpost. The Carlford Churches Facebook page can be accessed directly <http://facebook.com/carlfordchurches>.

Should you wish to speak with a member of the benefice team, please telephone 01473 735183.

Keep safe and take care till next month..... Amy

Back in Time



He walked across the field
When he came upon a stile
And he almost turned around
'Cause he'd already walked for miles

But then he heard a melody
That made him carry on
It was the faint and distant echo
Of an old familiar song

He walked towards the music
And it led him past a sign
To a row of houses starting at
The number ninety nine

And from that house the scent
Of childhood dinners filled the air
And he smelled the heady perfume
That his grandma used to wear

The next house on the path
Was somehow number thirty four
And it had a stained glass window
Of a rose within the door

He peered in through the window
Of the next house on the street
And he saw familiar photographs
Upon the mantelpiece

He heard some children laughing
So he looked over the fence
And he saw a young boy playing
In the garden with his friends

They were splashing in a paddling pool
And playing with a ball
They were practising their cartwheels
And their handstands at the wall

And something like....nostalgia
Made him stand there for a while
'Til he tore himself away and turned
And headed for the stile

And it was then he passed the signpost
With an all familiar name
And he realised he had just walked
down a street called 'Memory Lane'

Becky Hemsley

Finding Expression – and God’s Response – in Lament

The question of suffering comes up regularly in discussions about science and faith. I once visited a school to speak to some of the older teenagers. One of the pupils had sadly passed away from cancer a few weeks before and his classmates



asked, “How could God let this happen?” Of course, these young people’s questions about where God was in this situation were important. But the chaplain also gently reminded the class that their friend’s family were Christians, and that they were finding that their experience of loss had brought them even closer to God than before.

One way that grief can bring us near to God is when we share it with Him, telling Him exactly how we feel. The biblical writers had no scruples about expressing themselves to God, giving vent to emotions we often hold back in a church context. As Roger Abbott has written in his book on ‘*Unanswered*’ Prayer, “Let us not confuse reverence with spiritual prudishness. Perhaps honesty, the way it feels, is precisely what God is waiting to hear from us.”

About one third of the Psalms express some form of grief. The book of Job is a series of responses to one man’s suffering as he loses his children, property and health in quick succession. Lamentations is also one long outpouring of sadness at what happened to Israel under the Babylonians. Some of the prophets, especially Jeremiah, also express their pain at these sort of events – which reflect something of God’s own feelings at the suffering of His people.

Most of these biblical authors would have had access to Scriptures that encouraged them to turn to God whatever the circumstances. Emboldened by their knowledge of His character and promises, these divinely inspired writers even express their anger to God about the things He lets happen or complain that He seems to act unfairly or ignore them in their plight. Not only do these people let out all their feelings without fear of reprisal, but they also clearly expect a helpful answer. Some record a resolution to their troubles – often simply because God speaks to and comforts them, enabling them to keep going.

“Music is the wine that fills the cup of silence”

- Robert Fripp

The biblical writers demonstrated that God could handle pretty much anything – anger, blame, bitterness – if we are actively looking to Him for help. As Pete Greig of the 24-7 prayer movement has written, “pain that is not expressed can never be transformed”.

Fewer Babies Coming

For the first time since the Black Death killed about 50 million people in the mid-1300s, the world’s population is going to decline.

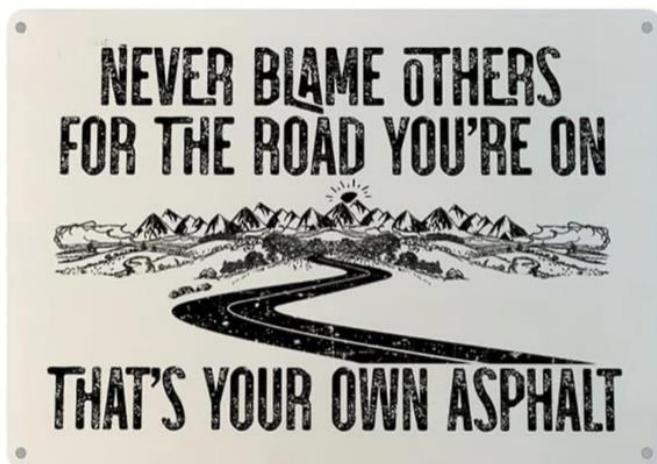
According to experts, global fertility rates have hit an historic tipping point, and seem unlikely to recover. Millions of women are simply having less children.



The global population currently stands at just over eight billion. But in the coming decades, as the older people die and fewer babies are born, this figure will fall.

Women need to have an average of 2.1 children each, for the population growth to remain static. Worldwide, in 1950 it was at 4.84. By 2021 it was at 2.23. It is predicted to fall to 1.83 by 2050. The UK, like other high-income countries, has a lower-than-average fertility rate, at just 1.49 in 2021. It is expected to fall to 1.38 by 2050.

This will mean that our population of about 67 million will become increasingly old. And this will have a huge impact on our national finances, as the old will put pressure on the health services, while there will be fewer young people in work, keeping the economy going.



NEWS FROM OUR CHURCHES

ASHBOCKING

This year has kept us all guessing with the weather, it is often difficult to relate to the month we are actually in. May is often a lovely month and much warmer



with the advantage of the longer evenings too. We have had coffee mornings outside in March before as well as April and May. So far there has not been any likelihood of this happening so let's keep our fingers crossed for **3rd May**, when **Ashbocking's coffee morning** is being hosted by Nel and Rex at their home, Chez Onze, The Green. 10:30am until 12:00

noon. Thank you Nel and Rex for offering to accommodate us for the Christian Aid coffee morning, when we do ask for a small donation towards those in Poverty.

This is following on this year from Gail, our curate's visit, with the bishop Mike, to Kagera, in Tanzania. A Christian community who work against poverty in their communities. Poverty has been our focus during Lent and the people who attended the Lent meetings in Ashbocking are hoping to extend help locally or abroad to aid individuals and communities in crisis from poverty.

This is being delivered via a presentation at the **Christian Aid Soup Lunch** on **May 11th** at 12:30pm at The Burgh School Room, when the focus will be on poverty, and we hope to isolate a particular need that we can direct our energies towards.



The **Christian Aid service** in Ashbocking Church is on the **12th May** at 11:00am. Gail will have plenty of stories to share, of her time with the people in Kagera. Everyone is welcome to join us and enjoy refreshments together afterwards.

We have **Morning Prayer** on **Sunday 26th May** at 11:00am. This is Trinity Sunday and again everyone will be most welcome. Coffee and biscuits after the service, when you are welcome to stay and chat.

Knit and Stitch falls on BH Monday, so this has been moved to **Tuesday 7th May** at 10:00am until 12:00noon. Please join us for some down time with your current project. If there is no current project come anyway and enjoy some chat with coffee and biscuits, and maybe get inspired to start something new. We say knit and stitch but anything in the crafting line you wish to do is ok too.



P.S. Ashbocking is in urgent need of a treasurer. Full support will be given. Please contact either of our church wardens for more information or if you can help.

Linda Pollard

Tel 07887537152 if you require further information

Church Wardens: John Pollard 07786 803490 or Duncan Bray 07933 705350

CLOPTON

On Thursday, 18th April, the funeral of Christopher W.G.B. Clark was held in the Church of St. Mary the Virgin, Clopton. The service was led by our new rector, Mark Cresswell, and our lay reader, James Hall. Our thoughts and prayers are with Christopher's widow, Penny, who is a well-loved member of the Clopton congregation. We were thankful that, on this solemn occasion, the hymns could be accompanied by organ music despite our own large organ being now absent and under restoration. The temporary organ at the back of the church, kindly lent to us by Roger Pulham, is an absolute God-send. It both looks and sounds really beautiful. At the funeral service, the altar was clothed with an altar frontal that appears to have been unused for 50 years as it did not have the correct attachment for the altar in its former position. Now that the altar has been brought forward, this lovely frontal is able to be used once again. It has the most beautiful embroidery and is a delight to behold. How wonderful that it is back in use after all these years.



Wednesday, 24th April, saw the institution of our new rector, the Rev'd Mark Cresswell, at a special service held in St. Mary's Church, Grundisburgh. We are very fortunate that Mark has chosen to take up this position, having already ministered in the benefice for several years. We all wish him well for his future ministry among us and we shall aim to support him as best we can in his work for us and the other eight churches in our benefice.



Looking ahead, we have a fabulous **Ceilidh** coming up on **Saturday, May 18th**, at 7.30pm, organised by our friends in “Ceilidhs on the Move” to raise much-needed funds for the church organ restoration. We seem to have hit upon a winning formula for supper in the interval -delicious pulled-pork bap, and roast butternut squash with rosemary, followed by assorted and yummy cake: all for a fiver! And there will be a raffle!

The Ceilidh will be held in in Clopton Village Hall (IP13 6QN) - dancing to the wonderful “Hosepipe Band”. Put the date in your diaries! A really fun village event, and one not to be missed! Dancing starts at 7.30pm, through to 10.30pm, doors open at 7pm. You would do well to book your tickets in advance for this sell-out event! Tickets are available from: juliegittoes@hotmail.co.uk
Adults £10; Youth (10-16) £5; Family £20 (2 adults + 3 children); Under10's free.

And our next extravaganza will be a summer **Church Flower Festival**, to be held in the Church of St. Mary the Virgin, Clopton, over the weekend of **1st - 2nd June**, from 10am – 4pm, each day. This year's theme is “Celebrating Suffolk”. All donations raised from this event will be going towards the Church Fund. Exciting ideas are already flowing and it promises to be a wonderful show, and of course there will be our usual “Clopton Church Café” at the back of the church, offering

Refreshments – teas/coffees and cake etc. – throughout the weekend. Another important diary date!



We are so blessed in Clopton to have such an impressive and historic space in which to hold events such as the flower festival. We would really appreciate it if you were able to scan this QR code to help to support your village church. Using your smart phone and the QR reader app, the code links you directly to the giving page for Clopton Parish Church. We rely entirely on donations to maintain this beautiful building and the churchyard. Thank you very much.



May's village get-togethers will be held as always on the **first** and **third Wednesdays** of the month, between **10.00am - 12.00pm**, in the village hall (IP13 6QN).

- **Hobbies/Craft Group** will be on **Wednesday, 1st May**, with tea/coffee, biscuits and friendly chat. (Just £2 to cover the hall expenses).
- And our **May parish coffee morning** will be held on **15th May**. With refreshments and friendly conversation, these coffee mornings are great; and free of charge! See you there!

Our parish services at St. Mary's Church are for everyone. Do come along - you will be assured of a warm welcome. We are continuing to read out the names of all those young men from Clopton and the Debach airbase who fell in the first and



second World Wars; commemorating five of them at the close of every service. It is an honour, and our duty, to remember each one of them, who gave up their lives so that we might live in freedom. This is a very moving part

of our Sunday worship at St. Mary's.

- **Sunday, 12th May**, at 11am there will be a **layled morning service**, with tea/coffee and cake afterwards at the back of the church, and a chance to have a chat with friends and neighbours.
- **Sunday, 26th May**, at 9.30am we shall be celebrating **Parish Holy Communion**, again with refreshments after the service.

We hope to see you at these village services – you will be most warmly welcomed.

Looking forward to seeing you at our May events.

Jenny Schurr

OTLEY

Holy Week in Otley Church

Two benefice services were held in Otley church during Holy Week. On Monday 25th March, James conducted a Compline evening service at 7.30pm. This was a reflective, quiet service at which we sat together in the choir stalls.

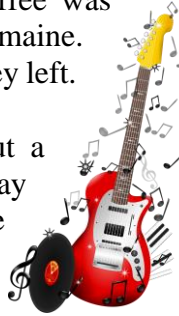


On Good Friday a Final Hour at The Cross service was held at 2.00 pm.

This was again led by James and was well attended by members from most of our benefice churches. As is traditional, it was a sombre, reflective service at which we prayed in observance of the stages of the cross of Christ's final journey. No hymns were sung, and we left the church in silence.

By contrast, Easter Day service was a joyous, happy occasion. The church was filled with light and beautiful flower arrangements adorned window sills and on a stand by the altar. This service was taken jointly with Clopton and was very well attended. Gail conducted the Holy Communion service, with readers from both Clopton and Otley. At the conclusion of the service, tea and coffee was served, accompanied by delicious cakes baked by Jenny and Charmaine. Mini Easter eggs were provided in a basket for people to enjoy as they left.

Fortunately, we do not have many funerals in Otley church, but a particularly sad event was the funeral of Jack Sunaway on Wednesday 27th March. Jack died suddenly, at home, on his 30th birthday. He was an extremely popular character in the village and known by many people through his work in the village shop, owned by his parents, Penny and Andrew. Amongst his other attributes, Jack was also an exceptional musician. As expected, the church was full for his funeral and a marquee erected in the churchyard was also packed out with friends and villagers who wished to pay their respects.



Nigel Crowley



Just spent \$300 on a limousine and discovered that the fee doesn't include a driver.

Can't believe I've spent all that money and have nothing to chauffeur it.

St Mary's Church, Otley



The maintenance and upkeep of our beautiful Church and Churchyard in Otley is becoming increasingly more costly. We rely on donations made to the Church to assist us in looking after this lovely building.

Below you will find our QR code which will link you directly to the giving page for St Mary's Church, Otley.



Any donations, large or small, will be gratefully received.

Thank you.

SWILLAND

We were very sorry to hear that Alan Hammond has died. We send our condolences to his family and friends.



Our **Annual Vestry Meeting** will be held on **Tuesday 30th April** at 7 p.m. in Clopton Village Hall.

I hope by the time this is published the weather will have warmed up. The spring flowers and blossom are looking lovely. Soon the hedges will be covered in Hawthorn blossom. The blackthorn is well out, often a sign of cold weather.



We are very pleased that Victoria Gregg and family are back in their house after over five months away due to flooding last October,

There will be a concert in the church with the **Illuminati Choir** on **Saturday 29th June** in the evening. Please put the date in your diaries.

Ann Kent



Men's Group

Landscape Photography

'more than just a snapshot'

Moon & Mushroom - 6pm, 4th June

Rev'd Mark Cresswell will be talking to the group about his passion for photography.



Ring the Moon on 01473 78532 and book a place.



Roads at 'Breaking Point'

Have you hit a pothole and damaged your car yet? If not, it is probably only a matter of time.



Despite TWO MILLION potholes being filled over the past year (the highest number since 2015) the Asphalt Industry Alliance (AIA) is still warning that our roads are crumbling to 'breaking point'.

According to the AIA's annual survey, just under half the roads in England and Wales which are maintained by local councils are in good condition. 36 per cent are adequate and 17 per cent are poor.

Last October the Government said it would provide £8.3billion of extra funding over the next 11 years, just to fix potholes. But the sum now needed to fix the backlog is at £16.3 billion.

Meanwhile, Simon Williams, the RAC's head of policy, warns that the extra £8.3 billion will be "only sufficient to resurface around 5,000 miles of road, which is sadly just three per cent of all council-managed roads in England."

Yet there are an estimated 107,000 miles of roads which are fast reaching the end of their lives. "The scale of the problem now facing councils is truly gargantuan."



9th May – Pachomius, The Patron Saint of Administrators

Have you ever worked for a disorganised organisation? You know the scene: your boss lives in a mild panic, your goals and deadlines keep being changed, your colleagues whisper darkly in corners, emails contradict each other, meetings lead to more confusion... and you go home each night with a headache.

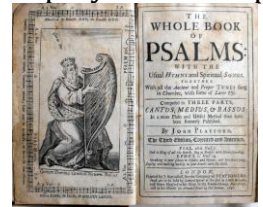


Pachomius should be the patron saint of administrators everywhere. For back in the 4th century, without a computer or even a mobile he managed to run 11 separate monasteries like clockwork.

Pachomius was born into a pagan family in Upper Egypt at the end of the third century, and as a youth conscripted into the army. On his release in 313 he became two things: a Christian and a hermit (probably craved some peace and quiet!). But Pachomius was no loner, and when other monks gradually sought him out, he did with them what he did best: he organised them. By 320 he had founded his first monastery.

Pachomius seems to have had exceptional powers of administration, no doubt perfected by his years of disciplined army life. By the time of his death in 346, he presided over nine large monasteries for men and two for women. Each monastery was divided into houses, according to its craft, such as agriculture, tailoring or baking.

Pachomius knew how to delegate: each house had its own leader. He knew how to keep in touch: he held team leaders' meetings twice a year. Pachomius knew about supply chains: food and drink never ran out. Pachomius knew about marketing: he found buyers for their produce in Alexandria. Pachomius knew about delivering a vision: a daily pattern of work and prayer and sleep was set in place to make sure that the monks and nuns could devote themselves to God for hours each day in prayer, and in memorising the Psalms and other Bible passages.



Pachomius knew how to help people get things done. No wonder his Rule went on to influence that of Basil and Benedict. Certainly, the gift of administration is listed by St Paul as a genuine gift of God, and prudence and clear forward planning are highly prized in the Proverbs.

Plant of the Month

Last year we looked out for wildlife in our gardens, this year we will look at the ideal plants for some all year colour in your garden.

Iris 'Jane Phillips'



One of the best irises, this variety is gently scented with a perfectly barbered beard. It will need a cane as support. It has ruffle petals and needs a sunny spot with well-drained soil.

Flowers: May - June

H & S: 1.2m X 60cm

What Can You Forage for This Month?



Mallow (*Malva Sylvestris*) – The leaves, stems and flowers of mallow are edible and are perfect for picking now. Leaves are rich in protein, calcium, iron and vitamin C and in traditional medicine they've been used to treat constipation and diarrhoea, dry throat and chesty cough.

- ❖ **How to use it:** The slightly furry leaves and stems are best picked around now until early summer. They contain a resin which gives them a distinctive gummy texture a bit like Okra. It adds glutinous richness to the Arabic soup, molokhia, which is made from them. Add the bright and beautiful mauve flowers to salads or as a garnish for desserts and summer cocktails.
- ❖ **What to look for:** Find it in open and sunny habitats along hedgerows and roadsides and in pastures and wasteland. Its geranium-like leaves are best picked from now and until mid-summer.



Oxeye daisy (*Leucanthemum Vulgare*) - Also known as dog daisy, oxeye daisy is an easy-to recognise plant which has edible flowers and flower buds.

- ❖ **How to use it:** The fresh leaves are edible and have a sweet taste when young. Leaves are best eaten before it flowers as they turn bitter. Chop them

and use as a herb or mix with dressings and salads. The flower buds can be pickled like capers and the flowers can be eaten raw and added to salads or desserts. The fresh or dried leaves and flowers can also be used to make a tea.

- ❖ **What to look for:** Grassy places, verges, hedgerows and in meadows. It blooms from late spring through to September.



Hawthorn (*Crataegus monogyna*) In May the hawthorn bushes are in full bloom. Their flowers are a signature of May and their thorny branches feature in May Day traditions all over the UK.

- ❖ **How to use it:** At this time of year, the young leaves, flower buds and young flowers are all edible. They can be added to green salads and grated root salads. The developing flower buds are particularly good.
- ❖ **What to look for:** You'll find hawthorn in hedgerows, woodland, waste ground and planted in urban areas. Deeply lobed leaves and small, white flowers from May to June.

Build a Bee Box



Fill a wooden box with hollow stems to encourage solitary bees, such as red mason bees, to nest. Use bamboo canes, or sturdy twigs and small logs with holes drilled into the top of them, stacked up to encourage bees to enter and lay their eggs inside.

Make sure the material inside the box is dry and vary the width of the holes from 2-10mm in order to attract as wide a range of bee species as possible. Place the box in a warm sunny spot, ideally exposed to morning sun.





NATIONAL GARDEN SCHEME
Garden Open For Charity



Berghersh Place

Witnesham, Ipswich, IP6 9EZ

Sunday 9 June
12 - 5pm

Adults £5 Children free



WHEELCHAIR ACCESS



DOGS WELCOME



TEA



ACCEPTED



More information at ngs.org.uk

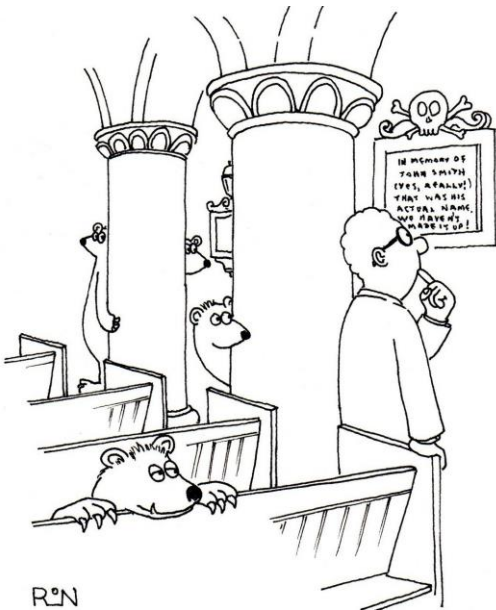
Brain teasers



How Y's are you?

The Y and wherefore of the little game below is to add a Y to each word given. You can rearrange the letters to form a new word. For example, you can add a Y to THOU, re-arrange and you get YOUTH. This is a good chance to Y's up on your anagramability.

- 1 Near
- 2 Paper
- 3 Seat
- 4 Paler
- 5 Star



Dennis spent a long time in church
looking for his forbears

(Solutions on Page 29)



Otley and District Gardening Club

Dear Readers,



We've all still got our fingers crossed for some April warmth, but it's looking unlikely as the days progress. At least we're sure to start to see the summer progress through May.

We've got a busy month ahead. Firstly, the **Otley and District Club meeting** in May is a participation gathering. We welcome Emma from EJaRT in Hasketon to show us how to make a botanical wrap vase out of clay. We cannot wait to get our twigs, seeds, flowers, and foliage out and see what amazing impressions they make in the clay. Sounds like fun! This meeting starts promptly at 19:30 on **6th May** at Otley Village Hall. We recommend that you prebook your place on the workshop by emailing me at philpollard81@hotmail.com, it costs £12 per person and includes the clay and basic equipment. Please bring with you the botanicals you would like to try and capture in clay, secateurs or scissors, and an apron. You might get a little mucky!



Secondly, we have our **Annual charity Plant Sale** on **19th May** at Otley Village Hall from 10am – 2pm. Please come along to get your plants for the garden at a good price, whilst helping to support our local charity. This year we're supporting Suffolk Mind with their "Green Care" project. This is an allotment-based initiative where trained gardeners and support staff offer their expertise to anyone with a physical or mental disability or mental health issue. They have 3 allotments offering this service, 1 in Haverhill, 1 in Bury St Edmunds and 1 in Ipswich. Our contribution is going to help the Ipswich allotment to staff and stock the garden offering inspiration, knowledge, and support.

We will be selling sweet and savoury refreshments throughout the day too, so why not come along to buy some interesting and unusual plants and stay for a bite to eat and a cuppa. Everyone is welcome.

We look forward to seeing you there,

Phil Pollard, The Green Chairman



Annual Charity Plant Sale

Otley Village Hall

19th May 2024

10:00 - 14:00

**Proceeds donated to
Suffolk Mind's "Green Care" Project and
Otley and District Gardening Club**

**Please come along for free
and make a difference!**

Refreshments available all day



Supporting People in Trouble

Brothers and sisters, ...Carry each other's burdens, and in this way you will fulfil the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. (Galatians 6 1-3)

I am always trying to help others where I can. Christians naturally want to help others. Churches are loving communities, and we want to do the best for each other.



Sometimes supporting others can be difficult. Some people are easy to help. They know what the problem is and what help they need.

Others are very demanding and always need help. They go from person to person asking for support and do not always follow advice. Then there are those who would never ask for help. They battle on and get exhausted and struggle on their own.

Probably the best helper is the person who can listen and not judge and guide the burdened to find their own answers. Often the person who is best at helping others is the one who has experienced life's ups and downs themselves. We can support others by:

- ♥ Listening and keeping confidences.
- ♥ Looking out for someone to make sure they are ok.
- ♥ Respecting their choices even if we do not agree.
- ♥ And, best of all, praying to know what to say and when to be quiet.

St Paul reminds us that we should bear each other's burdens, and no-one is expected to carry some things by themselves. The law of Christ that Paul was referring to was the New Commandment Jesus gave... that we love one another.

Helping one person might not change the world, but it might change the world for one person.

So, I will carry on trying and sometimes failing to fix things. You never know, I might make things better one day!





Pets' Corner XIII May 2024

This month we celebrate our beautiful little practice being open for 6 months! How time has flown! We have looked after hundreds of pets in that time, saved lives, cured illnesses and witnessed some beautiful, peaceful and gentle goodbyes. We have received the warmest welcome in our local community and further afield and new pets and their people are joining the Nightingale Vets family every day.

This month it's more creepy crawlies as we head to spring and summer where ticks are more common. We see them all year round the weather is milder so read on to find out more.

Ticks!! A nasty bite.. but is that all?

Ticks are small parasites that can range in size from a pinhead, before feeding, to the size of a fingernail after feeding. Ticks feed on the blood of animals such as dogs, cats, rabbits, hedgehogs, deer, cattle, sheep and humans. Only the female ticks actually feed on blood because they need it to lay their eggs. Female ticks can lay around 2000 eggs, after which they will die.

Ticks cannot fly or jump, but they crawl into undergrowth and climb up long grasses from which they can attach to animals as they walk past. Long grass and woodland is the most common area to find ticks. Their numbers are increasing and owners are starting to spot them in previously unaffected areas; dogs and cats from urban areas are also being affected. This may be due to multiple factors. For example, changing weather patterns making conditions more favourable for tick survival, increased development on rural land, and an increase in the population of wild deer.

Anywhere where deer are, or sheep, you will find ticks.

Several different species of tick are found in the UK. The Big Tick Project run by MSD identified *Ixodes ricinus* as the most common type of tick; it was present on 89% of infested dogs. 1,855 cats were also examined, 601 of which had attached ticks. The most frequently recorded tick species in cats was also *Ixodes ricinus*.

Tick-borne diseases are not caused by the ticks themselves, but by bacteria or parasites that may be found in their saliva. Lyme Disease is prevalent in people in the UK.

Symptoms of a tick bite

A red mark where the tick has been removed: it should not persist for more than 2-3 days, and its size should not exceed a few millimeters. If the tick is dislodged, or removed incorrectly, leaving the mouthparts behind in the skin, localised reactions can occur.

How can you help your pet?

- Speak to us about tick control that will rapidly kill or repel ticks- we recommend products like Simparica tablets for puppies, and adult dogs.
- No product will prevent 100% of ticks feeding, so we recommend that you check your pet daily
- Check your pet for ticks after walks or after being outside: make sure you check their ears, neck, skin folds, stomach and other crevices
- Do not forget to check your cat or rabbit, after they have been in the garden
- Use a tick fork to remove a tick, if you find one, as soon as possible (see instructions below)

What to do if you find a tick on your dog or cat?

Decide if you are happy to remove the tick. If not, make an appointment with us and we will happily remove it. Ticks have tiny spines that hold them in place whilst feeding so it is very important to twist the tick to remove it. Pulling a tick away from the skin risks leaving the mouthparts in the skin. Use a specially designed tick removal fork to safely remove attached ticks to ensure that the mouthparts are not left behind. Tick forks can be purchased on Amazon.

When grasping the tick, it is essential not to squeeze the body as this can cause it to regurgitate their stomach and salivary gland contents, increasing the risk of disease transmission. The application of Vaseline, applying alcohol or burning will also increase this risk and are not recommended. Never crush a tick with your fingers. Dispose of a tick by putting it in alcohol, placing it in a sealed bag, wrapping it tightly in tape, or flushing it down the loo.



If you'd like any advice about how to keep tick free, then do give us a call- 01473 598398. Our **Happy Pet Membership** for dogs, cats and rabbits includes parasite prevention, and unlimited veterinary free consultations. See our website for more details: [nightingalevets.co.uk](https://www.nightingalevets.co.uk)

Kind regards from Dr Emily Nightingale and the team at Nightingale Vets.



Dailyhope Is on The Line – Again!

A free telephone line that provides spiritual support for older people has been relaunched.



The DailyHope telephone line serves many people in later life unable to participate in person with church life in the community, either in the long term, or temporarily due to sickness or medical treatment. It was launched during the Covid pandemic.

The recorded phonenumber provides a vital spiritual resource aimed at the around six million UK people aged over 65 who are either unable to use the internet safely and successfully or are not online at all.

The organisation [Faith in Later Life](#) announced earlier this year that the line would have to be suspended because of a lack of funding. It came as many churches were being encouraged to ‘grow younger’ and put an emphasis on reaching younger people.

Now their chief executive officer Alexandra Drew has announced that the phonenumber is back in action.

She said: “Closing the DailyHope line was an extremely heart-wrenching decision to make. I know that it’s been a lifeline to many older people, especially those unable to attend church in person, and without access to spiritual comfort.”

Now additional funding has been secured, DailyHope has been relaunched, with a drive to find new content and content-providers.

Alexandra Drew said: “We’re looking forward to welcoming new callers, as well as content providers and funding partners, to help us to continue to bring DailyHope to older people, and others who are staying at home.”



Broadcaster Pam Rhodes, an ambassador for Faith in Later Life, said: “DailyHope has brought Christian fellowship through the landline into the homes of so many, filling their hearts and souls with God’s presence and comfort through word, prayer and song.

“It’s no wonder that DailyHope has remained so popular – and the thought that this vital service may have been lost to those who value and rely upon it brought real despair. But now, we’re thankful to God that DailyHope has been saved. This is wonderful news.”

The DailyHope free telephone service is available on **0800 804 8044**. Churches and Christians are being encouraged to publicise the telephone number widely.

Wise Advice from a Farmer’s Wife

- ♥ A city dog wants to run out the door, but a country dog stays on the porch ‘cause he’s not fenced-in’
- ♥ Always light birthday candles from the middle outward.
- ♥ Nothin’ gets the frustrations out better’n splittn’ wood.
- ♥ You’ll never catch a runnin’ chicken but if you throw seed around the back door you’ll have a skillet full by supper.



NEW WORD FOR YOUR VOCAB!!

Anglosphere

English-speaking countries considered collectively (the United Kingdom, the United States, Canada, Australia, and New Zealand, and Ireland).



Hi everyone,

Often charities, a bit like businesses, are judged by the largest number of customers for the smallest costs. However, successful community-based projects like The Debenham Project almost always follow an alternative principle – provide the care and support now, and worry about the cost later. We have always applied this approach by “getting on and doing something” – something that might help a family carer, or the loved one they care for, even if only just a little. We hope that The Debenham Project will always be somewhere to find help. The numbers that come to the Carers Club, Fit Club, Lunch Clubs, Songs for Sharing, etc. are great, but the real benefits of the Project lie in the difference that it can make, personally and individually, from having someone to talk to, assistance with forms, information, advice, guidance, friendship, etc. All acts of kindness not readily to be measured by statistics. I am convinced that it is these, and the personal relationships involved, that help and strengthen the well-being of those families amongst us who are having to live with dementia.

With all my best wishes,

Lynden Jackson

www.the-debenham-project.org.uk ; 01728 862003

“Humility is the hallmark of wisdom. “
– J Collier



30th May: Josephine Butler, Social Reformer for Women



Josephine Butler is the ‘saint’ for anyone who believes in social justice. This remarkable 19th century clergyman’s wife became a renowned campaigner for women’s rights and for putting a halt to human trafficking.

Josephine was born in Northumberland in 1828, the daughter of a wealthy family of liberal politics and committed Christian faith. They had already been deeply involved in the abolition of slavery and the extension of the franchise. Such notions of equality instilled into Josephine a passionate desire

to combat social injustice.

In 1852 Josephine married George Butler, the son of the Headmaster of Harrow, who shared her views. George was ordained in 1854 and they moved first to Oxford and then to Cheltenham. In 1863 tragedy struck when their daughter Eva fell to her death.

Josephine’s grief found expression a few years later, when in 1865 George had become Headmaster of Liverpool College, and the couple were settling in Liverpool. Josephine was horrified at the lives of destitute women in Liverpool, and so she founded a ‘home’ to care for them, as well as a hostel to train them for suitable work. In 1869 she agreed to head a campaign against the Contagious Diseases Act of 1866, and by 1871 she had addressed a Royal Commission, explaining how this Act brutalised these women, already trapped in the slavery of prostitution. She got the Act rescinded.

By 1882, when George had become a Residentiary Canon of Winchester Cathedral, Josephine had not only founded a refuge for recovering prostitutes in Winchester, but she had also begun to fight sex trafficking across the world. This included freeing British girls from Belgian brothels. By 1885 Josephine had exposed the white slave trade in London and had persuaded Parliament to increase the age of





consent for girls from 13 to 16, and to penalise those engaged in the transport of women for profit.

In 1890 her husband George died, but Josephine continued her work until retirement to Northumberland, where she died in 1906.

All in all, Josephine Butler’s deep Christian compassion transformed the lives of many tens of thousands of suffering women. She has been described as one of the most important early members of the feminist movement.

In Appreciation of our Nurses

The work of nurses is celebrated around the world on 12th May. That day was chosen to be International Nurses Day because it is the anniversary of Florence Nightingale’s birth.



Here are some current stats on nurses in the UK:

There are currently 731,058 nurses on the permanent NMC register. With midwives and nursing associates added, this figure rises to be 788,638.

There are more female nurses than male nurses. 89% of registered nurses identify as female, and 11% identify as male. We need more nurses! Currently there are about 46,800 vacancies. Could this be a job for you?

Christian Aid Week – 12th – 18th May



Christian Aid is urging its supporters to “push back against poverty” this Christian Aid Week by bearing in mind the coming General Election.

The charity says that “people hoping to represent us” in the next UK Parliament will soon be on our doorsteps, “vying for our vote”.

Christian Aid says that these would-be MPs will: “be in listening mode, keen to hear what makes the voters in their community tick.” And so, urges the charity, Christians can use this opportunity to “show them that your church cares about poverty, and tell them that you expect them to act on poverty too, if they are elected.”



This year the charity has launched the ‘70K Challenge for May’, encouraging its supporters to do a sponsored “Move 70km during May. Walk, run, cycle, however you move is up to you.” Details at: <https://fundraise.christianaid.org.uk>

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Solutions to the Brainteasers on Page 5



- | | | |
|---|-------|--------|
| 1 | Near | Yearn |
| 2 | Paper | Prepay |
| 3 | Seat | Yeast |
| 4 | Paler | Player |
| 5 | Star | Satyr |

How did you do?

All in the month of May....

It was:

- ❖ 200 years ago, on 7th May 1824 that the first performance of Ludwig van Beethoven's Symphony No. 9 took place in Vienna. It is regarded as Beethoven's greatest work and is one of the most-performed symphonies in the world.
- ❖ 150 years ago, on 9th May 1874 that Howard Carter, British archaeologist and Egyptologist, was born. He discovered the tomb of the Pharaoh Tutankhamun in 1922.
- ❖ Also 150 years ago, on 29th May 1874 that the British writer G. K. Chesterton was born. A novelist, short story writer, philosopher and critic, he was best known for his Father Brown stories.
- ❖ 100 years ago, on 4th May 1924 that the British children's writer E. Nesbit (Edith Nesbit) died. Best known for *The Railway Children*.
- ❖ 90 years ago, on 25th May 1934 that the British composer, Gustav Holst, died. Best known for *The Planets*.
- ❖ 75 years ago, on 12th May 1949 that the Soviet Union lifted its blockade of Berlin. The blockade had led to the Berlin Airlift, in which British and American planes had delivered millions of tons of food, coal and medical supplies to the isolated people of West Berlin.
- ❖ 70 years ago, on 6th May 1954 that Roger Bannister became the first person to run a mile in under four minutes (3 minutes, 59.4 seconds), in Oxford.
- ❖ Also 70 years ago, on 20th May 1954 that Bill Haley & His Comets released the song *Rock Around the Clock*. It brought rock and roll into the mainstream and is regarded as one of the most important records in music history.
- ❖ 70 years ago, on 29th May 1954 that Diane Leather was the first woman to run a mile in under five minutes (4 minutes, 59.6 seconds), in Birmingham.
- ❖ 60 years ago, on 2nd May 1964 that Nancy Astor, American-born British politician died. She was the first female Member of Parliament (MP) to take her seat in the House of Commons.
- ❖ 50 years ago, on 24th May 1974 that Duke Ellington, American jazz pianist, composer, and big-band leader, died. Regarded as the greatest jazz composer of the 20th century.
- ❖ Also 40 years ago, on 19th May 1984 that John Betjeman, British poet, writer, and broadcaster died. He was Poet Laureate 1972-1984.
- ❖ 30 years ago, on 6th May 1994 that the Channel Tunnel linking England and France was officially opened.

The Man Who Created Father Brown



The British writer G K Chesterton was born 150 years ago, on 29th May 1874, in Kensington, West London. A novelist, short story writer, philosopher and critic, he was best known for his Father Brown stories, popular now through their adaptation for television.

He thought of himself as a journalist with good reason, composing 30 years of weekly columns for the *Illustrated London News* and more elsewhere, but he was a prolific writer in many areas, writing 100 books and contributing to 200 others, as well as composing short stories, essays and poems and creating Father Brown.

He was a tall man who weighed in at over 20 stone, and he was notoriously absent-minded – once contacting his wife, Frances, to say: “Am at Market Harborough. Where ought I to be?” Unsurprisingly, he did a great deal of writing while waiting at stations.

He was a deep thinker, usually getting the better of the many prominent men he argued against, but almost invariably retaining their goodwill, since he was a genial and witty opponent.

An “orthodox Christian” who espoused Roman Catholicism (moving from High Anglicanism) because he felt it was the best resistance to fads of the age, he was against both socialism and capitalism, materialism, determinism and “spineless agnosticism”. He fought for freedom and justice.

Chesterton never went to college but did attend art school. Extremely quotable and read now by too few people, he composed some near-perfect lines, concluding for example that “the Christian ideal has not been tried and found wanting; it has been found difficult and left untried”.

“Live within your income. Always have something saved at the end of the year. Let your imports be more than your exports, and you’ll never go far wrong.”

– Dr Samuel Johnson

STORIES FROM THE STRANGER SIDE OF LIFE

Sink or swim

Royal Navy recruits will no longer need to be able to prove they can swim in order to join up. In a move described by a source as a "sign of true desperation to increase recruitment numbers", anyone seeking to join the aquatic wing of the British military won't have to pass a 30-minute swim test. Asked how the change had gone down internally, the source said there was "outrage, unadulterated, utter outrage" over the "race to the bottom – literally the bottom".



Watching waste lines

A Cheshire dad has earned the unusual title of "Binfluencer" for publishing photographs of more than 100 bins in his local town. Andy Bailey, who documents his hobby on Instagram, snaps the refuse disposals before rating them out of 25 – with a potential top score of five each for characteristics including "personality", "placement popularity" and "pristine". "I haven't given a score of 25 yet," Bailey said. "Maybe I never will."

Couple live full-time on cruise ships

A couple decided to live full-time aboard cruise ships after deciding that it made more "financial sense" than paying off a mortgage. The couple said that they "really enjoy cruising and being able to visit different parts of the world without hopping on an airplane". They calculated that they could live the rest of their lives hopping from cruise ship to cruise ship for as little as \$62 each a day. "We don't plan to permanently live on land in the future," they said.

Two for One

A single mother in the Brazilian state of Goiás went to court to secure child-support payments from a deadbeat dad. In the end, she got twice what she bargained for. The child's DNA matched that of a set of identical twins, each of whom denied being the father. The twins' attempts to shirk responsibility were thwarted, however, when Judge Felipe Luis Peruca ordered that both men pay up and be listed as the youngster's parent – giving her two dads for the price of one.



Duck Lonely Hearts

A man in the US has written a lonely hearts ad for his female duck - after a cat ate its fellow feathered friend. "Duck seeking duck," reads the ad, which is posted on a community bulletin board in Maine. "Lonesome runner duck seeks companion. Partner recently deceased. Serious replies only."



Oxfordshire: Bird 'confuses' police officers by mimicking siren sound

Thames Valley Police posted a video of the birdsong and said the copycat call was "100% real and not a late April Fool's joke". Police officers were left "confused" by a bird when it convincingly mimicked the sound of the sirens on their cars.

Thames Valley Police said staff initially thought their vehicles had developed a fault after hearing the noise at a roads policing base in Bicester. A video filmed at the site in Oxfordshire and posted on social media shows the bird chirping in a tree - before then replicating the sound of a two-tone siren. "From our workshops that test out the two tone-tune to officers deploying to jobs, this little fella has been sat patiently observing the noise to recreate it". Social media users speculated that the bird could be a starling, which are known for their ability to mimic man-made noises.



Hurry up and wait: Servers speed-walk through Paris

Thousands of spectators gathered to watch more than 200 restaurant servers compete in Sunday's "Course des Cafés," the newly-revived version of a century-old race. Waiters and waitresses traversed a 1.2-mile loop starting and ending at City Hall, suited up in traditional crisp white shirts, black trousers, neatly tied aprons and in some cases, bow ties. They each carried a tray loaded with a croissant, a full water glass and an empty coffee cup. The goal: Cross the finish line as quickly as possible without running, spilling or carrying the tray with two hands at the same time.



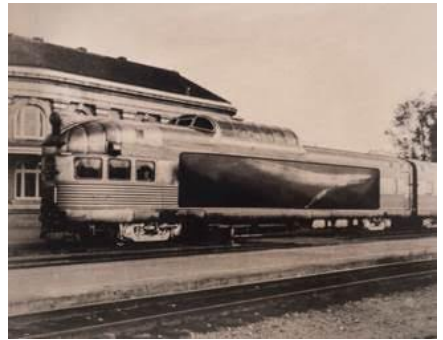
An American in Otley: Believe It or Not

It all may have begun in 1870 or thereabouts. Englishman James Wickham devoted over 2 years of his life to catching two juvenile southern Australian whales (??? unknown species), one male and one female. Outfitting a sailing vessel for the arduous voyage eastward required more than nautical engineering. The 110-day voyage to San Francisco, California across the Pacific necessitated good seamanship. The transfer of the whales to specially designed Central Pacific rail cars filled with 30,000 gallons each of salt water took luck. Generating the necessary power to get the steam train over the Sierra Nevada Mountains to the Great Salt Lake reflected optimism and belief in his project. BUT - DID ANY OF THIS HAPPEN?

In 1873, if contemporary newspapers are to be believed, the two stressed whales were released along the northern shore of the lake near the town of Corrinne. Wickham and his consortium (no details) sought to breed whales in the hyper-saline waters of the Salt Lake just to slaughter them for oil and whale bone. This was, after all, the height of the whale-bone stiffened corset industry and the oil made excellent lubricating and lamp oil.



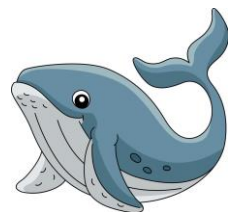
James Wickham



Custom Railcar with Whale

Is this possibly a true story? Contemporary journals mention the enterprise but without much detail. Little was known of James Wickham and nothing has come to

light about his origins. It certainly is true that English businessmen were investing in American resources and industries. It is possible that Wickham found backers for what looked to be a hare-brained scheme. However, even in 1873 the science of the day was against him and his whales. He may have “planted” the mammals in the lake but the odds of their survival were poor.

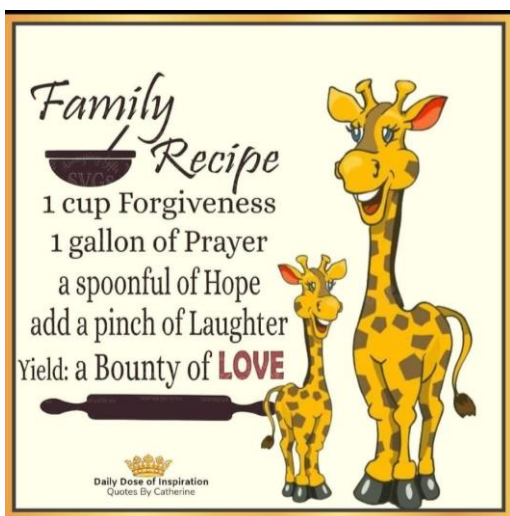


The Great Salt Lake’s salinity is 8 times that of the oceans around Australia. Its temperatures range from below freezing to above 80 degrees Fahrenheit. Its deepest depth is 34 feet, and its average depth is 14 feet deep. No fish live in the lake. Small crustaceans, Brine Shrimp, live in their billions in the lake and could be eaten by Baleen filter feeding whales. But the appetite of two whales, let alone a pod, would soon consume them.

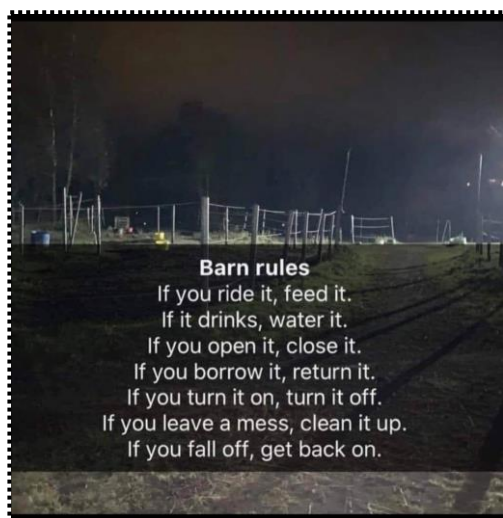
Half-a-year after their “planting” in a Bay where the Bear River empties into the Great Salt Lake, an associate of Wickham is alleged to have seen the beasties. Thereafter, occasional sightings of large marine creatures have been reported. In 2018 the Great Salt Lake Whale Watch Society erected a memorial plaque at the point of “implantation,” and members continue to invite the public to join them in their searches.

My personal belief is that it is possible that someone attempted this seeding project – there were some scatty money-making schemes in the post-Civil War period. However, whales could not survive in the Great Salt Lake’s environment for long.

Mary Miner susiespinner36@msn.com



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Russell Ling Reports

March



The month was mainly unsettled during the first two weeks with some sunny days. It then turned colder with occasional strong north east winds, cold weather in March almost always coincides with the blackthorn bloom in the hedges and this is known as blackthorn winter.

In the past this was the month that most of the spring drilling took place as the winds dried up the land that had been ploughed. Also, there were far more hard frosts than we get today which made the ploughed land more friable and a harrow which was pulled by horses made a good seed bed, this was the equivalent to a garden rake. Due to the excessive rain that occurred during the autumn of 2023 and February of this year the land has been slow to dry out making it too wet for spring drilling. Late spring drilled barley usually has a lower yield and years ago when there were cuckoos calling it was known as cuckoo barley.



SMILE LINES

Children's exam papers

The following real-life answers to various exam papers explain why teachers need long holidays...

What is a nitrate?

Cheaper than a day rate.

Name one of the early Romans' greatest achievements.

Learning to speak Latin.

Name six animals which live specifically in the Arctic.

Two polar bears. Four seals.



Name the wife of Orpheus, whom he attempted to save from the underworld.
Mrs Orpheus.



Where was the American Declaration of Independence signed?
At the bottom.

State three drawbacks of hedgerow removal.
All the cows will escape. The cars drive into the fields. There is nowhere to hide.

What is the meaning of the word varicose?
Close by.

What is a fibula?
A little lie.



Taking Jesus

A Sunday School teacher asked her class why Joseph and Mary took the boy Jesus with them to Jerusalem. A small child replied: *"They couldn't get a babysitter."*

Adam and Eve

Adam and Eve had an ideal marriage. He didn't have to hear about all the men she could have married, and she didn't have to hear about the way his mother cooked.

Happy

Never miss an opportunity to make others happy, even if you have to leave them alone in order to do it.



Grin

Keep smiling - it makes people wonder what you've been up to.

Old person

I hate it when I see an old person, and then realise we went to school together.





Wealthy Man

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CHILDREN'S CORNER

Create a beautiful Wind Spinner for your garden

Turn your old, scratched CDs and DVDs into vibrant **CD Wind Spinners** for your decking, patio or balcony. When the cd catches the breeze, they twirl around so quickly they become a colourful blur. Then they slow down, unwind, and start spinning again in the other direction. Our wind spinners are also really easy to make, and kids of all ages will get into the process!



How to Get Started?

- old cds or dvds
- school glue
- craft gems, jewels and sequins, buttons etc.
- fishing line



How to make your wind spinners:

- Simply cover the surface of your cd or dvd with assorted, colourful craft gems and jewels to decide on your pattern or where you would like to place them.
- Cover the cd with the glue using a paintbrush and get sticking. You can create random patterns, symmetrical or geometric patterns. It is your choice.
- Once the glue is dry, use the fishing line to tie them up in your garden, sit back and enjoy seeing them spin around.

Jokes

Q. What season is it when you are on a trampoline in May?

A. Spring-time.



Q. What did the spring say when it was in trouble?

A. May Day!!



Apple Tree Spot the Difference

Can you spot the 10 differences?



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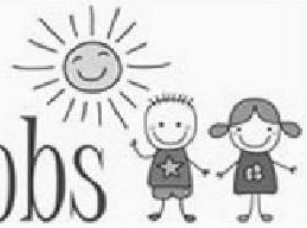


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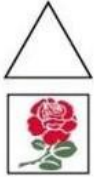
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Dr Emily Nightingale
Practice Principal
Nightingale Vets

nightingalevets.co.uk



Eastern Landscapes & Fencing

Office 3,
Red House Barns,
Ashbocking,
Suffolk
IP6 1JY
Tel: 01473 785269
Email:
nina@easternplayservices.co.uk

Eastern Landscapes & Fencing

Gavin Rushworth (our director) has been in the landscaping business for 30 years. As a company we cover the whole of the UK, working nationwide. We are currently looking into expanding our client base further into our home area of Suffolk and East Anglia. We do a full range of works, from private customers, to county councils. Our works include;

- Patio/Paving/Driveways
- Fencing
- Turfing
- Planting
- Gate installation
- Site clearances
- Garden design
- Ponds/Water features
- Garden maintenance

If you are interested in finding out a price for our works, please contact Nina Neilson on the email or number provided above.

LIMES GARAGE



- MOT TESTING
- DIAGNOSTICS
- ALL GENERAL REPAIRS
- LOCAL COLLECTION & DELIVERY SERVICE
- QUALIFIED EXPERIENCED MECHANICS
- SERVICING
- TYRES

Find us at Unit 21 Lewis Farm, Pettaugh Road, Stonham Aspal, Stowmarket

We are just up the road from Stonham Barns on the A1120 or put IP14 6AU in your SAT NAV.



Tel: 01473 890335
Email: mark@limesgarage.co.uk
www.limesgarage.co.uk

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For full details please visit my website
www.tomlyon.co.uk or email tom@tomlyon.co.uk
M: 07920130341 T:01473 721590

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