

BRETtenham MAGAZINE

SEPTEMBER 2022
No 416

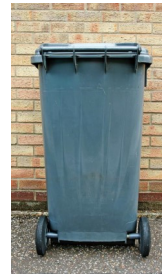


Welcome...

....to this edition of the Brettenham magazine. As I write, it is raining for the first time in weeks—hurray! It seems that in many ways this is another exceptional year. But every year now seems to be exceptional or unprecedented so perhaps we have to see “exceptional” as the new normal? When it comes to the magazine, we adopted this attitude long ago as every edition is exceptional as we like to make it exceptionally good every time—we hope you agree! This only happens thanks to all your contributions so please keep them coming...

Contact bettenhammagazine@outlook.com.

Wheelie Bins



This is a polite reminder to residents to please put away their wheelie bins as soon as possible after collection to make it as safe as possible for people walking through the village. People are possibly out at work during the collection but any help the residents could do to put back their bins at the end of the day would benefit us all.

As you know the village roads are narrow and cars can be speeding, making them dangerous especially for children or people with disabilities. Rather than walking in the roads unnecessarily, it would be great if the residents could help assist with the bins as this is one less obstacle to manoeuvre.

Thank you!



“All is safely gathered in”
Photo by Vickey Dixon

Bigger Ernie Winners

August Draw

- 1st Julia Rivington
- 2nd Michael Buckmaster
- 3rd Anne Roffe

Front cover images from Ella
Brinkley

Village Noticeboard

Village Hall

To book contact Julie or Ozzie on 07810434470 or email bvahallbookings@gmail.com
To request a licenced bar contact Peter Truin 07799 640326 or petertruin@aol.com

Village Website

www.brettenham.onesuffolk.net
If you would like to see something new on the website please contact Beth Clarke clarkeeac3@gmail.com

facebook 

Where to get Village News?

Check out the latest village news on the **BVA Facebook** page
[Facebook.com/pg/BrettenhamVillage/posts](https://www.facebook.com/pg/BrettenhamVillage/posts)
If you would like anything added to the page contact Greg Potter at greg.potter66@me.com

If you would like to receive regular village **email updates** please contact chairbva@gmail.com



Suffolk Mermaid Fish & Chips

Every Thursday, from 6.40pm to 7.10pm outside the church



October Mag Deadline:

15th September

Brettenham magazine is published and edited by the Brettenham Magazine Editing Team (brettenhammagazine@outlook.com) on behalf of Brettenham Parish Council. The views expressed by the contributors to the magazine are not necessarily those of Brettenham Parish Council. As well as the printed copy, the magazine is available online, in full, via the village website: www.brettenham.onesuffolk.net

Brettenham Parish Council

The last meeting of the Parish Council was held on 14th July 2022 and the next meeting will be held on 8th September.

The following planning applications have been received since our last report:-

DC/22/02237	Rattlesden Gliding Club, High Town Green, Rattlesden (Part In The Parishes Of Felsham & Gedding), IP30 0SX	Application under Section 73 of The Town and Country Planning Act 1990 for 3373/13 for the Removal or Variation of Condition 3 (Restriction: limit on hours, number and type of aerotow operations)
DC/22/02486	Former Breakers Yard And Premises, Old School Corner, Brettenham, Suffolk	Application for a Non Material Amendment relating to DC/22/00570 - Reduction in height of plot 1 garage to 4.5m.
DC/22/03233	Land West Of Church Farm, Buxhall Road, Brettenham, IP7 7PE	Application under Section 73 of The Town and Country Planning Act relating to DC/19/00838 for variation of Condition 2 (Approved plans and documents)
DC/22/03308	Mobile Home On Land East Of, Buggs Lane, Brettenham, Ipswich Suffolk IP7 7PD	Planning Application - Temporary siting of a mobile home.

DC/22/02950	Old Buckenham Hall School , Brettenham Park , Brettenham , Ipswich Suffolk IP7 7PH	Discharge of Conditions Applica- tion for DC/18/03832 - Condition 3 (Landscaping Scheme)
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Clerk / RFO: Della Clarke

Email: brettenhamparishcouncil@btinternet.com

Chair: Alyson Wilson

Food Bank Update

Your continued support of the Food Bank is much needed and appreciated. For some people who are struggling unexpectedly on reduced income and increasing food and energy costs, it is a life line.

Financial aid continues to be accepted by cheques payable to Bildeston Community Support or via BACS to Bildeston Community Support, Account No 49886479, Sort Code 52-30-31.

Food donations can be left in the church porch or the woodstore on my drive.

To find yourself in a position where a hand up may be needed is a difficult and often unfamiliar place. I would encourage anyone needing that hand to come forward and lighten your load a little. Individuals/families do not need to be referred by the authorities. Locally, for either help with giving or receiving donations, please contact in confidence:

Alyson Wilson, Spinney Cottage 07798 633044

Anne-Marie Hodgkiss 07818 286770

If you would rather contact the Foodbank directly you can do this through Facebook messenger from the Bildeston Foodbank Facebook page or call 01449 257136 or email Bildestoncsg@gmail.com.

Brettenham Village Association (BVA)

I've been asked to write a piece for the magazine and, believe it or not, I thought it would be interesting for those who are new to the village or who don't go to the BVA meetings to learn a bit about the BVA finances. Firstly I would explain that under its Constitution all residents of Brettenham are members of the BVA, so when I talk about 'us' that includes you !

The BVA was originally set up to provide social events in Brettenham, which were mainly self funded, but many years ago it also became responsible for managing the Village Hall. The main sources of income are profits from the bar at Village Inns, hire of the Hall and BIGGER ERNIE. Fortunately we have a team of volunteers who manage and run the bar, which enables us to provide heavily discounted prices for drinks, while still making a modest profit.

As you can imagine, the costs of running the Hall are not insignificant, with electricity, insurance and general maintenance costs ever increasing. For many years our income was more than our expenditure which enabled us to maintain and improve the Hall to a very high standard, invest in equipment, subsidise events such as the New Year's Eve party and make donations to other village organisations. Then in 2020 COVID struck and we were in lockdown, with no income but continuing costs.

Fortunately, as a business rates payer, the Hall qualified for grants which have 'plugged the hole' in our income over the past two years. The difference between then and now is that, while the Village Inns are at last starting to get back to pre COVID levels of activity, many regular hirers of the Hall have either disbanded, moved away or given up. I hope that new hirers will come forward and start to use the Hall to get us back to pre COVID levels of income, so we can continue to maintain and improve the facilities we provide.

I am optimistic about the future. We have an excellent facility in the Hall, a great team of volunteers and a number of events coming up.

As an example of this, the September Village Inn will have the 'Brettenham Lads' cooking and serving food. This is great fun for the

Lads and hopefully enjoyable for the diners too. We want record numbers to come along and experience our culinary skills ! It beats cooking for yourself at home. See back cover for menu.

Another event which I thoroughly enjoy is the Apple Day in September, organised by Brettenham Gardening Club. If you have apples you can bring them along to be pressed (see details elsewhere in the magazine). You don't have to bring apples, you can just spend the afternoon watching the press in action, it's fascinating, and you might even be allowed to lend a hand. There will be some special ciders behind the bar as well as the usual wide range of alcoholic and non alcoholic drinks. I hope to see you there.

Mark Baker (Treasurer)

PS The BVA accounts are prepared quarterly and presented at the BVA meetings which are open to all.



Heads Up!

**The Sunday Village Inn,
23rd October, will be
hosting a Halloween
Pumkin Carving
competition.**

The BVA will be providing the pumpkins for the event, so please email the ChairBVA@gmail.com to declare your interest and participation, as we'll need to obtain numbers upfront.

All you'll need is your own carving tools/implements and supervision where & when necessary. There will be a supply of ghoulish nibbles & treats for all. Free entry to all BVA members and their families!

More info will be promulgated within the October Magazine.

Changes To The Magazine Editorial Team

Emily Woods is stepping down from the Brettenham Magazine editorial team. For seven years she has produced the magazine every month without fail. For five of those years she did it completely on her own often working late into the night to get it done on deadline. Having helped out for the last two years, I am amazed at how she did it come rain, shine, flood or Covid! I think this is the opportunity to say a big **THANK YOU** to Em for all her work. I hope she will be able to enjoy a little more well deserved free time in future.

Carrie Dye



June 2015, edition 329 of the magazine came through the door with a post-it note on it "Your first mag! Another 27 years to go!". The note was from David Carter, the previous editor, a tough act to follow! It has

felt that long sometimes 😊 but on the whole I have really enjoyed collating and editing the magazine. I am really grateful to Carrie Dye, for offering to help with the magazine a couple of years ago. It made it much more enjoyable to work as a team, and I am really proud that through the pandemic we kept going, as quite a few magazines had to put a hold on editions at this time. Thanks to Pete for being on hand with ideas and photos, and often completing a final sense check. And of course, the magazine is in very safe hands with the editing team of Beth Clarke, Michelle Harvey and Carrie for the future.

Emily Woods



Dates For Your Diary

Friday 2nd September - Village Inn 7.30pm see back cover
 Tuesday 6th September—Village Hall 6pm Pilates
 Thursday 8th September - Parish Council Meeting 7.30pm
 Tuesday 13th September—Village Hall 6pm Pilates
 Sunday 18th September - Apple Day 12pm see p.17
 Tuesday 20th September—Village Hall 6pm Pilates
 Tuesday 27th September—Village Hall 6pm Pilates
 Tuesday 4th October— Village Hall 6pm Pilates
 Friday 7th October - Village Inn 7.30pm
 Tuesday 11th October— Village Hall 6pm Pilates
 Tuesday 18th October— Village Hall 6pm Pilates
 Sunday 23rd October - Village Inn 12.30pm with Pumpkin Carving see p.7
 Tuesday 25th October— Village Hall 6pm Pilates
 Friday 4th November - Village Inn 7.30pm
 Thursday 10th November - Parish Council Meeting 7.30pm
 Sunday 20th November - Village Inn 12.30pm



Sunday Village Inn/Apple Day
Sunday 18th September from
12 noon
Brettenham Village Hall see
page 17 for more info

"I thought the Village Inn opened at 6.30. That'll teach me not to read the magazine properly"

Thanks to Pete Knight for the photo and caption.

St Mary's Church Brettenham

Rev'd Canon Tiffer Robinson

Tel: 737197 or 07789 772024

Email: tifferrobinson@gmail.com

Church Warden Annie Tavener Tel: 736412

Email: annie_tav@hotmail.com



September Programme of Services in the Benefice

The Twelfth Sunday after			
4 Sept Trinity			
Rattlesden	9.45am	Holy Communion	
Thorpe Morieux	10.00am	Morning Prayer	
Hitcham	11.00am	Morning Prayer	
Brettenham	11.15am	Family Communion	
Rattlesden Pavilion (Birds Green)	6.00pm	Praise and Donuts	
11 Sept The Thirteenth Sunday			
Brettenham	8.30am	BCP Holy Communion	
Rattlesden	9.45am	Morning Prayer (Streamed)	
Thorpe Morieux	10.00am	Family Communion	
Hitcham	11.00am	Holy Communion	
18 Sept The Fourteenth Sunday			
Rattlesden	9.45am	Holy Communion	
Thorpe Morieux	10.00am	Morning Prayer	
Hitcham	11.00am	Family Service	
25 Sept The Fifteenth Sunday			
Brettenham	8.30am	BCP Holy Communion	
	9.45am		
	for	Breakfast Church	
Rattlesden	10.15am	(Streamed)	
Rattlesden	11.00am	Quiet service	
Hitcham	11.00am	Holy Communion	
Thorpe Morieux	6pm	BCP Evensong	

Tiffer's last service at Brettenham is our Harvest Festival Service on Sunday 2nd October at 11.15am.

We hope as many people as possible will come along to give Tiffer and family a good send off as he starts his new post at St Mary's in Bury St Edmunds. Light refreshments will be served after the service.

Like many others, we discovered our garden during lockdown. We'd always known it was there, and I had mowed the lawn, but it wasn't until I was forced to use it as my only outdoor space, (and later as a place for meetings), that I really started to give thanks for having such a space, and to enjoy actually trying to improve it. We made a woodland path, mowed a labyrinth into the lawn, and finally sorted the weeds, at least enough to make sure you can walk along the side path.

Now that we are moving, I have to cut everything back, and leave it in the situation we found it in a decade ago. This is impossible of course, because my predecessor Liz and her husband were keen gardeners, and the people who rented the house between them and us were professional gardeners, and it was all spotless when we arrived. We made no promises to keep it that way! I really dislike pulling out beautiful flowers (which are technically weeds, but I think that's very much in the eye of the beholder!) and chopping branches that birds have been sitting on, but that's what we have to do! The nice people at the recycling centre are getting used to seeing me these days.

While I tear out foliage with my bare hands I've been reflecting a bit on legacy: certainly some of the plants I am still fighting with were planted by previous inhabitants, and we've continued to enjoy the mint and rosemary despite our mismanagement. I inherited a beautiful garden and four well maintained churches with a lot of life and potential, and I wonder what I am handing over to the next Rector, whoever she or he might be. Are the churches healthier than when I arrived, or less healthy, or about the same? How about if I count numerically, financially, or spiritually? What is it that I want my legacy to be? If I'm honest, I swing a bit between feeling like I've been a total failure, or I've done marvellously well! Then I think: maybe it's actually about what

God has been doing, and not how I've done at all. Then I worry that's a total copout!

I suspect in your working and family lives you've all left good and bad legacies behind, and there are stories you tell yourself about the impact you've had in the world. I once went to the funeral of a friend's father, a wealthy lawyer who died around retirement age. His funeral was lovely, but the tribute was all about what very nice cars he had owned, and how much money he had earned. It was actually very sad, that the main thing he was remembered for by his friends was what he had earned and spent. It reminds me of the parable Jesus told, about a farmer who decided he wanted to retire, so spent all his energy building larger and larger barns to store his crops, and the moment they were finished, he died! Jesus told the parable to tell his followers to build up pension pots in heaven rather than on earth: to love people, to tell people about Jesus, to care for people, and in so doing to build up the Kingdom of God, which will outlast all other kingdoms.

There is a line from the funeral service, taken from a psalm, which says "We flourish like a flower of the field. When the wind goes over it, it is gone, and its place shall know it no more". I am glad to have had a role in the story of these churches and villages, but as time goes on, unless Jesus returns soon, I will be a name on a board, one in a long line of Rectors and local people. And that's as much as many of us can hope for. But the funeral service continues: "But the merciful goodness of the Lord endures for ever and ever upon those that fear him". If we fear God, that is, trust him, then he will not forget us. Whether we leave a lasting legacy in this world, or a silent one of love for those around us, those of us who trust in God, who are citizens of the kingdom which cannot be shaken, are part of the only legacy which will last, from now, to eternity.

Reverend Canon Christopher "Tiffer" Robinson



To find out about joining the services via Zoom scan the QR code.

Or you can join via Facebook on the following link:

www.facebook.com/rattlesdenbenefice/live



Suffolk Historic Churches Ride and Stride 2022

The annual SHCT Ride and Stride event will take place on September 10th, 9.00am-5.00pm. The trust would like as many people as possible to get on their bikes, or put

on their walking shoes, and visit the local churches to raise funds. Half the money raised by each participant will go to the church or chapel of their choice and the remainder will go to the SHCT enabling them to provide grants for the church buildings in our area. If you would like to take part I can give you all the information and sponsorship forms.

Annie Tavener 01449 736412 / annie_tav@hotmail.com

Summer Swimming at OBH

You've still just got time for a last swim but it ends on Saturday 3rd September.

The following sessions will run daily (Monday – Saturday).

9.00-10.00 10.30-11.30 12.00-13.00

14.00-15.00 15.30-16.30 17.00-18.00

Swim sessions will be charged at £2.75 per swim session, per swimmer. Free to OBH staff. If you are interested please contact Mollie at lifeguard@obh.co.uk in the first instance.

Mollie will check availability and respond asap. Please be aware that 2 days' notice would be preferable.

Enjoy the Summer Swimming



Friends of Bildeston Surgery: FOBS

These were the main points raised at August's meeting;

The Surgery is very short staffed at the moment. Dr. Hainsworth is currently off sick and they are relying on Locums.

Dr. Beale is leaving in October and they have not found a replacement for her yet. If you would like to make a contribution to her leaving gift, you can make a donation at the surgery.

The surgery is hoping to begin flu vaccinations in September. It is hoped that those people who will be entitled to a COVID booster will be able to have it at the same time, but this does depend on the COVID vaccination being delivered on time.

The date for the FOBS AGM will be on November 17th at 6.30 at the Bildeston Surgery. Everyone is welcome.



Pilates is back at Brettenham Village Hall!

Starting on Tuesday 6th September at 6pm. Beginners welcome. £6 per class. Any queries, please email leoniegeorgina@gmail.com. Please bring a mat and towel.

This harvest picture is from Lindsey Collings. You can appreciate how huge the combine is when compared to the house behind.



Nature Notes

We occasionally get visited by hedgehogs in our garden, but they have become more frequent visitors in recent weeks, due in part we think, to our pond, which still has a large supply of water. The intense heat and lack of rain have meant that large pockets of water have become increasingly important for our wildlife.

As we know, hedgehog numbers have dropped drastically in recent years, which is a huge pity because they are the gardener's friend, eating pests and fruit windfalls. They are solitary creatures, only meeting up for mating purposes. Despite that, the English language still has a word for a group of hedgehogs..... An array.

They have poor eyesight, relying on their sense of smell and hearing to eat and stay safe. Their 5,000-7,000 quills also give them good protection. Some hedgehogs hibernate, making them one of only three mammal species in the UK that do, along with our native bats and dormice. They can travel up to two miles at night, so if you can, cut a small hole in the base of your fence to allow them to roam freely. This also decreases the chance of them walking onto our roads.

David Golding

I found two very small hedgehogs in the garden in July. I tried for 3-4 days to look after them but decided I needed help so rang The Sanctuary and they took them in.

When they arrived at the Sanctuary, they weighed 69g and 65g. It turned out they were both girls and were named Violet and Grace.

Sadly, Grace died but Violet is doing well, has moved on to solids and is now 154g. When totally self-sufficient she will be returned here.



Viv Bourne



Brettenham Gardening Club



The extremely prolonged spell of hot and dry weather this Summer has had a major impact on farmers, wildlife, water supplies, fire risk (to name but a few of the issues) and as gardeners it has been very difficult to maintain our gardens. I think we will all be considering in future the type of plants we grow in our garden; ones which are more drought resistant. We will put together our top tips for plants that can survive in these types of conditions in the October magazine.

Unfortunately, the planned visit to Sara and Peter Lennards garden in August was cancelled as they felt that their garden would not be shown at its best, but they have very kindly agreed to open their garden for us in 2023. In addition, the village green has not looked its best despite the best efforts of the Gardening Club volunteers, however with the continued support of the BVA some replacement plants have been planted to ensure that the green flourishes through to the Autumn.

The good news is that the ever popular Apple Day is to be held on Sunday 18th September at the Sunday Village Inn. We already have a great team of volunteers to help us, but if you would like to be involved we would love to hear from you.

As always, if anybody wishes to join the Brettenham Gardening Club please contact either of us on the contact details below.

Jane McDonald 01449 736957

felicityjmcDonald@hotmail.co.uk

Jane Moulding 01449736178

grahame.moulding@btopenworld.com

Talking about which plants have done well this year, here is a photo of my hollyhocks with Shirley Baker standing next to them to give a sense of proportion. They have grown as tall as our house and I have not watered them once!

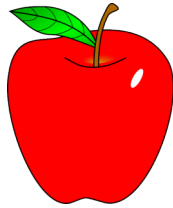
Carrie Dye



Apple Day At The Sunday Village Inn 2022

18th September 12 noon—4pm

Brettenham Village Hall



Bring along your apples and pears and take home the juice! Fruit pressing for Brettenham inhabitants is free.

Making your own juice

To make your own juice, book your slot, bring along your apples, and we will do the rest. The slot time will allow for 20KG of apples to be pressed but do not worry if you do not have that many apples, in previous years we have mixed apples and the juice produced has always been sweet and flavoursome. Please remember to save your plastic bottles, clean them and bring them on the day to fill with your juice. An information sheet will be sent to you when you book. To book your slot, contact Lyn by 12th September: See contact details below.

Lyn Rufus: lyn.rufus@outlook.com

The Bar will be open for refreshments from 12 noon and traditional Apple picking food of Cornish Pasties, Sausage Rolls, (Vegetarian options will be provided) Apples and Apple Cake will be available on the playing field. For further information visit:- www.brettenham.onesuffolk.net

Would you like to help on the day with the juicing?

If so, please contact Jane McDonald on felicityjmcDonald@hotmail.co.uk or 01449 736957

Getting To Know Frank Brinkley

Frank was born in Brettenham and is probably Brettenham's oldest resident



Full Name:	Frank Arthur Brinkley
Birthplace:	Brettenham
How long have you lived in Brettenham?	91 years
Current/Last Job:	Scrap dealer/crook
Do you have any pets?	No
What is your biggest fear?	Paying tax
What makes you laugh the most?	Yvonne and Hilary riding a 3 wheeled bike
What would you change about yourself if you could?	To be slimmer
What is the favourite place you have visited?	Rattlesden Five Bells
What really makes you angry?	Tax people
What is your favourite book/film/play/show?	No time for either with 12 kids
What has been the proudest moment of your life?	Having a successful business
What did you want to be when you were growing up?	Own my own whiskey distillery
If you could choose to do anything for a day, what would it be?	Go to a sale and buy more rubbish
What is your favourite game/sport?	No time

If you could only eat one meal for the rest of your life, what would it be?	Boiled onion pudding
Have you ever had a nickname? What is it?	Hully
Who would you want to be stranded with on a deserted island and why?	My wife, Eileen, because she looked after me so well
What would you do if you had a significant win in the lottery?	Spend the lot
If you could go back in time, what year would you travel to and why?	1970 when all my children were alive and well
What's your best claim to fame?	Wheeler dealer
What skill would you like to master?	Making more money

All the best to the children, young people and teachers of Brettenham as they start their new academic year.



This photo shows the children and teachers at the village school in Brettenham circa early 1900s. The school closed in 1959 and is now a residential property.

A Rural Education Part 1

With the start of a new academic year, it seems appropriate to be starting this new series by Stuart Earle about his Brettenham childhood. This time he is looking back at his school days in the 1960s and 70s.

I started school in 1963 when I was five years old. Nowadays it seems commonplace for children from perhaps two or three years of age to attend a Nursery but back in the early 1960s I'm not sure if they existed. I recall my Mother telling me that she started school at about three years of age, in the early 1920s at Lavenham school. She said that, in the afternoon, the young children would all lay down and be covered in blankets, I suppose it was a siesta. This was not a nursery but the primary school.

RATTLEDEN SCHOOL

My first school was Rattlesden Primary. The village school in Brettenham closed in 1959 with only 12 pupils on the roll. I have some photographs of my Father Reginald Earle and his sister Florence (Biddy) which would have been taken in 1923. There were around twenty five students in the school at that time.

I believe that in 1963 Rattlesden school had a catchment area of Rattlesden, Brettenham and probably parts of Felsham and Gedding. I'm not sure how many students would have been on the roll, but I assume it would have been close to 100 as there were four classes each consisting of around 25 students.

In those days there was a main building consisting of two classrooms, the assembly hall, the Headmaster's office, the School Secretary's office and a cloakroom block. Also, there was a residential property which was part of the main building.

The other block was separate and was a newer building, I would describe it as a prefabricated type building. There were three components to this building, two classrooms, each with cloakrooms and toilets. There was then the Dining Hall which was next to the kitchen.

In those times all food was cooked on the premises and was proper home

cooked food. The main courses usually consisted of meat, this might be liver and bacon, heart, meat pie, meat pudding, sometimes fish or fish fingers. The meat was served with vegetables and of course gravy. Again the puddings were very traditional and were often steamed puddings such as Chocolate pudding, Treacle sponge, Spotted Dick, Jam Roly Poly, Marmalade Roly Poly, Apple Pudding and Banana custard. Other puddings might be Apple and Sultana Pie, Egg Custard, Jam Tart, Lemon Curd Tart, Honey Tart. The puddings would be served with custard which would be yellow custard, vanilla or white custard and chocolate custard. I'm not sure if today those meals would tick the healthy option box but then there was less knowledge about healthy eating and plant based choices, however, I did enjoy the meals and would avail myself of second helpings if these were offered.

Class 1

My first teacher was a Miss Gwen Yorath. Her name and my recollection of her accent suggests that she was from Wales. I recall that she drove a Triumph Herald and used to travel from Walsham Le Willows to the school. During those first years in her class, I don't really remember learning very much although I can recall sitting around in a circle on the floor and listening to her reading a story in the afternoon.

Copying a pattern in the drawing book seemed an odd thing but of course the patterns were part of the preparation in learning to write. Of course, in those days, and up until I left school, technology was not evident as we know it now. The most modern thing was the blackboard, and we were required to copy from it.

Interestingly, certain smells evoke memories of the past. The smells I recall from those early years were a kind of amalgam of disinfectant and furniture polish. The classroom would have been close to the toilet block and the main hall hence the mixture of smells from each of those areas.

Learning was often by rote and such things as multiplication was taught by Miss Yorath saying a multiplication table such as: "once two is two, two times two is four, three times two is six". As students we would then repeat what she had said. This method of teaching continued throughout primary school.

Stuart Earle

We look forward to continuing Stuart's reminiscences next month...



Write on....



I have always had great affection for the National Theatre (NT) on the south

bank of the Thames in London. Perhaps this affection is due in part to it being built in 1976 when I was a rebellious teenager. While many people hated the bold and uncompromising Brutalist design of the building, I fell in love with the concrete, glass and deep pile carpets. Perhaps my affection also grew because I was a frequent visitor as a result of its location close to Waterloo Station which was on my home line. The NT's ethos was that theatre should be affordable for all so there were greatly discounted student tickets which I took full advantage of.

I also loved the range and quality of the productions. Many of the plays were cutting edge and provocative which created an excitement that was electric, my skin would tingle with anticipation just walking into the theatre.

I am now very excited, therefore, by the way the NT has recently been reaching a wider audience through the screening of some of its productions to cinemas across the UK. They have been doing this for some time but are currently expanding their programme with some super shows this autumn and winter.

The Regal Theatre in Stowmarket is showing six of them, including some modern and traditional plays and a comedy, so something for all tastes.

A couple of weeks ago I went to see the NT Live screening of the brand-new play, *Prima Facie*, which deals the difficult issue of consent when it comes the law. There is only one actor on stage throughout this fast-moving drama which lasts approx. 1 ¾ hours without an interval. Jodie Comer, best known for playing Villanelle in *Killing Eve* on the BBC, takes this role with such energy, pace and emotional dexterity, it is breath taking. Both the play and acting were outstanding.

So if you want to see something a little different to the usual films, look out for these screenings at local cinemas, they are listed as NT Live or you can look at the NT Live website for more information:

<https://www.ntlive.com/>

Rambling with Gus



Knettishall Heath Nature Reserve.

Thetford, Suffolk, IP22 2TQ

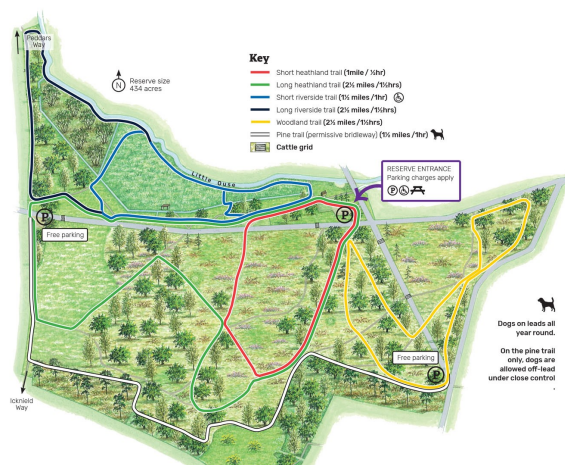
Gus has not been for his usual rambles recently due to the hot weather, with the exception of this outing to Knettishall Heath.

Having spent many days in the house to avoid the heat, we were all coming down with a dose of cabin-fever so decided to do an outing to somewhere with woods for shade. As a result, we decided on a trip to Knettishall Heath which is only about a 40-minute car journey.

We struck gold with our choice as, not only is it a wooded area, but there is an accessible river with a little beach, toilets, a children's play area, a Visitor Welcome and Cafe van Wednesday – Sunday 10am – 4pm and a 6 well marked trails between 1 and 2.5 miles in length. Some of the trails are accessible for wheelchairs and buggies. Dogs do have to be on leads as this is a nature reserve so there is wildlife that needs to be protected. There are also conservation grazing ponies roaming free.

The paths are open any time and entry is free. There are free car parks, see trail map, but paid parking in the main carpark is from 10am daily.

Knettishall Heath



Carrie Dye



Citizens Advice Q & A

The cost of energy and food is so high now. I'm worried about how I'll put food on the table. I'm on a prepayment meter and I'm really scared we're going to be left without any gas or electric if I can't top up. What can I do?

First of all, I'm really sorry to hear how tough things have been for you. You're doing the right thing in reaching out for support and there are things you can get help with.

As a prepayment meter customer, your energy supplier will be able to give you temporary credit if you can't afford to top up your meter. They might add this to your meter automatically, but if they don't, you can call them and ask them to do this.

If you run out of temporary credit, speak to your supplier to explain your situation. They may give you extra temporary credit if you're struggling with living costs. There are other reasons why they might give you extra credit too, including if you're disabled, have a long-term health condition, or you have children under the age of 5. You'll have to pay back anything extra you get, but you can agree how to do this in a way you can afford with your supplier.

As you say, the cost of living is really high but there is help available. If you pay council tax and you're in bands A-D, you should get a payment of £150 automatically. It could take until the end of September, but if you've not had it already you might need to make a claim. You can check how to do this on your council's website.

You might also be able to get a fuel voucher, which you can use to add credit to your meter. Contact your local council about this.

There's more government support coming from October, including a £400 payment to help you with your energy bills. If you have a prepayment meter, you'll be given vouchers in the first week of each month from October, via SMS text, email, or post. Make sure your energy company has your up-to-date details.

For further info contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website, <https://www.sudburycab.org.uk/contact> . We are providing advice by telephone and email Monday – Thursday, 10am – 1pm.

Events At Hitcham Village Hall Open To All

Every Monday HITCHAM BOWLS CLUB 19.30 A friendly club welcoming new members of any ability to join them for a 'ROLL UP'! Call Bill Gray on 07526 069 631

Every Tuesday EXERCISE FOR ALL 14.00-14.45. £5 per class or 6 sessions at £24 Mixed ability and ages improving fitness, stamina, balance, flexibility & general good health. Call Gill on 01449 741 169 or 07977 746 244.

Alternative Tuesday 13th & 27th AFTER SEVENS 19.30 would love to welcome new members to join. Local ladies group enjoys speakers and demonstrations on various subjects and often have theatre outings and other trips. Tel 01449 678 378 or 07780 676 799

Every Thursday. HATHA YOGA 19.45-20.45 To guarantee your place or for more information email Sadie Clarke info@32yoga.co.uk or call 07598 425 976. £5 per class or save money by paying in advance for 4 sessions at £18.

Every Second Thursday 8th September THE RURAL COFFEE CARAVAN 14.00-16.00. Welcomes everyone on the second Thursday of every month- for a friendly natter over complimentary tea, coffee and cake at Hitcham Village Hall Bring your crochet and knitting etc and enjoy a game of New Age Kurling & Bocca. For more info www.ruralcoffeecaravan.or.uk or call 01379 855 338

Every Friday LINE DANCING. 18.30-19.30. For mixed abilities. £5.50 to pre-booked & check availability or £18. course of 4 classes. For more info email Rosie on ldrosie@yahoo.co.uk or call 07748 563 926

First Sunday every month 4th September 10.00-12.00 HITCHAM SCRIBBLERS art group for anyone to join, from complete beginners and established artists. Contact Simone Beadle on 07775786850

Saturday 3rd September CROCHET WORKSHOP FOR BEGINNERS 09.30-12.30 £9. Bring your own dk wool and 4mm hook (or an additional £5 to purchase wool & hooks) Complimentary hot beverages, squash, biscuits. All profit donated to charity. For more information contact Pat Whymark 07508 873302

Tuesday 6th September HITCHAM HOES GARDEN GROUP 18.30 An informal friendly group of Hitcham residents meeting either at Hitcham gardens or Hitcham Village Hall. For more information contact Sarah Hammond 07988948227 or sarah@hammonds.myzen.co.uk

Saturday 10th September MAKING PYJAMA TROUSERS FOR ADULTS & CHILDREN 09.30-12.30 with Brooke Terence Clothing £15. Limited places, pre-booking essential call Natasha Podevin on 07930830084 or email brooketerenceclothing@gmail.com

Wednesday 14th September HITCHAM VILLAGE HALL AGM – 19.30pm

Events at Hitcham Village Hall continued...

Friday 16th September PUB NIGHT from 19.30-22.30 For more information call 07774744723

Saturday 17th September COFFEE MORNING. 10.00-11.30 Complimentary tea, coffee, squash and biscuits. Raffle & cake stall.

Tuesday 20th September BINGO. 19.00 doors open for 19.30 eyes down. Bingo books and flyers £1 each – Cash Prizes Only! Plus raffle for great prizes. A fun night with unlimited free cuppas and biccys or a cash/card bar! For more information call 07774 744 723

Saturday 24th September FLOWER CROWN WORKSHOP 09.30-11.30 with Leanna Monica Flowers. Can be worn or decoration for home, walls and tables. £15 materials included. All ages welcome. For more information and booking the limited places contact 07540494301 email leannamonicaflowers@gmail.com



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Hitcham Village Hall

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All activities are very reasonably priced.

For more information look at the Hitcham Village Hall page on Facebook or email hitcham@aol.com or call 07774744723



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We stock daily and Sunday papers and are open on Sunday morning for papers and all other goods. Orders can be taken for papers and magazines.

We take credit and debit cards and have introduced a loyalty card for customers. £5 purchase gets a stamp and a book of 10 stamps entitles you to £2 off your next purchases.

Post Office services include cash/foreign currency, home shopping returns, dry cleaning, shoe repairs and flower deliveries.

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The Post Office opens 9am to 1pm (12.30 Sat) 01449 736197



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MENU

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Selection of Quiches, including Vegetarian, Baked Potato and Salad
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Coronation Chicken, Baked Potato and Salad
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Dessert

Chocolate or Raspberry Cheesecake with Cream
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Apple Crumble with Custard or Cream
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