



Who is ready for a heart
warming Valentine's Day?

Welcome...

....to this edition of the Brettenham magazine. We are delighted to say that we have two new members on the magazine editorial team, find out who they are on page 15. It is great to see the **Dates For Your Diary** section is beginning to fill up once again as events are being planned for the year with confidence that they will actually happen! Looking ahead, there is a Church fund raiser in March and there will be big celebrations for the Queen's Jubilee Celebrations in June. Dates for the Summer Fair and Apple Day are to follow soon. Please keep sending your news, jokes and photos to...brettenhammagazine@outlook.com.

Dates For Your Diary

As a result of the ever changing guidance due to Covid, please be aware that events may have to be cancelled at short notice. To check on the latest situation visit the BVA Facebook page - see details opposite.

- Friday 4th February - Village Inn from 7pm
- Monday 7th February - Brettenham Gardening Club AGM
- Thursday 10th February - Parish Council meeting 7.30pm
- Sunday 20th February - Village Inn from 12.30pm
- Friday 18th March - Church Fund Raiser see page 11 for details
- Thursday 2nd June - Brettenham Jubilee Celebrations

Best Wishes To Yvonne and Ray Frost...

...who have moved to Stowmarket after living in
Brettenham for 32 years.

We wish them every happiness in their new
home and hope we may see them back in
Brettenham from time to time.

March Mag Deadline:

15th February

Thank you to Greg Potter for the front cover pic. It is, of course, Ozzie whose wood store is filled with love.

Village Noticeboard

Village Hall

For village hall bookings contact
Katrina Kearns 737987 or
katrinakearns2@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
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
peterkt@live.co.uk



Suffolk Mermaid Fish & Chips

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



Brettenham magazine is published and edited by Em Woods (07738 127204), brettenhammagazine@outlook.com) and Carrie Dye 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

Our next parish council meeting will be on 10th February 2022, in the village hall as far as COVID-19 allows

Clerk/RFO: Della Clarke

Email: brettenhamparishcouncil@btinternet.com

Chair: Chris Clarke

Foodbank Update

Thank you very much for the contributions, which continue to make their way to appreciative recipients. Just a reminder that all items continue to be gratefully received, drop off at the Church or my woodstore. I am also happy to pick up from you if you are not able to get to either of these locations.

If you prefer to donate financially, cheques payable to Bildeston Community Support or via BACS to Bildeston Community Support, Account No 49886479, Sort Code 52-30-31.

Anyone wishing to access this service can contact me in confidence.

Many thanks again
Alyson Wilson
07798 633044
Spinney Cottage



Climate Change Community Support

A reminder that some useful advice sheets regarding ways to save money and reduce your carbon footprint are available on the village website. If you are interested in any particular subjects or would like individual advice, please contact:

Sarah Gill
Community and Business Energy Advisor, Groundwork East
07720 098980

Friday Village Inn Friday 4th February from 7.00pm

Brettenham Village Hall

with food provided by Wagyu Gourmet Burgers & Street Food

(food served from 5.30-7.30pm)

BREAKFAST BAPS		
BACON BRIOCHE ROLL		£4.00
BACON & EGG		£4.25
BACON EGG & CHEESE		£4.50
EGG & CHEESE		£3.50
GOURMET BURGERS		
ALL OUR BURGERS ARE GROUND BEEF WAGYU STEAK 4OZ PATTIES, GLAZED BRIOCHE BUN, HONEY MUSTARD MAYO, GEM SALAD, BEEF TOMATO, RED ONION & GHERKIN PICKLE		
	SINGLE	DOUBLE
PLAIN JANE (ADD CHEESE 50P)	£5.00	£6.50
BACON & CHEESE	£6.00	£7.50
FULLY LOADED	£8.00	£9.00
(PULLED BBQ SMOKED BRISKET, BACON & CHEESE)		
THE CHEESY PIG	£8.00	£9.00
CRISPY MOZZARELLA, PULLED SMOKED BBQ PORK, STREAKY BACON, CHEESE MOTHER CLUCKER	£5.50	£7.00
(CRISP BUTTERMILK CHICKEN FILLET WITH A CAJUN CRUST)		
GRILLED HALLOUMI BURGER WITH CAJUN SLAW		£6.00
VEGGIE BEETROOT FALAFEL BURGER		£5.00
ADD CHEESE		50P
ADD BACON		£1.00
ADD BBQ BRISKET		£1.50
MIGHTY MEAT COMA WRAP (PULLED BBQ SMOKED BRISKET OR CRISP BUTTERMILK CHICKEN FILLET WITH A CAJUN CRUST, CHEESE, SALAD, HONEY MUSTARD MAYO & BBQ SAUCE)		£7.50
SIDES & SAUCES		
BOURBON BBQ GLAZED/ HOUSE PIRI PIRI CHICKEN WINGS	X 6	£5.50
	X 12	£8.50
TRIPLE COOKED CHIPS		£3.50
SKIN ON FRIES		£3.50
TRUFFLE FRIES (WITH PARMESAN & TRUFFLE DRESSING)		£5.00
BRISKET & CHEESE LOADED FRIES		£5.00
KENTUCKY SLAW		£1.20
BURNT ENDS COWBOY BEANS		£2.00
BACONAISSE		£1.00
POT OF HONEY MUSTARD MAYO / PIRI PIRI / BBQ		50P

**WAGYU
BURGERS**

CALL YOUR
ORDERS TO
07398092746



**AND
STREET
FOOD**

Brettenham Village Association (BVA)

Hi all,

Can I start off this month's piece with a thank you to those people who have contacted me in response to last month's article where I mentioned that I will be standing down as BVA Chair at the next AGM. People have said some very kind things, which is very thoughtful and touching, I will of course continue to play an active part in village social life, so I won't be a stranger!

I'd like to pass on my sincere thanks to 'The Bloaters' for doing an excellent job with the food at the January Village Inn. My Boeuf Bourguignon was absolutely delicious. The Bloaters were the first of our regular chef groups to start up again, with the Church and Riding for the Disabled Association covering village inns later this year, so it's great to have them back in business.

HOWEVER, the January Village Inn proved to be a really quiet one, with only 23 main meals ordered. The December Friday Village Inn, when we had the 'Mobile Pizza Co' in attendance, was also down numbers-wise, so we can't even put it down to 'January Blues'.



Not only does this mean that 'The Bloaters' didn't raise as much money as they were hoping to, but also our bar takings were significantly lower than normal. Sadly, if we do not get 'bums on seats' at the village inns and people eating, there is a very good chance that chefs or outside caterers will feel it is not worth serving food at these events.

Obviously, things continue to be tricky Covid-wise, and it's understandable people are still being cautious, but hopefully there are strong signs things are heading in the right direction on that front. It would be a travesty if we end up in a 'use it, or lose it' situation, so please, please do what you can to support the village inns and the food providers.

Anyway, next up at the 4th February Village Inn we have 'Wagyu Gourmet Burgers & Street Food' back for the second time - they first visited us in November where they went down a storm - so I really do hope you will support them, and the Village Inn again. Food will be available from 5.30pm

until approximately 7.30pm, so anyone who wants to eat but not attend the Village Inn can do so. And once again, food can be ordered in advance if preferred. The menu is printed on p5 of the magazine. The bar will open at the earlier time of 7.00pm, again to hopefully maximise the opportunity for people to eat in the village hall.

And just a quick heads-up re the March Friday Village Inn on 4th March – we will have ‘Wok ‘n’ Roll’ mobile noodle bar in attendance, which will be something a little different to what we’ve had before. Both Em and I have had their food before (at the Bileston BNatural Festival), and it was delicious.

Obviously, it was really disappointing to have to cancel our usual Christmas Eve Village Inn, but on balance we thought this was the right thing to do at that moment in time. I really do hope we can resurrect this in 2022, as patently do a considerable number of you who have already asked will it be happening! However, it was great to open up the bar on New Year’s Eve and my thanks to the 25 or so folk who came along for the evening. It was very much quality rather than quantity(!) but a great time was had by all. You can get a sense of that from these photos kindly taken by Julie Ozfici.

Lastly, I’m writing this in advance of the BVA meeting on 17th January, so I will provide an update on the highlights from the meeting in the March magazine, hopefully with positive news about some events that we can look forward to once the better weather arrives.

Pete peterkt@live.co.uk 07752 222 866



Sunday Village Inn Sunday 20th February

from 12.30pm at the village
hall
Drinks Only

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



February Programme of Services in the Benefice

6 The Third Sunday before Lent

		Holy Communion (Streamed)
Rattlesden	9.45am	
Thorpe Morieux	10.00am	Morning Prayer
Hitcham	11.00am	Morning Prayer
Brettenham	11.15am	Family communion
Rattlesden Pavilion (Birds Green)	6pm	Praise and Donuts

13 The Third Sunday before Lent

Brettenham	8.30am	BCP Holy Communion
Rattlesden	9.45am	Morning Prayer (Streamed)
Thorpe Morieux	10.00am	Family Communion
Hitcham	11.00am	Holy Communion

20 The Second Sunday before Lent

		Holy Communion (Streamed)
Rattlesden	9.45am	
Thorpe Morieux	10.00am	Morning Prayer
Hitcham	11.00am	Family Service

27 The Sunday before Lent

Brettenham	8.30am	BCP Holy Communion
Rattlesden	9.45am	Family Service (Streamed)
Hitcham	11.00am	Holy Communion
Thorpe Morieux	6pm	BCP Evensong

Now that we've got through Christmas and New year and, God willing, now out of the woods re covid, some people might start making plans for the future. Maybe you have been engaged for a while but now is when you want to start thinking about finally tying the knot. Perhaps there's an important anniversary coming up, and a renewal of vows/thanksgiving for marriage ceremony might be a nice idea. Maybe you've been blessed with a child, and would like to have a thanksgiving or baptism for them now that parties are a bit easier to organise! Or perhaps you had a lockdown send off for a loved one, and now might be the time to organise a fuller service to say good bye, particularly if you are still really struggling with grief. Would you like to hold your ceremony in church for any of the above? You would be most welcome.

This might look like touting for business, and it is slightly, but I am often surprised to meet people who think that because they don't come to church they wouldn't be able to, or who think the Church is the expensive option. Quite the opposite: we are always overjoyed when anyone wants us to be involved. We only ask for donations for most of these, and even the modest fees for weddings and funerals can be waived where cost would be a barrier.

One of the pastoral needs I have started to see is after people have opted to forgo a funeral because of cost or simplicity, it has left many struggling without a chance to say a proper good bye to a loved one. Church funerals are now just one option amongst many but whatever a family choose, that chance to gather with others to remember, celebrate and say good bye is a key part of the grieving process.

Cont'd over page



If cost is ever an issue, please do get in touch, as if we know we can waive the fees. We are the Church of England, and we are here to help you however we can.

As I begin my tenth year as Rector of these parishes it's been such an honour being invited into people's lives at these special moments of joy and sadness, and I hope, bringing something of the love and hope of Christ as I do so.

"Rejoice with those who rejoice; mourn with those who mourn" -

Romans 12:15

For more information about online church services or coming back into church for services, contact **Rev'd Canon Tiffer Robinson**. There are also weekly Wednesday online coffee mornings, which you are welcome to join.

Tel: 01449 737197 Mob: 07789 772024 Email: tifferrobinson@gmail.com

Village Christmas tree

Thank you to the two Janes and Grahame for erecting and decorating it and the sign etc. Also thank you to Paul Bendall for acquiring our tree and Ian Gooderham for lending his mechanical auger for making the hole.

Carol Service

Although our numbers were down this year for the Carol Service, for obvious reasons, it was lovely to see the forty or so people who did come, and also those who came on Christmas Day. Thank you to Bev, Jane, Lizzy and Florence who decorated the church so beautifully, and to the headmaster of OBH for the lovely Christmas tree.

Annie Tavener

See p 19 for photos of new church notice board.



Thank you to Victoria Savidge for the photo

Treasures of the Turf
7pm, Friday 18th March 2022,
Brettenham Village Hall



'Quiz, After His Last Race at Newmarket' by Henry Bernard Chalon, 1807.
Picture courtesy of the Yale Center for British Art
(Paul Mellon Collection)

The PCC invite you to an illustrated lecture entitled **Treasures of the Turf** presented by Chris Garibaldi in aid of church funds. This fully illustrated lecture looks at the history of horse racing, the 'Sport of Kings', from the late 17th century to the modern period through the fine and decorative arts. Chris was Director of the National Horseracing Museum in Newmarket, Senior Curator at Norwich Castle Museum and is a highly acclaimed Arts Society Lecturer and nationally recognised expert in his fields. We are extremely lucky that he has agreed to present this lecture and know that it will be a very interesting, informative and entertaining evening.

Tickets are £10 in advance (or £12 on the night) and include a glass of wine and are available from Annie Tavener 01449 736412 or annie_tav@hotmail.com. There will also be a raffle. All the proceeds will go to much needed church funds.

Brettenham Gardening Club



We are pleased to confirm that the AGM on Monday 7th February 2022 at 7.30pm in the village hall will go ahead as planned. We would love to hear from all members, new and old, for ideas about Garden Visits, so please attend if you can. An agenda will be sent out to all members ahead of the meeting.

The 2022 Gardening Club calendar will be finalised at the meeting and we hope to have a group of volunteers who will be able to help at the events. If you would like to become a member of the Gardening Club, membership is just £5 a year and we have a calendar of events which involve the whole village. We share tips and advice on plants and meet as regularly as we can. If anyone would like further information about the club or would like to join please contact either Jane's.

Jane McDonald 01449736957 felicityjmcDonald@hotmail.co.uk

or

Jane Moulding 01449736178 grahame.moulding@btopenworld.com

Nature Notes

The RSPB Big Garden Birdwatch will be happening between 28th-30th January. You may well have the magazine in time to take part and submit your results. It is one of the world's largest wildlife surveys and the UK's largest garden based citizen science survey. If you wish to take part and submit your results you'll find all you need to know at www.rspb.org.uk.

Last year, nationally, 17 million birds were counted with over 1 million people taking part. The most spotted bird was the House Sparrow, making 2021 the 18th year in a row that this bird has finished top of the list. 2021 was also a good year for Blackbirds (4th) and Robins (6th). As in life there are



Siberian Chiffchaff

also losers with Greenfinches and Chaffinches recording their lowest numbers ever. You never know, but this year you might be lucky and spot a rarity. These three birds were all spotted in the UK during the last few days of December; Gyr Falcon, Siberian Chiffchaff and Ring Necked Duck.



Gyr Falcon



Ring Necked Duck

David Golding

The RSPB Wildlife Charity: Nature Reserves & Wildlife Conservation

The RSPB is the UK's largest nature conservation charity, inspiring everyone to give nature a home and secure a healthy environment for wildlife. Join us at www.rspb.org.uk.



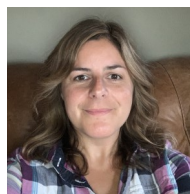
Getting to Know...Michelle Harvey

Full Name:	Michelle Sarah Harvey
Birthplace:	Sheffield
How long have you lived in Brettenham?	4 Months
Current/Last Job:	Children's Nanny
Do you have any pets?	A tortoise
What is your biggest fear?	Getting old or not being active
What makes you laugh the most?	My husband and my grandchildren
What would you change about yourself if you could?	To have more patience
What is the favourite place you have visited?	Love India, Thailand Maldives and Zanzibar. I can't really choose one over the other
What really makes you angry?	Inconsiderate and unfair people
What is your favourite book/film/play/show?	The Notebook (it makes me cry every time)
What has been the proudest moment of your life?	Having my children and grandchildren
What did you want to be when you were growing up?	A teacher. I used to line all my teddies and dolls up in a line and spend hours reading stories to them
If you could choose to do anything for a day, what would it be?	Relax on a remote beach
What is your favourite game/sport?	Love walking. Can't wait for the spring to arrive so we can explore all the foot-paths around Suffolk

If you could only eat one meal for the rest of your life, what would it be?	Indian (but the authentic Indian not the English equivalent)
Have you ever had a nick-name? What is it?	Never
Who would you want to be stranded with on a deserted island and why?	My family. They just make me happy
What would you do if you had a significant win in the lottery?	Treat family and friends and have a good holiday
If you could go back in time, what year would you travel to and why?	Probably to 1988 which was the year my first child was born. I would just appreciate them growing up a little more than I did. (We had 3 children in two and a half years), life was so hectic. I seemed to blink and it was gone.
What's your best claim to fame?	Don't really have one
What skill would you like to master?	Deep sea diving

Introducing The New Editorial Team

We are delighted that Michelle Harvey and Beth Clarke have joined Em Woods and Carrie Dye on the magazine editorial team. The team will share all aspects of the editorial process. Having a bigger team will definitely be a help practically with producing the magazine but it will also bring new ideas, which is so important to keep it fresh and vibrant. However, as always, your contributions, ideas, comments and support will continue to be the life



Em



Carrie



Beth



Michelle

Motoring Memories, Part VIII

Stuart's motoring memories are based on his childhood in the 1960s and 70s growing up in Brettenham where his Father ran a village shop and filling station. Stuart continues with his quest for the perfect car ..



Opel Ascona

Reflecting on the cars I have owned over the past 40 or so cars, I suppose to make my perfect car I would select certain things from many different models. If I wanted a petrol engine it would be the Vauxhall 2litre for smoothness and economy. My diesel engine choice would be the VW/Skoda again for responsiveness, smoothness and economy. This car would benefit from Peugeot suspension which I have found to be one of my favourites. Brakes as found on the Citroen BX GTi, these were very sharp and with a very definite action. The steering from Alfa to provide great feedback and very direct steering with about two full turns lock to lock. Mazda would provide the manual gearbox with the VW DSG the choice if an automatic. I would select Jaguar to provide the heated windscreen and Mazda to provide the interior air conditioning. The seats would be from the Opel Ascona. The headlights would be LED as found on the BMW. The cruise control would be the system used by VW. The carrying capacity and ease of access to the luggage section would be that found in the VW Golf estate. The style of the car I now favour would be an estate but the height of a small SUV as this makes getting in and out easy and provides a good view of the road and surroundings.

Fast Cars may not be fun

For many people a Golf GTi is viewed as one of the most enjoyable cars to drive and at the time of my ownership was the iconic model in the Golf range. I have owned two of these but did not find them relaxing to drive. Unfortunately, other drivers seemed to see them as a challenge and wanted to overtake or be as close to the rear as possible. I enjoy driving a car with plenty of performance but the Golf GTi tends to shout out performance rather than have the ability to be subtle about it.

Some years after owning the first Golf GTi I went to the VW dealer in Bury St



Golf GTi

Edmunds wanting to test drive a VW Golf GTi to see how much they had changed. The sales lady was very apologetic as there was only a VW R32 available if I was interested. This was in a different league, a six cylinder 3.2 litre engine. I was of course quite happy to accept the test drive. I

drove up to Mildenhall on the A1101 and the car held the road as though there was superglue between the tyres and road. As well as the superb engine, four-wheel drive was also featured. I enjoyed the drive. I think I probably used a couple of gallons of petrol in those 20 or so miles.

I had another Golf Hatchback which was fitted with the DSG (direct shift gearbox) which is essentially a semi-automatic system. This was an enjoyable car to drive but it was an early model with that gearbox and on occasions did not get going promptly especially from junctions. After I changed the car the garage found that there was a malfunction in the gearbox.

The last Golf I owned was an Estate and was a diesel. This was a comfortable spacious car and was enjoyable to drive. Unfortunately, it developed a leaking panoramic sunroof and both the mechanical and electronic water pumps failed resulting in a significant bill. I decided enough of Golfs.

In recent years I had an Audi A3 saloon fitted also with the DSG gearbox but it was much improved and a pleasure to use. The engine in the Audi was also producing more power with a much smaller engine than the Golf GTi some twenty years ago.

Stuart Earle



VW R32



In Memory of Trevor Goodchild

“Goody”

1st May 1955 –

1st January 2022

Trevor, or Goody as he was known to many, passed away peacefully at home with his wife Linda beside him, in the early hours of 1st January 2022. He was 66 years old.

He came to Brettenham when he was six months old and never left. He grew up to become a builder and was a real craftsman at his trade. Whatever the job, he took great care whether it was bricklaying, building walls or laying patios and concrete.

Our village hall is a testament to his skill as he did a great deal of the work on it when it was extended and refurbished in 2004. He also rebuilt the porch on the village hall when it was partly demolished by a lorry in 2010. In fact, Trevor’s work is all around us in Brettenham as, one way or another, he has worked on many of the houses in the village.

Apart from his work, Trevor loved his home and family life which he shared with his beloved wife, Linda, and their two spaniels. He also enjoyed rugby and being with people, especially having a drink at the pub with friends.

His funeral was at St Mary’s Church on 20th January where, according to his wishes, he is now buried in the churchyard. If anyone would like to make a donation to charity in his memory, please do so to Cancer Research UK.

New Church Notice Board



Rev'd Canon Tiffer Robinson and Mark Webster by the new notice board



I am sure you will have seen by now the magnificent new church notice board. This was very generously given by Mark and Ian Webster in memory of their parents, Tony and Mary, who did so much for the church, and also for the village in many other ways. It is lovely to have such a wonderful memorial to them. We are extremely grateful to Mark and Ian for their generosity.

Annie Tavener



Photo by Pete Knight

Write On...



I have been revelling in this poetry book since being given it at Christmas. Brian Bilston has a rye, tongue in cheek way of looking at the world, which is most refreshing and entertaining. He also deals with serious topics but with a lightness of touch that adds to the power and poignancy of the poems.

As we celebrate Valentine's Day this month, I wanted to share this poem with you. Having been married for 35 years this year, I can relate to this....

Wedding Anniversary by Brian Bilston

I forgot, I said,
but since when was our love built
on anything so ordinary
as a date?

Let other couples mark time.

I am too caught up
with the here and now of you
to waste these hours

in commemoration of the past.

Because our love is vast,
like an ocean
with depths far beyond

others' comprehension.
Why spend our lives swimming in circles
in the muddy puddle
of convention?

Flowers fade.
Chocolates get eaten.
By such ephemera,
We should judge our love not.

And you said,
what do you mean,
you forgot?

Please send your suggestions for the page **Write On** to:
brettenhammagazine@outlook.com. It can be poetry, prose, a book or film
review or something you have written that you would like to share.

The Brettenham Flyers

If you're considering a new challenge, or just fancy joining us on a
morning jog / walk around the village for a little exercise (approx. 5.7K),
come and join the Brettenham Flyers for a Sunday morning lift.

Every Sunday at the Village Hall

Walkers / Dogs – 0850

Runners / Cyclists – 0900

**All ages, abilities & animals
welcome.**

For more info contact Ozzie:
oilyturk67@hotmail.com

.....Jog on, jog on....



Citizens' Advice Column

I keep seeing on the news that my bills could be going up soon. It's making me really worried, especially as I spent more on Christmas than I should have done. How can I get my spending habits back on track in 2022?

A lot of people will be asking themselves this question right now. The good news is there are lots of things you can do to be more in control of your money and better prepared for the future.

Firstly, find out exactly what money you have coming in and going out each month. Be realistic about what you need for essentials like food and travel. Then you can set yourself a budget that you can stick to - take a look at the budgeting tool on the Citizens Advice website, www.citizensadvice.org.uk, to help you do this.

If any of your bills do go up in the coming year, you can go back to our budgeting tool anytime to create a new plan and stay in control. Our website tips on how to reduce your regular living costs may be helpful if you find you have more money going out than coming in at any point.

You should also make sure you're getting all the income you're entitled to. Use the income checker on the Citizens Advice website to see if you could be getting more support, such as benefits or government grants. You can also use this to make sure you're being paid the right wage.

If you've been using credit cards, your overdraft or store cards for your spending, it's understandable if these debts are causing you worry. It's important to prioritise paying your rent or mortgage, plus energy bills and Council Tax first though. Not paying these has the most serious consequences. On the Citizens Advice website, we have advice about which bills you need to prioritise and the support available for paying these and other bills.

Once you have planned how to pay your priority bills, the budgeting tool can help you plan how to repay credit cards, overdraft charges and store cards.

Everyone's circumstances are different, particularly when it comes to managing personal finances. If you need more specific support or don't feel

able to manage your situation alone, call out debt helpline – 0800 240 4420. You're not on your own.

If you need advice or information on this or anything else, contact Sudbury & District Citizens Advice. We are providing advice by telephone and email, Monday – Thursday, 10am – 1pm. Please phone 01787 321400 and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number. Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website www.sudburycab.org.uk/contact

February Activities at Hitcham Village Hall

These events are open to all whether a resident of Hitcham or not.

First Sunday every month– 6th February HITCHAM SCRIBBLERS 10.00-12.00 art group for anyone to join, from complete beginners and established artists. Draw or paint people, landscapes, buildings or whatever collective ideas we may have. Contact Simone Beadle on 07775786850

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. Enjoyable low impact routines to music. Call Gill on 01449 741 169 or 07977 746 244.

Alternative Tuesday 1st & 15th February AFTER SEVENS 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, qualified yoga teacher, on Facebook info@32yoga.co.uk or call 07598 425 976. £5 per class or save money by paying in advance for 4 sessions at £18.

Second Thursday of every month THE RURAL COFFEE CARAVAN. 14.00-16.00. Welcomes everyone for a friendly natter over complimentary tea, coffee and cake at Hitcham Village Hall with a great source of information to share. For more info www.ruralcoffeecaravan.or.uk or call 01379 855 338

Every Friday. LINE DANCING. 18.00 - 19.00. Learn a number of Line Dance routines for beginners and experienced. £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

Every Friday PUB NIGHT 19.30 – 22.30 18+ For more info Nicola 07907449194

Friday 18th February THE ORIGINAL PUB NIGHT WITH FOOD NIGHT - 19.30-22.30 18+ Chicken or Vegetable Curry or Shepherds Pie £8 & desert £3 pre-booked and paid by 16th Dec at Hitcham P.O. or Nicola 07907449194 for more information

Third Saturday of every month 19th February COFFEE MORNING. 10.00 - 11.30am. Complimentary tea, coffee, squash and biscuits. Raffle & cake stall. We look forward to seeing you!

Third Saturday of every month 19th February CHOOSE REFILLS. 10.00 - 12.00. Bring your own bottle to refill with household cleaning or body care products and only buy what you need without unnecessary packaging. www.chooserefills.co.uk 01449 612 289.

Tuesday 22nd February BINGO. 19.00 for 19.30pm. January top cash pay-out was £150. Bingo books and flyers £1 each plus raffle for great prizes. A fun night with unlimited free cuppas and biccies or a cash bar! For more information call 0777474472

Sunday 27th February NEW AGE KURLING – Please call 07774744723 for more information. New Age Kurling is an innovative game that is highly accessible, suitable for young, elderly, able-bodied and disabled players. It is a modern take on the traditional game of curling, however can be played indoors without the use of ice.

Two new proposed classes commencing February or March. For more information and to register your interest text 07774744723.

Wednesday February or March CIRCUIT TRAINING 18.30-19.30

Wednesday February or March CLUBBERCISE 20.00-21.00

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Our thanks to Charles Camp, Pete Knight and Victoria Savidge
for these beautiful wintery scenic photos

