

'Like a friend
dropping in'



The Elmswell Newsletter



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JULY 2026

On line at elmswell.suffolk.cloud



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Wesley

ELMSWELL

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FROM MONDAY 29TH JUNE TO SATURDAY 11TH JULY

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CLUBS & SOCIETIES

ELMSWELL ART CLUB

As we are now into July, our pictures below have been selected to represent a range of images with a summer feel to them. The first two are excellent creations that can only be described as "botanical beauties";

Ann Smith's painting of "Fruits", has been created using watercolour pencil and she has really captured the freshness of leaves as well as the ripeness of the fruits



Following on from Ann's painting, Rene Griffin's lovely watercolour image of Cherry Blossom is a wonderful picture of nature at its best;



As we are now well into the holiday season, I have included my own painting of Cromer Pier. Produced in watercolour and ink, I have tried to capture the atmosphere of the area just before sunset.



Finally, last month, we heard of the passing of David Hockney, a genius with oil paints and acrylics, and widely recognised as the "Finest painter of his generation". Whether you agree or disagree with this accolade, it has been earned by a man from a very simple background in Bradford who went on to be an extremely influential artist during the 20th and 21st centuries.

He produced many masterpieces and one in particular (shown below) is *Portrait of an Artist (Pool with two figures)*, which recently sold for \$92 million. David Hockney (1937 – 2026)



Eddie Douglas

**ELMSWELL ART CLUB MEETS EVERY TUESDAY FROM 09:00 TO 12:00
AT THE WESLEY AND NEW MEMBERS ARE ALWAYS WELCOME.**



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AROUND & ABOUT

ELMSWELL FOOTPATH WALK

Sunday 14th June 2026

On an undecided British summer's day 6 denizens of the Parish of Elmswell met at the village sign as per.

A double right took us immediately on to FP10 which, the Footpath Officer is pleased to report, had recently received a good tidy up and certainly looked the better for it.

A left on to Long Gilberts Road and a right on to FP9 had the group heading east on the footpath's recently constructed surface.

This is the result of a joint endeavour between Elmsell Parish Council and Suffolk County Council to make it more user friendly and encourage pedestrians away from the busy main roads.

FP9 and FP25 are effectively one and

the same along this stretch until FP25 turns right over Lord's Bridge which was the route chosen.

A left after the bridge took us parallel to the railway track and in to Mutton Hall.

Staying next to the track we traversed the varying scenery of Mutton Hall's grounds eventually heading south and exiting through gate 7.

Turning right we meandered through Bracobs Pyghtle Wood and hence on to RB46 through the pleasant sun dappled trees.

Gate 8 took us for a sojourn back through Mutton Hall exiting on to Wetherden Road.

Crossing here at Little London Farm we headed south westerly up the track, past Warren Mill House and on to FP22 back in to Elmswell.

Now in big sky country, 800m took us

down to Warren Lane and straight over to Kiln Lane.

A further 800m brought us to FP16 on the right which took us past the water treatment plant, across open fields, on to Spong Lane and eventually Church Road.

Crossing over on to FP17, we continued on to Rose Lane, right on to School Road, left on Station Road and home.

A walk of approximately 4.36 miles in 1 hour and 50 minutes (an average speed of 2.4 miles per hour).

Peter Hancock, EPC Footpath Officer



**JULY'S FOOTPATH WALK WILL BE ON
SUNDAY 12th JULY STARTING AT 10.30
AT THE VILLAGE SIGN AT CROWN MILL**



OUTDOOR EXERCISE AT THE BLACKBOURNE

Do you want to get outside and keep fit in the lighter evenings? Every Tuesday night at 7pm a group of us exercise together at the Blackbourne Playing Fields. It's circuit training style exercises, and it's FREE.

The session is around 45minutes (ish). I will have a rough exercise session planned, and anyone is welcome to join in with what I'm doing, or do their own thing if they prefer. There's 'regulars' who come each week, of varying ages and abilities. I'm not a fitness coach, but the sessions are suitable for any ability, free, and outdoors - there's nothing better than getting a face full of grass, particularly now we have lighter evenings and good weather.

Meet by the picnic tables next to the playground and look for the ridiculously tall 6ft8 chap.

Bring a water bottle! Iain – 07742 895 283 iainhamilton88@gmail.com

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taken over by MK Autos



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ELMSWELL WI

On Tuesday 9 June, over 35 ladies waited expectedly for Mary Newton's talk entitled "When Dog's Don't Bark", and we were not disappointed. Mary worked as a forensic scientist with the police for over 40 years and spoke to us about cases where there was unusual evidence found, a red herring was involved, or where there was little, or no evidence. We learnt about Locard's Principal, and how the title of her talk caused some confusion at Beccles Library when a gentleman left shortly after the talk began, thinking it was about dogs. Mary told us about four cases she worked on, and she didn't hold back on the details.

Case 1 – Dulwich Village murder in 1980. This was her first case and involved the murder of a young woman by her boyfriend. The placement of the body didn't fit with the blood visible until Mary realised that a chest had been moved to conceal it. When she had finished work she found a phone box so she could call her mum and tell her.

Case 2 – The murder of Lorraine Benson in December 1988. Lorraine had been murdered in an alleyway and one of the pieces of evidence recovered was a man's hanky covered in blood and 'snot'. The blood was Lorraine's and the 'snot' turned out to belong to John Dunne who had been arrested a few months earlier. It was the first case of DNA being recovered from 'snot'.

Case 3 – The murder of Cheryl Shackleton on Telegraph Hill in February 1991. Cheryl was found wearing a black lace basque and had been so badly beaten she was unrecognisable, and so an appeal was put out on Police 5. This resulted in her being identified and allowed the police to track her movements. The basque was covered in red fibres and the forensic team spent hours trying to match the fibres without luck. Mary discovered that when the basque had been taken for photographs for the Police 5 appeal, instead of being placed on paper, it had been put directly on the carpet, which was red. The fibres they had been trying to identify, had been a red herring. The murder of Cheryl remains unsolved.

Case 4 – The murder of Rachel Nickell in July 1992 on Wimbledon Common. E-fits used in a Crimewatch appeal resulted in the arrest and charging of Colin Stagg, but there was no evidence. In March 1992 a blonde woman had been raped while walking with her child in another park near to Wimbledon Common. DNA was collected but there was no match. In November 1993, Samantha Bisset and her four-year-old daughter Jazmine were murdered. Fingerprints at the scene were identified as belong to Robert Napier, who was also responsible for the attack in March 1992. Mary told us that she had raised the similarities between the attacks in March and the murder of Rachel, but these were dismissed. In 2006, red and black paint found in Rachel's son's hair was matched to a toolbox used by Robert Napier and he was charged with her murder.

It was clear from Mary's talk that she was passionate about her job and the part she played in bringing criminals to justice.

We welcomed 6 visitors to the meeting, 4 of whom decided to sign up to join us as members of the WI, so we currently have over 45 members, but there is always room for more. Our talks are varied, and every meeting there is a chance for conversation, and to win a raffle prize. Outside of Tuesday meetings we meet for lunch, catch up over coffee, get together to discuss books, take part in photo competitions, and have the odd glass of wine or two. July's meeting is our birthday Fish and Chip supper, so hope to see you on 11th August when our talk will be about the Air Ambulance.

theWI
INSPIRING WOMEN

Rosie Collins 01359 241652

ELMSWELL

EXCHANGE W.I.

This month some of our committee were on holiday so our thanks to Rachel and Stephanie for helping out and to Yvonne for helping the meeting to run smoothly.

Margaret Brackenbury was our speaker and she demonstrated how to make gift bags. She then visited each table to help with the construction and everyone went home with a completed bag.

The competition was a homemade craft item. First was Lesley Reed, second was Barbara Yeates and joint third were Cathy Rust and Maureen Lazarus.

Next month's speaker is Helen Hillier and her subject is floral decorations. The competition is a single stem rose.

New members and visitors are always welcome.

Carol Blissett 242884

theWI
INSPIRING WOMEN

ELMSWELL OVER 55's

Another busy fun packed month.

On 4th June we hosted Afternoon Tea at the Blackbourne Community Centre, we received so many positive comments from members, apparently it was like being at the Ritz!!

Thursday 18th June our resident member Graham and his son Lee entertained us with some Country music and some comedic moments, instead of charging a fee the guys requested donations for St Nicholas Hospice - £152.00 was raised. A big thank you to all who contributed.

We are looking forward Steve Key singing Country & Western (maybe a bit of line dancing) on 16th July.

New members are always welcome, please contact us for further information:

Kay – 07730265316 or Sharon – 07885730911 or email elmswellover55s@outlook.com you can also find us on Facebook.

Regards Kay
and Sharon





ELMSWELL HISTORY GROUP



Last month, Terry O'Donoghue was our guest speaker, who gave a very insightful and entertaining talk on the *History of West Suffolk Hospital*, which proved to be more than just about the hospital. We were taken on a journey through health and medical developments from the 1500s to the present day. He highlighted that, before organized medical care, the people of Suffolk and in particular Bury St Edmunds, had to rely on a mix of private physicians (if you had money), barber surgeons who were adept at removing limbs, and eccentric individuals such as the bizarrely named *Messenger Monty*, who would offer "medical services" that it is fair to say were very dubious even by the standards of the times when he was plying his trade!

The late 1700s and early 1800s saw the introduction of what were termed "subscription" hospitals and greater medical provision for more of the populace. Bury St Edmunds was no different and, after a meeting at the Angel Hotel in 1824, the great and the good of the parish agreed to build a hospital in the town, soon after which a site was identified where the Army Ordnance Depot stood (in what is now called Hospital Road). Work began on building the hospital, appointing consultants, physicians and other medical staff and, on the 4th January 1826, the hospital was officially opened, which means that we are now celebrating its 200th anniversary. To become a subscriber to the hospital you had to pay two guineas, and one of the rules was that no children younger than seven could be admitted, although eventually a Children's Ward was built in 1913.

Terry went on to describe the medical advancements from the opening of the hospital until the present day, showing how we had moved on from having

leeches and alcohol as part of the medical equipment to a CT Scanner that was funded by local fundraising activities which raised the £750,000 required. An interesting part of Terry's talk was the amount of money raised through fundraising activities since the hospital's inception, such as the National Air Pageant of 1933.

As Bury was a garrison town (Gibraltar Barracks being very nearby), during both world wars, it was designated a War Hospital, treating hundreds of soldiers during WW1, whilst during WW2 it had Italian Prisoners of War working in the laundry. It also tended two injured German airmen, one of whom (due to his strong Nazi beliefs) refused a blood transfusion because he did not want British blood! On the subject of blood, we learnt that the first blood bank in Britain was set up in Bury St Edmunds.

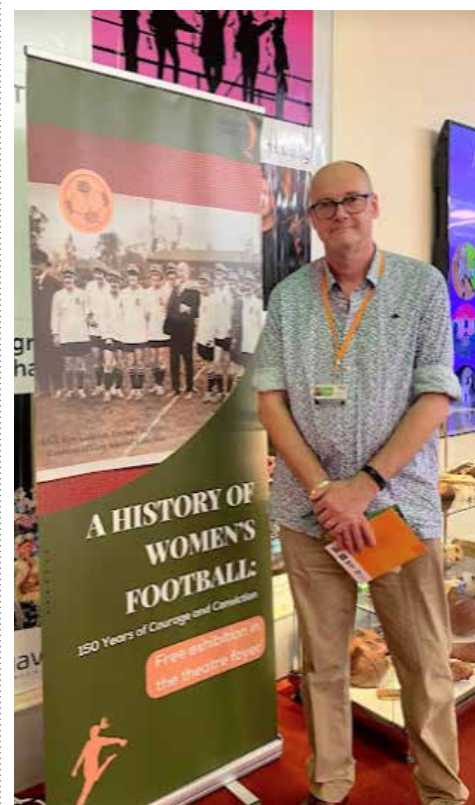
Terry went on to talk about the dedication, long hours worked, poor pay and restrictions placed on nursing staff, such as when and if they could leave the hospital premises, as well as interesting anecdotes such as nurses receiving a beer allowance in addition to their salary! Terry talked about the creation of the National Health Service in 1948 and its impact on the hospital and, perhaps surprising to us nowadays, many medical professionals including the British Medical Association were initially against the NHS. We learnt about the hospital moving to its current location in Hardwick Lane, and

the plans to build a new hospital that will be fit for purpose for the demands of 21st Century healthcare, which is planned to be operational by 2033.

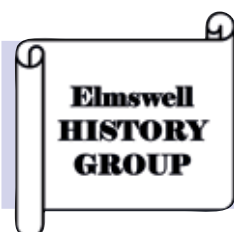
Before Terry's talk, members voted in a viable committee at our Annual General Meeting, so we are good-to-go for another year of monthly meetings. Starting on 10th September with a talk on 'Stowmarket's 1871 Gun Cotton Explosion', our new season's Programme of Talks, 2026-7, will be sent out to all members by the end of August, and detailed on our website.

Meanwhile, our next event at the **Wesley Hall** will be on **SATURDAY 11th July**, 2pm to 4pm,

and will be an **Exhibition on the History of English WOMEN's FOOTBALL since WW1**.



The experienced curator of this exhibition, Steve Bolton, will be in attendance throughout the afternoon to talk through his displays and answer any questions. As a precursor to this event, we'd highly recommend watching the excellent



For further information about our History Group, please visit our website –

www.elmswell-history.org.uk
or contact our Secretary, on 01359-242601



BBC4 documentary, shown on 19th May, about a Manchester Ladies Football Team from 1949, called *"The Corinthians – We Were the Champions"*, available on the iPlayer.

With the tremendous recent achievements of the Lionesses, do join us to learn how their mothers, aunts and grandmothers strived for due recognition and equal success. It's just £2 entry to our exhibition (cash only please), free of charge for under-16's, and there'll be a good variety of refreshments available all afternoon at the Wesley Café and adjacent Tavern.



ELMSWELL GARDENING CLUB

Our speaker this month was Jim Paine, who is a former nursery owner and is a tree enthusiast. Jim's passion and humour was evident as he talks through trees that are suitable for gardens, both large and small.

Trees can provide height, structure and visual appeal in the garden as well as creating a microclimate around them that will attract and sustain wildlife. Evergreen trees, such as conifers, can provide a permanence though the seasons but some deciduous cultivars such as Tibetan Cherry will provide spring blossom, great autumn leaf colour and striking red bark in the winter, so are a great option for gardens. Careful consideration of location (not too close to the home), soil fertility, drainage and whether your garden is exposed will lead to better choice of tree.

Jim recommends keeping your trees 'slightly hungry but never thirsty' focusing more on watering than feeding, watering regularly in the first year after planting.

If you feel like branching out and planting a tree in your garden, Jim's top trees are: *Amelanchier lamarckii*, *Betula utilis jacquemontii*, *Cornus kousa* (my personal favourite), *Malus* (there are many cultivars) and *Sorbus 'Joseph Rock'*. Latin names have been used to ensure no mistakes on tree choice as there are many common names for plants which can cause confusion when purchasing.



Our speaker for July 21 meeting is Paula Joyer, a local flower farmer at Fox House Flowers and will be speaking to us about her flower growing: 'Born in Essex, Grown in Suffolk'. The meeting starts at 7.30pm in Wesley Chapel, School Road.

We look forward to welcoming you and sharing our passion for gardening.

Wendy

Information contact elmswellgadmin@btinternet.com or myself on 07748 442951



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REPAIR CAFE

Join the Repair Café!

Elmswell Repair Café is a community initiative that promotes repair as an alternative to throwing things out. Residents can bring their broken items to get them fixed on the spot, free of charge, with the help of proficient voluntary repairers. In order to keep going, Elmswell Repair Café could use more handy volunteers from the village. Why not join us!

The Repair Café is looking for local residents with different skills who can be present as repair volunteers during the Repair Café sessions; we also need someone to manage and run the Repair Café – it only takes 3-4 hours a month and training is available! We are especially looking for people who are passionate about Repair, Reuse and Recycle and are handy with:

- * clothing / textiles
- * electrical appliances
- * gluing things
- * organisation/admin
- * bicycles
- * furniture / wooden objects
- * general repairs
- * managing volunteers

... and who enjoy sharing their knowledge with their neighbours.

In addition, we are also looking for people who wish to fulfil the role of **host / hostess** at the meetings. You welcome visitors and serve as a contact point for both visitors and repairers in the Repair Café.

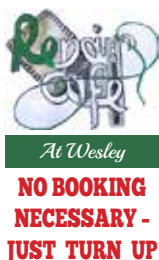
Want to know more about the Repair Café? You can visit the Repair Café International webpage <https://www.repaircafe.org/en/> for more general information, or email our friends at Stowmarket Repair Café on stowrepaircafe@gmail.com

Want to sign up as a volunteer?

Send an email to stowrepaircafe@gmail.com.



NEXT SESSION:
WEDNESDAY 19th
SEPTEMBER
2.00PM - 4.00PM



FENCING, GARDENING & PATIOS

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Contact Andy
01449 403050 077487 85197
wade.andrew63@gmail.com



ELMSWELL LIBRARY

Hello Elmswell,

The Reading Quest starts this month. The Reading Quest is an exciting opportunity to get the whole family involved in reading and making memories this summer!

The reading quest is aimed at children aged 2 to 12. Children can sign up at any library and receive their case file from 18 July onwards. You can sign up at any time during the school holidays to start your journey.

We will have a rota of times when children can come in and tell our volunteers about what they have been up to and about the books they have read.

You don't need to read a set number of books – our summer reading programme is designed to encourage children to enjoy reading at their own pace in a fun, interactive way. Reading for pleasure helps children build self-esteem and improve wellbeing throughout life.

Each time you visit the library, bring your case file back to receive a sticker or two to celebrate your reading journey! Collect a case file from the library to get started.

Our next Elmswell Library Friends Quiz is 6pm Friday 17th July. Tickets are £5 per person with a maximum team size of 6 people. Come into the library to book your table.

Our next exhibition will be artwork by local artist Prudence Chance. Prudence's artwork has bold colours and is inspired by people and myths.

Gwel's visit will be a week later this month so if you have a child who wants to come in and read to Gwel, the PAT dog, it will be 4pm – 5pm on Thursday 14th July.

See you in the library soon,

Miles

What's on

Quiz

6pm **Friday 17th July**

Mahjong

3.15pm **every Friday**

Crochet and Chat

10am **every Thursday**

Story Time

1.10pm – 1.30pm **every Tuesday**
(except 1st Tuesday of the month)

9.10am – 9.30am **every 1st Tuesday**

2.30pm – 3pm **every Thursday**

Sunday Crafts

1pm – 2pm **every Sunday**

Lego Club

Every weekday from 3pm and **every Sunday** 11am – 12noon

Pokémon Club

10.30am **Saturday 4th July**
(every 1st Saturday of the month)

Writing Group

6pm **Thursday 2nd July**
(every 1st Thursday of the month)

Afternoon Chess Club

4.30pm **Thursday 9th July**
(every 2nd Thursday of the month)

Evening Chess Club

7pm **Thursday 2nd July**
(every 1st Thursday of the month)

Fantastical Book Club

11am **Saturday 18th July**
(every 4 weeks) - ask in the library for this month's book.

The Keep in Touch Community Café

10.30am **Wednesday 15th July**
at the Wesley Café
(every 3rd Wednesday of the month except August and December)

Catch Up In The Library

2.30pm **every Wednesday**

Gwel's visits

4pm – 5pm **Tuesday 14th July**
(normally every 1st Tuesday of the month)

Opening times

Monday:

Closed

Tuesday:

10am – 1pm and 2pm – 7pm

Wednesday:

2pm – 5pm

Thursday:

10am – 1pm and 2pm – 7pm

Friday:

2pm – 5pm

Saturday:

10am – 1pm

Sunday:

10am – 3pm



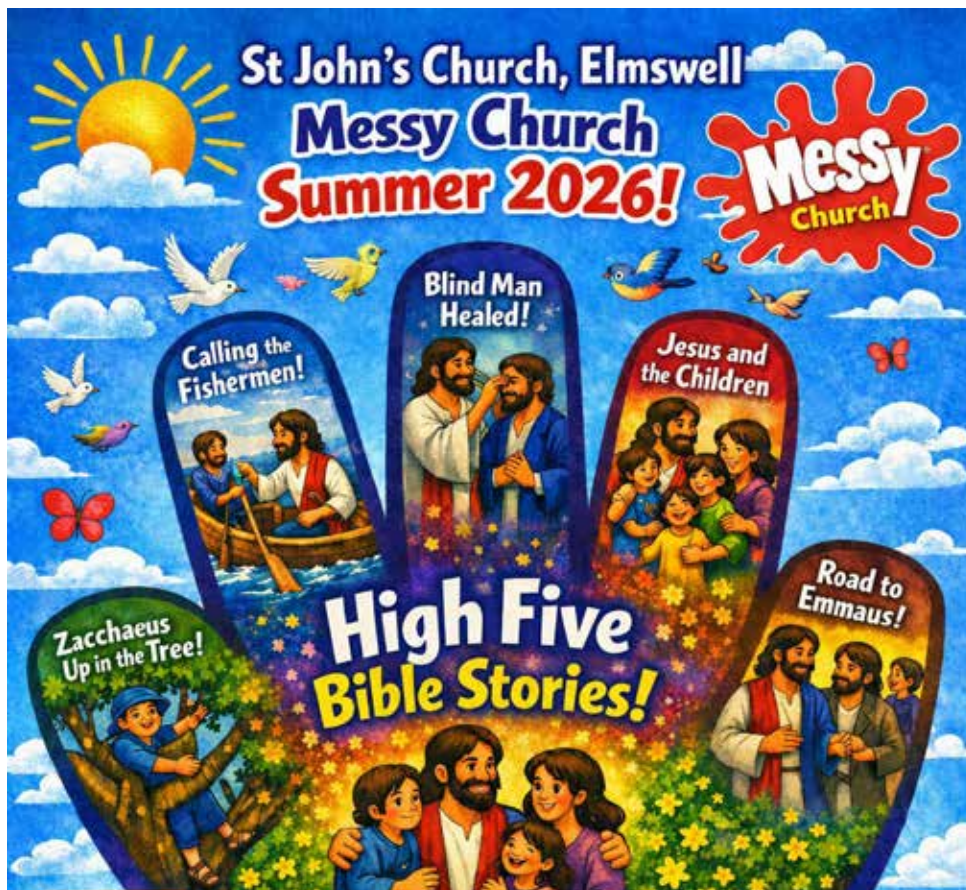
Scared of a mouse ... don't know your App from your Apple?

The digital support sessions available at Wesley on the third Wednesday of each month are increasingly popular. No booking is necessary – our team of Mathew, Tracey and Tracy are keen to help ease the way into better use of our devices.

There is no charge. Simply turn up with any problems to do with mobile phones, laptops, computers - anything digital.

The next session will be on the Wednesday 15th July between 10:00 am and 12:00 noon.





ST JOHN'S CHURCH

Happy Summer from St John's Church

St John's is really excited to be running a series of five **Messy Church** mornings in the summer. They will be run on Tuesday mornings and will be packed full of games, crafts, songs and bible stories, rounded off with lunch. These will be for all the family and children will need to be accompanied by an adult. In Luke 18:16, "Jesus called the children to him and said, 'Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.'"

St John's is a welcoming community for all ages, including children. We have a family service every month on the first Sunday at 10:30 am. During term time, we also run a Sunday School on other Sundays in the month. This takes place in our room at the back of church during the 10:30am service. Children really enjoy this group and love hearing more about their precious God and saviour who loves them and calls them to come to him.

Messy Church is another way we hope to bless our community with the love of Jesus. It runs on Tuesdays from the 28th July through to the 25th August, starting promptly at 10:30am and concluding with lunch. Everybody is welcome.

Do pop along to join us at St John's, especially if you have any questions about God, the meaning of life, Jesus or the Christian faith in general. You will always receive a warm welcome.

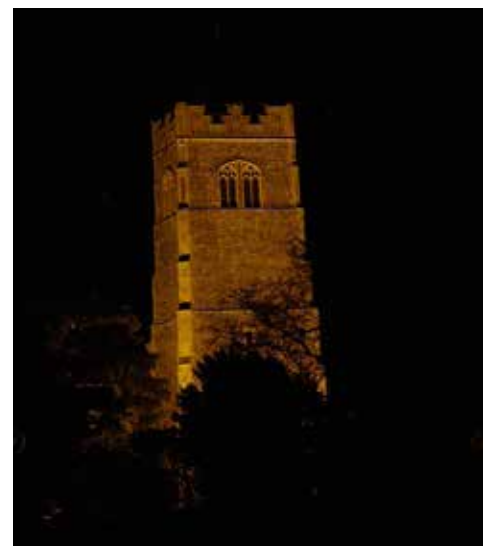
Upcoming Dates:

Sun 5 Jul 9:00am	Holy Communion (spoken service)
Sun 5 Jul 10:30pm	Family Service with baptisms
Sun 12 Jul 10:30am	Worship with Holy Communion
Sun 19 Jul 10:30am	Sunday Worship
Sun 26 Jul 10:30am	Worship with Holy Communion
Tue 28 Jul 10:30am	Messy Church with lunch
Sun 2 Aug 9:00am	Holy Communion (spoken service)
Sun 2 Aug 10:30pm	Family Service with baptism

Every Saturday:

9:00am Weekly prayer meeting online (see website for details)
We live stream most of the 10:30am services on our Facebook page (also available on our main web site later that day).

Rector: Peter Goodridge
Email: elmswellrector@gmail.com
Tel: 01359 240512
Web site: www.stjohnselmswell.org.uk
Facebook: www.facebook.com/stjohnselmswell
YouTube: www.youtube.com/@stjohnselmswell



ST. JOHN'S CHURCH TOWER FLOODLIGHTING

As always, everyone is welcome to sponsor the floodlighting of St. John's, a lovely way to commemorate a personal event, an anniversary, or any special occasion. Alternatively, you can simply make a donation. And it all helps to pay the ever-increasing day-to-day running expenses of our parish church.

Please note a night's floodlighting now costs £10, but this will not apply, of course, to sponsorships that have already been pre-paid.

Cheques payable please to "ST. JOHN'S CHURCH, ELMSWELL".

During the summer months the lights will be on between 8.00 p.m. and midnight.

Deadline for inclusion in the August Newsletter is Monday 27th July.

Your support is very much appreciated. Thank you.

JULY 2026 SPONSORSHIPS

- 2 in memory of Betty Peachey.
- 5 Craig Paul Stammers. "Happy Heavenly 37th Birthday, Son. Lots of love from Mum & Peter. xxx".
- 15 in loving memory of Ivy Millicent Elliston.
- 15 in loving memory of my wife, Anita Parsk, on our Wedding Anniversary, 15 July 1995. "Miss you". Love, Andrew and Charlotte. xx,
- 20 in memory of Reginald Bloomfield.
- 21 in loving memory of my husband, William Clark (Bill), on his Birthday.
- 26 to remember and thank all those past Elmswell Fire-Fighters who served their village and community so well.

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E-mail: michael.brookes@rcdea.org.uk

MASS TIMES:

Saturday (First Mass of Sunday) – 6PM

St Mary's C of E Church, Woolpit IP30 9QG

Sundays – 8.30am & 10.15am

Our Lady's, Stricklands Road,
Stowmarket IP14 1AW

Holy Days – 10am & 7.30pm

Our Lady's Strickland Road Stowmarket
Weekday Mass is usually 10am, no
Mass on a Wednesday, see the weekly
Newsletter or the Parish Website – www.ourladystowmarket.org.uk

All are welcome to "Coffee and Chat",
2 – 4pm on the 2nd and 4th Thursday of
the month. This is held in the Parish
Centre next to the Church, Stricklands
Road.



ELMSWELL BAPTIST CHURCH

Summers here England have won the first Test at Lords the grass court tennis season started in June with the international tournaments at Queens Club and Eastbourne and Wimbledon coming soon, the weathers changed the weather man on the telly said this morning we've had a month's worth of rain in the first week of June. The farmers will be happy for a while the crops will grow and hopefully catch up to where they should be at this time of year, so all's well for the moment. All's not so well around the world however conflict still goes on around the world despite the diplomatic efforts ours and other European governments one day lets hope and pray peace might prevail and countries will live with their neighbours without fear of invasion and conflict. Also there's the small matter of a football competition across the pond as they say come on England and Scotland something that has always puzzled me

is why do some Scots never support England whereas many of us English will support Scotland after all we are all one island.

Our services in July will be led by

5th July

Rev Norman Tharby (inc. Communion)

12th July

Stuart Hendry

19th July

Carole Almond

26th July

Revs Richard & Brenda Webb

2nd August

Rev Norman Tharby

Our Ladies Friendship Group and Food and Friends Lunch will not be meeting in July and August they recommence on the 7th and 10th of September respectively contact Margaret about the Ladies Group on 07926 753882 and Dorothy on 07907 676246 about Food and Friends Lunches.

On behalf of all of us at the Baptist Church I wish all our readers a happy holiday and look forward to seeing you all in September.

God bless you and keep you safe.

Dave Hollings



Wesley
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CITIZENS ADVICE MID SUFFOLK

I've recently had to give up work due to a back injury and I'm worried about how I'm going to cope with the drop in income. I'm not sure what benefits I can get - where should I start?

Lots of people miss out on benefits they're entitled to, so it's worth checking what you can get.

Claiming benefits also means you can get access to other financial help like cost-of-living payments and discounts on energy and transport.

To get started, you can use an online benefits calculator. For the most accurate answer, you'll need information about your savings, income, pension, childcare payments and any existing benefits for you and your partner, if you have one. You can use the Entitledto benefits calculator (<https://www.entitledto.co.uk/>) or Policy in Practice version (<https://www.betteroffcalculator.co.uk/login>) for a detailed overview. The Turn2us online tool (<https://benefits-calculator.turn2us.org.uk/>) can provide a quick idea of what benefits and other financial help you might be eligible for.

The main benefit available for most people of working age is Universal Credit. You should check if you can get Universal Credit if you're over 18 and under State

Pension age you can check your State Pension age on the government website (<https://www.gov.uk/state-pension-age>), and if you have less than £16,000 in savings or other investments. You can check if you're eligible on the Citizens Advice website.

If you're finding it difficult to work because of your injury, you might get more Universal Credit or not have to look for work. You'll need to inform the Department for Work and Pensions that you have a health condition when you claim Universal Credit and, if possible, submit a fit note. You can find out more on the Citizens Advice website.

You might be entitled to other benefits depending on your situation, like your age, if you're disabled or if you have a child. Some people can claim more than one benefit - for example, disability benefits such as Personal Independence Payment (if you're under pension age) or Attendance Allowance (if you're over pension age) and Universal Credit. These disability benefits aren't means-tested

and can often be claimed in addition to other benefits like Universal Credit. Look at our website for more details.

If your medical condition makes it difficult to work, you may also be entitled to the new-style Employment and Support Allowance (ESA). Check if you can claim ESA on our website.

If you pay council tax, you might be able to get a reduction in your bill. You can check if you can pay less council tax on the Citizens Advice website.

There is also help available if you don't have enough money to live on. You might be able to get extra money from the government, your local council or a charity. Find out more about the support you can get with the cost of living on the Citizens Advice website.

if you're still not sure, remember you don't have to face this alone. Our advisers can help to check what benefits and financial support you might be entitled to and help you find a way forward.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

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ELMSWELL BOWLS CLUB

Our Open Day on May 31st went off very well indeed with, Rob Dann, our Secretary, walking off with 8 signing-on forms fully completed and a few promised to be completed off-site. There was a good turn-out of members also to give the 'Newbies' a bit of advice. They all seem to be really keen, which kind of reminds me how I was, when I started, longer back than I care to remember! Barry and Rob's free burgers seem to have made all the difference, and the weather decided to behave itself, too!

As if, inspired by our successful Open Day, our Division One teams have posted some impressive wins, especially Linda's Monday afternoon side who have picked up wins at West Row, and at home to Coney Weston. Dick and Barry's Thursday team have the odd success, such as the stunning away win at St Botoph's. They are currently languishing in 9th place above only Risbygate, who they defeated at home. Kevin Knock's Tuesday team have the occasional victory but seem to struggle in the main, especially without their star Skip who is currently mountaineering in Pakistan, but boosted of late by Linda and Richard Vince.

Some photos for you now from our Open Day, and apologies for lack of pictures last month

Peter Edmonds, E.F.B.C. 07860 395720 edmondspeterj@gmail.com



Elmswell
Fox
Bowls Club



WESLEY UKULELE BAND

Just three gigs this month. Stowmarket Methodist Church, the Over 60's at the Salvation Army in Stowmarket and an outdoor performance at Nedging Hall. By all accounts, this last one was challenging because it was outside and with no amplification. It was also very hot. Our first picture shows our leader, Kevin, and harmonica virtuoso, Peter, at Nedging. They don't look very happy, but we'll put that down to the heat!!!



On the other hand, the highlight of the month was a visit to the Apex in Bury to see The Ukulele Orchestra of Great Britain. What a great evening of superb playing, singing and humour.



Our second picture shows most of the Wesley Ukes attending, but doesn't include Jude, Steve, Lester and Dr. John, who were all elsewhere, when the picture was taken.

I think you'll agree that the second picture shows a much happier bunch than the first!!

By the time that this edition is distributed, we will have had 'June in Tune' at the Wesley. I hope that those of you who joined us enjoyed the day and

that loads of money was raised for the Children's Hospital in Cambridge. More on that next time.

Til next time. Take care.

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NEWS FROM ELMSWILD

Pyramidal, Bee, Marsh and Spotted – our orchids are pretty as a picture!

It's orchid time at both Lukeswood and Kiln Meadow. With the very hot, dry weather we've had recently we were wondering whether they would show up at all this year, but in fact it's turned out to be a good year for almost all of our four varieties of orchid. In Lukeswood they are all clustered in the south east of the site. We noticed some years ago that trees which happily self-seed in other parts of Lukeswood seemed reluctant to grow in this patch, but orchids appeared to like it. So last year we started to manage it as a wildflower meadow – mowing and raking off all the cuttings in late summer – and it seems to have paid off. This year we have about 50 Pyramidal orchids in the meadow as well as a single Bee orchid. On the other side of the footpath a few more Bee orchids have sprung up, and in a patch of their own is a group of about a dozen Common Spotted orchids. The Marsh orchids haven't fared so well – just a single bloom this year.

Orchids are up against it in their struggle to flower and set seed. Apart from the vagaries of the weather, they have to contend with being crushed underfoot (by large mammals of all kinds) or being eaten, particularly by muntjac, which seek them out as a sweet treat. The area is too big to fence off completely, so to save these precious blooms this year we decided to protect them individually with mesh guards. This may seem an excess of caution on our part, and admittedly it does detract from their rare beauty, but we want to make sure that enough plants can set seed to provide more flowers next year. As they establish a stronghold in this area there will be safety in numbers and the plants will multiply. Unfortunately, we weren't quick enough to save the single Marsh orchid – no sooner had it started to flower than it disappeared, muntjac (munchjac?) being the number one suspect.



Hot pink – footballers emulate nature

The Pyramidal is the easiest of the orchids to spot, as its bright pink flowers stand out clearly against the surrounding green. We used to call them 'lipstick pink', then a few years ago 'Barbie pink', but this year it has to be 'World Cup pink'. Pink football boots are everywhere you look! And for good reason – just like the orchids, they are easily seen and contrast perfectly with the green of the grass. In flowers the vibrant pink colour is created by natural pigments called anthocyanins and gives the plants an edge in attracting pollinators. Mysteriously, the colour pink may also give footballers a winning advantage – in 2020, as reported in the Guardian newspaper, 636 Premier League goals were scored by players wearing pink boots, compared with only 36 by players in traditional black footwear. A case of nature influencing the beautiful game?



Willow weavers at Lukeswood

Our two June willow weaving courses were enjoyed by everyone – with some new faces as well as some old friends. In the morning the project was to make a dragonfly, and in the afternoon it was bulrushes. As our photos show all the weavers took home some lovely creations to show off in their gardens or inside. As usual, our tutor was Jo Hammond whom we have welcomed to Lukeswood many times over the years. Jo will be leading another course this month, a full day course to make a basket (see picture). This course in July has proved very popular and is already fully booked. We're hoping that we may be able to run it again in August if sufficient numbers are interested, so if you would like to take part in this extra course do please get in touch by email and let us know. We're also hoping that Jo will be joining us at Apple Day on 26 September. That will be a great opportunity to admire and buy a variety of Jo's impressive willow work.

If you like the look of our craft work at Lukeswood and would like to join our mailing list for future sessions please contact us to add your details to the list – we'll let you know what's coming up.

Mary Feeney
info@elmswild.org.uk

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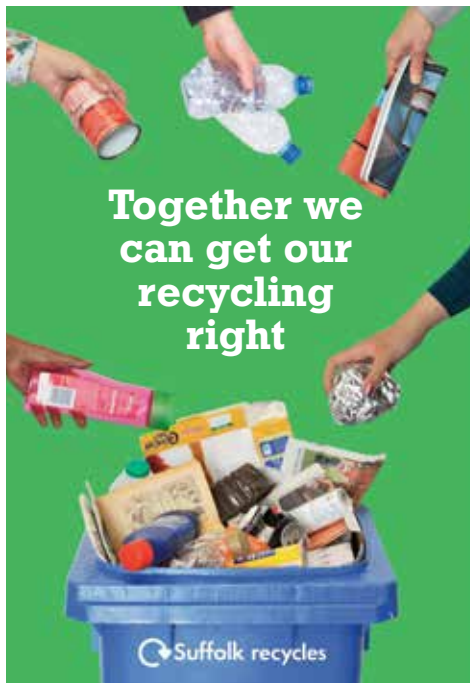
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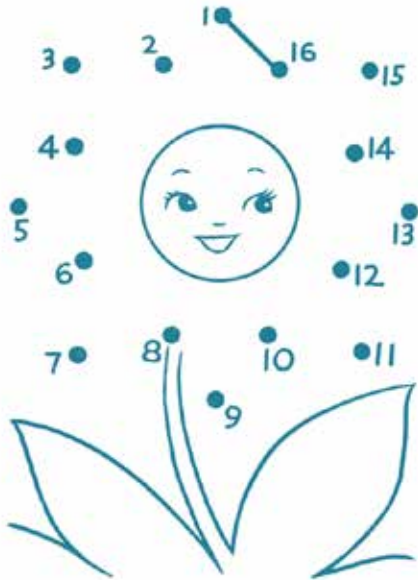
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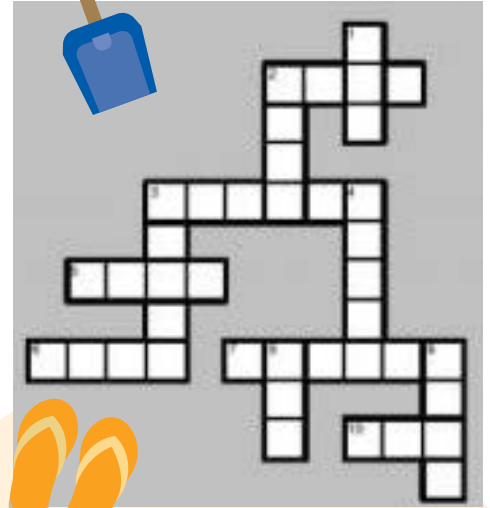
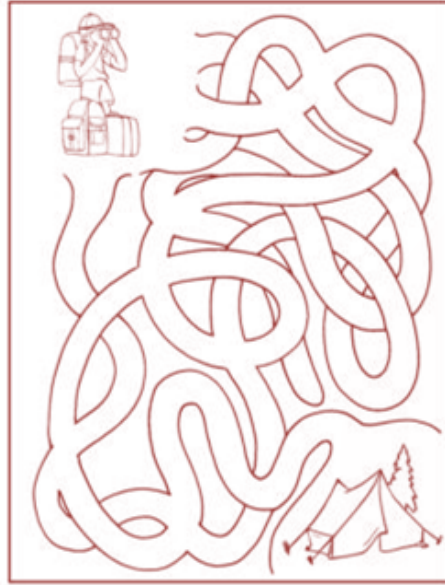


PUZZLE PAGE

DOT TO DOT



MAZE



Across

- 2 It may have a sail or oars
- 3 Perhaps you could collect water in this?
- 5 Watch him scurry down his hole
- 6 They swim in the sea & have scales & fins
- 7 She sells sea..... On the sea shore
- 10 I hope this is out for your holiday

Down

1. Carry your beach things in this
2. A good read?
3. The strip of sand along the sea shore
4. Dry yourself with this
- 8 Wear one of these to keep the down off your head
- 9 It feels funny under your toes

MATCH



Crab

Lollipop

Sunglasses

Seaside Crossword

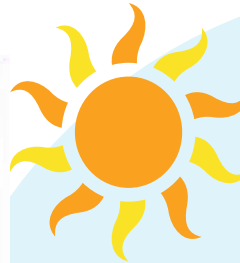


Fairground
Icecream
Suitcase
Family

Journey
Summer
Fun
Pack

Swim
Hotel
Postcard
Tent

Colour by Numbers



- 1 light brown
- 2 blue
- 3 pink
- 4 red
- 5 black
- 6 dark brown

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BLACKBOURNE & WESLEY-TAVERN MANAGEMENT ASSOCIATION

At its Annual General Meeting on Thursday 11 June, the BW-TMA received the resignation of its Chair, Peter Dow, and its Secretary, Peter Edmonds. Originally founded in September 2000 to advise the Parish Council on the day to day running of the facilities at Blackbourne, which replaced the Memorial Hall, both had served an amazing 20 years and were standing down from an Association whose remit now includes the much extended and enlarged Blackbourne and associated land, the Wesley, and the recently-opened Tavern. The meeting elected Philip Shaw, Chair, and Mike Burgess-Wilson, Secretary. In addition to representatives of the village organisations incorporated in the Constitution, there are 4 *non-affiliated* Members the Committee, 4 Parish Council appointees including the Parish Clerk *ex officio*. There were no nominees for the post of Vice Chair.

Wesley

Progress continues to provide prints of village scenes to full the projector gap wall. Quotations for the erection of signage at the front of Wesley, in tandem with that of the Tavern, will be put to EPC at its next meeting.

Blackbourne

Recovering the costs of repairing the damage to the Heat Pump caused by the builders on the adjacent land continues to make progress. Ecology solutions continue to progress towards bringing into use the recently acquired Turners Field.

Booking and events report

Overall, room & event bookings continue to increase. The Repair Café is proceeding well. Will be held bi-monthly – next meeting Saturday 20th June. Need for front of house volunteers – if interested please contact Peter Dow, Parish Clerk (01359 244134).

Maintenance / improvements / innovations report

The problem resolving the Wesley Ground Source Heat Pump is in progress. The recent graffiti issue at the Blackbourne Youth Shelter has been dealt with by the police.

Tavern

Now providing full service. Although some teething problems as expected, it was commented within the meeting that there have been very positive comments from both within and outside the village regarding the Tavern. A TV has been mounted in the Bar for occasional use such as World Cup football during opening hours. Fencing around the grass area at the back is being installed, as is a gate between the rear and the front car park. External safety bars being installed against the chapel windows to prevent children climbing on the windowsills.

Treasurers Report

Blackbourne Wesley Income 1 Apr 2025 to 31 Mar 2026 were circulated to members. There has been an incremental growth in the past 4 years.

Any other business

The meeting supported the suggestion that a defibrillator was also set up at the Wesley/Tavern. There was discussion about a direct path between the Tavern and Wesley. Issues with parking blocking the present path access between the Tavern and Wesley were also raised. Signage is needed for the Wheelchair access door into the Tavern Front Bar.



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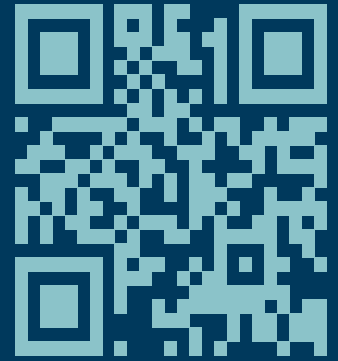


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The project, led by Mid Suffolk District Council, was made possible thanks to a Freeport East agreement to provide £16.66m for its construction, with the remaining costs provided by the council.

Better Recycling – new bin collections:

Improvements are already in evidence (such as the weight of food waste collected increasing each week). However, the extreme heat has been a particular challenge (including some staff suffering heat stroke) and crews have been covering their shifts in the cooler early hours and also at weekends to complete outstanding work. If you've not yet received the new blue-

lidded bin and/or food caddies then please advise the council with your address and postcode (and direction specifics if you are hard to locate) – via recycling@baberghmidsuffolk.gov.uk or let Jen or Sarah know. Alternatively, ring 0300 1234 000 (option 4), however incoming call volumes are still high, with longer call wait times and calls occasionally abandoned. Although this is frustrating it has proved normal for councils at the start of a change of this magnitude, so please bear with council staff for now and thank you for your patience.

Until you have your new bin, you can put glass, plastics, metal and cartons – along with paper and card – into your green-lidded bin for recycling. Food waste should go into the black refuse bin until your new food waste bin has arrived.

Local Government Reorganisation: The new website 'Future Suffolk,' (www.suffolkgrhub.gov.uk) jointly created by county, district and borough councils, is proving popular for checking out details of Government's plans for reorganising our county. This is a temporary website, aiming to communicate the changes ahead in a clear and transparent way. There is also a 'Contact Us' form for submitting questions and comments - www.suffolkgrhub.gov.uk/contact.

At the time of writing, details of our Reform-led County Council's announcement that they will

be challenging Government's reorganisation plan via a Judicial Review should be available imminently.

Pride in your Place Grant: This grant has now reopened and offers funding to projects which improve the appearance and cleanliness of local Mid Suffolk communities. Applications – which need parish council approval – can be used for initiatives such as sign cleaning, graffiti removal, and the maintenance/enhancement of open public spaces. More details on this and other Mid Suffolk grants can be found at www.midsuffolk.gov.uk/community-funding

Locality Budget: Don't forget to consider whether an application for funding for your local community group might be useful. Jen and Sarah are always happy to receive enquiries, to forward an application form, and to advise on eligibility and the application process. More details on the website at: <https://midsuffolk.gov.uk/w/locality-awards>.

Councillor drop-in sessions: We are regularly available for residents to meet with us to share concerns or issues, or just to say hello. Upcoming dates are:

- **Thursday 9th July 10 – 12 at Green Wolf Café, Woolpit**
- **Thursday 13th August 10 – 12 at Green Wolf Café, Woolpit**
- **Tuesday 29th September 10 – 12 at the Wesley Café, Elmswell**



Mid Suffolk District Council: 0300 1234000 www.midsuffolk.gov.uk
Cllr Sarah Mansel: 07860 829517 sarah.mansel@midsuffolk.gov.uk
Cllr Jen Overett: 07928 512591 jen.overett@midsuffolk.gov.uk

From the Office of Peter Prinsley MP

Member of Parliament for Bury St Edmunds and Stowmarket

House of Commons, London, SW1A 0AA



Blue Skies for Suffolk

May and June were bumper months for celebrating Suffolk.

Festivities kicked off at the Suffolk Show at the end of May where I was delighted to meet farmers, businesses, charities and residents from across our beautiful county.

The Suffolk Show is a wonderful opportunity to showcase the very best our county has to offer, from tractors to wine and much else besides, and I was grateful to everyone who stopped by to say hello. What a friendly bunch!

The blue skies of course persisted at the celebrations for Suffolk Day 2026 held in Bury St Edmunds under a blazing sun in June.

It was another fantastic celebration of everything that makes our county special, from local food and businesses

to our history, culture and community spirit. I confess I was rather taken by the beautiful vintage cars on display.

Bury was bustling, with the High Sheriff and other civic leaders in attendance.

A highlight of the day for me was watching students from Abbeygate Sixth Form College deliver the Suffolk Proclamation on behalf of the Lord Lieutenant. I was thoroughly impressed by their confidence and professionalism – they are exemplar students, and they did their college proud.

It was an extra treat to be able to welcome the students to Parliament the following day. They met with other Suffolk MPs and had a picture with the Suffolk Flag, before heading off on a tour of the Palace of Westminster, on what turned out to be quite the momentous day in UK politics.

All three events were wonderful for all involved, marking another year of sunshine, history, and local pride across the county.

Returning for a moment to the momentous day, I would like to put my thanks on record to our Prime Minister. The Government Sir Keir Starmer led lifted some 400 children in Bury St Edmunds and Stowmarket out of poverty. Through the expansion of free school meals children who once went to school hungry now have the support they need to thrive. As a doctor I am especially proud of the progress that has been made over the past two years in rebuilding our NHS. I wish Sir Keir Starmer success and happiness in whatever comes next and I am confident that his commitment to public service will continue to benefit our country for many years to come.

ELMSWELL PARISH COUNCIL JUNE MEETING REPORT

The Parish Council meets at least once each month, sometimes excluding August if there is insufficient business, although extraordinary meetings can be called as required at any time. The June meeting with 11 Councillors present together with County Council Ward Member James Patchett, District Council Ward Member Jen Overett, the Parish Clerk Peter Dow and 6 members of the public took place at Blackbourne on Monday 15th. This report is compiled from that meeting by the Parish Clerk and edited by the Council's Editorial Board which comprises the Council Chairman, the Council Vice-chairman and Cllr Sue Roots, elected by her peers to join them. It seeks to cover some of the more interesting or significant items thought to deserve wider public attention. Included, where appropriate, are matters reported to the meeting by external bodies such as the County and District Council Ward Members or as raised at the meeting by members of the public. Further background and reference to subsequent events are included where relevant.

The Minutes of recent Parish Council meetings and Committee meetings when ratified, together with the agenda for the next meeting, are available online at elmswell-pc.gov.uk and from the Parish Clerk by arrangement. Bound copies of older Minutes are lodged in the Village Archive at Blackbourne and with the Suffolk County Records Office in Bury St. Edmunds. The most recent Minutes from meeting held on 18th May, as approved at this meeting, are posted in the Council's notice board at Crown Mill.

Co-option

Mrs Janice Sparks was elected as an Elmswell Parish Councillor by co-option following the declaration of a Casual Vacancy and subsequent due process triggered by the Mid Suffolk District Council Proper Officer. Cllr Sparks signed her Declaration of Office and assumed the post with immediate effect.

District Council

Cllrs Sarah Mansel & Jen Overett, Ward Members on Mid Suffolk District Council, tabled a Report which is printed elsewhere in this Newsletter. It was confirmed that the process of reorganising the waste & recycling bin regime had gone well as far as BMSDC were concerned and that any residual problems should be referred back to the Ward Members.

County Council

Cllr James Patchett, Ward Member on Suffolk County Council, tabled a Report which is printed elsewhere in this Newsletter. Cllr Patchett confirmed that the food waste recycling plants currently being used by SCC are in Halstead and March in Cambridgeshire and that the cost of the new system at £20 / tonne compares favourably with the cost of the previous incineration option of £80 / tonne.

Clerk's Report

The Parish Clerk's written Report to the Meeting included the following:

- As reported to the May meeting, the statutory Notice of a Casual Vacancy, as issued by the District Monitoring Officer, was posted on 23.04.202 and no request for an election was forthcoming. Accordingly I posted, on 17th May, a Notice inviting applications for consideration for co-option and applied the same computation of time scale for response as is accorded statutorily to the original Notice of Casual Vacancy. I received a response to the

originating notice which had confirmed that, should an election not be called, co-option is the next step. I received a second response to the subsequent Notice and both are copied to Councillors for a decision as to who is, effectively, elected. I confirm that both applicants are properly qualified to serve. Agenda item 2 refers.

- The Annual Parish Meeting held on 20th May was attended by 25 residents, 6 of them Parish Councillors. Cllr Pallett, as statute requires, chaired the session. The issues raised centred on traffic problems, specifically at the crossing gates and heavy HGV use, plus the lack of appropriate play space for older children and teenagers. A presentation on the emerging Community Rail Partnership was organised by Cllr Shaw who remains EPC's liaison contact for the initiative.
- There is revised interest on the part of BMSDC in encouraging an Emergency Plan for Elmswell. This has been taken further in past years but any initiatives have faltered over time. I can provide contact details should any Member be interested in engaging further.
- I circulated Members with SCC proposals for, effectively, a reduction of the speed limit down Church Hill and beyond towards Woolpit to 30mph. I received a positive response from a majority of Councillors and will pass this on appropriately.
- In the interests of the declared policy of Succession Planning I continue to focus on divesting the Clerk's role of certain aspects which might render it more difficult to replace the range of activities and responsibilities which currently go with the job. I recommend, therefore, the Proposal at agenda item 13 where day-to-day liaison with the Tavern management is delegated to Councillors and the Proper Officer then consulted

before sanctioning action.

- With Working Party Councillors and Council's Preferred Contractor for arboricultural works I attended on site at Crown Mill towards clarifying the process as per Agenda item 14 which includes liaison with our professional advisers, Connected Ecology, in line with their Report as ref 26.05.32. No extenuating factors were identified.
- The increase in the number of Council employees consequent upon the Elmswell Tavern project and the specific requirements of the employment framework offered by the hospitality trades recommend a new look at Council's existing and proposed Contracts of Employment. Testing the HR advice services market on-line offers a bewildering range of costly options, confirmed in a face-to-face meeting with one such provider. The Proposal at agenda item 16 recommends what I suggest is a very affordable way forward. The possibility of new employment legislation before the end of this year confirms that it is the right time to regularise our HR framework.
- The initiative to install a post-mounted sign at Wesley to echo that at the Elmswell Tavern originated from the BWTMA and was taken up by Cllr Hancock. With the design determined, the installation process has been complicated by siting close to underground services and an electrical supply. Hence the split responsibilities as per Agenda item 16. The aggregated sum is the cheaper of 2 alternatives, a third contractor having failed to quote.

In response to a question from the floor, both Clerk and Chairman confirmed that the forthcoming review of the village's Neighbourhood Plan would have as a priority the provision of play / recreation space for older children and teenagers.

Planning Results

The Meeting noted the following as notified by Mid Suffolk District Council as Planning Authority: *Willow Farm, Ashfield Road*: Listed Building Consent granted for installation of PV panels, stripping and re-laying of roofs and installation of external weatherboarding Ref. DC/26/00174 EPC deferred to Officers and made no comment

Planning Applications

Councillors opted to defer to Planning officers and make no comment on Application ref. DC/26/02381 for works to a tree protected by a Tree Preservation Order at 37, Oxer Close.

Tavern

The Meeting agreed that, in accordance with Council's move towards Succession Planning with regard to the current Clerk's post, the Chairman, Vice-chairman and Cllr Brown be forthwith jointly delegated to act in all matters of Line Management of the Elmswell Tavern General Manager with all actions and decisions to be ratified by the Council's Proper Officer.

Crown Mill

The Meeting agreed that Council instructs W Jarvis & Son as preferred contractors to trim the laurel, pyracantha and buddleia hedging on the Council's land at Crown Mill facing

Crabtree Meadow and to install picket fencing, as per that which already borders the site, along the red line boundary presented in Figure 2 of the Connected Ecology Preliminary Ecological Appraisal Report dated 15.05.2026, all works to be within the terms of the Recommendations made in that Report and subject to the pre-works check authorised at 26.05.32 and carried out for a sum not to exceed £2,410.00 net of VAT.

Employment Contracts

The Meeting agreed that That Council instructs JW Employment Law to review the contracts of employment already in place and to advise on those needed in light of the increase in the number of employees consequent upon the operation of the Elmswell Tavern, all for a sum not to exceed £2,000.00 net.

Wesley sign

The Meeting agreed that, towards the later installation of an illuminated two-sided swinging sign advertising the Wesley facility, Council instructs Stroods Specialist Contractors to supply and deliver a timber post and metal frame for installation by Finch Services Limited and for electrical connection by Wayne Salmon Electrical at Wesley for the total sum, net of signage, not to exceed £4,325.00 plus VAT.

Turners' Field

The Meeting agreed that Connected Ecology, as currently retained contractors, be instructed to submit to BMSDC Planners a revised layout of plans already submitted towards ensuring on-site mitigation of Biodiversity Net Gain requirements in the matter of the Change of Use Planning Application on the Turners' Field land at Blackbourne towards the provision of an extension of land available for recreation there, for a sum not to exceed £2,500.00 net of VAT and disbursements.

Next Meeting

It was noted that the next Meeting of Council was scheduled for 20th July beginning at 7.30pm at Blackbourne. The public are, as ever, welcome to attend all Council meetings and the agenda will always offer opportunities for questions and comment. Agendas are published online at elmswell-pc.gov.uk and on the Council's notice board at Crown Mill and are available from the Council Office at Blackbourne.



The sad loss of Cllr David Hawes created a Casual Vacancy on Elmswell Parish Council.

The process of filling the position begins with the Returning Officer at Mid Suffolk officially posting a Notice of Vacancy in Office of Councillor. This was duly done and the deadline of 14th May set for any 10 Elmswell electors to request that an election be held. Otherwise, it confirmed that the vacancy would be filled by co-option. No such request was made and a second notice was duly posted inviting electors who wished to be considered for co-option to make application by 5th June.

2 Applications were received and copied to Elmswell Parish Councillors prior to their June Ordinary Meeting when a paper ballot, overseen by District Council Ward Member Jen Overett, elected Janet Sparks to the vacant post.

Cllr Sparks Lives at Fox View on Crown Mill, is a member of the Blackbourne & Wesley Management Association and is well known about the village. Her telephone number is 07976, email Janice. sparks1@hotmail.com



Enquiries on any Parish Council matter are invited to the Clerk, Peter Dow, at The Council Office, Blackbourne, Blackbourne Road, IP30 9UH – right next to the car park and with wheelchair access.

Staffed Monday – Friday 9.00am – 4.00pm
and other times by arrangement

clerk@elmswellpc.co.uk
Tel. 244134 www.elmswell-pc.gov.uk



Future Council Meetings

Notice of all meetings and agendas is posted on the Council's notice board at Crown Mill and in the community notice board at the Co-op.

July	Aug	Sept	Oct	Nov
20 th	17 th	21 st	19 th	16 th

Meetings are held at Blackbourne, beginning at 7.30 unless otherwise notified

VILLAGE INDEX



Useful contacts for community groups & others..feedback is essential.
Do be in touch to correct or add details or to suggest someone else deserving of listing.

Amenities Association	Jean Barker (Sec)	aaa@elmswell.org.uk	241135
Art Club	Eddie Douglas	edward.douglas2@gmail.com	
Arts Society of West Suffolk	Diana Hollins	theartssociety-westsuffolk.org.uk	01449 736930
Baby & Toddler Group		elmswellbtgroup@gmail.com	
Baptists	Dave Hollings	davehollings@btinternet.com	241323
BATS (Badminton & Table Tennis)	Mike Burgess Wilson	burgesswilsonmike@gmail.com	07513 336412
Beavers	Ruth Salmon	ruthcourt4@hotmail.co.uk	
Bingo at Blackbourne	Brian Hawes		07761 125093
BWMA	Peter Edmonds (Sec)	edmondspeterj@gmail.com	07860 395720
Blackbourne – all enquiries	Parish Council office	clerk@elmswell.suffolk.gov.uk	244134
Brownies	Megan & Frankie	elmswellbrownies@hotmail.com	
CAB		advice@midsuffolkcab.org.uk	01449 676060
Carpet Bowls Club	Mike North	mcnorth8@gmail.com	
Christians Together in Elmswell	Peter Goodridge	elmswellrector@gmail.com	240512
Companions	Linda Waspe	linda@labbott.plus.com	
County Councillor	Cllr Andy Mellen	Andy.Mellen@suffolk.gov.uk	
Cricket Club	Ben Whatling (Captain)	benwhatling@mail.com	07760 174811
Cubs	Mark Pernot	mark.pernot@gmail.com	
District Councillor	Sarah Mansell	Sarah.Mansell@midsuffolk.gov.uk	07860 829517
District Councillor	Jen Overett	Jen.Overett@midsuffolk.gov.uk	
Elmswell Tavern		manager@elmswelltavern.com	01359 301111
Elmswild	Mary Feeney	info@elmswild.org.uk	241901
Exchange Afternoon WI	Carol Blissett	carolblissett@hotmail.co.uk	242884
First Responders	Merv	merv.smith@tiscali.co.uk	07909 006 496
Football	Chris Edmonds	edddd101@gmail.com	
Fox Bowls Team bowls at Blackbourne	Rob Dann	rcsdann@btinternet.com	07917 013846
Gardening Club	Wendy Walker	elmswellgadmin@btinternet.com	07748 442951
Guides	Viv	elmswellguides@outlook.com	
Harry Huson Bridge Club	Amanda Roberts	robertsar@sky.com	07526 743734
Health Centre - Woolpit			240298
History Group	Stella Chamberlin	stellachamberlin@yahoo.co.uk	
Ladies Voices (Choir)	Anna Wilton Mills	annawm63@gmail.com	
Library	Miles Row - Manager	Elmswell.Library@suffolklibraries.co.uk	240974
Little Elms	Paula Reynolds / Samantha Willers	info@littleelms.co.uk	240491
Newsletter	Editorial office	aaa@elmswell.org.uk	244134
Over 55's Club	Sharon & Kay	elmswellover55s@outlook.com	
Parish Council	Parish Clerk	clerk@elmswell.suffolk.gov.uk	244134
Police Emergencies			999
Police; non-emergencies	Mid Suffolk South SNT	headquarters@suffolk.pnn.police.uk	101
Poor's Land Charity	Peter Goodridge	elmswellrector@gmail.com	240512
Power cuts		Powercut105.com	105
Rainbows	Gemma	elmswellrainbows@yahoo.com	
Royal British Legion	Norman Plumpton (Biff)	nplumpton@aol.com	07707 524722
School	Mr Richard Ratcliffe	admin@elmswell.suffolk.sch.uk	240261
Scouts	Mark Pernot	mark.pernot@gmail.com	
St John's Church	Peter Goodridge	elmswellrector@gmail.com	240512
St John's Floodlighting	Trevor Sadler	trevor.sadler@dsl.pipex.com	240908
Sewing Bee	Isabel Burgess	isabel.burgess@live.com	
Village Tree Warden	c/o Parish Clerk	clerk@elmswell.suffolk.gov.uk	244134
Wesley – all enquiries	Parish Council office	clerk@elmswell.suffolk.gov.uk	244134
WI - evening	Tricia McNeeney	triciamcneeney@gmail.com	241197
Youth Football	Wayne	wsast@hotmail.co.uk	

**Enquiries on any Parish Council matter are invited to the Clerk, Peter Dow, at The Council Office, Blackbourne, Blackbourne Road, IP30 9UH - right next to the car park and with wheelchair access. Staffed Monday - Friday 9.00am - 4.00pm and other times by arrangement.
clerk@elmswell.suffolk.gov.uk Tel. 244134**

**IF YOU ARE NOT HAPPY THAT YOUR DETAILS APPEAR HERE,
PLEASE DO BE IN TOUCH VIA [aaa @elmswell.org.uk](mailto:aaa@elmswell.org.uk)**

What's On in Elmswell ?



To be included in our events diary make sure you send separate notification of your announcement.

For a full year's calendar of what's booked at Blackbourne, please go to the Parish Council website at www.elmswell.suffolk.gov.uk - it might help you in planning dates for your events.

July 2026

- 1 Elmswell WI Afternoon 2.00 pm Helen Hillier Floral decorations
- 2 Elmswell Over 55's Club Strawberry Supper and Bingo
- 11 ELMSWELL HISTORY GROUP 2-4.30pm in Wesley Chapel Speaker Steve Bolton: Talk & Exhibition on History of English Women's Football since WW1
- 14 Elmswell WI Fish & Chips & Stuff & Folly
- 16 Elmswell Over 55's Club Steve Key (may be a bit of Line Dancing)
- 21 Elmswell Gardening Club, 7.30pm Speaker Paula Joyer, Flower Farming 'Born in Essex, Grown in Suffolk', Wesley Chapel
- 26 Elmswell CC versus Milden at Blackbourne
- 30 Elmswell Over 55's Club The Hut Felixstowe

August 2026

Elmswell Gardening Club No Meeting

- 5 Elmswell WI Afternoon 2.00 pm John Sutton Route 66 in the USA
- 9 Elmswell cc versus Nowton at Blackbourne
- 13 Elmswell Over 55's Club Haughley Hoofers
- 23 Elmswell cc versus Hadleigh at Blackbourne
- 27 Elmswell Over 55's Club Basket Mealand Elmswell Ukulele Band

September 2026

- 2 Elmswell WI Afternoon 2.00pm Service by Emergency Response Volunteers Work of SERV as Emergency Responders
- 10 Elmswell Over 55's Club Mystery Tour
- 10 *Annual Subs Due* ELMSWELL HISTORY GROUP, 7.30pm; in Wesley Chapel. Speaker Darren Dordoy: Stowmarket's 1871 Gun Cotton Explosion
- 21 Elmswell Gardening Club, 7.30pm Speaker Ruth Goudy 'Plan a Beautiful Border', Wesley Chapel

- 24 Elmswell Over 55's Club Harvest Supper and Bingo

October 2026

- 7 Elmswell WI Afternoon 2.00pm Sabine Dornbusch Bury Drop-in
- 8 ELMSWELL HISTORY GROUP, 7.30pm; in Wesley Chapel. Speaker Grant Bage: Ipswich Football Legend, Sir Alf Ramsey
- 8 Elmswell Over 55's Club Medley of Fun
- 22 Elmswell Over 55's Club Ray Smith(may be a bit of LineDancing)

November 2026

- 4 Elmswell WI Afternoon 2.00pm Stephen Moody Origin & History of Christmas Traditions
- 5 Elmswell Over 55's Club Bangers and Mash and Bingo
- 12 ELMSWELL HISTORY GROUP, 7.30pm; in Wesley Chapel. Speaker Taff Gillingham: Suffolk Regiment's POWs in WW2.
- 19 Elmswell Over 55's Club Thurston Ladies Choir

STOP PRESS

Regular sessions at Blackbourne & Wesley include:

ART CLUB at Wesley every Tuesday 9.00 – 12.00 Eddie Douglas edward.douglas2@gmail.com

ARTS SOCIETY OF WEST SUFFOLK first Tuesday monthly, October-June. Diana Hollins 01449 736930 theartssociety-westsuffolk.org.uk

BABY & TODDLER GROUP - Monday mornings elmswellbtgroup@gmail.com

BATS- badminton / table tennis at Blackbourne TUESDAY night 7.15 – 9.15 pm burgesswilsonmike@gmail.com or tel. 07513 336412

BEAVERS /SCOUTS - Wednesday 5.45 – 9.15 glv@elmswellscouts.org.uk

BINGO - Blackbourne, last Friday monthly doors open 6.30...eyes – down 7.30

BOWLS - barryhayward1902@gmail.com tel. 240951

BRIDGE - Blackbourne - Monday afternoons from 1.15pm – Phil Peters 07825 016884 peters33@btinternet.com

CARPET BOWLS - Wednesday 7pm at Wesley – em.mcnorth8@gmail.com

CIRCLE DANCING - Thursdays 1.45 – 3.15 jenlerner@gmail.com

COMPANIONS - every other Friday 10 – 12 at Wesley - linda@abbott.plus.com

CUBS Tuesdays 6.15 – 7.30 - mark.pernot@gmail.com

DANCE & FITNESS / CIRCUITS - Mondays 7.00pm & 7.50pm at Wesley

DIGITAL SUPPORT SESSIONS – free at Wesley 3rd Wednesday monthly, no need to book

FOOTBALL - Chris Edmonds edddd101@gmail.com

GARDENING CLUB at Wesley 3rd Tuesday monthly 7.30 elmswellgcadmin@btinternet.com

GUIDES - elmswellguides@outlook.com

HISTORY GROUP at Wesley 2nd Thursday monthly 7.30 stellachamberlin@yahoo.co.uk

JAPANESE JUJUTSU / SELF DEFENCE - Monday & Wednesday 6.30 – 8.30 ryoishintowaryuheiho@gmail.com tel. 07711 680262

JUNIOR FOOTBALL - smyth98@hotmail.com 07717 841591

KARATE with Lewis - Friday 5.00 – 7.00 info@greatheadma.com

MARDLE QUILTERS - last Friday monthly carpajak@aol.com

MOO MUSIC - Fridays 12.45 – 3.15 bury@moo-music.co.uk

OVER 55'S - every other Thursday 19:00 to 21:15 Diann Armstrong tel. 241002

PILATES - Monday & Friday mornings – suzanne@triformpilates.co.uk

RAINBOWS - elmswellrainbows@yahoo.com

TREFOIL GUILD - 1st Tuesday monthly lesley.grout@btinternet.com

WI – afternoon at Wesley 1st Wednesday monthly at 2.00pm Carol Blissett carolblissett@hotmail.co.uk

WI – evening at Wesley 2nd Tuesday monthly 7.30pm triciamcneeney@gmail.com

If we've missed you out, do let us know...all enquiries to Ann at the Council Office Tel. 244134 Email clerk@elmswell.suffolk.gov.uk

Your Newsletter Fact File

For future editions we need copy by: July 28th, August 25th, September 22nd, October 27th, November 24th

Contact us on **01359 244 134** for all Amenities Association business, Newsletter and adverts.

Our email address is **EAA@elmswell.org.uk** Your editors: Jean Barker, Maggie Bushell, Peter Dow

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