

'Like a friend
dropping in'



The Elmswell Newsletter



More than thirty years of Parish Record... all the Community News...

OCTOBER 2026

On line at elmswell.suffolk.cloud



Making a joyful noise

... see page 19

Published on the first Friday of every month by the Elmswell Amenities Association Reg. Charity No. 304879.
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ELMSWELL ART CLUB

This month, we have a "family feel" to our first two pictures.

Our first one, by Joanne Finter shows a couple of adorable lion cubs. Joanne painted this from a photograph in an article entitled "The Circle of Life", in watercolours and she used a white ink pen for the whiskers. The article talked about the number of African lions having **halved** since 1994 and an initiative in Zambia planning to reverse this trend with help from several charities.



Joanne's Mum, Annette, produced the following painting of a Hare from a picture in a calendar that her niece gave to her – can you guess which month the picture represented? Yes, that's right, it was March! The suitably named "March Hare" picture is in watercolour paints and never fails to raise a smile.



Finally, on a completely different note, we have two paintings from John Simpson; his first is a montage entitled "Dance the Night Away". John has used watercolour paints and pencils to produce this image

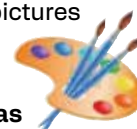


John's second painting, "Ray" is in pastels and depicts Ray Charles, the American singer, songwriter, and pianist. He is regarded as one of the most influential musicians of the 20th century and was often referred to by contemporaries as "The Genius". Paintings of him are often in the abstract/ impressionist style and I hope you will agree that John has also achieved this in his painting below.



We hope you have enjoyed the variety of styles and subjects in our pictures this month.

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 13th September 2026

A prodigious group of 13 souls amassed at the village sign on a changeable early autumn morning. The conversation soon turned to the number of waterproofs on view and the choice of footwear. Some got it right. Others paid the price.

Striking off over the railway crossing and through the industrial estate we were soon within the bounds of the Bacon Factory housing turning left at Hall Lane and encountering FP12 on the left.

A right took us parallel to the track and along to the new steps at Parnell Lane.

Straight across here led to FP13 and the first indication of the underfoot conditions had been affected by the recent rainfall.

A right after the footbridge and a further right took us to the rear of Elmswell Hall where a left started us up the slope.

Historically this stretch of FP13, morphing into FP7 at the Parish boundary, becomes extremely challenging over the winter and the process seems to have taken an early start as feet became heavier with the ascent.

Turning left after crossing the footbridge and cleaning footwear, FP7 took us round to the junction with FP35 where we turned left, still on FP7.

Now came the familiar big sky clockwise circumnavigation of The Grove on FPs 7, 20 and 31, eventually turning left on FP31 at it's junction with FP7.

At the junction with FP32 we took a right and FP32 had us heading homewards with the drizzly rain now making itself a bit of a nuisance.

A right and left led us back over the Parish boundary and on to FP1 where it was a simple task to follow the well trodden path back past the horse meadows on the left, over the footbridge,

through the houses and back to Crown Mill.

A well earned, if somewhat damp, pint of ale at the Tavern proved to be a more than adequate reward for the morning's efforts.

A walk of approximately 4.15 miles in 1 hour and 36 minutes (an average speed of 2.6 miles per hour).

Peter Hancock, EPC Footpath Officer



OCTOBER'S FOOTPATH WALK WILL BE ON SUNDAY 11TH OCTOBER STARTING AT 10.30 AT THE VILLAGE SIGN AT CROWN MILL

ELMSWELL OVER 55's

ELMSFEST 2026: We would like to thank everyone who donated prizes, made cakes, and helped on the day. We raised £500 for the club, well done everyone!

On Thursday 10th September we boarded the bus for a Mystery Tour, we arrived at Wells-next-the-Sea and enjoyed lunch and stroll in the beautiful sunshine.

We hosted the Harvest Supper on 24th September followed by a game of Bingo.

On Thursday 8th October we will need our detective hats on for a Murder Mystery night.

New members are always welcome, why not come along for a taster session, please contact us for further information:

Kay – 07730 265316

or Sharon – 07885 730911 or

email elmswellover55s@outlook.com

you can also find us on Facebook.



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ELMSWELL

EXCHANGE W.I.

This month after Mary welcomed everyone to the meeting, our speaker Malcolm Parkinson was introduced. Malcolm is a volunteer for SERV which stands for service by emergency response volunteers. Malcolm has always enjoyed riding motor bikes so SERV is ideal for him. He became a volunteer in 2013 and is part of the Suffolk and Cambridgeshire SERV.

SERV started in 1981 transporting blood by volunteers who enjoyed riding motor bikes. The volunteers also pay for their own petrol. The Suffolk and Cambridge group was set up in 2010 and has one hundred and sixty volunteers. SERV receives no funding from the government, NHS or any regulatory boards. They rely on donations from the public and private companies.

Although it is still an emergency delivery service for blood to hospitals in Suffolk and Cambridgeshire it also delivers blood products, platelets, blood samples, donated breast milk, prescription medicines, X-rays, faecal matter and neurological scans. It is a twenty four hours a day service and now delivers blood to the air ambulances for East Anglia and Cambridgeshire. There is fresh blood for each flight, delivered twice a day and any left is taken back to the hospital to be processed and then used. There is a dedicated electric car to carry out these trips.

The milk service to Neo natal units started in August 2016. Malcolm told us he was sent on an emergency call from the Rosie hospital at Addenbrookes to a home in Haverhill. A mum came to the door holding a baby and twins by her side. Apparently the mother had taken some milk out of the fridge but the twins had thrown it away. She had no way of getting any milk so Malcolm's visit was a lifesaver.

All of the volunteers must take and pass the advanced motor cyclist qualification and receive training on product handling and trained on the routes between hospitals. The SERV controllers are also volunteers. The hospitals ring the controllers and then a volunteer is contacted. All volunteers must commit to at least two duties a month. It costs £30,000 a year to run the Suffolk and Cambridgeshire service so donations are very important so as they are able to continue their important work.

It was a very interesting talk and made us all aware of this important service.

The competition this month was a teddy bear. There was a huge variety but the winners were first Pam, second was Jane and third was Maureen.

Our speaker next month is Sabine Dornbusch from the Bury Drop In. Instead of a competition donations for the Drop In would be appreciated such as travel size toiletries.

New members and visitors are always welcome.

Carol Blissett 242 8844

theWI
INSPIRING WOMEN

ELMSWELL W.I.

Our September meeting welcomed Melanie Howes to tell us about Talitha Koum known as TK.

TK is an Ipswich based charity whose mission is to reach out with love, compassion and practical support to women who are vulnerable. They provide supported housing for women recovering from addictions and other life challenges. Their purpose-built accommodation is set on a 2-acre rural site known as The Hope Centre which offers a confidential, safe and supportive environment to help the women to make the life-changes that they desire.

Residents have the privacy of their own en-suite bedroom and can relax in lounges and community spaces with other tenants if they wish. They will be expected to participate in weekly chores and follow the house rules which are there for the protection of all residents. For example, no alcohol is allowed on site for the benefit of those recovering from addictions. Residents can participate in a regular programme of activities at the Hope Centre and take the scheduled transport into Ipswich during the day for work, education, therapeutic activities or other appointments.

This month we ran the refreshments at Elmsfest, thanks to all who supported this event and our members who produced so many lovely cakes. We will be running a tombola at Elmswild Apple Day at the end of the month.

Each month, apart from our meeting, we hold a Coffee and Chat at the Wesley, a Lunch Club which visits various venues, two Book Clubs and a Social Scrabble Club. A few times a year we have a Wine Tasting Club. At this meeting a new club was proposed – an Active Club where members can meet for a walk, cycle, swim or anything else they would like to do. This attracted a good response and the first meeting will be held this month.

Elmswell W.I. always welcomes visitors so come along and give us a try. Our next meeting is on Tuesday 13th October 7.30pm in the Wesley when we will find out about back care, Pilates and looking after our joints.

For further details contact Tricia - 01359 241197

theWI
INSPIRING WOMEN



The past 3 months has been a busy time in the Health Centre. We have received a total of 11,256 Anima requests, averaging 185 per day.

Contacting us

We are proud to offer our patients different options for contacting the health centre, online using Anima, via our reception team or through Andi.

- We remind patients using the telephone for access that they can utilise the callback function if there is a queue.

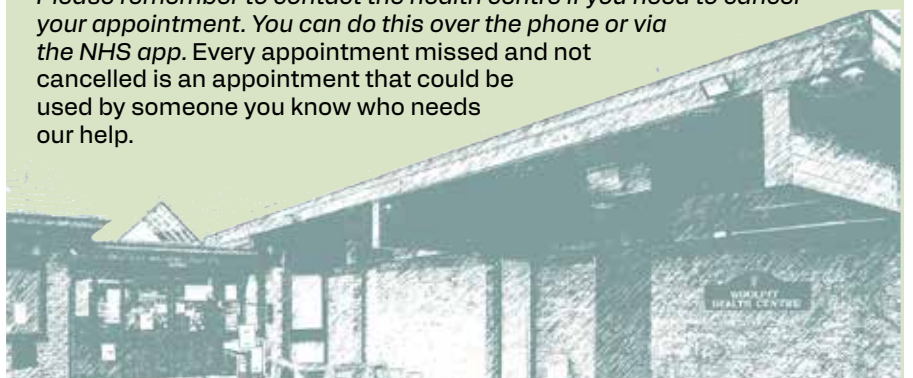
Un-attended Appointments

In the last 3 months 4% of the 4,440 face to face GP appointments were un-attended and not cancelled.

This wastes 35 hours of time dedicated to patients, equating to 175 appointments that would have been available over the 3-month period.

Reminder to Patients

Please remember to contact the health centre if you need to cancel your appointment. You can do this over the phone or via the NHS app. Every appointment missed and not cancelled is an appointment that could be used by someone you know who needs our help.





ELMSWELL HISTORY GROUP

On 10th September, the first meeting of our 2026-7 season welcomed Darren Dordoy (ably assisted by Hannah) for their talk on *Stowmarket's 1871 Gun Cotton Explosion*. This was a tragic event in the town's Victorian history, resulting in 28 fatalities (12 adults and 16 children aged from just 9 years old), most of whom lived very near the factory and in surrounding villages such as Haughley, Needham Market, Barking and the Cretings. On the banks of the River Gipping, this large factory was owned and run by the Prentice family, and we learnt all about the complicated procedure of making this product, which included lots of washing and drying of the components and adding of dangerous acids and other chemicals. In fact, there were two explosions on that fateful day, about 30 minutes apart, the sound of which was heard as far as 30 miles away in Southwold. Although the site's very tall chimney inexplicably remained intact, the explosion obliterated most of the site, created a massive crater, and the shockwaves caused serious damage to many buildings in the town as well as surrounding villages, all of which was reported in the local and national newspapers of the day including the London Times. Soon afterwards, thousands of spectators came by train and other means of transport to view the devastation. An inquest was held when evidence was gone over in detail, and a Home Office report concluded that this accident occurred because of unsafe procedures, inadequately trained workers and children, and no specific instructions from the government of the day as to how to deal with such dangerous chemicals. Although no time was lost in rebuilding the factory in 1872, perhaps the only good thing to come from this dramatic event was various new Acts of Parliament such as the 1875 Explosives Act (banning children under 16), although it wasn't until the subsequent 1923 Act that under-18s were banned from working in such factories. Stowmarket Local History Group have erected a timely memorial in the town's cemetery to those who perished on that fateful day.

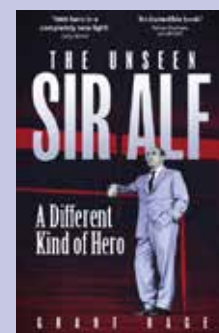
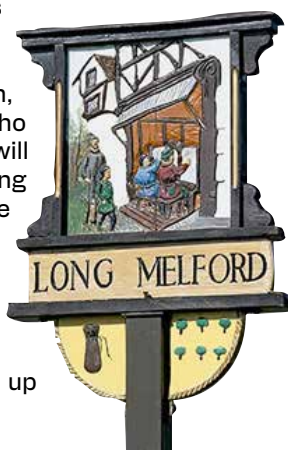
FROM THE ARCHIVE: 22nd October 1870

This issue of the *Ipswich Journal* reported that Sir Shafto Adair of Flixton Hall in north Suffolk had recently invited several gentlemen to come and witness his new bridge being tested. The bridge, spanning the River Waveney, was in the small village of Homersfield (on the Suffolk/Norfolk border, south-west of Bungay), and was the first concrete bridge in Great Britain, designed by an Ipswich architect, Henry Eyton, who worked closely with Sir Shafto on the project. For the first test, a five-ton roller was drawn over the 48ft bridge by four horses who went back and forth several times just to make sure it would bear the weight; then a wagon laden with sacks of flour was pulled across it - the bridge held throughout. When it was restored in 1995 by the Norfolk Historic Buildings Trust, the work cost £85,000. Seven administrative boundaries converged in the middle of the bridge and so, at the re-opening, seven representatives, all wearing their chains of office, cut the ribbon with seven pairs of scissors, and each piece of ribbon was saved for posterity. (Ref: Ipswich Journal, 1870; notice on Homersfield Bridge)



Heritage Open Day, 20th September

Several members attended an evocative exhibition in Long Melford to celebrate the Stour Valley's iconic network of wartime pillboxes as history's silent witnesses. The 1940s weekend at Long Melford's Old School (where the father of one of our members grew up) took us back to remember the tense summer of 1940 when Britain hastily assembled its defences in the face of an anticipated imminent invasion. Visitors learnt about the strategic 'Stop Line' of concrete defences that passed directly through Sudbury and Long Melford, being a critical component of the nation's inland defences against an advancing enemy. A highlight of the day was the work of Suffolk photographer, Mick Cant, with his haunting images capturing the drama of pillboxes within the local landscape. The dedicated living history group of 'B' Company, Battalion Suffolk Home Guard were also in attendance, as was a display of WW2 historic vehicles, a recreation of Captain Mainwaring's HQ (the grandfather of one of our members was Headmaster at the local school and was very active in Long Melford's Home Guard), and there was a NAAFI tearoom to provide refreshments throughout. The day culminated in a talk by local historian, Ashley Cooper, who some members will remember from visiting his Gestingthorpe farm and Roman Villa remains near Sudbury, which we visited as a group some years ago, so it was lovely to catch up with him too.



Our next talk, "*Ipswich Football Legend, Sir Alf Ramsey*" by Grant Bage, will be on Thursday **8th October**, 7.30pm at the Wesley Hall. This talk will shine a new light on Sir Alf Ramsey, an Ipswich Town and England legend, who became a national hero in 1966, when he managed the England's men's football team to World Cup success. He was a Suffolk hero too, thanks to his triple league-winning leadership of Ipswich Town from 1955 to 1963, and remaining in Suffolk for the rest of his life. Grant Bage is an author, educator and Honorary Fellow of the Historical Association, and he will have copies of his latest book "*The Unseen Sir Alf: A Different Kind of Hero*" available for sale that evening. Do join us then to find out much more - everyone welcome, doors open at 6.45pm. Members £4, Visitors £6, Under-18s £2 - cash or cheque (payable to "Elmswell History Group"), sorry no cards.



**Elmswell
HISTORY
GROUP**

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

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



HELLO FROM THE ST. EDMUND'S LINE COMMUNITY RAIL PARTNERSHIP

This is a fairly new Partnership so for some of you this will be the first time you've heard about the Partnership, and possibly also community rail, whereas others will already be in the know. If that's the case, please bear with me.

The Partnership covers the stations on the Ipswich to Cambridge/Soham lines (Ipswich, Needham Market, Stowmarket, Elmswell, Thurston, Bury St. Edmunds, Kennett, Newmarket, Dullingham, Cambridge and Soham). It is supported by Greater Anglia and all of the local and regional authorities along the line.

A new brochure promoting the line will start to appear at outlets in our communities soon, so please look out for them.

As you may know, Community Rail is based on the 4 pillars of:

- Providing a voice for the community;
- Promoting sustainable and healthy travel;
- Bringing communities together, supporting diversity and inclusion;
- Supporting social and economic development

Within this framework, the St. Edmund's Line Community Rail Partnership is working with local communities along the line to develop projects in the themes pictured below.

That's where **you** come in.

- Are you involved in a community group and would like to find out more about the Partnership and how it can support the work you do?
- Do you have a project idea that involves the "community" and "rail"?
- If the answer is "Yes", I'd love to hear from you. Please get in touch through crp@stedmundsline.org.uk

Lesley Rayner,
Community Rail
Partnership Officer
for the St. Edmund's Line



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CITIZENS ADVICE MID SUFFOLK

I finished school in the summer and since then I've applied for countless jobs, but I'm not having any luck - most companies don't even bother getting back to me. It's really getting me down - what can I do to be more successful?

Navigating your first steps into the world of work can be really daunting. If you're struggling to find a job, you're not alone. Nearly one million young people aged 16 to 24 in the UK are not in education, employment or training. Clearly, there are some big structural and economic issues that are making it hard for young people to find work, but there are still things you can do.

When you're applying for a job, it's vital to do your homework. Make sure you've done your research about both the role and the employer and adjust your CV to fit the position you're applying for. Employers will usually want to know why you're interested in working for them specifically, so take some time to look into who they are and their values as an organisation. Then discuss how they align with what you're looking for in a role in your application.

Be cautious about using AI. When you're feeling the pressure to get out as many applications as possible, it can be tempting to turn to AI to help you write your CV, cover letter or application form. But employers can usually tell when you've used AI, and some may use AI detection tools when screening your application. It might put them off wanting to progress your application, so it's best to always use your own words.

If you're worried about your lack of experience, one way to make your CV stand out from the crowd is to try volunteering. Not only will you gain vital skills and work experience but also make a positive difference to people's lives. For example, volunteering in your local Citizens Advice service can give you office experience and customer service skills - you can find out more about opportunities in your area on our website.

If you're struggling financially, you should check what benefits you're able to get. If you're over 18 (or in some cases 16 or 17), not in education or training, and you have less than £16,000 in savings or other investments, you may be eligible for Universal Credit. You might also be able to get 'new style' Jobseeker's Allowance for up to six months while you look for a job. You can check what benefits you can get on the Citizens Advice website.

And lastly, job hunting can take a real toll on your mental wellbeing. Endless applications, back-to-back rejections or being ghosted entirely can all chip away at your self-esteem and affect your mental health. If you're finding it tough, there's help and support available. You can reach out to organisations like StudentMinds, try YoungMinds or get in touch with Mind - you don't have to face it alone.

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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FREE EVENT

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ELMSWELL GARDENING CLUB

With a last-minute change to our speaker, September's meeting saw a welcome return from Geoff Hodge, educating us on how to keep our houseplants happy.

All of the plants that we refer to as houseplants are in fact outdoor plants from different environments and countries. The UK has the lowest number of houseplants grown compared to other parts of Europe and we also sadly have the highest number killed by their owners! Keeping houseplants happy is all about getting to the root of the problem.



Just as with plants in the garden, houseplants also need consideration of the 'Right Plant, Right Place' or in this case 'Right Windowsill', so checking a plant label is the first step to good health. Generally, houseplants like a humid environment but most of our homes are not ideal being too hot and dry, with great variation in temperatures which plants do not like.

Geoff's top tips to keeping houseplants happy are watering when needed with less watering needed in winter months, and water using tepid tap water only, as rain water can contain pathogens and fungi.

Grouping plants together, standing them on trays of gravel and regular misting can help overcome our dry home environment.

Feeding is also a common killer; too much is as bad as too little, because it can be toxic to the roots and finally, he recommended not repotting plants too often as this can damage the roots.

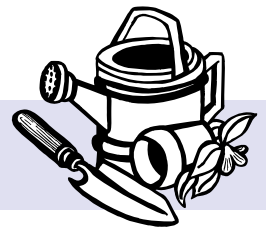
Houseplants are a great way of bringing the outdoors inside and for some who don't have a garden, or gardening is not a passion, houseplants can be a great alternative. They are also great natural air purifiers. Good starter houseplants

include cacti, snake plants and succulents but be warned...they are addictive (I have 43 and there is always room for more).

Our speaker for October 20th is local gardener and owner of the Sustainable Plant Store, Chris Wiley 'Climate Resilient Gardening'. The meeting starts at 7.30pm in Wesley Chapel, School Road.

All meetings start at 7.30pm in Wesley Chapel, School Road. We look forward to welcoming you and sharing our passion for gardening.

Wendy



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



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ELMSWELL LIBRARY

Hello Elmswell,

We have our new exhibition up. It is various textile pieces made by members of our Thursday morning Crochet and Chat group. There is an embroidered tablecloth, a crochet top with intricate patterns, a jellyfish, a pumpkin and more.

We are having our first late afternoon / evening storytelling session for adults. Justine de Mierre is coming from 6pm on Thursday October 29th. It is free to attend although donations to Elmswell Library Friends are welcome. Storytelling is not just for kids and these stories will be aimed at ages 16+. We are starting at 6pm but there will be a break so if you can not make 6pm, join us after the break at 7pm.

As it is half term we will have Picture Bingo 10.30am on Tuesday 27th October. Picture Bingo is for kids where they have a chance to win a prize. Kindly supported by Elmswell Library Friends.

Our next book group book is The Fox Wide by Yangsze Choo. Manchuria, 1908: A young woman is found frozen in the snow. Her death is clouded by rumours of foxes, believed to lure people into peril by transforming into beautiful women and men. Bao, a detective with a reputation for sniffing out the truth, is hired to uncover the dead woman's identity. Since childhood, Bao has been intrigued by the fox gods, yet they've remained tantalisingly out of reach. Until, perhaps, now. Meanwhile, the family of a famous Chinese medicine shop can cure all ailments - except the curse that afflicts them. All their eldest sons die before their twenty-fourth birthdays. Now the only grandson of the family is twenty-three. When a mysterious woman enters their household, their luck seems to change. But is their new servant a simple young woman from the north, or a fox spirit bent on her own revenge?

We have a new display in the adult non-fiction section of books focussing on dementia as part of the Reading Well With Dementia project. You can read more about the books on the Reading Well With Dementia page <https://suffolkcommunitylibraries.co.uk/reading-well-for-dementia/>

From 2.30pm on Wednesday 7th October and 2.30pm Tuesday 13th October we have staff from Mid Suffolk in the library who can provide advice on making your home more energy efficient and reducing your bills. See you in the library soon,



Miles

What's on

Picture Bingo

10.30am Tuesday 27th October

Justine de Mierre Storytelling for 16+

6pm Thursday 29th October

Catch Up In The Library

2.30pm every Wednesday

Crochet and Chat

10am every Thursday

Mahjong

3.15pm every Friday

Sunday Crafts

1pm – 2pm every Sunday

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

Lego Club

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

Gwel's visits

4pm – 5pm Tuesday 6th October
(every 1st Tuesday of the month)

Writing Group

6pm Thursday 1st October
(every 1st Thursday of the month)

Evening Chess Club

7pm Thursday 1st October
(every 1st Thursday of the month)

Afternoon Chess Club

4.30pm Thursday 8th October
(every 2nd Thursday of the month)

Fantastical Book Club

11am Saturday 10th October
(every 4 weeks)

The Keep in Touch

Community Café

10.30am Wednesday 21st October at the Wesley Café (every 3rd Wednesday of the month except August and December)

12+ Lego Club

5pm Tuesday 27th October
(last 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

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ST JOHN'S CHURCH

Greetings from St John's, your local parish church

The nights are certainly beginning to draw in! As we move further into autumn, the days become shorter and we find ourselves switching the lights on earlier and earlier.

Light is a wonderful picture that the Bible uses to describe Jesus. Jesus said, **"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."**

That seems particularly appropriate at this time of year, and during half-term we are planning something new for families at St John's. On Friday 30 October, from 4-6pm, we will be holding a **Family Light Trail** in the church. There will be lots of light-themed crafts and activities, as well as a trail to follow around the church building. We will then come together for some fun, music and a short Bible story before finishing with hot dogs and refreshments for everyone.

The afternoon will be a chance to have some fun together while discovering why Christians believe that Jesus is the Light of the World and how those who follow him can shine his light to others.

Everyone is welcome, and there is no charge — just come along at 4:00pm.

October at St John's begins with our **Harvest Festival** on Sunday 4 October at 10:30am, when we will be giving thanks to God for all his good gifts. During the rest of the month our Sunday services continue at 10:30am as we finish our series looking at the Old Testament book of Ezra.

Our children have their own activities during part of our Sunday services and this term our **Sunday School** are exploring the story of Exodus — including

Moses, the escape from Egypt and the amazing ways in which God rescued and cared for his people.

The next **Ladies Brunch** is on Saturday 10 October at 10:30am. Pam Millyard will be reading some of her poems. Please sign up at the back of church or contact us (below) if you would like to come.

Looking a little further ahead, November is also a month of remembering. On Saturday 7 November at 3pm we will hold **"A Time To Remember, A Time To Give Thanks"**, giving people an opportunity to remember loved ones who have died. The following morning, Sunday 8 November at 10:30am, sees our annual **Remembrance Sunday Service**. Everyone from the village is very welcome at both.

Remember, everyone is welcome at St John's. Whether you come every week, haven't been to church for years, have never been before, you are very welcome to join us. Simply come as you are.

Upcoming Dates:

- Sun 4 October**
9:00am Lord's Supper (spoken service)
- Sun 4 October**
10:30am All Age Harvest Festival
- Sun 11 October**
10:30am Worship with Lord's Supper
- Sun 18 October**
10:30am Sunday Worship
- Sun 25 October**
10:30am Worship with Lord's Supper
- Fri 30 October**
4:00pm Family Light Trail (with hot dogs)
- Sun 1 November**
9:00am Lord's Supper (spoken service)
- Sun 1 November**
10:30am All Age Service

Every Saturday:

9:00am Weekly prayer meeting online (see website for details)

We live stream most of the Sunday 10:30am services on our Facebook page (also available on our main website later that day).

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

Scan to give to St John's:



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. For October the lights will be on between 7.00 p.m. and midnight. 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".

Deadline for inclusion in the November Newsletter is Monday 26th October.

Your support is very much appreciated. Thank you.

SEPTEMBER 2026 SPONSORSHIPS - CORRECTIONS

- 28 in memory of Laurence Peachey.
- 29 in memory of Betty & Laurence Peachey.

OCTOBER 2026 SPONSORSHIPS

- 5 in loving memory of Mary Eveline Skinner. "Remembered with love". Margaret. xx.
- 6 remembering Dorothy Bloomfield's Birthday.
- 11 to remember and thank all those past Elmswell Fire-Fighters who served their village and community so well.
- 14 in loving memory of Allison Schofield, whose 73rd Birthday would have been today. "We miss you more every day". Michael, Christopher and Jonathan.
- 15 remembering a dear brother, Derek



- Bloomfield, on his Birthday.
- 21 remembering my Mum, Olive Rose Dalton, on her Birthday.
- 21 Ruth Francis. Remembering our lovely Nana on her Birthday. Missed so much by us all, loved and missed every day. x. From all the grandchildren, great grand children, and great great grandchildren.
- 21 in loving memory of Ruth Francis on her Birthday. Loved and missed every day. Janet – Irene -Linda and families.
- 22 remembering our dear son, Matthew J. Pollen, on his 49th Birthday. With our love from Mum, Dad & Glenda. xxx.
- 26 remembering Carl Finch on his Birthday.
- 27 in loving memory of Mary Eveline Skinner on her Birthday, "God Bless". Margaret. xx.
- 27 cherished memories of Mary Eveline Skinner on her Birthday, a dear Auntie. "Remembered with love". xx.
- 31 in memory of Roy Clark.

All bookings / payments to :-

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CATHOLIC PARISH

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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

The combine harvesters fell silent early this year didn't they? With the long hot and dry summer we had everything was early. Yields are down and it may be that some foods will be in short supply and cost more, but we won't be starving for lack of food will we? At our Harvest celebrations we have for many years supported the work of Operation Agri. Their appeal this year is titled "Healthy Food, Water, Families". It is centred on work in Nicaragua, one of the poorest countries in Latin American. The appeal focuses on the work of AMOS (A ministry of sharing) Health and Hope. AMOS is training volunteers in rural areas where there are no doctors to become Primary Health Workers, they will be providing basic medical care as well as supplying water filters for safe clean drinking water. If you would like to hear more about this, do come along as we give thanks to God for another harvest at our All-Age Harvest celebrations on October



11th at 10.30am which will be led by Mark Partidge (Craft, quizzes and songs followed by a BBQ (no charge!). All are welcome.

Any tins and packets brought along will be given to the Elmswell Foodbank, any fresh produce will be taken along to Pilgrims Home in Gt. Finborough. Our offering will be for Operation Agri.

The Ladies Friendship Group meet at 2pm on October 5th when Tony Diamond will be talking about "The 6 wives of Henry 8th". Tony is a very entertaining speaker. Phone Margaret on 07926 753882 to find out more. All ladies are welcome.

The next Food 'n' Friends is on Thursday October 8th at Midday. A chance for senior citizens to get together for a good chat and enjoy some nutritious food for a voluntary donation. There are a good number who come regularly. Everyone is welcome. Phone Dorothy on 245811 for more information.

We are grateful to all those who come to lead worship each Sunday. Our preachers for the next few weeks are as follows:-

October 4th

Rev. Reg Craig inc. Communion

October 11th

Mark Partridge – All-Age Harvest Café Service – followed by a BBQ

October 18th Stephen Horrex

October 25th Christine Myers

November 1st Rev. Reg Craig inc Communion

Anyone turning up can be assured of a warm welcome at all these events.

Visit our website at www.elmswellbaptist.org.uk or telephone 07784095225 or any of the numbers in this text for further info.



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After years of negotiation and planning, followed by months of demolition, building, installation of services, refurbishment, decoration, furnishing, and staff-recruitment, the former Railway Tavern has been transformed and our Elmswell Tavern opened its doors and welcomed its first customers on Wednesday 22nd April. Serving food and drink throughout the premises, our village pub has already become established as a community space that people can enjoy in a variety of ways, whether coming in for a drink, something to eat, meeting friends, attending an event or simply spending time in the Tavern. A well-stocked bar offers a wide choice of drinks, including a regular changing selection of craft beers, and our professional kitchen has already established a fine reputation for its menus featuring both light-bites and main meals, including highly praised home-made pies, seasonal soups, and the ever-popular fish and chips!

As our community pub, a selection of framed prints of yester-year Elmswell, kindly provided by Elmswell History Group, celebrates aspects of the village's past, whilst filling another wall is a fabulous exhibition of prints by internationally renowned local artist Ed Wilson. Having previously carefully removed and placed in storage the extensive collection of railway memorabilia that was an essential feature of the former Railway Tavern, this has now been restored to its rightful place on the walls of the front bar, its former home.

The Tavern is available for booking by community groups and organisations and parties of family and friends, large or small. Indeed Elmswell Bowls Club recently held their End-of-Season Presentation Dinner: by all accounts a wonderful evening.

Bookings are now invited for the recently published Festive Menu 2026, available from 30th November (see opposite).



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Elmswell Tavern

Festive Menu 2026

30th Nov - 30 Dec
Monday - Saturday



Kids Menu

Turkey dinner
Ice-cream sundae
£13

Starters

Parsnip and apple soup, sage butter, croutons (v)
Pork and cider terrine, onion chutney, Melba toast
Baked Suffolk Gold cheese fondue, potato popcorn (gf)
Crispy fried tiger prawns, sweet chilli jam

Mains

Roast turkey, sage and onion stuffing, port gravy, pigs in blankets,
festive vegetables (gf on request)
Mushroom, brie and cranberry wellington, parsnip crisps,
festive vegetables, Cumberland sauce (v)
Salt cod and potato brandade, parsley olive oil, tempura samphire
Slow cooked beef in red wine, potato gratin, onion rings

Desserts

Christmas pudding, custard (gf)
Baked Basque cheesecake, bramble jelly
Tiramisu
Suffolk cheeses, biscuits

2 courses £29 | 3 courses £37 | includes Christmas cracker

Booking & pre-order required | £10 deposit per guest

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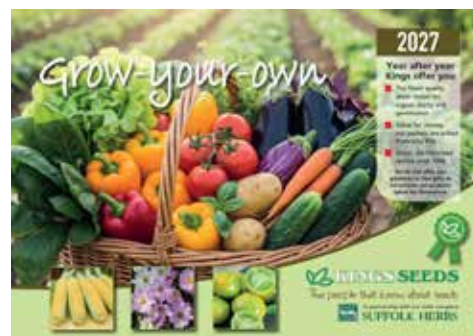
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jenlarnar@gmail.com www.jenlarnar.com

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KINGS SEEDS SCHEME

The Elmswell Allotment Holders have secured a deal for a 50% reduction in vegetable and flower seed prices from Kings Seeds. If you would like to take advantage of this please refer to their on line 2027 brochure at www.kingsseeds.com and submit your selection, product code and cash to the Parish Clerk's office by Friday 23rd October 2026 with a contact number for any queries such as out of stock items. Hard copies of the 2027 catalogue are available at the Parish Clerk's office at the Blackbourne. Please note that this discount applies to seeds only and, as such, orders for other items such as potatoes should be placed direct as they attract higher delivery charges. If you have any questions please contact Peter Hancock on 07483 850965



NOTICE

The whole village records and thanks Peter Dow for 40 years' commitment and service to the community of Elmswell, initially as a councillor and subsequently as Parish Clerk. In that time, he has been key to achieving many of the benefits that have become essential Elmswell features that villagers have come to value and enjoy, including both phases of the Blackbourne and the recent acquisition of Turners' Field, the Wesley and, most recently, The Elmswell Tavern. As Chairman for many years, the Elmswell Amenities Association has been responsible for the incorporation of the Memorial Library and Garden and the Grove Lane recreation area, the establishment of the Blackbourne Management Association, subsequently extended to the Blackbourne, Wesley-Tavern Management Association, and the publication of our award-winning Newsletter, of which he was the Editor.

MAKE A NOTE...

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NEWS FROM ELMSWILD

From community space to empty space

As recent visitors to Lukeswood will have noticed, the pole barn which has stood next to the path near the picnic tables for the last fifteen years, is no longer there.



We are sad to report that it was knocked down and destroyed in a recent and highly unusual spate of vandalism on the site. In order to make the area safe for people and especially children walking in Lukeswood, we cleared everything away as soon as we discovered what had happened. So now all that remains is an empty space.

We have very fond memories of our pole barn, rustic though it was. We built it ourselves very soon after acquiring the site so that both visitors and volunteers would have somewhere to shelter in rain or even very hot weather. It's been more or less in constant use ever since.

The poles came from Bradfield Woods, the roof was donated by a local resident, and the walls were initially made from willow grown in Lukeswood itself. Later we replaced the willow with hazel hurdles to make a more substantial structure, and we added guttering and an IBC water container which was donated by builders working on a nearby housing development. The water we were able to harvest has been vital to our work, especially in this summer's drought. Put together from bits and pieces, upcycled, recycled and bought, it had stood the test of time.

Over the years, our pole barn has been an integral part of many community events, so we thought readers might like to see photos of a few of these occasions. Every Apple Day it has housed our displays; we have served refreshments in there to many different volunteer and visiting groups; the Ladies Lunch Club, on a very hot summer day, sought shade in there to eat their picnic; the Gardening Club presented us with a very large cheque and we posed, of course, in the pole barn. Who could forget a recent Apple Day when it rained and the entire Ukulele Band squeezed into the pole barn to give their performance!

We are very grateful to the many people and organisations who have rallied round to offer their support. It's very heart-warming to know that we that we have the appreciation of the community. We hope to fill that empty space in due course with a suitable replacement which will host many more memorable community occasions.



Immortal bird

Never ones to end on a downbeat note, we have saved up some exciting and positive news from the summer – and this seems to be just the right moment to share it with readers.

In April we thought we heard some unusual birdsong in Lukeswood – just a disembodied trill, but for the bird spotters among us it made the hairs on the back of our respective necks stand up. Could it be? Returning in the evening, we were treated to the unmistakable, full-throated song of Keats' Immortal Bird – a nightingale! We checked with Merlin just to make doubly sure, but there was no doubting that gorgeous melody. He sang regularly for a few weeks, then the song became less frequent. Male nightingales stop singing once they have attracted a mate – they get down to the very important business of building a nest, mating and raising young. We hope that our nightingale did find his mate and that the pair successfully fledged their chicks. Like so often with nightingales, we never saw him – this secretive bird is almost always heard rather than seen. The high brambly thickets we have in Lukeswood are very good habitat for nightingales and they do often return to the same site when they next migrate back to our shores – wouldn't it be fantastic if 'our' nightingale, and his offspring, return to make Lukeswood their home?

A nightingale in Lukeswood! It makes all the hard work and occasional setbacks worthwhile.

Mary Feeney info@elmswild.org.uk





Finalists
Barry Hayward and Chris Edmonds



4-wood Finalists
John Harris and Mark Jolly.

ELMSWELL FOX BOWLS CLUB

Jenny Murray had so well organised Finals Day that only those who had who had to be there actually were so competitors and Markers, of course, were there for a 10.15 am start. Only Alan Hall, of the Newbies turned up in the Morning before his Pairs Final at 2.00pm. The

proceedings began with two matches, Barry Hayward had a narrow victory, 21-13, over Chris Edmonds in the Handicap Final, and John Harris had an even narrower victory over Mark Jolly in the 2-Wood Final edging it by 21-19.

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WESLEY UKULELE BAND

Another month, another Uke update. We started with an appearance for the Over 55's at the Blackbourne. This was a lovely evening where the ladies and gents sang and clapped along and were generous enough to share part of their fish and chip supper with us. Thanks Sharon.

Saturday 29th August saw us on stage at the Bury St Edmunds Beer Festival in the nave of the Cathedral. We played for over an hour and thoroughly enjoyed ourselves. We think the audience did, too!!! The picture below shows us dwarfed by the magnificent stained glass window.

We also had our regular gig at the Time Out Club in Fornham All Saints and entertained the Women's Guild in One House. Both of these were received with enthusiasm by our audiences.

We are pleased to have been invited to play at Apple Day in Lukeswood on Saturday 26th September and on Monday 5th October, at the Regal Cinema in Stowmarket we will be holding a concert of local musicians. Acts will include the Ukes, Shades, Just Us, Father and Son Reunion and the 3 J's. Tickets are priced at just £10 each and are available from the Regal's website. All profits will be given to the Children's Hospital in Cambridge. Please come along and support this great cause.

'Til next time. Take care.

Email: Kevin.Knock99@gmail.com



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Apple Cupcakes

You will need:

- 3 eggs
- Sugar
- Self raising flour
- Butter
- Vanilla extract
- Red food colouring
- For the icing = 500g of white chocolate, 250ml of double cream, orange matchmakers and fondant leaves (Make icing a night before to allow it to set)



Method

1. Weigh your 3 eggs, write down this amount and use this measurement for the rest of the ingredients. (only a tsp of vanilla extract and red food colouring). Mix all together in one mixing bowl.
2. Place the cupcakes in cupcake cases (18) and bake on 180 for around 15 minutes
3. Leave to cool before icing.
4. For the icing, melt chocolate and cream together in a bowl. Cover in Clingfilm so it is covering the top of the icing. Once this has set overnight, whip it for a few minutes and place it in a piping bag.
5. Now ice your cakes!
6. Place a quarter of a matchmaker in the centre of the cake to create a stalk, and place your fondant leaf beside it.

Your cakes are now finished and ready to eat!



Making Dream Catchers

You Will Need:

- String (colour of your choice)
- Willow
- Beads
- Feathers
- Ribbon

Method:

1. Place the willow into a bowl of warm water and allow to soak for at least half an hour. You need to soak it so it is flexible and bendy.
2. Now bend your willow making a circle - make several loops in and out of the circle to create a strong structure.
3. For the web. Tie one end of the string in a knot at the base of the hanging loop. Working clockwise, stretch the string to a spot a few inches down the hoop and loop it around the hoop. Stretch the string a few inches to the right and loop it around the hoop again.
4. If you want to add beads to your dreamcatcher place it around certain parts of the web as you are tying it around the loop.
5. To end your dream catcher wrap it around the loop again and create a double knot to keep it secure.
6. The feather can be placed on using more string hanging off the bottom of the loop or you can use more beads.



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Local Government

Reorganisation (LGR):

The Secretary of State recently announced that Government's process of reorganising Suffolk's four districts, one borough & one county council into three Unitary councils is on indefinite 'hold' and will now be subject to further review. Huge amounts of work and investment have been involved in meeting Government's detailed requirements and tight deadlines in preparing for these changes. The result is a long period of uncertainty ahead for all of us as residents, and disappointment and frustration for council staff and elected councillors – with all options for how Suffolk is organised potentially back on the table. We understand that Unitary elections, due in May '27, are now on hold, but district elections (which Govt had delayed to May '28) are now brought forward, once again, to next year. As far as we know, parish elections will go ahead next May as planned. There may be further changes we are not yet aware of, but as always Mid Suffolk District Council (MSDC) will remain focused on service delivery, and on support to communities and businesses across the district.

Local housing for local people:

MSDC's Cabinet have recently agreed to introduce a Parish Connection Priority for new affordable and social rented homes secured through S106 agreements.

Financial assistance for heat pumps:

Grants of up to £9,000 are available for households to convert older oil or gas heating systems to Heat Pumps. Suffolk residents can check their eligibility and register their interest at <https://switchtogether.co.uk/heat-pumps/suffolk>

New Council Housing

The keys have been handed over to MSDC for 67 new affordable properties in Bramford, built by developer Bellway as part of their Section 106 contribution. The homes include a mix of one- and two-bedroom flats, two-bedroom bungalows, and three-bedroom family houses, available for both rent and shared ownership.

A14 clean up on-going

The team from contractor Triplex recently collected 250 bags of waste (weighing 2.3 tonnes) during a four-night clean-up operation along a 20-mile stretch of the A14 (between junctions 51 and 52). This was timed to take advantage of planned National Highways road closures, to minimise disruption and avoid additional lane closure costs. Further clean-ups are planned.

'Better Recycling' bin collections:

Reminder that if you need an assisted collection due to being unable to move your bin to the roadside for personal health reasons, eligibility details and a form to

apply are available via this link: <https://www.midsuffolk.gov.uk/assisted-waste-collections>. The Recycling service can be contacted by phone (0300 1234 000) or by emailing recycling@babberghmidsuffolk.gov.uk – please copy in Jen and Sarah with any issues.

Gateway 14 news:

The Innovation Centre café is now open to the public from 9am - 4pm. Room hire and hot-desking are also available. The building is well-worth a look and has generous parking facilities: <https://stowmarketinnovationgateway.com/cafe/>

New sports facilities at Chilton Fields:

The new 3G sports pitch and athletic track at Stowmarket High School were completed recently as part of the SHELF project. This received funding from the FA, Premier League and Football Foundation as well as MSDC. Everyone Active are welcoming and managing bookings from residents across the district (outside of school hours) from October onwards.

Locality Budget:

We continue to welcome applications for funding from local community groups (awards are generally between £250 - £2K). Contact us for an application form or to chat through a possible application. Further details on the Mid Suffolk website at <https://midsuffolk.gov.uk/w/locality-awards>.

Councillor drop-in sessions:

Residents are always very welcome to come and meet us to discuss concerns, or just for a chat.

Our next sessions are:

- **Tuesday 29th September** 10 – 12 Wesley Café, Elmswell
- **Tuesday 27th October** 10 – 12 Wesley Café, Elmswell
- **Tuesday 24th November** 10 – 12 Wesley Café, Elmswell
- **Thursday 10th December** 10 – 12 Green Wolf Cafe, Woolpit

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



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 21st October between 10:00 am and 12:00 noon.



From the Office of Peter Prinsley MP

Member of Parliament for Bury St Edmunds and Stowmarket

House of Commons, London, SW1A 0AA



Plans for new West Suffolk Hospital unveiled

My Twelve-Month Round-Up – The Work of an MP in stats

During my second full year as your MP, my team and I completed 8,433 items of constituency casework, we held 15 advice surgeries, we visited 80 local businesses, charities, constituents and other local stakeholders, including 14 schools, and we held 8 “Meet Your MP” events attended by over 220 residents, including a well-attended event in Elmswell.

It has been the honour of my life to have spoken up for the residents of Bury St Edmunds and Stowmarket in the chamber on 178 occasions, on topics including access to NHS dental services, end-of-life care, defence and national security, rural crime, clean energy, student loans and water ownership, and to have voted 246 times. I put questions to the Government on your behalf on 67 occasions including my first question at PMQs about the future of the NHS and the implications of proposals made by some of my parliamentary colleagues for an insurance-based system which, the PM and I both agreed, would wreck our beloved NHS.

The Results of my Listening Survey are in

I’m extremely grateful to everyone who responded to the Listening Survey I conducted over the summer recess. Almost 250 residents replied to tell me what they are most concerned about in terms of national and local issues.

Nationally, a significant majority of you told me that your two main concerns are the cost of living and health, closely followed by climate concerns. Dental services were the most commonly selected local concern, followed by the cost of living and GP services. A fifth of you told me hospital services were your main concern, so I’m pleased to be able to share the good news that the West Suffolk Hospital will be the first new hospital to be built under the Government’s New Hospital Programme, and that work is due to begin as early as next year. The next stage of the project will be further engagement with staff, patients and residents to ensure the new hospital is designed around their future needs.

If you would like to write to me about any issues or find out more about what I’ve been up to, you can visit my website: www.peterprinsley.org.

If you need support or have a casework query, please don’t hesitate to get in touch. You can reach me by email at: peter.prinsley.mp@parliament.uk and I’ll do my best to assist.



www.peterprinsley.org.

Elmswell Parish Council did not meet for the scheduled Ordinary Meeting in August as insufficient business had come forward.

However, the Chairman called two Extraordinary Meetings which dealt, broadly, with the following:

On 6th August:

- The resignation of Cllr David Brown was noted together with the posting of the consequent Casual Vacancy.
- Delegated Power to deal with the line management of the Elmswell Tavern General Manager was extended beyond the Chairman and Vice Chairman to include Cllrs Schofield, Shaw and Sparks.
- A Tavern Management Group was established comprising the Chairman and Vice chairman of Council together with Cllrs Schofield, Shaw and Sparks.
- The Press, the public and the Parish Clerk were then excluded.
- The draft Minute, provided subsequently to the Proper Officer by the Chairman, shows that this *in camera* session Resolved that an extra £1,000.00 be allocated towards legal fees in connection with a grievance procedure.

On 19th August

- The Press, the public and the Parish Clerk were excluded from the meeting
 - The draft Minute, provided subsequently to the Proper Officer by the Chairman, shows that the following was Resolved:
- 1 That Jane Williams of J W Employment Law Solicitors be engaged immediately to act on behalf of Elmswell Parish Council in relation to staff issues for a maximum sum of £15000 + Vat and further
 - 2 That the Tavern Management Group be authorised and delegated on behalf of Elmswell Parish Council to request of Jane Williams all and any advice required by the Tavern Management Group in connection with staff issues and further
 - 3 That the Tavern Management Group be further authorised and delegated by behalf of Elmswell Parish Council to accept or to reject all and any such advice received the Tavern Management Group from Jane Williams and to instruct Jane Williams to proceed in accordance with any such advice received.

The September Ordinary Meeting,

scheduled for Monday 21st, was posted by the Proper Officer in the Council's notice board at Crown Mill and online. This meeting was summarily cancelled by a notice from the Chairman which explained that it could not take place as Council did not have a Proper Officer. The papers for the meeting were posted with the Agenda online and included reports from our Suffolk County Councillor and our District Councillors which are printed elsewhere in this Newsletter.

The Parish Clerk's Report, included the following:

1. NEIGHBOURHOOD PLAN

We hosted the most recent MSDC town & parish council liaison meeting at Blackbourne on 29th July. I copied the presentation to Councillors on 18th August with my comment drawing attention to the need to re-visit the Neighbourhood Plan, as supported by the relevant slides. I have since met on 3rd August with Ian Poole of Places4People who was key to the publication of the current Plan. He has promised a proposed way forward and relevant costings for Council's consideration. As previously mentioned, I feel that this is a good example of an initiative in which I would best not take a pivotal role given the current Succession Planning programme which I hope will gradually allow a transition to whatever management / governance structure Council might consider as a framework to be in place and on offer to the new Administration in May of next year. I will gladly help co-ordinate any suggested way forward.

2. BLACKBOURNE DAMAGE INSURANCE CLAIM

With the agreement of our Chairman and Vice chairman, our losses of some £8,750.00 consequent upon the damage caused in February 2025 by a contractor ripping out pipes from the external collector network supplying the heat pump at Blackbourne are now the subject of a claim with our own insurers. The insurers of the assumed perpetrator of the damage have failed to secure co-operation from their insured and, as public liability is not a compulsory insurance, they are unable to act further. They have, accordingly, withdrawn indemnity and closed the file.

The possibility of pursuing a claim through the County Court was rejected given the difficulties in finding the third

party involved and the potential of further loss in costs should any claim not succeed.

Our current insurers are extremely accessible and helpful. They have advised that our cover may provide compensation for the majority of the claim but that certain elements, such as Business Interruption, may not qualify. I have lodged the claim, acknowledged on 31st July.

3. NPPF The Government's long promised publication of the National Planning Policy Framework happened on 17th August. It follows the September 2025 Draft and the resultant consultation in March of this year. Most of the measures contained take immediate effect. Many are high level and strategic, aiming to support economic growth and encourage housing development in sustainable locations, ie close to jobs and services. As such, it is likely that Elmswell will be considered for possible growth within a Planning system which is slimmed-down in the interests of quicker decisions. Thus, some of those decisions will be taken out of local hands and determined against a national perspective. More detail and advice will emerge and I shall keep Councillors updated. Meanwhile, the full 130 page document is available on line.

4. COMMUNITY EMERGENCY PLAN

On 5th August I met with Nicola Morgan the BMSDC Emergency Planning Support Officer to update her records regarding the facilities at Blackbourne which is identified as a community help centre should a situation arise, such as the recent wild fires, where households may be evacuated. I agreed in principle that we might also serve Great Ashfield if necessary when our larger capacity and greater range of resources might prove to be advantageous.

The Community Emergency Plan (CEP) scheme is overseen by SCC's Joint Emergency Planning Unit and there are well established protocols and ample guidance. However, it does need to be steered by an individual or group. Clearly this is something which should be taken on by someone other than me given my limited and diminishing tenure. As part of the Succession Planning debate, I would suggest that this is to the fore given the recent reminders of how close emergency can overtake communities. I will gladly pass details across to any Councillor willing to take this further.

5. SOLAR BATTERY BACK-UP

Prompted by deliberations on the CEP and the recent threat on 19th August

ELMSWELL PARISH COUNCIL

of a day-long power cut, I have tested out the battery back-up system at Blackbourne where we have had fitted ordinary 3 pin plugs to draw power straight from the batteries which store the solar power. We were easily able to have Wi-fi powered-up and a supply to the computers and VOIP telephones meaning that the office operations could continue for an estimated 2 days in the event of the loss of mains electricity.

6. PAY SETTLEMENT

The Local Government Association acting on behalf of the National Joint Council for Local Government Services has announced that agreement has been reached on the 2026 pay award for local government employees. The settlement provides for a 3.3% increase in pay rates and allowances with effect from 01.04.2026. The award covers the period to 31.03.2027 and employers are encouraged to implement the increase as quickly as possible. It applies to those employed under the National Association of Local Councils salary scales, being the Clerk, Assistant to the Clerk and Clerical Assistant. The changes have been implemented as advised. Taking into account the adjustment required by the reversion of RFO role back to the Parish Clerk, the cost to Council in terms of overall pay burden in a year is negative by £103.00.

7. COMMUNITY PATH TO WOOLPIT

I circulated the GHI interim update on the Elmswell – Woolpit footway/cycle scheme on 18.08. It suggests a rather more hopeful prognosis than has maintained over recent years with an extension to the CIL grant timetable until march 2028. Elmswell's efforts to secure a better solution at St John's seem to have paid off with the recent co-operation of the landowner towards carrying out the challenging route behind the church.

8. BLINDS AT BLACKBOURNE

We have secured £1641.71 in grant aid from Mid Suffolk as a Locality Award towards the supply and installation of blinds to the high-level windows on the South elevation of the Jubilee Hall (the large sports hall). The glare from these windows is a serious problem for our regular badminton players and often causes difficulties when the projection of slides for presentations is called for. My thanks to Rob Dann and to Cllrs Mansel & Overett for their help.

9. COMMUNITY SELF HELP SCHEME

Resident Chris Wiley, who is fronting the emerging Elmswell In Bloom initiative, has suggested that they team up with the village litter pickers and register with the Suffolk County Council Community Self Help Scheme. They would thus be helped with training, insurance, equipment and support to help them do more to improve their local area by carrying out small maintenance tasks that SCC doesn't have the resources to complete. This can include cutting grass, clearing overgrown plants & bushes, removing weeds, cleaning signs and skirting footways – removing the encroaching soil along a pavement. The work can only be carried out next to roads with a speed limit of 40mph or less. The scheme needs a Councillor to help take it forward and I will gladly put any interested Member in touch with Chris (once himself on EPC as the youngest councillor in Suffolk).

10. GRIT BINS

I have had a request for a grit bin at Heriot Road / Church Road junction. The prevalence & use of grit bins has declined markedly in recent years given the very few days when ice is a problem. I shall refer this to my successor unless an individual Councillor wishes to pursue the matter.

11. TAVERN TRADING

I have informed Councillors in a paper dated 02.09.2026 of my concerns regarding the Elmswell Tavern continuing to trade as a commercial venture with little or no community outreach. Trading by a parish or town council can only be undertaken within a Limited Company or similar corporate vehicle structure unless mitigation is accepted by HMRC by virtue of community activity sufficient to remove the venture from the normal realms of business. Early indications of the intention to provide a community facility such that the commercial enterprise is merely an adjunct, as when the volunteer-led initiatives under ECE allowed the venture to break-even whilst providing a lively community hub, have long since evaporated. Rumours of changes in personnel and the possible appointment of a Specialist Consultant are not sufficient, I suggest, to take the current model forward safe in the knowledge that Corporation Tax and other liabilities are not accruing. The fact that the business runs at a loss is no defence.

I repeat this here so that my serious

reservations are a matter of record. I consider that if, as seems likely from the initial response, the current business model maintains then there is considerable risk to Council.

As we did with Wesley to clarify the VAT position prior to the new-build, (we used Lovewell Blake at BSE) I strongly advise Council to take professional advice on this matter as a matter of urgency.

12. CASUAL VACANCY For the avoidance of doubt, Council follows the Mid Suffolk Returning Officer's process wherever possible when dealing with a Casual Vacancy. If no poll is claimed, a further 14 working days are allowed for submissions. Any submissions are acknowledged without comment other to confirm that the process remains confidential until sitting Councillors are informed when the meeting papers for the next Ordinary Meeting are served. Applicants are informed that, in the case of multiple applications, the decision will be by written ballot of Councillors present and that, once the decision is recorded, the new Member can take office as soon as the Declaration of Acceptance is signed. I invite, in the interim, that applicants confirm that they are not disqualified from office.

13. PLAY AREA

I received a request from Cllrs Barker, Pallett, Schofield & Shaw for a Special Motion to be included on the September Ordinary Meeting which proposal seeks to reverse the decision taken at the July Ordinary Meeting ref 26.07.12 to engage a contractor to supply & install play equipment at Crown Mill. My decision, under SO9(f) is not to include the motion on the September Ordinary Meeting agenda and that decision is hereby recorded.

14. EXTERNAL AUDIT

Council has, once again, been given a clean bill of health by the external auditor, PKF Littlejohn LLP. This is doubly rewarding given the increased workload and complexity involved in absorbing the Tavern into the administrative system. It stands as a testament to Ann Brett who, as RFO, steered us through the due process despite difficulties not of her making in coping with the grafting-on of a new management style at odds with usual practice. Her resignation from the post, although completely understandable, is to be much regretted



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Wildfire on Dunwich Heath

Only a week after the Reform UK administration at the council made the decision to scrap its Climate Emergency Declaration, a wildfire broke out on Dunwich Heath in east Suffolk which took several days to get under control and has caused an enormous amount of damage to rare heathland habitat in one of the most beautiful and much-loved parts of the county. Suffolk Fire and Rescue worked with firefighters from all over the country to get it under control, at the height of the fire there were 120 firefighters tackling this blaze, with displaced residents needing shelter and support. The local community rallied to open up village halls to help, and local farmers helped to bring in water by tractor to terrain that could not be reached by fire engines. This is only one of many climate change-related incidents attended by blue light services over the summer, where intense heat and lack of rain have made the Suffolk countryside a tinder box for fires. Whatever the cause of the fire, it is climate change that created the conditions for this fire and others to burn so quickly and for so long, and to be so difficult to get under control. There have also been claims in the press and online that rewilding causes wildfires, but the evidence shows the opposite – rewilded areas retain water better and remain green during hot weather. In any case, Dunwich Heath is a traditionally managed nature reserve and is not a rewilding site. The area that has been destroyed is the size of 210 football pitches.

Following the fire, the Suffolk Fire Brigade Union wrote to the Prime Minister to explain that fire services need more investment in equipment in order to fight wildfires: systems to collect water and clothing that was less heavy and boots for outdoor terrain for when crews were required to walk for miles. He also highlighted the need to increase firefighter capacity in the light of the number of fires and that more 4x4 vehicles would be useful. Suffolk currently receives less than average funding from the government for its fire service, although it is one of the driest areas in the country and is therefore more likely to be hit by wildfires in our increasing hot, dry summers.

Changes to Councillor Policies

The new Reform UK administration at the council have decided to spend around £18k to remodel the Leader's office at Endeavour House, claiming these works were needed as there was not enough room in the current Leader's office. The rationale given for this work is that there was not enough room for the group to work in the existing suite of rooms. Reform UK have 41 councillors, but the previous Conservative administration had 54 councillors and found the rooms adequate. The money is being spent to enlarge the Leader's office into the meeting room next door. Only two people will have keycard access to this new large room, so it is

not likely to be used by the rest of the Reform group. Other changes prioritized by the new Reform administration include a new policy on Pets in the Workplace, which enables the Leader to bring in his dog while making it clear employees of the council are not to do this, and a new dedicated carparking space for the Leader (since removed). We also hear rumours that the recent change from Pepsi to Coca Cola being stocked in the canteen is because the Leader prefers it.

Help to Replace Ageing Heating Systems

Suffolk public sector organisations (including all Suffolk councils) are partnering with Switch Together, a community group-buying scheme, to make it easier for Suffolk residents to replace ageing gas, oil or LPG boilers with heat pumps. Through the government's Boiler Upgrade Scheme, eligible homeowners in England can receive a grant of £7,500 toward an air source heat pump, or £9,000 for households currently heating with oil or LPG. The grant is applied for upfront by the installer, so residents do not need to claim it back or repay it. The scheme is open to homeowners and small business owners in England who are replacing a fossil fuel heating system and hold a valid Energy Performance Certificate with no outstanding major insulation recommendations. It is not means-tested, so there is no income threshold to qualify, and the scheme is currently scheduled to run until 31 December 2027. Switch Together works by bringing residents together so that installers compete to win their business which secures better prices than homeowners could negotiate individually. Once registered, residents receive a free, no-obligation personal offer, and their installer then handles the grant application on their behalf. Switch Together's group-buying savings apply on top of the government grant. Every installation is carried out by a Microgeneration Certification Scheme (MCS) accredited installer. For more information about the scheme, please visit the Sustainable Suffolk website: <https://sustainable.suffolk.org.uk/what-we-do/projects/switch-together-suffolk/>

Energy Efficiency Loans

Homeowners across Suffolk can now apply for a loan to help fund energy efficiency improvements to their homes, thanks to a partnership between Suffolk County Council and Lendology. The Warm Homes Suffolk Loan scheme offers eligible homeowners access to loans from £2k to £15k at a fixed interest rate of 2.2% Annual Percentage Rate (APR), with repayment terms of up to seven years. Borrowers may also repay their loan early without penalty, subject to eligibility and loan terms. The funding is designed to support residents who want to improve the energy performance of their homes while spreading the cost of installation over a manageable period.

The loan can be used for a range of energy efficiency measures, including:

- Solar photovoltaic (PV) systems
- Solar battery storage
- Solar thermal systems
- Ground source heat pumps
- Air source heat pumps
- Double and triple glazed windows and doors
- Loft, wall and floor insulation
- Ventilation systems when installed alongside insulation measures

The scheme aims to help residents reduce their energy bills and make their homes better insulated. For more information about the Warm Homes Suffolk Loan Scheme, please visit the Lendology website: <https://www.lendology.org.uk/partner/suffolk-council/>

High Streets Matter: Support for Market Towns

Suffolk County Council is offering extra support to small independent and hospitality businesses across the county via its new High Street Matter programme. This will offer 75 businesses a package of one-to-one advice, funding opportunities and peer networking, with a view to help them become more resilient so high streets can thrive. Interested businesses can find out more and register here: <https://www.newangliagrowthhub.co.uk/suffolks-high-streets-matter/>

Public Consultation on Cuts to Healthy Child Service

Finally, Suffolk County Council's public consultation on proposed changes to its Healthy Child Service has been extended for an extra month. The proposed changes include cessation of the Young Person Pathway and Family Nurse Partnership, which provides specialist support to parents under the age of 21 after they have a baby. The proposals also include removal of the Community Staff Nurse role from Health Visiting teams, and the School Nursing service becoming term-time only. The consultation now runs until 18 October, with a decision likely to be made at Cabinet in November.

You can read through the proposals and respond to the consultation here if you have not already done so:

<https://www.suffolk.gov.uk/council-and-democracy/consultations-petitions-and-elections/consultations/healthy-child-services-consultations>



Enquiries on any Parish Council matter should be addressed to The Council Office, Blackbourne, Blackbourne Road, IP30 9UH – right next to the car park and with wheelchair access. 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.

Oct 19 th	Nov 16 th	Dec 21 st	Jan 18 th	Feb 15 th
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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)	ea@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	rccsdann@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	ea@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	
Sewing Bee	Isabel Burgess	isabel.burgess@live.com	
Sozo Church	Rob Jack	info@sozochurch.co.uk	
St John's Church	Peter Goodridge	elmswellrector@gmail.com	240512
St John's Floodlighting	Trevor Sadler	trevor.sadler@dsl.pipex.com	240908
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 should be addressed to 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 ea@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.



October 2026

- 4 Sozo Church Wesley Chapel 10.15am to 12.30pm.
- 5 2pm Ladies Friendship Group at Elmswell Baptist Church - Tony Diamond "The 6 wives of Henry V111"
- 7 Elmswell WI Afternoon 2.00pm Sabine Dornbusch Bury Drop-in
- 8 Midday Food 'n' Friends at Elmswell Baptist Church
- 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
- 13 ELMSWELL WI at Wesley @ 7.30pm Back care, Pilates and Looking after your joints
- 18 Sozo Church Wesley Chapel 10.15am to 12.30pm.
- 20 Elmswell Gardening Club, 7.30pm Speaker Geoff Hodge 'Happy Houseplants', Wesley Chapel
- 22 Elmswell Over 55's Club Ray Smith(may be a bit of LineDancing)

- 30 4.00pm Light Trail at St John's Church.

November 2026

- 1 Sozo Church Wesley Chapel 10.15am to 12.30pm.
- 2 2pm Ladies Friendship Group at Elmswell Baptist Church - John Sutton "Travels in the USA Part 1"
- 4 Elmswell WI Afternoon 2.00pm Stephen Moody Origin & History of Christmas Traditions
- 5 Elmswell Over 55's Club Bangers and Mash and Bingo
- 7 3:30pm Time to Remember service at St John's Church
- 8 10:30am Remembrance Sunday Service at St John's Church
- 10 ELMSWELL WI at Wesley @ 7.30pm Development of women's cricket
- 12 ELMSWELL HISTORY GROUP, 7.30pm; in Wesley Chapel. Speaker Taff Gillingham: Suffolk Regiment's POWs in WW2.

- 12 Midday Food 'n' Friends at Elmswell Baptist Church
- 15 Sozo Church Wesley Chapel 10.15am to 12.30pm.
- 17 Elmswell Gardening Club, 7.30pm Annual General Meeting and Quiz, Wesley Chapel
- 19 Elmswell Over 55's Club Thurston Ladies Choir

December 2026

- 2 Elmswell WI Afternoon 2.00pm Christmas Celebrations Hosted by The Committee
- 3 Elmswell Over 55's Club Cinderella Rock and Roll Concert
- 6 Sozo Church Wesley Chapel 10.15am to 12.30pm.
- 7 1pm Ladies Friendship Group at Elmswell Baptist Church - Nosh & Natter with entertainment
- 8 ELMSWELL WI Christmas party

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 theartsociety-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 / ZUMBA Mondays 6.45 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
LEGS BUMS & TUMS Mondays 7.30 at Wesley
MARDLE QUILTERS - last Friday monthly caraboe@btinternet.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: October 27th, November 24th, December 22nd, January 19th, February 23rd, March 23rd

Contact us on **01359 244 134** for Newsletter and adverts.

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