

'Like a friend dropping in'



The Elmswell Newsletter



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JANUARY 2026

On line at elmswell.suffolk.cloud

New Year's Resolution

**Reduce
Reuse
Recycle**



**DON'T BIN IT - REPAIR IT.
WE CAN HELP**

**SEE
PAGE 14**



At Wesley



SEE EDITORIAL



SEE PAGE 17

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EAA@elmswell.org.uk



Our editorial is designed to inform and to encourage debate.

If you wish to comment, please do so via the office or by email at; eaa@elmswell.org.uk


We reserve the right to edit any such contributions that we may use in a subsequent edition.


That's, 'Jolly', over for another year


Off to the sales to buy discounted Christmas cards for next year. Start the annual review of the cards that came this year . . . the dilemma when presented with the Royal Mail sticker requiring payment on-line of £2.50 to release a card on which the sender had, 'failed to affix proof of full payment', . . . to pay their ransom out of interest as to who could be so dim / mean? Or to ignore them for being either? Then to consider the puzzle presented by greetings from, 'Marge, George and Rebecca,' of whom no-one has any recollection – any more than we did last year. And to ponder, as before, whether to include the dog in the greeting.

The certain sign that Christmas is all done is the lurch towards a New Year. Firstly, we're hounded by reviews of the 12 months just past. Reviews of the best & worst TV/podcast/celebrity moment/advice from an influencer. And quizzes drawing from that same stagnant pool of threadbare reality... 'Q: The daughter of which Bake Island winner broke off her engagement with a Traitor because he, 'ruined my paso doble'?

But, on slightly more productive ground, there are also the New Year's Resolutions. The perfectly laudable wish to do it better next time. To take stock of the mistakes, shortcomings and disappointments of the year past and sew a few seeds of time by way of some simple rules towards improvement for the year yet to come. Some modest examples might be;

 Put the bins out the night before to avoid the embarrassing pyjama pleading with the crew to hang on for a second while you find the second slipper.

 Walk to the Co-op instead of risking high blood pressure at the abysmal standard of 'other drivers' jostling for space in the car park.

 Only one takeaway a week.

If these don't apply or appeal, how about considering our front cover suggestions? This month's Newsletter details a couple of new initiatives to inspire us to, 'Reduce, Reuse and Recycle'.

It is most difficult to address the first element of the mantra, **'REDUCE'**. For it goes against our primal driving

force to have more. To have more than our parents did. To have more than the neighbours. To have more than last year. We are sold on, 'betterment'.

Once upon a time a car took you from A to B. Now it does so only if you obey its computer's strictures on speed and lane discipline, on distance from the car in front and on sitting upright to prove that you haven't nodded off. Extremely annoying, far from necessary, and positively counter-productive in that the distractions it causes and the over-reliance on its AI thinking reduce the 'driver' to a cipher. And, of course, if the heated steering wheel fails the engine shuts down.

For 'car' read 'TV'. We must aspire to the latest and the best. The biggest and the best. With cinema quality surround-sound, screen definition beyond the capability of the human eye to see the 'improvement' and with voice-activated controls that open up a world of 155 channels, who needs any other life? Similarly we are seduced into bigger and better to replace adequate and what just does the job. The jar of Nescafe is now replaced by a hissing, fully automatic, 'like a barista in your own home', machine that churns out a wasted aluminium pod for ever 'fabulously flavourful' brew. Fridges talk to Tesco when you're low on lard and their Bot adds it to your next order. For just £1,000.00 you can buy a phone which contains your whole life – your contribution towards putting burglars out of business. For why go to all the risk and effort of breaking into people's homes when the spoils can be had by simply snatching the key to all they have and riding away on an electric bike? But we are hooked. This is the most difficult of the 3 R's to follow. Reduce consumption. Buy less. Make do with what we've got – it asks a lot to accept a little less.

However, with **'REUSE'** there is more chance of progress. The very successful, 'Repair Café', based at Stowmarket, has agreed to try to establish an outreach here in Elmswell – see page 14. Their skilled team of repairers will be at Wesley once a month ready to tackle repairs and advise on care and use over a range of our everyday items that might otherwise go in the bin.

And **'RECYCLE'** – Elmswell remains one of the District's top recycling communities and now has the chance to extend its benefits to waste electrical and electronic throw-away kit. On page 17 it is made clear why this matters. The range of poisons leaching from such discards reads like Tom Lehrer's song, 'The Elements,' (see You Tube). Only in hundreds of years to come will we know the effect of pouring poisons into the ground that grows our food. Luckily, much of this stuff is worth so much money, as reserves dwindle, that it is worth extracting and re-using. But only if the source material – our old radios and computers and kettles – are collected rather than buried. The WEE bin does just that.

It might, therefore, be worth considering including some or all of these 3 suggestions to our other resolutions. Swearing less is no bad thing. Not taking the phone to bed is an excellent idea. Switching the engine off at the crossing gates is laudable. A couple of behavioural tweaks aimed at helping save the planet could be useful additions?

To recycle an old phrase,

'HAPPY NEW YEAR'.





ELMSWELL ART CLUB

Our first picture this month is Ken Scott's brilliant acrylic painting of the Red Arrows;



With the official name of Royal Air Force Aerobatic Team (RAFAT), the Red Arrows form the RAF's famous aerobatic display team, known for their precision flying, close formations and colourful smoke displays in their distinctive Red Hawk fast-jets. Formed in 1964, they're a global brand representing the speed, agility, and talent of the RAF, recruiting for the forces, and inspiring audiences with breathtaking aerial manoeuvres; acting as UK ambassadors and showcasing RAF excellence at home and abroad.

For our second picture, Caroline North has produced this delightful image of some pumpkins. The original picture, entitled "Pumpkin Parade" appeared in the National Trust's magazine and Caroline has used acrylic paint to create her version of the vegetables.



For our third and final picture this month, I have taken the liberty of including one of my own creations. This is an "ink & wash" watercolour painting of an Oystercatcher from a photograph I took whilst on holiday in Blakeney and Wells.

The Oystercatcher is a large, stocky, black and white wading bird; it has an orange-red bill and reddish-pink legs. Despite the name, they mainly eat cockles, which means the population is vulnerable if cockle beds are overfished; accordingly, Oystercatchers are on the UK's Amber List; i.e., conservation concern due to declining population,



particularly a significant decrease in breeding numbers (around 21% from 1995-2023).

Finally, all our members would like to wish you a very happy, healthy and prosperous 2026.

Happy New Year to all.

Eddie Douglas

**ELMSWELL ART CLUB
MEETS EVERY TUESDAY FROM
09:00 TO 12:00**

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“ We can only praise Simon for the solid, professional and enthusiastic work that went into the sale. ”

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“ The professionalism and 'go the extra mile' attitude, which you do not seem to get from the big corporate agents, will be the reason we shall be returning in future. ”

“ Your experience and calm and collected manner really showed through. ”

“ We were grateful for your sound advice, help, willingness to be flexible and of course for quickly finding us a buyer. ”

“ Your diligence, patience and constant shepherding of the multiple parties involved has seen the matter through to its positive conclusion. ”

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“ I recommend their services as you are treated more as an individual human being and not a number. ”

“ Dealing with Simon was a comfort during what was a daunting process. ”

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AROUND & ABOUT

ELMSWELL FOOTPATH WALK

Sunday 14th December 2025

On a pleasantly clement Sunday morning 11 bastions of the community of Elmswell congregated at the usual place at the usual time in barely suppressed excitement at the thought of an amiable romp around the local rights of way.

A swift right and left took us into Station Road Industrial Estate, through the bacon factory housing estate and hence on to FP1 past the electrical substation on the left.

Passing the junction of FP2 and Willow Farm on the right, FP1 angled left and headed off in a north westerly direction for 600m where we turned right on to FP3.

FP3 initially runs parallel to a ditch then, as the ditch takes a turn to the right, it strikes off across the field arrowing on to Ashfield Road where a sharp right and left took us on to Grove Lane.

On the now good walking surface we passed the football pitch and industrial estate to the right and crossed into the Parish of Wetherden on turning right on to Drove Lane (BY54) at Botany Bay Bungalow.

With underfoot conditions still good and firm we meandered along BY54, past the chicken sheds and on to Wetherden Road where we turned right.

Now heading southish, we continued for 450m where we accessed Mutton Hall on the right

through gate 5 just before the railway bridge. Here we enjoyed 100m or so of dappled sunlight as we traversed Long Links Wood running adjacent to the railway track.

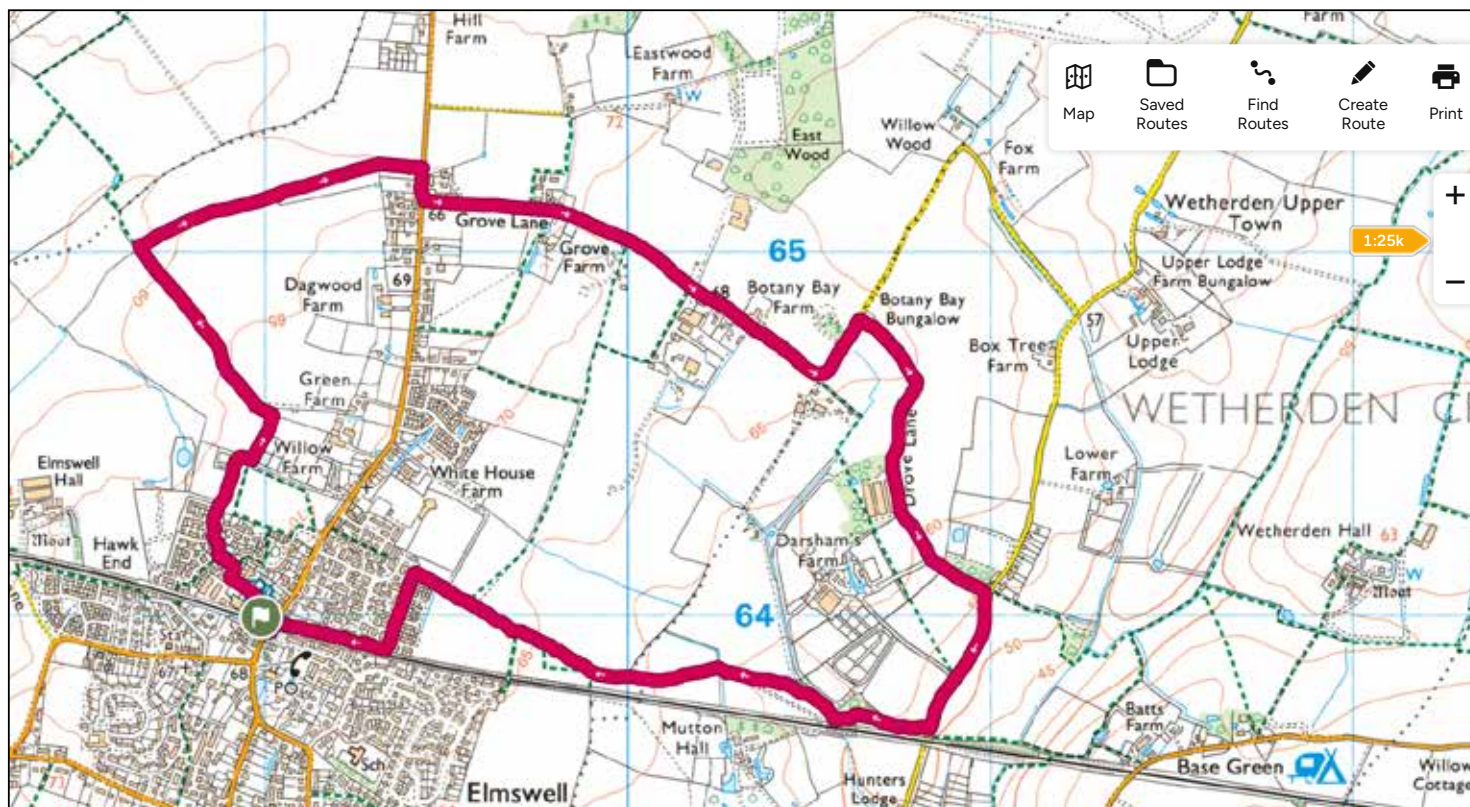
Breaking out into open meadows, we crossed Arches Field and Elmsell Field, availing ourselves of an impromptu photo opportunity at a convenient bench along the way.



Exiting Mutton Hall at gate 8 we were now back in Elmswell where FPs 23, 9 and 10 led us safely home to Crown Mill and this year's impressive Christmas tree.

A walk of approximately 4.53 miles in 1 hour and 52 minutes (an average speed of 2.4 miles per hour).

Peter Hancock, EPC Footpath Officer



**JANUARY'S FOOTPATH WALK
WILL BE ON SUNDAY 11th JANUARY**



PLEASE NOTE THAT THE WALKS WILL NOW COMMENCE AT 10.30AM TO BETTER SUIT THE REQUIREMENTS OF THE GROUP.

IF YOU THOUGHT IT WAS ALL OVER

there is still the 'fitting out' and other works to be tackled by the parish council's local subcontractors; intruder alarm, CCTV, broadband, internal decoration, floor coverings, kitchen equipment, air extraction system...not exhaustive but, with the installation of the air source heating system and the delivery of power by UKPN on 27th February, enough to keep the team busy. Some of this is done, some in progress and some still to be specified, but all represented on a detailed timetable with a completion date at the end of March. In time, it is to be hoped, for Easter.

WITH NADIA NOW ON THE TEAM

After meeting some of the Wesley / Tavern customers at the Carol Service, Nadia Tunmore is seen here at the Carol Concert with one of the event stewards Cllr Peter Hancock. Nadia is helping and advising before formally taking on her role as Wesley / Tavern General Manager in February when she will be involved in bringing the new facilities into use, including staff recruitment. Nadia's considerable experience in hospitality start-ups has already informed decision making.



Nadia is on the left

AND IT SEEMS TO WORK

A pop-up bar happened for the Carol Concert with the actual bar, as yet unvarnished, covered in heavy plastic. Business was twice as brisk as last year and later arrivals had to stand outside as the Norton Salvation Army band led the carols in a service organised by St John's and the Elmswell Baptists. Mulled wine, both with and sans alcohol, was served at Wesley with mince pies. Wesley / Tavern working together. A bucket collection raised £285.00 towards the Army's work in the community.



No room at the Inn - no room for a photographer who had to shoot this through the window



David Brown, cellarman, draws a pint



Lucy explains the predominantly pink colour scheme



SO, WHAT'S GOING ON AT THE MOMENT?

Drainage is being installed to take all the water away from the building and down to a swale into the pond at the bottom of the site. Groundworks to bring the soil levels down as approved by Building Control are under way to be followed by the laying out and installation of the paths and parking etc



Taking water away from the building.



...to a common point and then out to the swale



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CLUBS & SOCIETIES



OVER 55'S CLUB



We held our annual Christmas party on Sunday 14th December, where members enjoyed a delicious four-course meal. A huge thank you goes to Kirsty, Kaylee, Kerry, Susan, and Louise for all their help—we could not have done it without you!

Bob Whiting provided fantastic entertainment, and the dance floor was buzzing all evening.

We also held the Christmas draw, which featured an array of prizes. Our heartfelt thanks to the local businesses

who donated so generously—too many to name, but you know who you are. Your support was truly overwhelming.

The highlight of the evening was celebrating Diann's retirement after more than 20 years of dedicated service running the club so successfully. Diann was presented with many thoughtful gifts from members, including a garden bench, afternoon tea at the Angel Hotel, a £100 M&S voucher, and beautiful flowers, to name just a few. Her commitment and dedication will never be forgotten.

A special shout-out and thank you to Elmswell Bingo for their generous donation of £250.00, and to Mid Suffolk District Council for allocating funds from the Locality Budget to the Over 55's Club. This support will help cover hire costs for the Blackbourne Community Centre and allow us to subsidise fees for events and trips, making an enormous difference for our members.

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

Kay – 07730265316 or Sharon – 07885730911 or email elmswellover55s@outlook.com



Regards Kay and Sharon

ELMSWELL

EXCHANGE WI



This month was our Christmas celebration. After getting through the business of the meeting as quickly as possible, everyone enjoyed refreshments provided by the committee and using our brains to try and complete a couple of quizzes.

Then thanks to two ladies from Wetherden we enjoyed singing Christmas carols. Jan Kidmarsh kindly played the keyboard and Pat Tubbin was her able assistant. Our thanks to them both for adding a Christmas feel to our meeting.

Our competition winners for the year are Kathy Rust in first place and joint second are Mary Chown and Maureen Lazarus. Christmas hampers were given to the winners. Congratulations!

Our next meet up at the Wesley will be Wednesday January 21st at 2pm.

The next meeting will be February 4th 2026. Our speaker will be John Saunders and his subject is 'Sixty Years in Constable country'. The competition is a crime related book.

We wish all our members a happy and healthy new year.

Visitors and new members are always welcome.

*Carol Blissett
242 884*



ELMSWELL WI

It was our Christmas party! Everyone was welcomed with a selection of drinks including Mulled Wine, and Cava. As they arrived, they received a card with a Post-it note and were asked to secretly write something about themselves on it.

There were some impressive Christmas jumpers on display and when everyone had sat down, Chris asked them to check their cards for the word "Salutations". There were three people and they each won a prize. Michele had brought all our carefully wrapped glass decorations from November. They were lovely and gave us lots of pleasure.

Then it was time for a mammoth Pass-the-parcel. There were about forty of us in one big circle and three parcels, which were passed around at the same time. It was great fun!

While everyone was having refreshments, there were quizzes to complete. The post-it notes had been stuck on a door and members were asked to select one and try to find who had written it.

Next Julia read out the answers to the quiz and gave Smarties to the winners. Raffle tickets were drawn and two lucky people won beautiful hampers. After singing carols together, it was time to go. Christmas was well underway!

In our January meeting, we shall learn about Burlesque.

Rosie Collins 01359 241652



OVER 55'S CLUB

A personal thank you... where to begin?

Over 20 years ago I took over the running of the well established Helping Hand club in Elmswell. Those years as Chairperson have been amazing.

I hope I have given all the members, old & new, some special times. I have, for sure, collected lots of lovely memories.

Things wouldn't have run so smoothly without my Committee members. I would like to thank Grant, Barry & Hazel, Charlotte, and John for all their dedicated hard work throughout the past years.

At the Christmas dinner celebration I was overwhelmed with the presentation I received. It was a very emotional day with so much love and generosity shown.

I am so grateful and cannot thank everyone enough for their cards, gifts and good wishes. Kay and Sharon worked tirelessly and did the most amazing job of organising and catering for the event. I know that with both of them at the helm the club will go from strength to strength.

With this in mind, my final thank you goes to Kay and Sharon for making my "retirement" so special.

Goodbye and God bless.



Diann

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Happy New Year from Travel Stop!

Lorna has just returned from her trip with Caribtours, visiting Cancun, Playa Del Carmen and Riviera Maya — and here's what she has to say:



"I would highly recommend it as a warm winter getaway! The hotels we stayed in were a tropical oasis and you can either have a relaxing break, explore the ancient Mayan ruins at Chichen Itza, or be adventurous and visit the Xcaret Parks. This destination is an all rounder and will suit couples and families, so please get in touch if it's somewhere you're considering!"

Tel: 01359 242555 email: elmswell@travel-stop.co.uk

The office is open for walk-ins and appointments on Thursdays (9am to 5:30pm) and for phone and email enquiries Monday to Saturday.



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 **SEAMANS**
building





ELMSWELL LIBRARY

Hello Elmswell,

I hope you had a good Yule, Christmas and New Year. For those of you that helped decorate our tree with your wonderful bookmarks, they are now ready to pick up

We have our next Elmswell Library Friends Quiz happening on 6pm Friday 16th January. Tickets are available from the library and are £5 per person with a maximum team size of 6. Recent examples of what ELF funds provide are the bookmarks that people decorated for the Christmas tree, the mince pies, clementines and drinks throughout December and the prizes for the picture bingo.

This month's book display will be award winning books. We will have books from a variety of awards for you to enjoy. If you see a book you would like to borrow, take it to the desk and we will be able to issue it for you.

Elmswell Library offers a home library service for people unable to get to the library either permanently or temporarily for example due to an operation. A volunteer will either drop off books you reserve and that come to the library or will get to know which authors and genres you enjoy and bring a selection of books to your house.

Our next Fantastical Book Group book is Cemetery Boys by Aiden Thomas and

the meeting is 11am Saturday 17th. The books are reserved on a book group card so if you would like to read it, come in and ask to be told when the book is in or see if we have any on the shelf for the book club.

This month Stowmarket Art Club will be returning to show a selection of their artwork. Come in during January to have a look. If you are an artist interested in exhibiting let us know.

See you in the library soon and we hope you enjoy the festive season,

Miles

What's on

Quiz

6pm Friday 16th December

Mahjong

3.30pm Friday 2nd, Friday 16th and Friday 30th January (every other Friday)

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 3rd January (every 1st Saturday of the month)

Writing Group

January session took place at end of December, next session in February.

Chess Club

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

Fantastical Book Club

11am Saturday 17th January (every 4 weeks) – reading Cemetery Boys by Aiden Thomas

The Keep in Touch

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

Catch Up In The Library

2.30pm every Wednesdays

Gwel's visits

3.30pm – 4.30pm Tuesday 6th January (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 21st January between 10:00 am and 12:00 noon.






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CITIZENS ADVICE MID SUFFOLK

A friend's sudden illness has made me reflect on getting my own affairs in order. I've heard about lasting powers of attorney (LPAs), but I'm not sure where to start or whether I really need one at my age.

The key point is that any adult can make an LPA; it isn't only for older people. An LPA lets you appoint a trusted person, such as a friend or family member, to make decisions on your behalf if you ever lose the ability to do so yourself. This might happen due to an illness, accident, or condition that affects your mental capacity.

Conditions that can prevent someone from making decisions include dementia, brain injuries, mental health problems, substance misuse, or side-effects from medical treatment. Setting up an LPA doesn't mean you expect these things to happen, just that you want to be prepared.

There are two types of LPA:

1. Property and financial affairs LPA – This allows someone to manage your finances, such as buying or selling property, handling bank accounts, dealing with benefits, or paying debts.

You can grant broad authority or limit it to specific tasks. If you choose a limited arrangement, the document must be drafted very carefully.

2. Health and welfare LPA – This covers decisions about where you live, your daily care, and medical treatment. Unlike the financial LPA, it can only be used once you have lost mental capacity.

You don't need to set up both types at once, but you must make each LPA while you still have mental capacity. Whatever you choose, it's crucial to select your attorney or attorneys with care, as they may one day have significant control over your wellbeing or finances.

To create an LPA, you can either complete the forms online at gov.uk or download them. Each type, property and financial affairs, and health and welfare, requires its own separate form.

Once the forms are filled in, they must be registered with the Office of the Public Guardian (OPG), and you may need to pay a registration fee. If everything has been completed correctly and no one raises objections after being notified, the OPG will register the LPA. This process can take around 20 weeks.

When registration is complete, the OPG will notify both you and your chosen attorneys, and the LPA can then be used if needed.

For more guidance on LPAs and other types of power of attorney, the Citizens Advice website offers clear and helpful information. <https://www.citizensadvice.org.uk/family/looking-after-people/managing-affairs-for-someone-else/>



Mid Suffolk

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.

ELMSWELL GARDENING CLUB

Happy New Year! By the time you read this Christmas will seem like a long time ago. Memories of mince pies, Christmas cake, turkey and leftovers will have faded. A new year can herald a new garden or at least tweaks to your current one. Gardens are an ever-evolving adventure and the new year can give us time to plan the year ahead before the spring arrives along with panic buying of seed potatoes, seeds and manic sowing of annuals in February (or is it just me?). This time of year, I like to source or plan to grow plants that can fill borders damaged by frost or snow, extreme waterlogging, drought or those that have just reached the end of their natural life. This year could also be the year to experiment with a new colour of summer bedding, grow that new tomato variety or even attempt a show entry worthy vegetable.

There is surprisingly much to be enjoyed in gardens this time of year including snowdrops, crocus and early daffodils if the winter remains mild. There are

also a number of heavenly scented winter flowering shrubs that can stop you in your tracks. My favourites are Sarcococca (Winter Box), Jasminum nudiflorum, Hamamelis (Witch Hazel) and Chimonanthus (Winter Sweet) so if you are out for a walk in a park or local open garden be sure to look out for them.

More excitingly our meetings will resume on 17th February 2026 and kicking off our speakers for the year is Tim Fuller, co-founder of The Plantsman's Preference in South Lopham. Tim will be sharing his knowledge of ornamental grasses. Many people are unsure of what to do with grasses in the garden and they tend to end up in a bed on their own - not the best way to use them. This talk will aid the selection of good garden grasses and suggest ways to include them in the garden.

We meet every third Tuesday of the month at 7.30pm in the Wesley Chapel, School Road. We have a varied and interesting line-up of speakers and



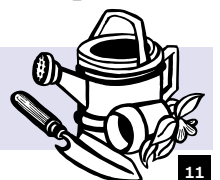
outings planned for 2026. More details to follow.

Whether you are an experienced home gardener or just starting out there is always something new to learn or ideas to take home to your own garden. Non-members are always welcome and you may make some new friends.

We look forward to welcoming you in February and growing another year of shared garden inspiration together.

Wendy

For Information contact elmswellgadmin@btinternet.com or myself on 07748442951





ST JOHN'S CHURCH

Happy New Year from St John's Church

Many people say "A new year means a new start." In the Christian faith, baptism is a sign of a new start – a new life following Jesus and enjoying his goodness to us now and his promises for the future. As we head into 2026, the future may hold many uncertainties for us. But the promise in the Bible is that those who follow Jesus have a certain eternal future: "This is what God has promised us – eternal life." (1 John 2:25) December was a joyful time of celebrating how God came into the world in Jesus to make certain his promise to us. It is always a privilege to welcome so many people into St John's for Carol services and to share the message of God's love and promises (as well as mince pies, chocolate rolls and Christmas tree biscuits).

We hope to continue to welcome many to the church as we share the good news of Jesus in the coming year. We will be starting the year with an all age service, looking at the Lord's prayer, before continuing to look at the account of Jesus' time in Jerusalem in Mark's gospel. Our Sunday School will be also be looking at who Jesus is and what he did and claimed during his time on earth. The children really love hearing from the Bible and doing the related craft activities.

Everybody is welcome at St John's. If you would like to find out more about us and the God we worship, please pop along one Sunday at 10:30am or get in touch (details below). Remember, you can also check out our services online on our web site, YouTube or Facebook (again the links are below).

Upcoming Dates:

Sun 4 Jan 9:00am	Holy Communion
Sun 4 Jan 10:30am	Family Service
Sun 11 Jan 10:30am	Holy Communion
Sun 18 Jan 10:30am	Sunday Worship
Sun 25 Jan 10:30am	Holy Communion
Sun 1 Feb 9:00am	Holy Communion
Sun 1 Feb 10:30am	Family Service

Every Saturday:

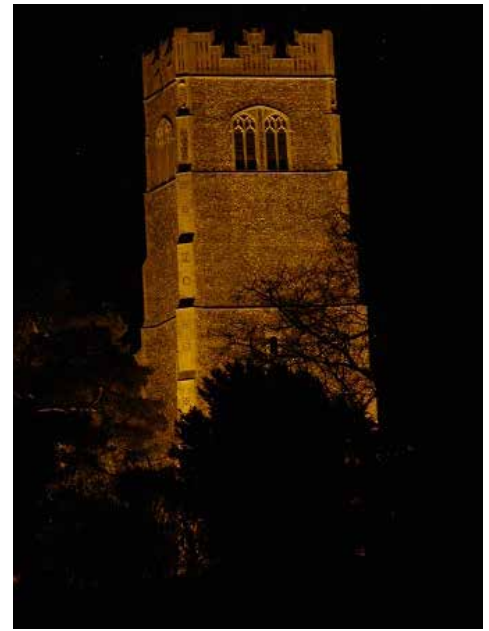
9:00am Weekly prayer meeting online (see web site for details)

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,
elmswellrector@gmail.com
 (01359 240512)

Website: 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 that after 31 years of asking for £5 for a night's floodlighting, we have reluctantly decided to increase this amount, from the beginning of January, to £10.

This will not apply, of course, to sponsorships that have already been pre-paid, Cheques payable please to "ST. JOHN'S CHURCH, ELMSWELL". For the winter months the lights will be on between 5.30 p.m. and midnight. The deadline for inclusion in the February Newsletter is Monday 26th January. Your support is very much appreciated.

DECEMBER 2025 SPONSORSHIPS NOT PREVIOUSLY ACKNOWLEDGED

- 1 celebrating Advent - a time of preparation for the coming of the Christ Child.
- 6 remembering St. Nicholas Day.
- 24 remembering Christmas at Washdyke.
- 25 remembering Christmas at Washdyke.

JANUARY 2026 SPONSORSHIPS

- 1 treasured memories of Hector & Ruth Francis. Much love - Janet, Irene, Linda and all the family. xx.
- 2 treasured memories of Hector & Ruth Francis. Much love - Janet, Irene, Linda and all the family. xx.



- 4 to remember and thank all those past Elmswell Fire-Fighters who served their village and community so well.
- 6 remembered with so much love, Evelyn Simpson. "God Bless".
- 13 in loving memory of my mother Eileen Fraser on her Birthday.
- 15 in loving memory of Geoffrey Dalton on his Birthday.
- 15 in loving memory of Allison Schofield, devoted wife and mum. "She brightened all our lives, and we miss you more every day". All our love, Michael, Christopher and Jonathan.
- 19 in loving memory of Natasha Smith.
- 23 in loving memory of Ricky Woolnough's Birthday.

**All bookings and payments please to :-
Trevor Sadler, Abbots Warren, Church Road, Elmswell (Tel: 240908)**



CATHOLIC PARISH OF OUR LADY, STOWMARKET

Parish Priest:

Rev. Simon Leworthy,
The Presbytery, 29 Lockington Road,
Stowmarket, IP14 1BQ
Tel:01449-612946
E-mail: pp@ourladystowmarket.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, 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 Hall above the Church – a lift is available.



ELMSWELL BAPTIST CHURCH

Happy New Year I hope that you all had a good time celebrating Christmas and found some time to remember what Christmas is all about namely celebrating the birth of our lord and saviour Jesus, it was good too see so many people at the carol service organised by Christians Together in Elmswell at the Tavern in December where the reverent Reg Craig offered a message about Jesus being borne for us all.

So 2026 is here and like every year we look forward to new beginnings ,fresh starts, new year resolutions what ever they might be I've given up on making resolutions because with the best will in the world they never last, but if one of your new plans for the year is to get closer to the Lord Jesus why not consider joining us at 10.30 AM each Sunday where our services will be led by a different speaker each week.

Our Ladies Friendship Group begin their year on the 5th January meeting at the church at 2.00PM to hear from John Sutton about his travels in the USA. The Ladies group is open to all ladies and not just those who attend our services please contact Margaret on 07926753882 if you would like to join them there is no membership fee just a donation is asked to cover the cost of a cup of tea and a piece of home-made cake.

In December Jackie retired from the lead role at Food and Friends having been in charge since the inception of these lunches in 2011 thank you Jackie and your team for all your hard work. On January 8th Dorothy and Margaret will take over the reins offering Soup and a roll followed by a Sweet Tea/Coffee, we look forward to welcoming all our regular guests, if you have never been before contact Margaret on the above number for all the details.

Our services in January will be led by,
January 4th Rev Reg Craig (inc. Communion)
January 11th Rev Norman Tharby
January 18th Rev Robert Green
January 25th D I Y Service (certain of us take a small part in the service)
February 1st Rev Reg Craig (inc. Communion)

It only remains for me to wish each and everyone a very Happy New and Prosperous New Year and look forward to seeing some of you at our services and activities in 2026 please contact Tony on 07784095225 for any more information you might need

Dave Hollings

SPEEDING

Cllr David Brown, who looks after the Speed Indicator Devices (SIDS) in the village, has analysed all the data from 2016 to 2018 and from 2021 to 2025. The earlier 2016 to 2018 data is not reliable as it was recorded as discreet months rather cumulatively.

The Annualised Average Daily Traffic (AADT) figure is the most important output as this is what Highways Engineers use to define required road capacity.

Overall the data reveals the increase in traffic flows that most people perceive as being inevitable as the village expands:

Ashfield Road

AADT has increased by 52% between October 2021 and October 2025.

Church Hill

AADT has increased by 23% between November 2021 and October 2025

Wetherden Road

AADT has increased by 8% between March 2022 and October 2025

The publication of such figures, both locally and nationally, is of interest. However, the SIDs, with their indications of speed, do have an interactive effect with most law abiding motorists, who are then prompted to slow down.





At Wesley

New – Elmswell Repair Café!

As part of our efforts to re-use, recycle and reduce waste, the friendly volunteers from Stowmarket Repair Café are bringing their skills to the Wesley on Saturday January 31st between 2.00 & 4.00pm.

If this taster session is successful we are hoping to run the Repair Café on the last Saturday of every month and hoping to draw on more volunteers from Elmswell.

The idea of Repair Cafes is to encourage people to repair items rather than throw them away, thus reducing waste and saving you money! We have a team of local expert repairers who will show you what they are doing while they repair your item during the session, if they can. There is no charge for this but donations are accepted to cover running costs.

Our team will be happy to mend clothing items, small electricals, small items of furniture, toys, jewellery and anything that needs fixing or gluing. If they can't fix it they can usually suggest what you need to do.

Please make sure that anything you bring is clean and not damaged beyond repair and if you can, please bring with you any zip, buttons, light bulb or other items that might be needed to make the repair.

If you would like to know more or sign up as a volunteer, please contact Ann at the Parish Council office or email stowrepaircafe@gmail.com



**DON'T BIN IT – REPAIR IT.
WE CAN HELP**



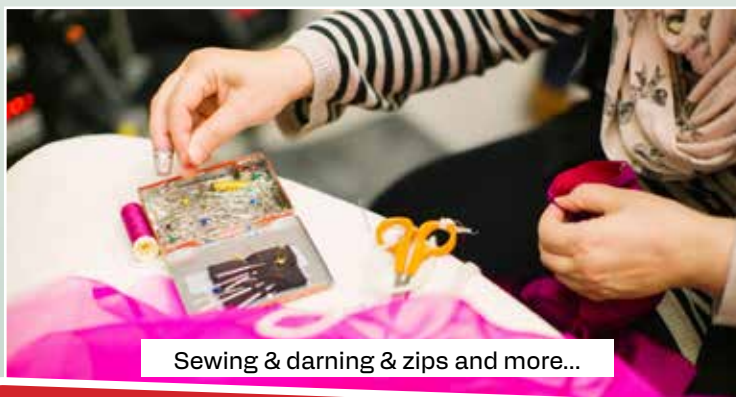
Clocks & watches



Electrical & electronic



Jewellery



Sewing & darning & zips and more...

**Taster session-
Saturday 31st January
2.00 - 4.00pm**



NEWS FROM ELMSWILD

Crafty Christmas – so good, we did it twice!

A huge thank you to everyone who came to the Wesley Coffee Shop to support our ElmsWild Crafty Christmas events! The wreath making session was a great hit and some beautiful garlands were created to adorn Elmswell front doors this Christmas. Most of the sprigs, leaves and fronds came from Lukeswood and all the materials were natural. The willow hoops (Lukeswood willow, of course!) can be used again to make another Christmas wreath or one to celebrate another season. All of the items on our sale table were handcrafted by ElmsWild volunteers (such a talented bunch!) and many were snapped up as gifts or decorations. We brought some of our goods back to Wesley for a second go just a week before Christmas so that we could add to the funds raised. As before, all the proceeds from Crafty Christmas were donated to St Nicholas Hospice Care, which is a local charity very much valued and needed by the whole community. We were aiming to beat last year's total (£355), which we did handsomely, surpassing our target of £400. Thank you very much to all the Wesley staff and volunteers for accommodating us, especially on the Saturday when they were kept super busy supplying everyone with delicious drinks and refreshments. We'll be back next year!



Farewell and thank you to John

One of our longest serving volunteers, John Pursglove, is hanging up his hi-vis vest for a well-earned rest. John was with us when we first started trying to find a suitable plot for our community woodland and was one of the volunteers who worked so hard to win the People's Millions competition which enabled us to buy the land that is now Lukeswood. More recently he has been the backbone of our work at the Memorial Garden next to the library – a fortnightly work party to keep this little garden tidy and blooming. It can be quite hard work – not just gardening, but also less enjoyable tasks, such as picking up the litter, emptying the bin and making sure the brown bin is emptied and safely stored away. In the last few months John could be seen almost every day at the recycling centre, keeping everything clean and tidy, as part of ElmsWild's stint at this facility (the Parish Council scheme is open to all village clubs and organisations and earns the participants a welcome contribution to their funds). Our photo shows John hard at work in the garden a few years ago, tending to the area in front of the Memorial stone. We marked the occasion of John's farewell in the garden with a toast and the presentation of a photo album – some memories of John's time over the years as an ElmsWilder. Cheers, John! We know we'll see you round and about in the village – and we're sure you'll be at the garden occasionally to see what we're up to!



Willow cutting

After all the festive cheer of the last few weeks a good way to start the new year is to come along to the willow cutting at Lukeswood – fresh air and exercise, followed by some good conversation and refreshments! We cut the willow in January every year and everyone who comes to help is welcome to take away some bundles for craft or garden projects. This year's willow cutting is on Saturday 10th January, 9.30-12.00. If you would like to join us please bring stout gloves and loppers or secateurs if you have them. Dress up warm, too – it's bound to be chilly! Parking is available on site, so you can load up the car with your willow. Do come and join us – everyone is welcome!

Wishing everyone a very Happy New Year from all at ElmsWild,

Mary Feeney
info@elmswild.org.uk



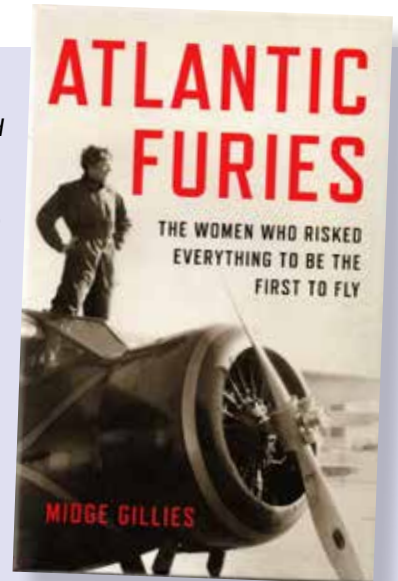


ELMSWELL HISTORY GROUP

Our December's talk/performance by actor Bryan Thurlow was the fascinating and dramatic story of **Borley Rectory, England's Most Haunted House**. With just a very few props, Bryan brought this mid-century story to life about this imposing building on the Suffolk/Essex border with its various and, frankly, eccentric characters. It was 1927 when Reverend and Mrs Smith moved into the rectory and the first instances of a very modern haunting began. Shortly after moving in, the skull of a young woman was found in a cupboard by Mrs Smith, and this discovery was said to have been the trigger for supernatural activity within the house. Immediately after the skull discovery, a whole host of paranormal events were said to have occurred; strange lights appeared, unexplained footsteps moved within the house, and the ghostly apparition of a horse-drawn carriage was seen nearby. However, it was subsequently surmised that maybe such pranks were perpetrated by mischievous maids (amongst others!), exaggerated by the nervous disposition of fragile ladies, and encouraged by unscrupulous charlatans such as Harry Price and his spiritualist friends who tried to rid the rectory of its ghostly goings-on. Sadly, the building itself is no more, but that hasn't stopped local youngsters and other thrill-seekers and ghost-hunters from visiting the village to this day on the hunt for ghouls and "things that go bump in the night"! To calm our collective nerves, warming seasonal refreshments were served, which went down very well with our large appreciative audience.

BOOK REVIEW

"Atlantic Furies – the Women Who Risked Everything to be The First to Fly" by Midge Gillies (available from the Library). Following on from our October talk on Mildenhall's 1934 Air Race, this book covers the astounding story of the six female aviators who battled to become the first woman to cross the Atlantic Ocean by plane, albeit with help from more experienced pilots and engineers, many of whom had trained during WW1. In the early 20th century, the dream of crossing the Atlantic by air was as potent as putting a man on the moon would be 50 years later. However, many people believed women to be too fragile and lacking in the skills to endure the gruelling conditions of flying long distances. Nevertheless, these rule-breaking aviators risked everything to prove the doubters wrong; some had lied to their families in order not to be stopped, others duped the press about their intentions and, ultimately, three lost their lives, but each pushed the boundaries of the possible. Somewhat inexplicably, many of these trans-Atlantic attempts started in the winter months, even around Christmas, which seemed to be counter intuitive, but this book also gives lots of insights into global social history of the Roaring Twenties, together with some evocative photographs of these intrepid ladies and their aircraft. The author specializes in writing about history's forgotten stories; she has written or co-authored ten books, teaches creative writing at Cambridge University, lectured at Cambridge's Magdalene College for three years, and has a PhD from the University of East Anglia.



To welcome in the New Year with traditional bells, here's a poem about Town Criers, from The Really Lovely Poetry Company RRG.

Who remembers criers? They're still around, you know.
 You'll find them in the marketplace, or at the local show.
 Many places had them, they stretch way back in time.
 Around in Medieval times, some shouted news in rhyme.
 Town Criers, they will cry out loud; they cry out with their views.
 They keep us up-to-date with things, and shout out local news.
 If criers meet in numbers, in groups to say "hello".
 It's very easy to believe, their collective noun's "BELLOW".
 Listen to your Crier, remember what they say.
 It might be something just for you, about a special day.
 Oyez or hark or listen, talking news for all the nation.
 Information for everyone; facts, laws and proclamation.
 Town Criers have competitions to demonstrate their art;
 But it isn't only what they say, they also must look smart.
 Today we still have many, their bells they like to ring.
 Cries always start "Oyez, Oyez", and end, "God Save the King".



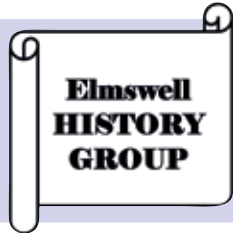
Ghost hunter, Harry Price





We meet again on **8th January, 7.30pm** in the **Wesley Hall**, when we look forward to hearing a selection of members' short talks, entitled "*Growing up on the Ickworth Estate*", "*The History of Postcards*", and "*Memories of 1950-60s Woolpit*". Non-members/visitors are always welcome to attend any of our meetings, so do join us then, and you may make some new like-minded friends.

May we take this opportunity to wish everyone a very Happy & Healthy New Year.



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

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



Here WEE go...

In August, Mid Suffolk chose its 12 most well managed and productive recycling facilities to try out the collection of waste electrical and electronic waste – WEE.

Elmswell was top of the list and the bright pink bin has been busy since taking small items including computer peripherals, radios, electric tools, kettles...anything that will fit the access hole in the top of the unit.

The gains are twofold and considerable. Much of this stuff contains valuable recyclables...there is more gold in a tonne of old computers than there is in a tonne of ore dug in a gold mine...the poisons that are part of the circuitry include

- **Lead (Pb):** Found in cathode ray tubes (CRTs) of old monitors and TVs, batteries, and solder on printed circuit boards. It is a potent neurotoxicant that can damage the central and peripheral nervous systems, blood system, and kidneys. Children are especially vulnerable to its effects, which include reduced IQ and developmental delays.
- **Mercury (Hg):** Present in fluorescent lamps used for backlighting in LCD screens, some batteries, and switches. When released into the environment (often as vapor during burning), it can cause brain, liver, and nervous system damage.
- **Cadmium (Cd):** Used in rechargeable nickel-cadmium (NiCd) batteries, printer inks/toners, and in some CRT screens. Exposure can lead to kidney and lung damage, as well as an increased risk of cancer.
- **Chromium VI (Hexavalent Chromium):** Used in metal coatings for corrosion protection. It is a known human carcinogen via occupational inhalation exposure.
- **Beryllium (Be):** Found in some computer motherboards and connectors. Inhalation of its dust or fumes can cause chronic beryllium disease (berylliosis) and lung cancer.
- **Arsenic (As):** Present in small quantities in some semiconductors and LEDs. Inhalation can cause lung cancer, and ingestion damages the digestive system.
- **Brominated Flame Retardants (BFRs):** Used extensively in plastics and circuit boards to reduce flammability (e.g., PBDEs, PBBs, TBBPA). They can disrupt the endocrine (hormone) system and are linked to impaired memory functions and learning difficulties in developing fetuses and children.
- **Polyvinyl Chloride (PVC):** A common plastic used for cable insulation. When burned, it releases highly toxic hydrogen chloride gas, dioxins, and furans, which are persistent organic pollutants linked to cancer and immune system impairment.
- **Polychlorinated Biphenyls (PCBs):** Historically used in transformers and capacitors (though largely banned now in new products), they are persistent in older e-waste and are probable human carcinogens that damage the immune and reproductive systems.

These poisons are typically safely contained within the device during use. However, improper disposal or crude recycling methods, such as open burning and acid baths, release these toxins into the air, soil, and water, creating severe environmental contamination and public health crises, particularly in developing countries where informal recycling is prevalent.

If it's electrical or electronic and it will fit, dump it in the WEE bin for recycling



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weather

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SUNSHINE

SNOW

WIND

CLOUDS

MIST

LIGHTNING

DRIZZLE

HAIL

FROST

FOG

THUNDER

STORM

When rain gathers on the ground sometimes it can form a puddle, the puddle can change size during the day which you can measure.

What you will need:

- A puddle
- A piece of chalk

Instructions:

1. Choose a day when there has been rain overnight and the rest of the day is expected to be dry, warm and sunny.
2. Choose a puddle and first thing in the morning use a piece of chalk to draw around the puddle.
3. A few hours later go back and draw around your puddle again. Repeat this several times during the day.



What kind of shorts do clouds wear?
Thunderwear!

What did the tornado say to the sports car?
Want to do for a spin!

Make a cloud in a glass

You will need:

- A clear glass or similar see-through container
- Warm water
- Ice
- Metal or foil dish

Instructions:

1. Place the ice into the metal dish.
2. Pour a small amount of warm water into the bottom of the glass.
3. Wait until the dish is really cold. Then place it on top of the glass.
4. Watch the inside carefully. You should see a 'cloud' form near the top of the glass.

What falls but never hits the ground?

The temperature!



What bow can't be tied?

A rainbow!



NEW BLACK BELT AND FEMALE FOCUSED SELF DEFENCE CLASSES AT THE BLACKBOURNE

After 10 years of diligent and dedicated training, Matthew Warren, one of the clubs first students has been awarded his Black Belt. The grading was held in Dublin last month with Matt having to demonstrate a variety of self-defence techniques and martial arts skills for assessment by a panel of international instructors. It was an outstanding display and showed the depth of his knowledge and understanding of the traditional syllabus as well as D.A.R.T, Ryoshin Self Defence System.

Matthew will now assist in teaching new students and help to get existing students ready for their gradings next year. Also grading was Mike Harding 8th Kyu, Marcus Hopkins 8th Kyu and Ben Jean Jaques 9th Kyu.

Ryoshin Ju Jutsu combines real world self-defence with traditional martial arts and includes a wide range of techniques such as striking skills, joint locking and restraining techniques, throws/sweeps/takedowns, grappling and fighting from the ground. Students also learn how to use Katana (sword) and Yari (spear).

Unlike other martial arts, Ryoshin Ju Jutsu is not a sport or competition based and focuses purely on the ability to defend yourself in real life situations.

Head instructor Gary Sallows has received multiple black belts in several martial arts styles over 42 years of training but has devoted the last 13 years to teaching **Ryoshin Ju Jutsu**. He believes it to be the best he has studied, as it gives students a broad range of practical self-defence skills that are useful in the real world.

Classes are open to anyone aged 12+ and held at The Blackbourne in Elmswell on Mondays and Wednesdays 18.30 – 20.30pm.

Classes are £7.50 and there are no expensive membership fees.

First class is free!

We would also like to announce a female only self defense class starting in February on Monday nights 18.30 to 20.30. This class is female focused self defence techniques. Anyone interested in joining this class please call the number below.

Contact Gary on 07711 680262 or email Ryoishintowaryuheiho@gmail.com



Mike Harding, Marcus Hopkins and Ben Jean Jacques receiving there certificates from Sensei Gary Sallows (Sandan) and Jason Evans (Yudansha)



Matthew Warren receiving his Black belt certification from Hanshi Tony Carrick in Dublin



Matthew Warren with Hanshi Tony Carrick and the panel of international examiners



ELMSWELL BOWLS CLUB

I am writing this on the shortest day of the year so it is all downhill from now on! We have held our AGM, and everything is much as it was, except that we have a brand new Constitution and a Safe-guarding Officer, so we are now officially compliant with the new League Policy. I say 'new' but it is a couple of years old and I say 'compliant' when we already were, it is just that it is now official. There are some changes to the Team Captains, Dick, with the continued help of Barry Hayward, will carry on spearheading the Thursday Team and Mark Edwards and Kevin Knock will take the Tuesday Teams into battle this

year. Linda Vince will continue running the Monday, Division One side and I will run the Second Division side, should we have enough bodies signed on to make it viable. We will need 8 or 9 in order to cover for holidays, illness and the like. We have a lot of members who may be forced to retire, so it may be a case 'of wait and see' With no action on the Green, other than maintenance, there is little to tell you for a couple on months but the season will soon be knocking on our door again. Hopefully, the Spring, being most people's favourite time of the year, will pass quickly, although I take no pleasure in wishing time away.

I still have some Trophy winners to show you, including John Harris (*pictured Right*), who was a Runner-up but was absent on the night. Jenny Murray (*pictured Left*) receiving her Runner's Up Trophy and Rob Dann and John Harris shaking hands before the Final

Elmswell
Fox



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

Bowls Club

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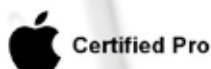
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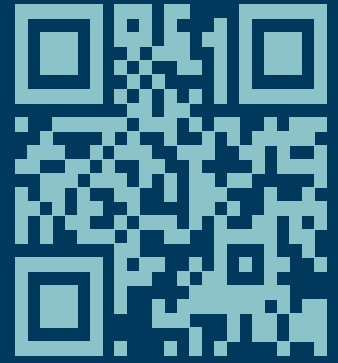


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From the Office of Peter Prinsley MP

Member of Parliament for Bury St Edmunds and Stowmarket

House of Commons, London, SW1A 0AA



To kick off my first newsletter of the year, I would like to start by thanking you for your continued support and readership. It has been a pleasure engaging with the residents of Elmswell on my many visits last year, and I look forward to doing more of just that in 2026.

In December, we welcomed news that Suffolk County Council has received upwards of £26 million from the Government that will go towards improving Suffolk's bus network. The money, under the Local Authority Bus Grant, will help keep services running smoothly, expand what is already offered and provide clearer travel updates, all aimed at making your journeys easier and more reliable.

This is another step in the right direction for Suffolk buses. Back in July, the Department for Transport awarded

the County Council £2.8 million as an investment in new routes and improved services, including the introduction of a Sunday schedule - a welcome boost for weekend travellers.

It was heartwarming to see so many entries to our Christmas card competition last year. We received over 70 brilliant entries from schools across Bury St Edmunds and Stowmarket, which made it all the more difficult to choose a winner. After careful consideration, my team and I chose a wonderfully creative design by Annie from Westgate Primary School whose image, I like to think, was one of many to grace the mantelpiece at No 10. It really was a joy looking at the local talent of young artists across the community - well done to everyone who entered!

As well as Christmas, December also saw the yearly Jewish Festival of Light,

known as Hanukkah, a cherished celebration of Jewish history, resilience and joy. In my family, we light a candle on the first day of Hanukkah, and seven more on consecutive days until the menorah is fully lit. We feast on homemade latkes (which are similar to hashbrowns, only better!) with sour cream, and doughnuts. Hanukkah was of course also coloured with great sadness after the terrible attacks that we witnessed in Australia. My thoughts remain with all affected, including the injured hero, Ahmed Al Ahmed, who risked his life to save others.

As we do every year, my family and I took our usual annual New Year's Day stroll along the local coastline, to ring in 2026. However you celebrated the New Year, I wish you all a happy 2026..



If you need support with an issue or have a casework query, please don't hesitate to get in touch. My team and I are here to help. You can reach me by email at: peter.prinsley.mp@parliament.uk and we'll do our best to assist you!



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Local Government Reorganisation:

Government's fairly short period of public consultation - inviting local comments about the choice of one or three Unitaries for Suffolk to replace the existing County Council and 5 District Councils and Borough - ends on 11th January.

Access to the consultation is via the 'threecouncilsforsuffolk' or the county council's One Suffolk website - OR search the gov.uk website for 'proposals for local government reorganisation in Norfolk and Suffolk.' Our current understanding is that Government will decide either way in March.

Elections in May 2026:

For months, the Mayoral Election this May has been a fixed point in the timetable for how our county will be 'reorganised.' Government has now unexpectedly postponed the mayoral election for 2 years to May 2028, so it will be the last piece of the jigsaw instead of the first. As we write this, Suffolk's County Council elections are still due to go ahead on 7th May this year.

Biodiversity and Nature Recovery Scheme:

Mid Suffolk District Council has committed £1.8 million over the next three years to accelerate work which

enhances biodiversity and nature - in a bid to safeguard the environment for generations to come. This investment is a major step towards reversing habitat loss and supporting wildlife across the district. Details of the projects to be funded are available on our website: <https://www.midsuffolk.gov.uk/w/biodiversity-action-plan>

Youth Council:

The Council has agreed to the formation of a Youth Council for Mid Suffolk. It's important to encourage young people to engage with local politics and we would love to see more younger people standing to be Unitary councillors in 2027. There was cross party support for the proposal, and it is hoped to get this Youth Council formed by September 2026, at the beginning of the next school year.

Rural Support Fund:

Mid Suffolk Rural Support Fund is still open for applications. This is a fund created to support towns and villages outside of Stowmarket. More information can be found on the Mid Suffolk website: <https://www.midsuffolk.gov.uk/w/-300k-per-year-to-revitalise-rural-communities>

Other Mid Suffolk funding available:

For information about funding such as the Sustainable Communities Food Fund, Community Asset Fund, Sports Infrastructure Fund, Living Well in Winter Grants... search for 'Mid Suffolk district council funding' on the www.midsuffolk.gov.uk website.

Jen and Sarah are in the last few weeks for receiving and processing applications for our locality fund and we still have a limited amount remaining. We are also open to discussions about possible projects for 2026. For more information - <https://midsuffolk.gov.uk/w/locality-awards>.

Councillor drop-in sessions:

We are regularly available for residents to come and meet for a chat. Our next sessions are:

**Tuesday 6th January 10 – 12
at the Wesley Café, Elmswell**

**Thursday 12th February 10 – 12
at the Green Wolf Café, Woolpit**

Happy New Year to all!

To get in touch with us, please contact:

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



A Happy New Year to all!

Looking after the health of you and your family is one of the most important investments you can make in your life.

Vaccinations

Unfortunately, in 2025 there was an outbreak of measles in the UK and the severity of flu this winter has hit the news headlines.

For some, these diseases can be a serious and life-threatening illness.

To reduce the risk, we therefore urge those who are eligible to make sure they are vaccinated.

Whilst it is normally given as a childhood vaccine, the MMR (measles, mumps and rubella) vaccine can be given at any age. Please speak to your GP practice about getting vaccinated if you did not have it as a child, you only had one dose or you're not sure if you've been fully vaccinated.

Adults are eligible for a free flu vaccine if aged 65 years or over; pregnant; living with certain long-term health conditions; a carer; living with someone with a weak immune system.

Additionally, children aged 2-16 years are offered a flu vaccine in the form of a quick and painless nasal spray. Importantly, this protects both the child and the risk of spreading to others.

The annual flu vaccination season runs until 31st March 2026. If you are eligible and have yet to be vaccinated, please contact your GP practice.

Thank you and best wishes from Woolpit Health Centre

The Parish Council meets at least once each month, sometimes, as this year, excluding August if there is insufficient business, although extraordinary meetings can be called as required at any time. The December meeting with all 11 councillors present together with SCC Ward Member Andy Mellen, BMSDC Ward Member Jen Overett and the Parish Clerk Peter Dow 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 the meeting held on 17th November, as approved at this meeting, are posted in the Council's notice board at Crown Mill.

County Council

Cllr Andy Mellen, Ward Member on Suffolk County Council, tabled a Report which included the following: [Government Consultation on Council Reorganisation](#) On 19 November, the government launched their consultation on the two proposals submitted for council reorganisation in Suffolk. Suffolk County Council developed and submitted a business case for the government proposing one council for the whole county, and the districts and boroughs submitted a business case proposing three councils, Western Suffolk, Central and Eastern, and Ipswich and Southern Suffolk. The government consultation is different from local consultations you may have filled out recently, and central government will be making the decision on what councils will look like in Suffolk in future. This consultation is only available until 11 January 2026, a relatively short time for Suffolk residents to express their preferences. You can find the consultation at: <https://consult.communities.gov.uk/local-government-reorganisation/norfolk-suffolk/> If you want to read through the business cases proposed for the changes, there are links to them on the consultation page above, or they can also be found at: Three Councils for Suffolk <https://threecouncilsfor Suffolk.org/wp-content/uploads/Three-Councils-For-Suffolk-Case-for-Change-1.pdf> One Suffolk: <https://onesuffolkcouncil.co.uk/wp-content/uploads/2025/09/Hi-RES-WEB-FINAL-LGR-BUSINESS-CASE-Compressed.pdf> [Financial Pressure](#) On 4 November, Cabinet reviewed the council's financial performance for the first two quarters of the 2025-26 financial year. The council is now predicting an overspend for the year of £20.8m, which it will have to fund using its Risk Reserve. This is an increase of £7.5m compared to the prediction

at the end of quarter one. Council financial reserves are forecast to reduce by £37m overall during the year, which is extremely worrying and unsustainable. The Dedicated Schools Grant 'negative reserve', a debt relating to Special Education Needs and Disabilities spend, is likely to be -£72.9m by the end of the year. The government allows local authorities to hold this debt via a 'statutory override' which is due to expire in March 2028. If the provision for this expires, it is likely that many councils in the country – not just Suffolk County Council - would be unable to balance their budgets. As well as SEND, overspends at the council are mostly in adult and children's social care. [Nationally Significant Infrastructure Projects](#) At Cabinet on 4 November, it was agreed that the council would object to the Nation Grid's proposed Norwich to Tilbury grid reinforcement, which would see pylons and overhead electricity lines bisecting the county. Some undergrounding is planned in the Dedham Vale National Landscape area, with the council pressing for undergrounding in the Waveney valley too, and more generally objecting on the basis that offshore alternatives had not been fully explored, and that the grid reinforcement might not be necessary in the timescale asserted by National Grid Electricity Transmission. The council is also concerned about the impacts of the project and its construction on the environment and residents of Suffolk, and the possibility that the new lines might lead to an increased number of solar farm applications and energy projects along the route which would have a cumulative effect on the local area. The council is also objecting to the Sea Link project, whereby cables would make landfall between Aldeburgh and Thorpeness, with a new substation and energy infrastructure built at Friston near Saxmundham. The grounds for

objection include inadequate road access, impact of the scheme on the local landscape and the proposals for a new bridge being 'disproportionate' and damaging to the environment and local heritage including Grade II listed buildings nearby. [Planning for Emergencies](#) At Scrutiny Committee on 20 November, the council's business continuity arrangements were reviewed. Business continuity refers to how the council ensures it is able to continue providing essential services in situations of emergency, for example power outages, flooding, or pandemic illness like Covid 19. Members of the Joint Emergency Planning Unit joined the meeting to explain that all directorates at the council held plans for possible scenarios and incidents, with directors providing oversight and teams in each directorate reviewing and updating the plans as necessary. The council can also set up an Emergency Control Centre to respond to incidents and coordinate if multiple council directorates are affected. The council undertakes planned exercises to assess how its plans would work, and reviews processes after each incident or exercise to improve them. It also takes part in regional exercises, and uses a Home Office recording and planning system, Resilience Direct, to respond to emergencies, which means that it is not reliant on council IT systems in case of a cyberattack. Paper copies of all plans are kept in case of power outages. [New Project Celebrating Disability](#) Suffolk Archives has received a grant of £139,107 from the National Lottery Heritage Fund to deliver a new project called Beyond Labels: Celebrating Disability which aims to shine a light on the lives achievements and challenges of people with disabilities in Suffolk. Beyond Labels will collect and preserve personal stories - as well as the histories of organisations, schools, and charities that support disabled people - to create a record

that celebrates disability while sparking conversations about inclusion, accessibility, and equality. As part of the project, Suffolk Archives will work with local schools and community groups to offer free workshops that teach skills in recording, organising, and preserving archives. There will also be workshops around the county that provide opportunities for participants to co-create projects that amplify disabled voices and educate others about the challenges faced in daily life. The project will also include cataloguing and selective digitisation of existing disability-related records, making them more accessible to the public and ensuring that Suffolk Archives reflects the diversity of the county. There will be a free public exhibition at The Hold in Ipswich which will run from February to May 2026 to celebrate the stories collected through the project and encourage greater awareness and empathy across Suffolk.

Clerk's Report

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

- I attended the Bowls Club AGM on 19th November which included agreement on changes to the Constitution which have no material bearing on the Club's relationship with EPC. However, I have since made it clear, as Minuted in a Post-Meeting Note, that any non-Bowls Club activities held in the bowls pavilion must have formal sanction through the Clerk's office.
- My thanks are due to Cllrs. Roots & Schofield for their thorough review of the Council's internal control and for the resulting Recommendations for action which will be implemented accordingly and included in the pro forma guidance document next year.
- As requested, I have sought clarification from the Suffolk County Council RoW officer who is steering the footpath improvement scheme in Elmswell which process seems to be well behind schedule. I am assured that family circumstances on the contractor's part are preventing progress but that we will be kept informed as and when work will resume. I have withheld a requested partial payment of EPC's agreed contribution to the work which was carried out through the Green Cemetery in April and will pay EPC's contribution in full (£11,500.00) as and when the whole project is completed at a

cost of £68,610.00.

- I attended another apparently pointless meeting called by SCC officers to update and direct progress on the community path scheme between Elmswell and Woolpit. There was nothing substantive tabled. The discussion centred on maps which had been presented in September 2024 and which offered significant variance from current proposals. There seems to be no way out of the doom vortex of a Local Authority process which avoids the reality of what is needed and simply seeks to obfuscate and dither towards the next very similar session. I made the original Planning application in June 2007. In a move suggesting a shared frustration, Cllr Jenn Overett has suggested a new format for subsequent meetings in the hope that the next 18 years will be more productive. We meet again on 27th January.
- The Bio-diversity Net Gain (BNG) calculations re Turners' Field, based on the Ecology Report commissioned by Council as required by the Change of Use Planning Application, have yielded a figure of £307,750.00 to be paid across as compensation for the loss of habitat quality. All concerned, including the local Planning Officer agree that this is an unworkable option resulting from the unforeseen consequences of the BNG legislation. I am discussing a re-calculation whereby the playing-field area is reduced to an area that leaves sufficient land for remediation on site. Meanwhile, there are attempts being made to have exemptions built into the legislation which might allow common sense to apply at some future date. I shall make our MP aware of the anomaly.
- Following complaints from residents at Crown Mill of the poor condition of 2 large ash trees which were showing ground-heave in high winds, I commissioned a Health & Safety Tree Survey from Hayden's Arboricultural Consultants. This identified a variety of tree surgery and maintenance operations with a recommendation for action and subsequent periodic inspections. I am meeting with Council's preferred contractor, Jarvis & Son, with a view to specifying and instructing the necessary works. The survey also covered the false acacia tree adjacent to the existing junior play area on Crown Mill which is badly decayed to the extent that there is a risk of

main stem failure. This tree is to be removed and a replacement feature tree is proposed between the play area and the road.

- Cllrs Barker, Roots & Schofield joined me on 1st December for a meeting with residents from 3 of the houses adjacent to the proposed Crown Mill toddler / pre-school play area towards finalising the choice of equipment to be installed. The residents are to report back with their suggestions in early January.
- 7 Members attended the Precept Training session on 3rd December when an open discussion based on 3 options concluded that a 5% increase on last year's Band D payment would reasonably address the continuing programme of social infrastructure improvements which have been the Elmswell trade mark for several years. The element of discretionary spending on 'schemes' was increased by £90k to allow increased allocation against play area provision and the refurbishment of the cemetery / allotment roadway. This creates a notional deficit over the year but the Meeting acknowledged that all such expenditures are piecemeal and by Resolution of Council and that the monthly spreadsheet distributed to Members shows an updated position each month to allow monitoring and regulation. The overwhelming conclusion was that the 5% increase Proposal should go to the December meeting. The Clerk was asked to advertise the fact that households seeking Council Tax Relief could ask for advice and assistance with an on-line application via the parish council office.
- I have received a request from BMSDC that Council takes a view on the naming of the newly emerged enclave at Willow Farm off Ashfield Road. The Developer has proposed 'Osier Drive'. As previously, I have referred this to Elmswell's erstwhile Village Recorder who has access to reference documents relating to land use and the naming of holdings back to the 1814 Enclosures Map. The connection between willows, which gave the original name, and the osier beds which hosted the willow trees is, it is suggested, strong enough to justify support for the name. Unless there is a better option proposed, I shall respond accordingly.
- The process of project management at the Tavern now that the main contract is complete involves fine judgement as to what is needed against what



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funding is reasonably available whilst a balance is maintained with other commitments. The recent proposal for the drainage works is the result of an exhaustive process of refining the details of the scheme whilst remaining fully compliant with Building Regulations and comparing costed proposals against the original quotes secured as part of the main works. The involvement of Jake Finch as our preferred groundworks contractor has proved to be invaluable as, in discussion with our drainage consultant, he has been able to suggest variations of approach resulting in considerable savings. The very shallow working of the approved system requires that the drainage works are integrated with associated groundworks to avoid expensive re-working once the drains are installed. Hence the Proposal at 15.

Similarly, as above, the specification of kitchen equipment is an exercise involving multiple possibilities. As this has been worked-through and a reasonable scheme emerges, it informs the requirement for the cook line extraction system which is, effectively, bespoke and for which comparisons are difficult. The proposed expenditure ceiling at 16 takes account of the detailed enquiry which has benefitted from the experienced inputs of Cllrs Pallett & Brown and allows us to stay within the putative budget figure.

The sub-contract work inside the Tavern currently includes CCTV, Wi Fi, fire alarm and intruder alarm. Big ticket items currently being researched include kitchen fit-out including extraction, decoration and floor covering. The power connection by UKPN remains as the final key element due for completion on 27th February. The road closure traffic management scheme has produced an inescapable Contract Variation at a cost of £5,062.12 which costs the total exercise at £58,938.84.

Appeal Result

The Meeting noted the refusal by the Planning Inspectorate of an Appeal

against the decision of MSDC to refuse Planning permission for the installation of an air source heat pump at 21 Cooks Road. The parish council had objected on grounds that the proposal ran counter to the regulations regarding the noise level emitted in the proximity of the next door residence.

Precept

The Meeting agreed that Elmswell Parish Council directs Mid Suffolk District Council to pay over the sum of £263,736, being this parish council's total precept requirement for the financial year commencing 1st April 2026 or, in the case of a variation in the tax base from the published figure of £1998.64, to pay such other sum as may be required to ensure that the level of band D annual payment be maintained at £131.96, being a 5% uplift on last year's levy.

Audit

The Council is, effectively subjected to 3 levels of inspection of its accounts, practices and procedures each year. An examination of Internal Control measures and procedures takes place in November and the Meeting agreed that the ensuing Internal Control Report tabled by Cllrs Schofield and Roots, formally nominated by their peers to carry out the exercise, be formally noted for submission to Council's Internal Auditor. The Clerk was asked to ensure that Recommended Actions are followed-up. The Report is posted on the Council's website.

Recycling centre duty

The Meeting agreed that ElmsWill be thanked for their thorough and effective stewardship of The Station Road recycling facility for the 3 months to 21st November and that a grant of £200.00 be made to the group's funds.

Elmswell Tavern

The Meeting agreed to authorise further groundworks to be carried out by local contractor Finch Services Ltd to integrate in with the storm water drainage works already in process. The new works include paths, disabled parking bays, gravel traps and car park surfacing as well as the demolition of the unstable boundary wall at the Wesley boundary. The budget was set at a maximum of £40,000 net. Delegated powers were granted to the Chairman, Clerk and Cllr David Brown to agree specifications for the cook-line extraction and clean-air system within a budget of £20,000 excluding VAT.

Succession Planning

The Chairman was asked to convene a Task & Finish Panel towards advising Council on measures which might best be taken towards mitigating any disruption to Council's administration in the face of the future loss of the incumbent Clerk.

Next Meeting

It was noted that the next Ordinary Meeting of Council was scheduled for 19th January 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.



With 2 new play areas and the Elmswell Tavern due to open early in 2026, Councillors extend Best wishes for a Happy New Year to All.

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.

Jan 19 th	Feb 16 th	Mar 16 th	Apr 20 th	May 18 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)	eea@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	
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@labbot.plus.com	
County Councillor	Clr 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.Mansel@midsuffolk.gov.uk	07860 829517
District Councillor	Jen Overett	Jen.Overett@midsuffolk.gov.uk	
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	Nick	elmswellgadmin@btinternet.com	01359 242601
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@littleeelms.co.uk	240491
Newsletter	Editorial office	eea@elmswell.org.uk	244134
Over 55's Club	Diann Armstrong	elmswellover55s@outlook.com	241002
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	Mrs Ash	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 eaa @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.

January 2026

- 5 Ladies Friendship Group at Elmswell Baptist Church, Travels in the USA part 1 with John Sutton
- 6 West Suffolk Arts Society (C16 & C17) Spanish Art of Velazquez Speaker: Isabel Kent
- 8 Midday Food 'n' Friends at Elmswell Baptist Church
- 8 ELMSWELL HISTORY GROUP, 7.30pm; in Wesley Chapel. Members' Evening: A selection of members' own researches
- 13 Elmswell WI Burlesque, Me and the WI

February 2026

- 2 Ladies Friendship Group at Elmswell Baptist Church, Games afternoon with Stephen and Jenny Spurgeon
- 3 West Suffolk Arts Society The Beatles Here There and Everywhere Speaker: Jamie Hayes

- 7 Annual Wine Tasting at the Wesley Hall 7:30pm Entertainment with Wesley Ukelele Band Tickets £22 each Contact events@greenpunch.co.uk
- 10 Elmswell WI Back Care, Pilates and Looking after your Joints
- 12 Midday Food 'n' Friends at Elmswell Baptist Church
- 12 ELMSWELL HISTORY GROUP, 7.30pm; in Wesley Chapel. Speaker Bill Blackaby: Where's Wyverstone?
- 17 Elmswell Gardening Club Tim Fuller Gardening with Grasses Wesley All welcome

March 2026

- 2 Ladies Friendship Group at Elmswell Baptist Church, Spark a love of nature with Nan Eshelby
- 3 West Suffolk Arts Society Around the World in Sixty Minutes by Victorian Travellers Speaker: John Scott

- 10 Elmswell WI St Nicholas Hospice
- 12 ELMSWELL HISTORY GROUP, 7.30pm; in Wesley Chapel. Speaker Roy Clare: Suffolk Connections with Charles Darwin's Voyage on the Beagle
- 12 Midday Food 'n' Friends at Elmswell Baptist Church April 9 Midday Food'n' Friends at Elmswell Baptist Church

April 2026

- 7 West Suffolk Arts Society Haute Couture's Holy Trinity After World War II Speaker: Scott Schavione
- 9 ELMSWELL HISTORY GROUP 26th Anniversary meeting, 7.30pm; in Wesley Chapel. Speaker Mark Lawrence: Hadleigh Guildhall
- 13 Ladies Friendship Group at Elmswell Baptist Church, Suffolk Smugglers with Pip Wright
- 14 Elmswell WI Food Sensitivity
- 14 Elmswell WI Annual Meeting

WESLEY UKULELE BAND

Well. That's 2025 over. It's been a busy one and very rewarding.

I mentioned in the last newsletter that we had 11 gigs lined up for December. Wrong!!! Since my last epistle, we have performed 15 times for various W.I.'s, Care Homes, churches, Stroke Groups and West Suffolk Hospital alongside our regular visits to Time Out at Fornham and Nowton Court. These have all included Christmas songs with the band dressed in Christmas attire (for better or worse).

The main thing is that we have very nearly reached our target of £7000 to be donated to St. Nicholas Hospice Care. I will be able to share the actual total in the next edition of this fine publication.

As I wrote in the last newsletter, our charities for next year will be SARS (Suffolk Accident Rescue Service), 'My Wish' and the new Children's Hospital in Cambridge. It seems that the East of England is the only area which does not have a dedicated children's hospital, so this is a very worthwhile cause. 'My Wish' does sterling work at West Suffolk Hospital and SARS involve volunteer doctors and paramedics, who give up their spare time to be 'first responders' at major accident sites. They can frequently be on site quicker than an ambulance and their specialised training can assist victims, who might otherwise not get the care they need until the ambulance has reached hospital. We hope that our audiences will agree with us and be as generous in 2026 as they have been in 2025.

Finally, on behalf of the Wesley Ukulele Band, may I wish you all a happy and peaceful New Year.

'Til next time. Take care.

For information, please call Kevin on 07710 149040 or Carol

Or email: Kevin.Knock99@gmail.com



Your Newsletter Fact File

For the next 3 months we need copy by: January 27th, February 24th, March 24th, April 21st

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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HAPPY
New Year

New Year, new beginnings, new opportunities. Let's make it a year to remember!

01359 242420

Find us at: Station Road Industrial Estate, Elmswell, IP30 9HR

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