

Felsham & Gedding

# VILLAGE NEWS

Issue 197, July 2020



**Welcome** to the July edition of your Felsham & Gedding Village News.

Normally I'd be telling you about all the things going on in the Villages this month, Fagends, trips out etc. etc. but this still isn't quite normal so no shows or trips or anything for a while yet.

As lockdown eases a little I am looking forward to seeing my granddaughters a bit more regularly and to meeting the latest addition to the family. Holly, the eldest, had a birthday recently, I sent her a baby doll and she has named him "Twinkle, Twinkle Little Star". I'm pretty sure that she won't be naming her sister.

I hope that you are all keeping well and safe and hope that we'll soon be able to see more of each other.

The photo on the cover was taken in Australia; I took a bus ride to visit the daughter of a friend from Drinkstone: I spent a lovely day on the beach with her and her family and took the picture on my way back to Sydney.

Tricia

**Next Copy Date:** 20/07/2020

Please be aware that items submitted after the deadline cannot be guaranteed to appear in the magazine.

### **Copy Submissions**

Email: [villagenews@felsham.org.uk](mailto:villagenews@felsham.org.uk) or call

Jo Tavernor on 01449 737793

### **Advertising**

Email: [villagenewsadverts@felsham.org.uk](mailto:villagenewsadverts@felsham.org.uk) or call

Jo Tavernor on 01449 737793

### **Compliments, Complaints and Suggestions**

The Village News welcomes your feedback. Do you have any comments about what we do, what's going well, anything you'd like us to change?

### **Newsletter General Policy**

We do publish acknowledgements, articles of general interest, artistic works and similar.

We do publish factual material from recognised organisations.

We do publish to the Village Website at <http://felsham.onesuffolk.net>

We do not publish defamatory, rude, blasphemous, racial or other inappropriate material.

We reserve the right to edit contributions to suit publication needs.

We are reliant on contributions from many sources, taken in good faith, and cannot be held responsible for any errors or omissions.

Copyright waiver is presumed implicit on all submissions unless clearly stated otherwise.

# "SAVE OUR PUB"

The Six Bells is a valued village amenity and as such the Parish Council successfully listed it as a Community Asset some time ago. This gives the community some rights should it ever come up for sale or change of use. We have recently been informed that the owners of the pub have notified Mid Suffolk District Council that it is for sale.



Under the rules of Community Assets this means we have a six week moratorium to decide whether as a community we wish to make a bid for it. If we do then we would get a further six months to put this bid together and the owners would be unable to sell it to someone else during that time.

## WHAT DO YOU THINK?

### WOULD YOU BE SUPPORTIVE OF A COMMUNITY BID FOR THE SIX BELLS?

We already have an extremely successful Community Shop so we know that as a community you can do it!!!

Due to COVID19 it is impossible to hold a Public Meeting at this time however the time scale is tight and we need your feedback to enable us to decide whether to submit a Declaration of Interest and trigger the six month moratorium.

In the first instance we have set up a short survey, just a few brief questions to gauge people's views and we would be grateful if as many people as possible could complete it.

**Please respond as soon as you can, our deadline is 20th July, and we need to know if we have community backing in sufficient numbers for a project as big as this.**

You can access the survey via the website <http://felsham.onesuffolk.net/>

the Felsham & Gedding Community Facebook page

<https://www.facebook.com/groups/1499511503671659>

A Hard Copy - available to pick up/return at the Community Shop

or direct to your email if you request it via [felshamparishclerk@gmail.com](mailto:felshamparishclerk@gmail.com)

There will of course be a Public Meeting, virtually if needs be (look out for the date) further consultation and a need for many many volunteers with various skills and expertise but to start with we need your support.

Please complete the survey and if you think you also have the time, the skills and a desire to help put together a community bid for the pub, then please don't hesitate to get in touch with any questions you may have.

**Thank you, Community Asset Working Group - Felsham Parish Council**

Cllr Dave Simpson Cllr David Williams Cllr Paul Kearney Helen Wildin Kate Duckett Mark Crawford

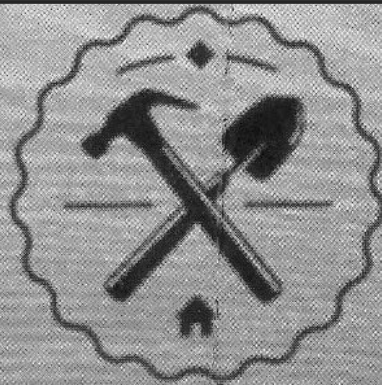
## Citizens Advice Mid Suffolk

Citizens Advice Mid Suffolk provide advice on problems at work, help people struggling to pay their bills and work out if people are getting all the financial help they are entitled to. We are a local charity and our advice is free.

Opening times: Monday - Thursday, 9.30am - 3.30pm  
Friday 9.30am - 12.30pm

Call us on **01449 676060** or visit **[www.midsuffolkcab.org.uk](http://www.midsuffolkcab.org.uk)**

If you have any questions please let us know. We are keen to do everything we can to support people in our community during the coronavirus crisis.



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## Are you feeling a bit down?

The lockdown over the last few months has left many people feeling anxious, depressed and simply not great



Here are a few suggestions to help boost your mood:

1. **Vitamin D:** Make sure you get enough Vitamin D. Vitamin D is not only essential to the way you feel, but also hugely important to boost your immune system. Furthermore, it looks like it may play an important role in combating C-19.
2. **Routine:** Structure your day and have a stable routine. This trains your brain to sleep at night, and gives you a feeling of control and knowing what to expect
3. **Fresh Air:** Getting outside is excellent for your mental health. Fresh air helps to send plenty of oxygen through the blood and allows your lungs to work at full capacity
4. **What's Good:** Notice what's good or what's going right in your life. What are the things you want to hold onto and remain the same?
5. **Visualise:** Write down how you see yourself when you are happy and being who you want to be. Describe in detail how you will look, what you will be doing when you are feeling motivated, happy, achieving your full potential, full of energy, sleeping well, have good relationships etc. You can write this down, or you can just sit quietly somewhere and visualize this in your mind. The more often you do this - the better

Depression can come in many guises from physical through to emotional, affects people of all ages and can creep into someone's life slowly. The coronavirus pandemic has only served to amplify depressive feelings.

As lockdowns eases, I'm keen to make sure no-one is prevented from accessing help and support. Therefore, I am happy to offer my month long group programme, "From Sadness to Happiness" to the first five people from our Felsham/Gedding community to put their names forward.



You can contact me at **07513 392725** or on e-mail at **corina@execmindsolutions.com** I will select participants on a first come, first served basis, taking into account personal needs and circumstances.

QUIZ Answers: 1) Edmund Hillary 2) Diana Rigg 3) Marconi 4) Bruce Lee 5) Harry Worth 6) The Spanish Armada 7) Euston 8) For an attempt on Hitler's Life 9) Jane Asher 10) Horse Guards Parade

## Parish Report – June 2020

### Councillor

Penny Otton

Meadowside  
High Street  
Rattlesden, Bury St Edmunds  
IP30 0RA

Telephone: 07545423847 Email: [penny.otton@suffolk.gov.uk](mailto:penny.otton@suffolk.gov.uk)



### COVID-19 Update

Latest Government advice is available here: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

Latest SCC information is available here: <https://www.suffolk.gov.uk/coronavirus-covid-19/>

### **Further opening of schools**

From 1 June it was expected that school will gradually begin to reopen to more pupils, in addition to accommodating children of key workers and vulnerable pupils. The phased opening of schools will start with pupils in nurseries, reception, year one and year six. Secondary schools and other schools such as pupil referral units and special schools will also gradually increase the number of children and young people they can accommodate. For secondary schools this will start with year 10 and year 12. However this has now changed and most will now start in September, although key worker children are still being in school.

Suffolk County Council has been supporting schools in preparing for the possibility of increased pupil numbers and have provided all schools with a risk assessment checklist.

**Important:** It is not compulsory for parents to send their children to school at this time and there will be no penalties for families who choose to keep children at home.

More information is available at: <https://www.suffolk.gov.uk/coronavirus-covid-19/parent-guidance-about-schools-during-covid-19-pandemic/>

### **Changes to pavements/roads to aid social distancing**

Suffolk County Council has confirmed that local councils and communities can make some small-scale temporary changes to pavements without needing to seek consent from the county council. These will be local safety measures on pavements that outline queuing areas, social distancing reminders or simple painted markings on pavement surfaces for pedestrians.

However, if the activity that the community wants to carry out requires working on or in the road, then the county council will need to be contacted first. If communities are unsure of where their proposed changes fit, they are encouraged to contact the county council at: [transport.schemes@suffolk.gov.uk](mailto:transport.schemes@suffolk.gov.uk).

The report from the cycling policy development panel is going to cabinet on 16<sup>th</sup> June, most will be in Ipswich, Bury and Lowestoft but a couple in Stowmarket.



## **Domestic Abuse helpline available 24/7**

The existing Domestic Abuse Outreach Service, run by Suffolk County Council and Anglia Care Trust, has extended its **0800 977 5690** freephone number to be available 24 hours a day, seven days a week. Anyone with concerns including professionals who may be supporting clients, as well as friends and families who are concerned for loved ones, can access this local support.

## **Recycling centres reopen with booking system**

Suffolk County Council have reopened household waste recycling centres, following weeks of closure due to the lockdown. They are operating on a booking system, to help reduce traffic disruption on roads around the sites and support social distancing on site for staff and members of the public.

Members of the public will need to book a 15-minute slot online at [www.suffolk.gov.uk/recyclingcentres](http://www.suffolk.gov.uk/recyclingcentres) or by calling 0345 606 6067. It is not possible to access the sites without a booking.

This has proved successful and it has been suggested that some booking may continue. It is a problem for small business will large amounts of waste.

## **EDF submits application for Sizewell C DCO**

On 27 May, EDF submitted an application for a development consent order for Sizewell C to the Planning Inspectorate.

I am very concerned about EDF's decision to go ahead with an application during the current crisis, as it will be much more difficult for the public and stakeholders to fully scrutinise the plans and participate in the consultation process.

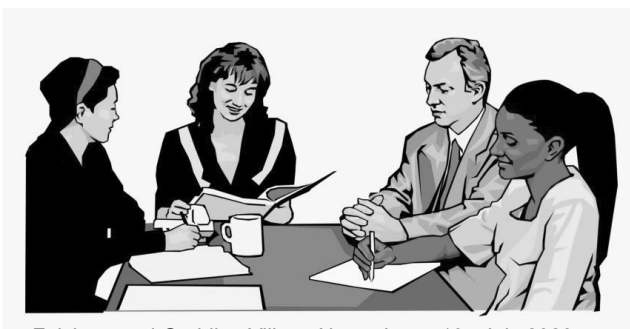
## **MID SUFFOLK DISTRICT COUNCIL MATTERS**

**Local plan;** looks like this will be delayed

**Trees for life for new babies;** this is still available.

**Grants for small businesses;** there are still over 200 across the district that are still eligible. Did the village hall apply?

**Planning committees;** this are taking place virtually, the parish council and public can be included. Changes to community engagement; I have sent clerks the update in that no notices will be put up. Letters to neighbours will still go out.



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## A Short Quiz

- 1) Born 1919, The New Zealand High Commissioner to India who was the first man to reach the summit of Everest?
- 2) Born 1938, who was the actress that played Emma Peel?
- 3) Died 1937, who was the inventor and pioneer of modern radio telegraph?,
- 4) Died 1973, who was the US martial arts star whose films created an international Kung-Fu craze?
- 5) Died 1989, who was the English Comedian famous for reflecting his arms and legs in a shop window?
- 6) 1588, who or what set sail from Corunna?
- 7) 1837, London's first railway station opened, where?
- 8) 1944, Von Staufenberg was executed, why?
- 9) 1968, who broke off her engagement to Paul McCartney during a television interview?
- 10) 1982, where in London did an IRA bomb explode killing 2 guardsmen and 7 army personnel?

## And a Poem By Julia Donaldson

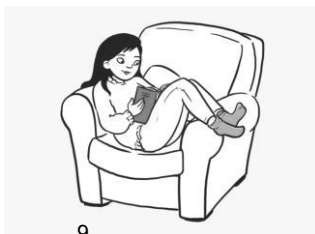
### I Opened a Book

I opened a book and in I strode.  
Now nobody can find me.  
I've left my chair, my house, my road,  
My town and my world behind me.

I'm wearing the cloak, I've slipped on the ring,  
I've swallowed the magic potion.  
I've fought with a dragon, dined with a king  
And dived in a bottomless ocean.

I opened a book and made some friends.  
I shared their tears and laughter  
And followed their road with its bumps and bends  
To the happily ever after.

I finished my book and out I came.  
The cloak can no longer hide me.  
My chair and my house are just the same  
But I have a book inside me.



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## New rules when visiting Woolpit Health Centre

Woolpit Health Centre has today issued this guidance on its Facebook page:

"Anyone visiting the health centre or the pharmacy **for any reason** must now wear a face covering. This update now includes those patients who do not have an appointment".

A previous message issued on Facebook said that the need to wear a face covering was for those attending for an appointment. That message included the sentence; *Please do not purchase surgical masks as this may cause a shortage for clinicians.*

This is a link to information on the [gov.uk](https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering) website for making your own face mask which you may find helpful

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

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## Felsham and Gedding Community Store



Thank you to everyone who bought the Quiz.

It made £116.50 for the Shop Funds and the Winner was Beverley Williams.

Runners up were Christine and Roy Stuart and Judith and Eleanor Shallow.

Very well done to all.

Beryl Meed

## Gardening Alert!

Gardeners, keep your eyes open for rosemary beetles, now active. They are little shiny dark beetles the size of ladybirds. They also eat lavender. They are best dealt with by knocking them off into a jam-jar of water and washing-up liquid. If not treated they can make quite a mess of your bushes.



Dear Friends,

As I write this we are preparing to unlock our Churches and allow people to enter them for individual, private prayer. It will be wonderful to enable people to visit our buildings again even if we can't as yet meet together in public worship.

You may have even already been to the Church and prayed. You may have given thanks to God for all that you are fortunate to have, and have been grateful for during these past few months of lockdown. Or you may have visited to say a prayer for a family member or friend who has found the whole lockdown experience very difficult. Or you may have even visited to pray for someone who is suffering with Coronavirus - or perhaps has died due to the disease. Or you may have just wanted to find somewhere to sit quietly to reflect on all that is going on in your own life.

This is what I appreciate about the Church building: The chance to sit in a very beautiful sacred space, having time to think, and breathe, and reflect.

There are many in the Church of England (and I can only speak for the Church that I belong to) who think that it is time we disposed of our buildings as they claim that they distract us from our real purpose as Christians, which is to love God and to love our neighbours as ourselves. We can do that perfectly well, they say, without the aid of an ancient Grade I monument that doesn't fit in with the needs of a modern Church, or a modern society.

I was not used to worshipping in an ancient Church building before I came to Cockfield, and I am now Rector of a benefice that has six of them. The one thing that I have missed most of all during lockdown has been worshipping in Church alongside others. I am really missing the fellowship and fun that comes with being together and doing the same thing; singing, praising, praying, and speaking about God. I know that I am continuing to conduct services online, and that many people are watching them (and joining in with the singing from what they tell me!). But it's not quite the same.

And we can often take the beauty of the buildings that we have for granted. Felsham St Peter is a lovely Church, grade II\* listed, and with some wonderful features. But it is more than this; it is a testament to the faith that continues to manifest itself in our community. Of course our faith is not confined to a building, it is people that make a Church, but it is nice to have them.

So we will continue to broadcast our services on a Sunday morning until we are given the go ahead to hold public worship by the government. And when we do finally get back into Church, we will hopefully livestream the services for those who will not be ready to come into the building until the pandemic is over.

So stay safe, and welcome back to your local Church building.

Revd Sharon

Revd Sharon Potter, Rector of the Cockfield Benefice,

[revsharon@btinternet.com](mailto:revsharon@btinternet.com)

01284 828599 or 07825 086063






<p>Services in the Cockfield Benefice - July 2020          All being livestreamed via the benefice facebook page at  <a href="https://www.facebook.com/cockfieldbenefice/live/">https://www.facebook.com/cockfieldbenefice/live/</a></p>	
5th July - Trinity 4	10am Communion
12th July - Trinity 5	10am Morning Service
19th July - Trinity 6	10am Family Service
26th July - Trinity 7	10am Communion 6pm Worshipping Together



# July 2020

Monday	Tuesday	Wednesday	Thurs
		1 <b>CANCELLED</b> Table Tennis VH, 7.30pm	John's Fresh Call 01449  Mermaid Fish VHCP – 6 –
6 John's Fresh Fruit & Veg Call 01449 736578 <b>CANCELLED</b> Yoga, VH, 6pm	7	8 <b>CANCELLED</b> Carpenter VH, 7.30pm	John's Fresh Call 01449  Mermaid Fish VHCP – 6 –
13 John's Fresh Fruit & Veg Call 01449 736578 <b>CANCELLED</b> Yoga, VH, 6pm	14 Village Hall AGM 7.30pm Virtual Access via Zoom	15 <b>CANCELLED</b> Table Tennis VH, 7.30pm	John's Fresh Call 01449  Mermaid Fish VHCP – 6 –
20 John's Fresh Fruit & Veg Call 01449 736578 <b>CANCELLED</b> Yoga, VH, 6pm	21 Parish Council Meeting VH, 7.30pm Virtual Access via Zoom	22 <b>CANCELLED</b> Carpenter VH, 7.30pm	John's Fresh Call 01449  Mermaid Fish VHCP – 6 –
27 John's Fresh Fruit & Veg Call 01449 736578 <b>CANCELLED</b> Yoga, VH, 6pm	28	29	John's Fresh Call 01449  Mermaid Fish VHCP – 6 –

day	Friday	Saturday	Sunday
2 Fruit & Veg 736578 & Chips 6.30pm	3 Fresh Fish, VHCP, 10:05am Library <b>CANCELLED</b> <b>BLACK BIN</b> 	4	5 10.00am Virtual Communion
9 Fruit & Veg 736578 & Chips 6.30pm	10 Fresh Fish, VHCP, 10:05am <b>RECYCLING BIN</b> 	11	12 10am Virtual Morning Service
16 Fruit & Veg 736578 & Chips 6.30pm	17 Fresh Fish, VHCP, 10:05am <b>BLACK BIN</b> 	18 Film Night, VH, 7pm <b>CANCELLED</b>	19 10am Virtual Family Service
23 Fruit & Veg 736578 & Chips 6.30pm	24 Fresh Fish, VHCP, 10:05am <b>RECYCLING BIN</b> 	25	26 10am Virtual Communion  6pm Virtual Worshipping Together
30 Fruit & Veg 736578 & Chips 6.30pm	31 Fresh Fish, VHCP, 10:05am <b>BLACK BIN</b> 		



Police & Suffolk Trading Standards are urging residents to remain vigilant of telephone scams after an elderly victim fell victim to an Amazon telephone scam. They have issued the following guidance:

“Beware of telephone calls being made by fraudsters pretending to be from Amazon. We’ve had reports of calls being made from individuals claiming your Amazon Prime subscription is due to expire, and will be automatically taken from your account. The recorded message asks you to press 1 to cancel or to speak to customer services. The call then goes through to an individual who “requires your personal details”. Another scam call claims that your Amazon Prime account is being cancelled and that bank details are required to refund this.

**If you receive a call, claiming to be from Amazon, HANG UP! Do not provide any personal information, your Amazon log in details, banking details or credit/debit card information.**

Report any scam calls to Suffolk Trading Standards via Citizens Advice Consumer Service on 0808 223 1133.

Other methods of contacting Suffolk Police are as follows –

Website – [www.suffolk.police.uk](http://www.suffolk.police.uk) or <http://www.suffolk.police.uk/contact-us/report-something>

**Crimestoppers** – Contact the independent charity Crimestoppers 100% anonymously on 0800 555 111, or via their online form: [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

Action Fraud website - [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or telephone 0300 123 2040.

Please note in the event of an emergency you should always call 999. Alternatively call **101** for non-urgent matters.

Fraud prevention information can be found via this link - <http://www.suffolk.police.uk/sites/suffolk/files/fraudprevention1.pdf>

**Help us keep our communities safe.**

Police advice on a variety of subjects can be accessed via <https://www.suffolk.police.uk/advice>

To report something, or to otherwise contact Police, use the link <http://www.suffolk.police.uk/contact-us>

**Always call 999 in emergencies, or if an immediate police response is required.**

Suffolk Constabulary is warning pet owners to take extra care after seeing a number of dog thefts this year.

Sergeant Brian Calver said: "Organised crime groups are actively targeting addresses, with working breeds tending to be those that are favoured by criminals.

"The loss of any pet can be devastating to owners, with the added trauma of not knowing what sort of conditions the dog is being subjected to. We would advise dog owners to review security of any outdoor kennels."

There have been 12 confirmed cases where dogs have been stolen within the county this year, and Sgt Calver said all bar one of the incidents involved the theft of dogs that would be classed as working gun breeds.

Security measures to prevent thefts include good quality locks and lighting, while consideration should be given to CCTV and sensors as these offer an early alert to the presence of intruders.

Gardens should be well secured with fencing or hedges, while gates should be kept locked.

Owners are advised not to leave dogs out in open gardens and yards when they are not at home and, if possible, they should be brought into the house overnight.

Ensure your dog is chipped and, if neutered, mark the dog's tag as such as this makes them less attractive to thieves that may want to steal them for breeding. When out walking, if you let your dog off the lead, don't allow it to leave your sight.

Sgt Calver also advised dog owners to ensure they were not giving away personal details online.

He said: "Consider your security on social media and avoid giving away details that may highlight your address and the fact you have a dog which could be attractive to thieves.

"We would encourage you to be vigilant of suspicious persons seen around addresses, or any cold callers. Please report such activity, with descriptions of the individuals and their vehicles, as well as sharing those concerns on local watch groups."

Sgt Calver also urged owners of other pets to be wary of thieves, saying birds had been stolen too.

Anybody with any information regarding the theft of dogs or other pets is encouraged to contact Suffolk police via:

Website: <http://www.suffolk.police.uk/contact-us/existing-report-update>

Crimestoppers – Contact the independent charity Crimestoppers 100% anonymously on 0800 555 111, or via their online form: [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

# Taylor's Solid Fuels LTD

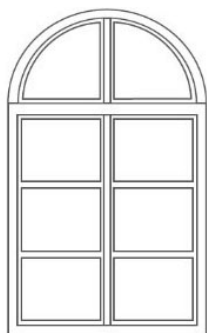
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# Volunteers required

## St. Peter's Church Felsham

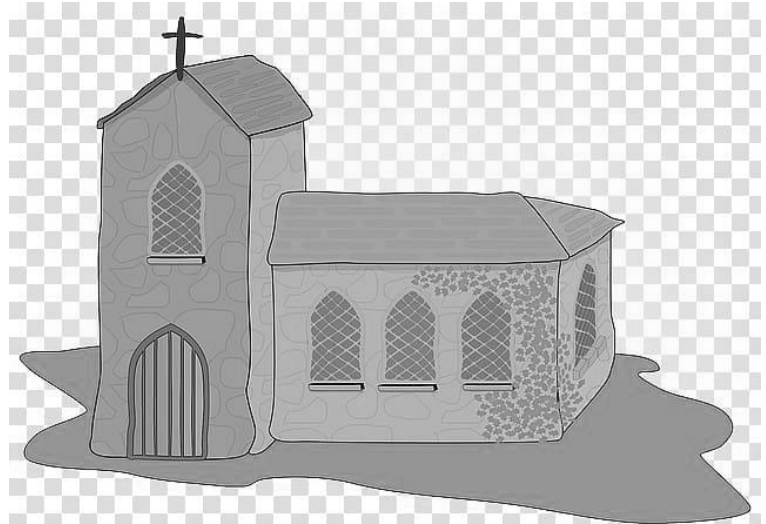
As from Sunday 28<sup>th</sup> June we are hoping to open the church, on Monday's and Wednesday's, for individual prayer. In order to do this we do need volunteers to clean the church at the end of the day.

Only a limited area of the church will be open – no toilet facilities, so it will not be a huge job.

If you are able to help then please contact:

David Williams – 01449 737778

Tricia Wilson – 01449 736330



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 Facebook: Keith Bedwell Building Services  
 Website: [www.keithbedwell.co.uk](http://www.keithbedwell.co.uk)



## Adoption Announcement



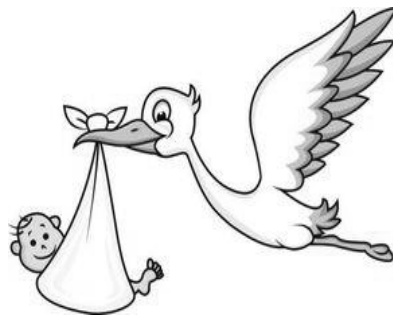
Congratulations *Karen & Laura Wilson*

On the adoption of your daughter *Willow Olivia*

On 23<sup>rd</sup> June 2020

From: The Wilson & Hollings Clans

## Birth Announcement



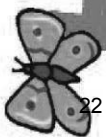
Congratulation *Mark & Penny Wilson*

On the surprise but safe arrival of your 2<sup>nd</sup> daughter

On 25<sup>th</sup> June at 03.08am

An extra birthday present for Holly!

From: The Wilson & Hollings Clans





# How to watch moths

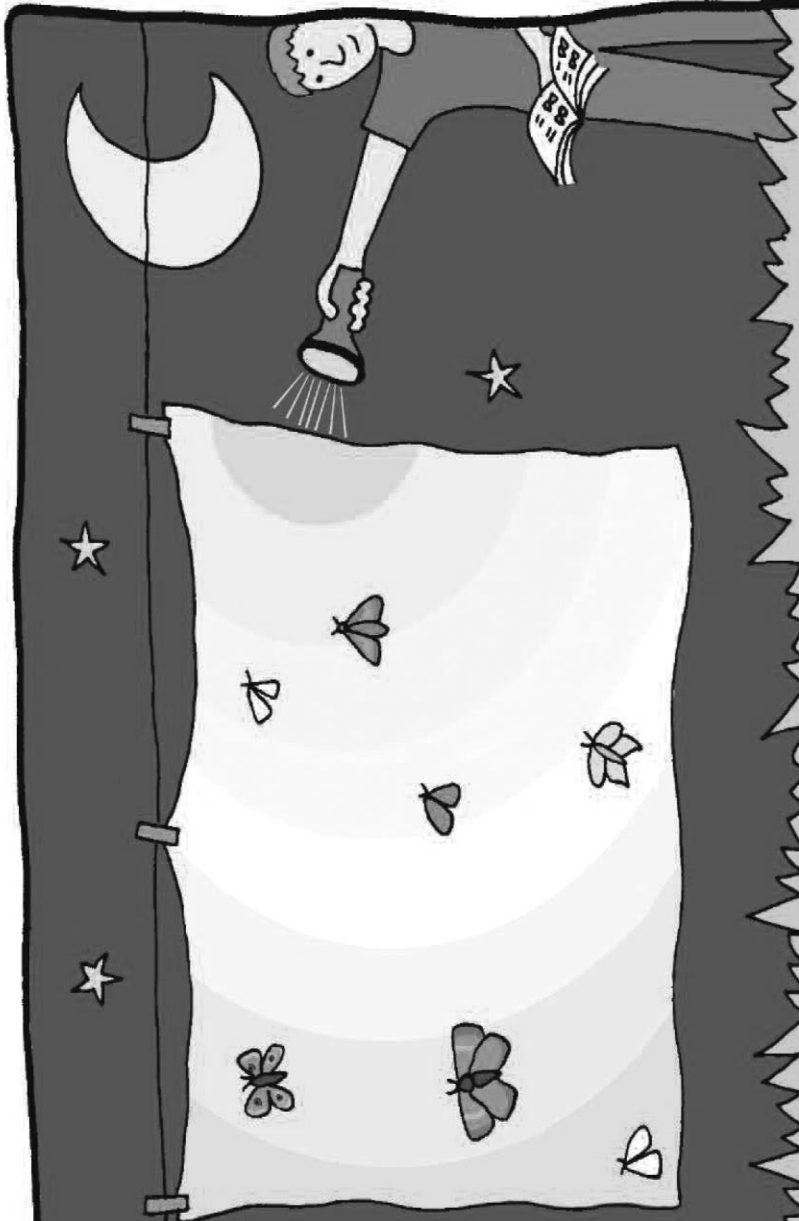
wildlife  
watch



## Light trap

### What you need:

- white sheet
- washing line 
- pegs 
- bright lamp or torches



- 1 Peg your sheet on a washing line or over a branch.
- 2 Turn off nearby lights.
- 3 Shine your torch / light onto the sheet... wait patiently.
- 4 ID the moths that gather.



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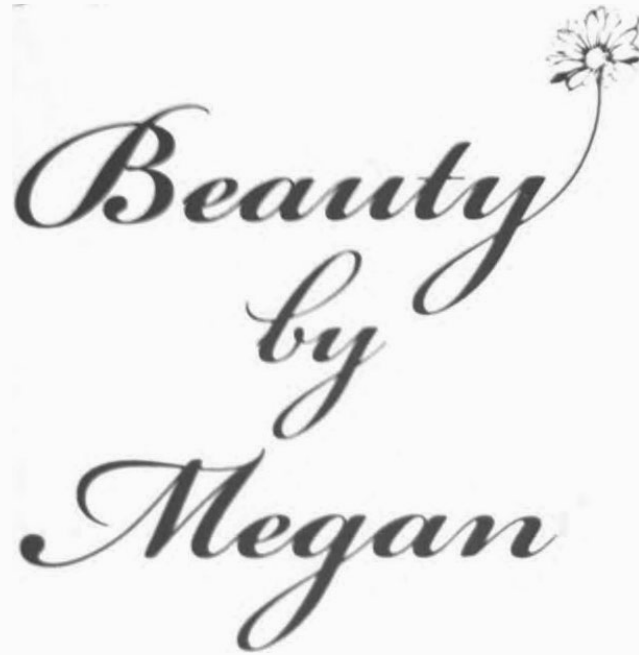
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by  
Megan*

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**Megan Pryke**  
VTCT, BABTAC  
**07876 717 008**

# THE 59 CLUB

The 59 CLUB are looking for more people to take part.  
We have plenty of numbers available

For those of you that don't know what the 59 Club is, it's based on the winning National Lottery Bonus Ball. Simple pick a number that's currently available from numbers 1-59, and if your chosen number is drawn as part of the bonus ball in the National Lottery Lotto, then your number wins.

We have 2 games per week. One on a Wednesday & one on Saturday.

The Wednesday game is charged at 50p per number and if your number comes up you win £15. The Saturday game is charged at £1 per number and for that game if your number is drawn you win £30.

The 59 Club is run on behalf of the Village Hall Management Committee, and raises funds for the Village Hall. So every little bit really does help!

If you would like to take part, or need more information, please get in contact with me: [steven1515@yahoo.co.uk](mailto:steven1515@yahoo.co.uk) or 01449737040.

Thank you, Steven



59 Club

Bonus Ball Game

New Members Always Welcome To Join.



The 59 Club is run on behalf of the Village Hall Management Committee to help maintain, repair & the upkeep of our lovely village hall

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# Bus Times

To / From Bury St Edmunds		Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>379</b>	<b>OUTWARD</b>	Felsham Six Bells			10:38			
		Gedding Bus Stop			10:41			
		Bury Bus Station			11:07			
	<b>RETURN</b>	Bury Bus Station, Stand 5			12:55			
		Gedding Bus Stop			13:19			
		Felsham Six Bells			13:22			

**Digestive Issues: Did you know that in a lot of cases... There's a pattern emerging here... Good Nutrition is key in supporting your health!**



If you would like to have a free initial consultation by phone or face-to-face, you can do so at **Woolpit Compelementary** by calling or emailing.

**Call Emma on 07760 124 519 to find out more.**

Emma Harvey Lawrence (Nutritionist)

BSc (Hons), ANutr, MNS

emma@nutrition-creative.co.uk

Nutrition *Creative*

# Village Directory

<b>ALLOTMENTS</b>	BRIAN FRANCIS	01449 736219
<b>CARPET BOWLS</b>	TREVOR DORES	01449 737936
<b>ST PETER'S CHURCH, FELSHAM</b>	REVEREND SHARON POTTER	01284 828599
<b>ST MARY'S CHURCH, GEDDING</b>	revsharon@btinternet.com	
<b>CHURCH WARDENS</b>	DAVID WILLIAMS (FELSHAM)	01449 737778
	JAMES MORGAN (GEDDING)	01449 737445
<b>DOCTORS SURGERY</b>	WOOLPIT HEALTH CENTRE, HEATH ROAD, WOOLPIT	01359 240298
<b>PHARMACY</b>	WOOLPIT HEALTH CENTRE, HEATH ROAD, WOOLPIT	01359 242394
<b>F&amp;G Community Store &amp; Post Office</b>		01449 736042
<b>F&amp;G FUEL GROUP</b>	pawlinson@btinternet.com	01449 736330
<b>FACEBOOK</b>	FELSHAM & GEDDING COMMUNITY	
<b>FAGENDS</b>	c/o DAVID WILLIAMS	01449 737778
<b>FELSHAM CHARITY</b>	DAVID WILLIAMS	01449 737778
<b>GEDDING PARISH MEETING</b>	GILLY MORGAN	01449 737445
<b>MEMBER OF PARLIAMENT</b>	JO CHURCHILL 10 HATTER STREET, BURY ST EDMUNDS IP33 1LZ	01284 752311
<b>MID SUFFOLK &amp; COUNTY COUNCILLOR</b>	PENNY OTTON penny.otton@suffolk.gov.uk penny.otton@midsuffolk.gov.uk	01449 736482
<b>MID SUFFOLK DISTRICT COUNCIL</b>	NEEDHAM MARKET	0845 606 6170
<b>FELSHAM PARISH COUNCIL</b>	SIMON GARROD, CHAIR	01449 737728
	PAULA GLADWELL, CLERK. GREEN FARM BARN, COCKFIELD felshamparishclerk@gmail.com	01284 828112
<b>PLAYING FIELD</b>	PHILIP COCKELL, CHAIR	01449 671872
<b>SHELTERED HOUSING</b>	MID SUFFOLK DISTRICT COUNCIL	01473 826639
<b>POLICE</b>	SAFER NEIGHBOURHOOD TEAM ONE stowmarket.snt@suffolk.pnn.police.uk	101 999 (emergency)
<b>TABLE TENNIS</b>	ADRIAN KING	01449 737495
<b>TREE WARDEN</b>	MARK TAVERNOR, mtavernor@btinternet.com	01449 737793
<b>VILLAGE E.VINE</b>	faddb1011@btinternet.com	
<b>VILLAGE HALL</b>	ANDREW CONQUEST, CHAIR	01449 737619
	KEN SPARKES, CARETAKER	01449 736373
	DAVID WILLIAMS, BOOKINGS	01449 737778
<b>VILLAGE WEBSITES</b>	FELSHAM: felsham.onesuffolk.net	
	GEDDING: gedding.onesuffolk.net	
<b>WHIST DRIVE</b>	PAT CLARKE	01449 736202
<b>WOMEN'S INSTITUTE</b>	ALISON SHAW	01284 827034
<b>YOGA</b>	PAT CLARKE	01449 736202