

***BRANDESTON AND KETTLEBURGH
PARISH NEWS
OCTOBER 2015***

PARISHES OF BRANDESTON AND KETTLEBURGH

Dear Friends,

Months come and go, time flies and October is upon us again. The month for many Church Harvest Festivals, our buildings are decorated and look and smell wonderful, the hymns sung are traditional, and no one ever tires of singing we plough the fields and scatter do they?, we have even sung it at a recent funeral.

But Harvest Festival is an important thanksgiving, it is right that we should devote one particular Sunday in the year in which to focus on the harvest of the land and sea, though each parish will have; by their own tradition; a specific Sunday on which to do it.

As the Christian year unfolds, different aspects of our faith are highlighted. We give thanks at Christmas for the coming of our Lord Jesus, at Easter for the resurrection, on Whitsunday for the gift of the Holy Spirit, each celebration with its own unique much loved traditions, but all are set within the sweep of God's all embracing love for his children.

We in the UK and specifically in our beautiful Suffolk are fortunate people, with so much to be thankful for, so if you join your parish church, or another close by this year, we will be celebrating Harvest with a deep sense of gratitude to God, and also with a recognition that all who enjoy bountiful harvests must always find ways of sharing that good fortune with others, especially the poorer members of our human family, wherever they might be. And to this end some of our seven churches have chosen to ask for non perishable harvest gifts this year, so that they can be donated to local food banks or other charities for distribution to those in need.

With love in Christ

Deirdre

Brandeston

Elders: Miss Eileen Leach 685298
Mrs Mary Baker 685807

Churchwardens: Mrs Alison Molyneux 685244
Mrs Mary Baker 685807

Kettleburgh

Elders: Mrs Jackie Clark 723623

Churchwardens: Mr John Bater 723532

DIARY FOR OCTOBER 2015
(for further details of each event see below diary)

Thursday 1 st	10.00am	<u>Brandeston Coffee Morning, 100+ Club Draw</u> at Village Hall
Friday 2 nd	10.30am – 12	<u>Coffee Morning</u> at Kettleburgh Village Hall
Friday 9 th	7.30pm	<u>Brandeston Film Club</u> - “Testament of Youth”
Saturday 10 th	10am	<u>Kettleburgh Churchyard Tidy</u>
Saturday 10 th	7pm	<u>Quiz Night</u> iao Cystic Fibrosis Trust at Easton Village Hall. £8 per person inc supper. Bar, tables of 6. To book please ring: Janet Prentice 01728 746808, or John Newson 01728 746049
Sunday 11 th	5.30pm church 6.45pm village hall	<u>Kettleburgh Harvest Festival & Supper</u>
Saturday 24 th	2.30pm	<u>Suffolk Plant Heritage Talk</u> at Stowupland Village Hall
Saturday 24 th	7.30pm	<u>Brandeston Harvest Horkey</u> at the village hall.
Sunday 25 th	8am – 1pm	<u>Autojumble</u> at Church Farm, Kettleburgh
Friday 30 th	6.30pm for 7pm start	<u>Whist Drive</u> at Brandeston Village Hall

Friday 30 th	7.30pm	<u>Old Time Music Hall Evening</u> iao Kettleburgh Village Hall
Saturday 31 st		<u>Halloween on the Green</u>

Families with young children, do you remember Sunday School? Do you have fond memories of yours?. Do you have a niggling idea that you might want your children to experience something similar. Well you can, you just need to travel to Easton on the 4th Sunday each month at 11am.

Once there you will find Carol Rook one of our Lay Elders leading **COSMIC** which stands for **Children on Sunday Meet in Church**, which is what they do until the first hymn, when they go to a nice warm small room and have fun, creating stuff out of paper etc, listening to stories, after which they come back into Church and share with the grown up what they've been doing and learning.

So I would urge you to cross the parish boundary, and get your child(ren) involved, don't just sit at home bemoaning the fact that your parish doesn't have a Sunday School. Give it a try, what have you got to lose? You can be sure of a warm welcome, and who knows it might be just the thing you've been hoping would start up in your village. And if we're to become a united group of 7 parishes we've simply got to get used to moving among all the villages, so that we can share what each has to offer to the others, and at the same time get to know each other better.

Deirdre

BRANDESTON FILM CLUB 2nd Friday of each month starting at 7.30pm at the village hall. Membership is £10 for the year.

October 9th	Testament of Youth (2014)	A British woman, Vera Brittan, the mother of Shirley Williams, recalls coming of age during World War I. Director: James Kent Writers: Vera Brittain (autobiography), Juliette Towhidi Stars: Hayley Atwell, Kit Harington, Alicia Vikander
November 13th	Suffragette (2015)	The foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. Director: Sarah Gavron Writer: Abi Morgan Stars: Helena Bonham Carter, Meryl Streep, Ben Whishaw
December 11th	Cinderella (2015)	A live action retelling of the classic fairy tale about a servant step-daughter who wins the heart of a prince. Director: Kenneth Branagh Writer: Chris Weitz (screenplay) Stars: Lily James, Hayley Atwell, Helena Bonham Carter

KETTLEBURGH CHURCHYARD TIDY – 10th October

St Andrew's annual churchyard tidy will take place on Saturday 10th October. If you have a couple of hours to spare, please come along from **10:00am**. Bring some tools – secateurs, rake, wheelbarrow, strimmer would all be useful. All are most welcome and your help is much appreciated.

KETTLEBURGH HARVEST FESTIVAL AND SUPPER - 11th October

We hope that many of you will join in our harvest celebration this year on Sunday 11th October. The Harvest Festival in church at 5:30pm will feature the charity '**Tools with a Mission**'. There will be a speaker from the charity to give us some background information and explain how we can help by donating old tools etc. We will sing all the favourite harvest hymns, thank God for His goodness to us and bring along representative harvest gifts. Donations of money and tools will be sent to Tools with a Mission, fresh produce to Mills Meadow, Framlingham and tinned goods to Families in Need (FIND), Ipswich.

Following the service in church we will continue with an informal Harvest Supper in the Village Hall at 6:45pm to which, again everyone is invited. Soup, jacket potatoes and salad, and apple pie will be on the menu. No need to book, but please bring your own drinks.

More information about Tools with a Mission can be seen at www.twam.co.uk You can also download lists of the kinds of tools and other items which are collected.

JC

Plant Heritage Suffolk Group Warmly invites you to a talk

'New, Different and Unusual Plants'

by

Michael Perry

New Product Development Manager for
Thompson and Morgan

Saturday 24th October 2015 at 2.30pm

Stowupland Village Hall IP14 4BQ

Plant stall including rare and unusual plants
Delicious refreshments available for purchase

Admission: Free to members

£5 entrance fee for non-members

New members and non-members are most welcome

www.suffolkplantheritage.com

NCCPG Reg. Charity 1004009

Local Contact: Margaret Palmer 01206 299832

BRANDESTON HARVEST HORKEY – Saturday 24th October

Starting time - 7.30 p.m. - soon after a home cooked meal will be served.

As in recent years this event will be free to Brandeston residents, but to aid catering, tickets (priced at £5 per person) need to be purchased from Sue Thurlow 685673 or the Thursday coffee morning. The ticket money will then be refunded at the door on the night of the event.

The hall committee do hope that you will be able to join in this very village event.

Sue Thurlow

KETTLEBURGH MUSIC HALL EVENING

On **Friday 30 October at 7:30pm** Kettleburgh Village Hall proudly presents its third Music Hall evening. Incredible acts of death defying daring, sublime singing, unsurpassable playing and titivating chatter await you. There will be a bar, a raffle, a hot supper - an evening not to be missed. To encourage you to put on your glad rags, there will be a prize for the best dressed man and woman. Tickets, priced at £8.50 to include supper, available from Jackie – 723623. We have an evening packed full of variety, and look forward to entertaining you.

JC

THE BRANDESTON WHIST DRIVE – Friday 30th October

Doors open at 6.30 For a prompt start at 7, at Brandeston village hall.

The cost remains at £2.50 per person. This includes a choice of fine wine and the usual selection of superb locally - produced refreshments at half time. New members please contact Peter on 01728 747315 .However due to the success of Rick and Pam during the ten years of their stewardship, space dictates future numbers are restricted.

The advanced notice of number of attendees helps us to gauge the amount of food and wine required and the number of tables required on the night. We look forward to seeing you all.

Peter Smyth

ADVANCE NOTICES

Monday 2 nd November	4pm	<u>All Souls' Day Service</u> at Easton Church (see below)
Saturday 7 th November	11am – 4pm	<u>Christmas Fair</u> iao Suffolk Animal Rescue, at Brandeston Village hall (see below)
Thursday 12 th November	7.30pm	<u>Kettleburgh Parish Council Meeting</u> at the village hall. Future dates: 4 th Feb and 12 th May 2016
Friday 13 th November	7.30pm	<u>Quiz Evening</u> at Kettleburgh Village Hall

All Souls' Day is the 2nd November, it is a day in the Church's calendar set aside for the commemoration of the faithful departed, In our group of seven parishes there have been 21 funerals this year to date, and so it seemed to me there might well be a need to hold a service of commemoration this year. It will be at All Saints Easton, starting at 4pm and anyone; regular or occasional church goers; or not; is most welcome to come and share in this peaceful, simple, reflective service of music and prayer and to use the stillness to remember loved ones departed. There will be an opportunity to light candles in memory of those we have loved, and you are also invited to bring a small posy of flowers to leave there if you would like to. There will be time afterwards for tea and cake and conversation.

If you are unable to attend but would like me to name someone in the prayers for you, please do feel free to get in touch, or leave me a message.

No Christian is solitary,
through Baptism we become members one of another in Christ,
members of a company of saints whose mutual belonging transcends death.

One family, we dwell in him,
One church, above, beneath;
though now divided by the stream,
The narrow stream of death
(Words by Chares Wesley)

Deirdre

SUFFOLK ANIMAL RESCUE
CHRISTMAS FAIR

Saturday 7th November

11am - 4pm

Brandeston Village Hall, IP13 7AD



- * Christmas trees, baubles, decorations
- * Handmade crafts *Christmas cards *Huge bottle stall
- *Toiletries * Raffle
- * Jewellery & Accessories
- * Scarves & pashminas *Teddy tombola
- *Clothes *Gift hampers *NEW homeware
- * Cat & Dog hampers, bedding & gifts
- * Cakes *Refreshments & soup
- *Christmas gifts & LOTS MORE!!!!

KETTLEBURGH PARISH COUNCIL

will hold scheduled meetings on 12th November 2015, 4th February 2016 and 12th May 2016. All will start at 7:30pm and be held in Kettleburgh Village Hall.

PAST EVENTS

IN MEMORY OF VALERIE UPSON

On 17th July 2015 a Quarter Peal of 1260 Plain Bob doubles was rung at St Andrew's, Kettleburgh, in memory of Valerie Upson who died on 17th April 2015. She was Churchwarden for 18 years at St Andrews, also Lay Elder for 16 years, member of the choir, PCC rep to the Diocese. A Thanksgiving service for her was held on Friday 8th May 2015.

Persephone Booth

KETTLEBURGH VILLAGE PRODUCE SHOW

A big THANK YOU to everyone who helped in any way with the organisation and running of this year's show or came and supported us in the afternoon. Many people are involved setting out the hall, preparing the entry cards, stewarding and completing mark sheets and prize cards. In the afternoon others help with the raffle, teas, the auction of produce, and finally clearing the hall. Our show is always well supported and the judging a very serious task. If you entered this year, thank you for your support, and if you didn't then why not have a go next year. It was lovely to see the hall full of brightly coloured flowers, beautiful fruit and vegetables and luscious looking cakes and preserves. If you have any ideas for new classes or for the subjects for the photographs please let us know, we really would welcome some suggestions. We will be having a meeting in early 2016 to form a committee and plan for next year's show, if you would like to help please let myself or Tracy Wingfield know.

Claire Norman
Kettleburgh Village Produce Association

THE CHURCH BIKE RIDE

The Church Bike Ride took place on Saturday 12th September, after a grim weather forecast on Friday night, which I am sure put a lot of people off. The weather improved dramatically during the afternoon. Cyclists then kept us going, signing them in at the Church and Chapel. Thanks to everyone who sat at the Church and Chapel, and to everyone who sponsored the cyclists, and also to the cyclists themselves. Total money raised will be in the October magazine.

Ruth Garratt

KETTLEBURGH GREEN TRUST LOTTERY

Results of the September draw are as follows:-

1st Prize: Ken & Pauline Redmond
2nd Prize: Carly Grimmer

Trevor Jessop

BRANDESTON 100+ CLUB

Results of September 100+ club draw:

£25 No 44 Jane Mitchell
£10 No 28 Sue Eyles

NOTICES

KETTLEBURGH TOWN ESTATE CHARITY

At the discretion of the Trustees, Grants are available to First Year Students who reside in the parish, for the provision of books during their time at College or University. Applications for grants should be made in writing to John Bater by the 31st October 2015

KETTLEBURGH VILLAGE GREEN NEWS

Thanks

First of all, a big thank you for the offers of help to build a shed base. Angus Wheeler-Rowe and Chris Finbow had already placed a plastic shed base by the time we got the offers but we were able to avail ourselves of an offer of pea shingle to fill in the gaps and have made a couple of contacts who are handy with concrete for the bases needed for the planned new benches in the play area. Hopefully the shed will be constructed with some help before the nights draw in too far!

Play area

The big news is that the new play equipment, which will sit alongside the existing, is on order and our supplier, Proludic are looking to start installation between 12th and 19th October. When we have a firm date we will put on notices on the green, the village noticeboard and on our website to let everyone know as the play area will be out of action for approximately 5 days during the installation. As soon as we do have a firm installation date we can arrange a grand opening. If you know a local celebrity that would like to cut the ribbon, let us know.

Hallowe'en on the Green

Hallowe'en on the Green this year will be on Saturday 31st October. Look out for road side posters and check on Facebook or our website for full details. If you can help out in

anyway (making delicious cookies to sell or carving pumpkins), we'd love to hear from you as we cannot run this fantastic community event without help. The 1st Deben Valley Scouts will be joining us this year so it's shaping up for quite a party.

Christmas cards

The Kettleburgh Green Trust is toying with the idea of creating packs of Christmas cards to sell to raise funds for the trust. Do you have a Christmas or snowy scene photo that we use? Please get in touch if you do and you don't mind us using on a Christmas card. We'll ensure you get the credit.

Easyfundraising.org

Did you know that whenever you shop online, be it for a hat or a holiday, packed lunches or pencil cases, you could be raising a free donation for Kettleburgh Green Trust at no extra cost to you?

Simply sign up for free at [easyfundraising.org.uk](http://www.easyfundraising.org.uk) - it's as easy as 1, 2, 3! All you have to do is:

1. **Go to** <http://www.easyfundraising.org.uk/causes/kgt>
2. **Sign up** for free
3. **Get shopping** - your donations will be collected by easyfundraising and automatically sent to Kettleburgh Green Trust. It couldn't be easier!

There are no catches or hidden charges and Kettleburgh Green Trust will be really grateful for your donations.

Thank you for your support.

Keep in touch with us by liking us on Facebook, following us on Twitter @kgtchair.

Caroline Wheeler-Rowe
Treasurer and Fundraising Committee Chair
Kettleburgh Green Trust
Registered Charity 1110467

kgtchair@wheeler-rowe.com
www.kettleburgh.onesuffolk.net/KGT

ST ELIZABETH HOSPICE CONNECTING CARE

October 4-11 marks Hospice Care Week, a national campaign to help raise awareness and celebrate the work of local hospices, like St Elizabeth Hospice, improving life for people living with a progressive illness.

The theme for this year's Hospice Care Week is 'Connecting Care' and throughout the week St Elizabeth Hospice will be telling people about the innovative ways in which they connect with local people, including through community engagement work. They will also highlight examples of their compassionate and personalised care, connecting with people wherever they are.

Mark Millar, St Elizabeth Hospice's acting chief executive, said: "Hospice Care Week is a big week for us as it gives us the perfect opportunity to really shout about the work we do and raise awareness of the breadth of services we offer, not only for patients, but for families, carers and health professionals too. We connect with a variety of people including those in schools, groups and businesses throughout the local community.

"A lot of people have misconceptions about what hospice care is and this national week allows us and other hospices across the country, to educate and inform people about what hospice care really is and dispel some of the common myths."

5 myths dispelled:

1. Hospices are not just a place people go to die. Patients can come to a hospice for outpatient appointments, day care, therapy, pain relief respite, as well as for end-of-life care
2. Hospice care is not just a building. Around 80 per cent of St Elizabeth Hospice's patients are cared for at home or in the community. The hospice centres its care around an individual's needs which means offering specialist support wherever it is required
3. Hospices don't just care for people with cancer. St Elizabeth Hospice improves life for people living with any progressive illness, such as motor neurone disease, multiple sclerosis, Parkinsons, heart, lung and kidney disease, as well as cancer
4. Anyone from the age of 14 upwards can be cared for by St Elizabeth Hospice – the hospice is currently developing its young adult service, working with young patients aged 14-30 to improve their care to meet the needs of younger people
5. Hospices are not scary or sad places. They are a happy place filled with laughter where people are supported to live the rest of their lives as fully as possible

To get involved read the local paper, visit the St Elizabeth Hospice website and follow them on Facebook and Twitter. Keep up to date with what they're doing during Hospice Care Week and learn more about the amazing care and support they give to local people – and how you can help.

Visit www.stelizabethhospice.org.uk or find them on Facebook by searching for St Elizabeth Hospice, and on Twitter @StElizabethHosp



Suffolk Cruse Bereavement Care

We are a charity set up to help bereaved people to understand their grief and cope with their loss. We provide information, one to one support and offer advice, education and training services. We also have a specialist Children & Young People Team.

If you would like to volunteer to support bereaved people, help on our Area Committee or with publicity and fundraising please contact us.

For help or information please telephone your local Branch:

Ipswich 01473 230888
Suffolk Coastal 01394 670770

North Suffolk & Great Yarmouth 01502 722234
West Suffolk 01284 767674

Further information can be found at www.cruse.org.uk, www.suffolkruse.co.uk or email suffolk@cruse.org.uk

"I felt my counselling with my volunteer was very helpful indeed, at a time when I felt isolated and at times desperate".

LINK ROMANIA SHOEBOX APPEAL 2015

Many people now contribute to this charity each year, and this is just a reminder about items for boxes this year, which need to be ready by the end of October. The following items are suitable for a Family Shoebox: shampoo, shower gel, small toys, toothbrushes and paste, nail clippers, brush/comb, safety razors, simple calculator, hair accessories, soap/flannel, colouring books, writing pads, sweets, chocolate, sewing kit, candles, soft toys, screwdriver, tape measure, socks, tights. If you would like to contribute a box for an elderly person/couple, extra ideas include: plasters, tissues, reading glasses, lavender bag, pens, paper, small mirror. There are now three ways that you can help - as well as two kinds of boxes, there is also a foreign currency collection. Leaflets to attach to the shoeboxes will be available at Kettleburgh coffee mornings, at the back of Kettleburgh Church and at Kettleburgh Harvest Supper, or you can download a leaflet from the website link. If you would like to know more about the appeal, contact Jackie Clark (723623) or take a look at the website: <http://linktohope.co.uk/> There is a link on the Kettleburgh website (Church page).

JC

SUFFOLK NHS ADVICE **Help prevent falls and trips**

Don't underestimate the consequences of an older person having a fall. A fall can result in broken hips or bones and even early death. In addition to the pain and distress a fall can cause, it can take away someone's self-confidence, leaving them afraid to go out and socially isolated. The statistics on falls are staggering:

- 50% of people aged over 80 suffer a fall each year
- 33% of people aged over 65 suffer a fall each year
- 1 in 10 elderly falls result in serious injury
- 25% of all 999 calls are falls related

One way of reducing the chance of falling is by replacing old and worn slippers. Many people have a favourite pair of comfy slippers that could be potentially dangerous. Worn soles can easily lead to a slip and slippers that fit poorly can cause a trip.

The safest slippers are those with good quality non-slip rubber soles, are enclosed and have a fastener.

So, if you have a pair of old and worn slippers, please think about replacing them. And if you've got an elderly friend or relative think about giving them an early Christmas present of a new pair of slippers.

It's almost time for a flu vaccination

GPs are encouraging people in at-risk groups to start thinking about getting their winter flu jab.

From September GP practices will be contacting patients in at-risk groups, informing them of their entitlement to a free NHS flu vaccination. For your convenience many GP practices will be operating walk- in flu clinics.

At risk-groups entitled to a free NHS flu vaccination from their GP:

- You are aged 65 years or over.
 - You are pregnant.
 - You are living in a long-stay residential care home.
 - You are the carer of an elderly or disabled person whose welfare may be at risk if you fall ill.
 - You are a child aged 2, 3 or 4 years.
 - You are aged six months to 65 years and have a heart problem; a chest complaint or breathing difficulties including bronchitis and emphysema; a kidney disease; lowered immunity due to disease or treatment (such as steroid medication or cancer treatment); a liver disease; had a stroke or TIA; diabetes; a neurological condition e.g. multiple sclerosis or cerebral palsy; a problem with, or removal of, their spleen e.g. sickle cell disease.
- If you are someone in an at risk group, or know someone who is, please don't underestimate how serious flu can be. A serious case of flu could result in bronchitis or pneumonia, a worsening of your diabetes and for pregnant women premature labour or even stillbirth.

VILLAGE WEBSITES

For up-to-date information about your village, visit these websites:

www.brandeston.net

www.kettleburgh.suffolk.gov.uk

MAGAZINE ARTICLES

Please send, deliver or e-mail any contributions for the magazine by 15th of each month to:

Mrs Val Butcher, Woodlands, Church Road, Kettleburgh, IP13 7LF

or e-mail valerie.butcher@talk21.com, tel: 724777.

Please send e-mails in Microsoft Word format, PDF or jpg for pictures/scans.

Covers

Janet Weston is providing regular drawings for our magazine cover, for which we are very grateful. If anyone else would like to draw a cover sometime, you are very welcome.

CHURCH CLEANING

Brandeston

4th Helen Fletcher and Karren Piper
11th Ruth Garratt and Mary Baker
18th Christine and Colin Matthews
25th Julia Elson and Kelly Jeffery
1st Nov Jane Mitchell and Louise Paget

Kettleburgh

Claire Norman
Anne Bater
Pat Peck
Val Butcher
Margaret Meadows

CHURCH FLOWERS

4th Ruth Garratt
11th Jackie Hounsell
18th Alison Molyneux
25th Marian Kirton
1st Nov Helen Saxton

Eiluned Davies
HARVEST – Anne Bater
Anne Bater
Katie Harris
Katie Harris
