

***BRANDESTON AND KETTLEBURGH  
PARISH NEWS***

***JULY 2015***

## PARISHES OF BRANDESTON AND KETTLEBURGH

No clergy letter this month, I don't want to 'hog' more than my fair share of our magazines, so please read what follows instead. Back to normal next month I promise!!

With love, in Christ Deirdre

### **What is The Feast of Pentecost ?**

Well! Sunday 24<sup>th</sup> May was, only it is often known as Whitsunday because it falls on a Bank Holiday. But the Church also calls it Pentecost, from the Greek 'fiftieth' - 50 days after the Passover. It is sometimes known as the birthday of the Church – a day when God breathed life into the church by the gift of his Holy Spirit. The early Church members were few in number, much like now in some places, but these early members were sad and afraid, not like today's members at all.

They believed in God, but something was missing. Jerusalem was packed with foreign visitors for the Passover festival, yet the first disciples weren't out there on the streets telling others about Jesus. They'd shut themselves away in an upper room, which is where they were when suddenly the Spirit of God, the Holy Spirit, descends on them. They not only become capable of speaking all kinds of languages, which enabled them to speak to people they'd never have thought about speaking to before, but they were also willing to use those languages to make contact with others. Pentecost ushered in a new age for the early Church.

**IT** happened, and they went from believing in forgiveness to showing it.

**IT** happened and they went from believing that God would protect them to actually knowing he would.

**IT** happened and they went from thinking about all the things that Jesus had told them to proclaiming them in word and deed.

These early Christians were ready, willing and able to go out to heal, to serve others, and to show the love of Jesus Christ to those around them. They now felt themselves equipped to venture out of the room where Jesus had shared a last supper with them, a place where they must have felt safe. We might excuse them the thought that, if they just stayed where they were, others would come and join them. But that wasn't going to happen, not then, not now!!

So what did actually happen? The disciples had been attacked by wind and fire, both ancient symbols of God's presence and that energy, exploding over them like the best firework you've ever seen, gave them the confidence they needed. They had been lifted from being confused and uncertain to being fearless, faithful and unstoppable!! Now, obviously receiving the gift of the Holy Spirit doesn't automatically mean that any decisions the church and its members make will always be the right ones, but it does guarantee that the Church of God will go on until the Kingdom comes.

So, as today's pilgrims we feel our way forward slowly, seeking in our own age to do the will of God, just as the first disciples did two millennia ago, and supported by the same Holy Spirit, the same Spirit that moves through us in the water of Baptism, in the bread and wine of the Eucharist, and in our prayers both private and public.

We should also spare a thought about what could happen to the life of our seven churches if our prayers were to be answered, because the Holy Spirit can't be restrained. It blows where it wills. Like the wind, like flames of fire, like the gentle wings of a dove, like a mighty river, like a still small voice, the Holy Spirit, the breath of God, the same breath that blew over the waters bringing beauty and blessing in the place of vacuum and void at the beginning of creation - the same wind that blew through an upper room in Jerusalem eventually carried the gospel, the 'good news' of Jesus right around the world. His gifts of grace, of faith and fellowship, brought life to a new fragile church and the same gifts today want to push us beyond our self imposed comfort zones. They sometimes want to take us beyond our abilities and even, occasionally, beyond our wildest expectations.

Why? Because on the first Pentecost the spirit overcame all language barriers, not just between people of different races but between human beings and God, and, like any good translator, the Holy Spirit helps us to translate not just the words but their true meanings and helps us communicate with the communities in which we live and work, enabling us to share the love and peace of Jesus Christ with others. To be true Pentecost people we have to be peace bearers and people who aren't afraid to carry Christ's peace and love into the places where we go and among the people we know.

*(This is a resume of a sermon I preached on 24<sup>th</sup> May in both Easton and Marlesford, and is published in response to requests to allow others to read it, so here it is. However, it leads me very nicely into the topic of another article I intended to write for our magazines this month anyway.)*

### **GROWING IN GOD**

This is a diocesan initiative which all PCCs are being asked to look at during the rest of this year. So I re-launched our Benefice Council as a forum to tackle this project, but with a much wider membership than previously, a membership which now comprises of all Churchwardens and every member of each PCC, together with the ministry team Elders. Together we can look at what our strengths and weaknesses are; why we do church the way we do; what we do well and might want to develop and what we do less well and might need to do differently so that we can all Grow in God.

The first meeting was held on 23rd June in Parham Village Hall. The next is planned for 9<sup>th</sup> September in Brandeston Village Hall also with refreshments at 7pm for a 7.30 start. Now obviously not everyone will be able attend every meeting, so if you are reading this and are not a member of a PCC (why **aren't you?**) please be brave enough to take this as your invitation to come to the meeting. You will be most welcome, as together we begin to plan and think about our way ahead and the future of 'your' church today, tomorrow and beyond.

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 JULY 2015**  
**(for further details of each event see below diary)**

Thursday 2 <sup>nd</sup>	10.00am	<u>Brandeston Coffee Morning, 100+ Club Draw</u> at Village Hall
Friday 3 <sup>rd</sup>	10.30am – 12	<u>Coffee Morning</u> at Kettleburgh Village Hall
Sunday 5 <sup>th</sup>	2 – 5pm	<u>Open Garden at Framlingham</u> in aid of St Elizabeth Hospice
Friday 10 <sup>th</sup>	10.30am – 12 noon	<u>Cats' Protection Coffee Morning</u> at Manly, Kettleburgh
Friday 10 <sup>th</sup>	7.30pm	<u>Brandeston Film Club</u> - "Once upon a time in America"
Saturday 11 <sup>th</sup>	6.30 – 9pm	<u>Charity Fashion Show</u> at Brandeston Village Hall, in aid of CLIC Sargent (for children & young people with cancer). Tickets £5 each, from Jasmin Clarke 07734 431908
Saturday 11 <sup>th</sup>	7.30pm	<u>Phoenix Singers Concert</u> at Framlingham College Theatre
Wednesday 22 <sup>nd</sup>	3pm	<u>Bible Study</u> at Hacheston Village Hall

## GARDEN OPEN IN FRAMLINGHAM FOR ST ELIZABETH HOSPICE

The garden of The Grove, Framlingham, will be open on Sunday 5<sup>th</sup> July from 2pm to 5pm in aid of St Elizabeth Hospice.

The lovely garden features; a courtyard, numerous ponds, a woodland walk to the adjoining garden as well as home grown vegetables, so there is a variety of areas to be explored.

Entry is £2 per person, and teas and scones will be available at the event.

For more information, visit [www.stelizabethhospice.org.uk/opengardens](http://www.stelizabethhospice.org.uk/opengardens), email [fundraising@stelizabethhospice.org.uk](mailto:fundraising@stelizabethhospice.org.uk) or call 01473 723600.

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## CATS' PROTECTION COFFEE MORNING

Come along to Manly, Easton Road, Kettleburgh on Friday 10<sup>th</sup> July from 10:30a.m to 12 noon. The guest will be Dr Dan Poulter. Music will be provided by street organ. Stalls and raffle. All proceeds to Cats' Protection.

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

July 10th	<b>Once Upon a Time in America (1984)</b>	A former Prohibition-era Jewish gangster returns to the Lower East Side of Manhattan over thirty years later, where he once again must confront the ghosts and regrets of his old life. <b>Director:</b> Sergio Leone <b>Writers:</b> Harry Grey (novel), Leonardo Benvenuti, <b>Stars:</b> Robert De Niro, James Woods, Elizabeth McGovern
August 14th	<b>The Invisible Woman (2013)</b>	At the height of his career, Charles Dickens meets a younger woman who becomes his secret lover until his death. <b>Director:</b> Ralph Fiennes <b>Writers:</b> Abi Morgan (screenplay), Claire Tomalin (book) <b>Stars:</b> Ralph Fiennes, Felicity Jones, Kristin Scott Thomas
September 11th	<b>Far from the Madding Crowd (2015)</b>	In Victorian England, the independent and headstrong Bathsheba Everdene attracts three very different suitors: Gabriel Oak, a sheep farmer; Frank Troy, a reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. <b>Director:</b> Thomas Vinterberg <b>Writers:</b> Thomas Hardy (novel), David Nicholls (screenplay) <b>Stars:</b> Carey Mulligan, Tom Sturridge, Matthias Schoenaerts

## CHARITY FASHION SHOW

My name is Jasmin Clarke and I am running a fundraising event – Catwalk with a Cause – on Saturday 11<sup>th</sup> July in Brandeston Village Hall.

Running from 6.30 – 9pm, this event promises to be great fun. It will feature fashion from a number of local boutiques, and also the opportunity to purchase fashion accessories and clothes.

Tickets are £5 and there will be prosecco and other beverages on offer, and a range of delicious platters to buy and share. All proceeds will go to **CLIC Sargent**, a charity that I have been inspired to raise funds for as a direct result of my experience with some incredibly brave young people who are suffering from cancer.

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## Phoenixsingers

Our next concert:

11th July 2015, 7.30pm at  
Framlingham College Theatre



# SHOWSTOPPER!

## HITS FROM OPERA AND THE SHOWS

Tickets: £15.00 (£7.50 for under 18s), includes interval reception, available from Hall Farm Butchers, 25, Market Hill, Framlingham, William Glasse [william@glasse.org.uk](mailto:william@glasse.org.uk), 07802 597071, choir members, and at the door. charity no. 1076549

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## AN INVITATION TO BIBLE STUDY

At our Lent Group meetings, we looked at some of the Prayers of the Bible. Requests have been made for further shared study opportunities. So – this is an invitation to come and look at some aspects of the letter to the Philippians. It is possible to go into great depth in considering the words of Scripture, but the primary aim of these meetings will be to allow God to equip us for our everyday lives so that we can serve him better.

The following programme outlines the intended plan of study of Philippians:

May 13th	Chapter One – Openness to God
June 10th	Chapter Two – The Qualities of Christ
July 22nd	Chapter Three – Christian Ambition
August 19th	Chapter Four – Christian Perseverance

All these gatherings will be in Hacheston Village Hall, in the Committee Room, at 3pm on Wednesdays. Please come to any session, or to all. It will be helpful if you have read the set chapter in advance.

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**ADVANCE NOTICES**

Sunday 2 <sup>nd</sup> August	10am	<b>Elders' Service</b> at All Saints' Church, Brandeston
Monday 10 <sup>th</sup> – Wednesday 12 <sup>th</sup> August	9.30am – 1.30pm	<b>Polar Explorers' Holiday Club</b> at Charsfield Primary School

**Elders' Service  
August 2<sup>nd</sup>**

All Saint's Brandeston at 10.00 am  
Morning Service and short communion

**Carol, Graeme, Jackie, Jane S, Jane W-E, John, Mary**

*not the seven dwarves, but Elders*  
of our 7 churches in the greater benefice  
will be leading the service.

Revd Deirdre West will be there too.

The theme of the service will be  
'The Work of God'

Please come along and meet us.

The service will be followed by refreshments.

## **Polar Explorers Holiday Club at Charsfield Primary School**

**August 10th - 12th            9:30am - 1:30pm**

We will again be holding the Holiday Club which is open to primary age children. Do keep these dates free and join us again for three days of fun and learning.

For more information you can contact

Mary Baker                    01728 685 807

Jackie Clark                   01728 723 623

Mary Vellacott                01728 685 423

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### **VALERIE UPSON 17<sup>th</sup> November 1946 – 17<sup>th</sup> April 2015**

Valerie Upson died on 17th April after a massive brain haemorrhage. Her funeral was held on Friday 8th May in Kettleburgh church, followed by cremation at Seven Hills Crematorium. Her ashes are laid to rest in Kettleburgh churchyard. The service was conducted by the Reverend Deirdre West and the Reverend Robin Alderson. Persephone Booth read the lesson. The choir, of which she was an active and enthusiastic member, swelled the already full church. They sung the anthem 'Lead me Lord' as her coffin left the church. An extra verse was especially written for the occasion by choir member Mary Moore. The Reverend Roger Dixon and Tammy Ruffles both spoke about Valerie. Roger lived in the Rectory as an immediate neighbour of David and Valerie. Tammy became a close friend through their mutual love of horses.

The following is extracted from Roger's and Tammy's tributes at her funeral.

Tammy: 'Valerie was an amazing lady with the illness she had. It never stopped her doing anything. She had a passion for horses.

I remember as a young girl watching Valerie and David at Dressage shows. Valerie was unable to ride but was very keen to be as involved as she could with the equestrian world. This brought her 20 years dedication to the Finn Valley Riding Club. Val had many rôles including team selections, training co-ordinator and membership secretary. She organised the dressage for the Finn Valley and area riding club horse trials.

Valerie and David sent their horse to me about 10 years ago when David was unable to ride. Our friendship blossomed. We then developed our own riding team with Gulliver who David and Valerie owned and then Cracker, a syndicate owned horse, Valerie being one of the owners, the same with Lou Lou, our yearling. Then the news came that Valerie would love to have the horse of her lifetime and this is when Soraya arrived, a beautiful warmblood mare. Valerie was so looking forward to watching her develop. Valerie came

and saw her on the Thursday before she became seriously ill. We were so pleased she was able to meet her.

Valerie was so keen to be involved she watched as many lessons as she could with Gulliver and Cracker and has been known to travel miles to watch me at competitions. The one I can really remember is when we went to a Petplan with Gulliver and she travelled about 4 hours to watch. She must have been a lucky charm that day as Gulliver was placed in the Petplan class and won the Freestyle and got through to the Winter Championships.

We will miss Valerie and her sound advice and strong focus of mind. She was a lady to look up to - for all she battled through she never complained. She was a lady that gave a lot and did not expect anything back. These people are truly one in a million.'

Roger: 'We remember her from our very first day, wearing that metal neck brace, following a major operation. We witnessed the ups and downs of Valerie's health and can vouch for her determination. She learnt very young that she had to face huge problems in life. She was, as a girl, one of those people whose lives revolve around horses. (I say "as a girl" - from that passion she never wavered) She had her first pony, "Lundy" when the family lived in Devon. They moved to Essex and it was there, at the age of 15, that she was diagnosed with Rheumatoid Arthritis.

It was through their love of horses that she met David. Cool at first, romance warmed. When, after their marriage, David's firm re-located to Ipswich, they moved to Suffolk, arriving in Kettleburgh in 1979. Three years' later we arrived as neighbours. So it was that we were here when she was recovering from a long period in hospital when bone from her hip was grafted into her neck. She already had an artificial hip joint. This became infected and had to be removed. So she finished up with no hip joint on one side and had to have a built-up shoe. Septic arthritis in her ankle, both knees having artificial joints, numerous operations on her toes...life was hard. But did she give in? To ask the question you have to be joking.

A couple of years ago, she broke her leg in a fall at her sister Pam's home in Southend, and as soon as she felt she had recovered enough, she announced that she was fit enough to do the shopping. David received a call - this was December 2013 - to say that she had fallen in Solar at Framlingham. The break to her arm never did heal properly.

With all her problems, which she faced with quiet determination, she was prepared to go along with things that we thought would bring people to God through the Church, even though they were new to the parishes and might have been thought rather "high church." When I began observing the holy days of the year, Valerie could be guaranteed to be in her place to celebrate St Peter or John the Baptist. We formed a little choir and she never missed a practice or a service. Then we came to the point when she undertook a public ministry in the church and became an elder and she rejoiced in the opportunities that this presented. It is entirely fitting that her re-commissioning was one of the final events of her life.

I don't think most people in the pews realise quite the responsibility that churchwardens take on. It's not just a question of carrying a stave when the Bishop happens to come. The care of the church building itself, the financial life of the parish, relationships with parishioners... so many practical tasks fall to the churchwardens. And this parish has always been most fortunate in having men and women like Derek Hill, John Bater, or Mary Levy,

who were prepared to get to grips with all the many aspects of parish life. Valerie couldn't mow the churchyard, but she could do so many other practical things to ensure that everything ran smoothly.

And why, how, did she do this? I remember when I had been here only a short time, how I invited Bishop Eric of Dunwich to spend a day in Brandeston and Kettleburgh, at the school and around the parishes. It was when Valerie was recovering from that long time in hospital. So I took him to visit her. We talked about our faith and how it influences our lives. Valerie's conviction shone through and her commitment was clear. Little did I realise then, that she would pull through and play such an important part in church life.

Valerie's journey has been hard in many ways, but she had her great delights in life - dogs, horses, as well as her faith, and it was in that faith that Valerie faced every setback.'

We send our love and sympathy to David and all the family.

We thank God for Valerie's life. May she rest in peace.

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### **A MAY WEDDING**

Congratulations! to **Helen Comer and Ben Deacon** on their marriage on Saturday 23<sup>rd</sup> May 2015 at All Saints' Church, Wickham Market. What a happy family day it was, as the bride, her father and mother and bridesmaids walked down Chapel Lane from the home of Helen's grandfather; many people were able to watch and cheer them.

Helen's dress was white and beautiful, with a medium train and buttons all down the back, the bottom button taken from her late grandmother's wedding dress. The wedding was conducted by Rev Mary Lamb, assistant priest at St Michael's Church, Framlingham.

There were four bridesmaids; Emily Crane (née Lamb), Maisie Clarke, Sophie, Catherine and Lauren Barrett (Helen's nieces). Two best men; Callan and James Green. Both Helen and Ben are teachers; Helen at Holmwood House, Colchester teaching R.E. and Ben at St Alban's High School, Ipswich teaching P.E. They are fortunate to have good holidays so they are taking their honeymoon in July/August going to Australia and New Zealand.

A lovely place for a wedding reception, as they celebrated at Snape Maltings. They had a good time with family and friends, great speeches and danced the evening away.

We wish them well, and send them our love and prayers; may God bless them as they settle into their Ipswich home.

GV

## PAST EVENTS

### BRANDESTON CHURCH CELEBRATION of MUSIC and FLOWER WEEKEND

The Brandeston All Saints' Church Celebration weekend of music and flowers on May 30<sup>th</sup>/31<sup>st</sup> was a great and enjoyable success with funds raised for the continuing up-keep of the Church in excess of £2,500.

The bell ringers began to muster us all at 1.30pm on a bright sunny afternoon on the Saturday, with the church full of flowers and stewards on hand to discuss the history of this charming medieval building; while on the green and beautiful front lawns of Brandeston Hall School, by kind permission of the Headmaster, the village and school ground force team had earlier constructed a cluster of large tents and gazebo's to house the refreshments area, seating with tables, and cover for all the visiting musical groups in case of damp or hot conditions during the afternoon's festivities. There was even a covered area for the expert and fun face-painting ladies who were in much demand by the younger members present. From 2pm the afternoon's entertainment was full-on, with the Castleton Brass Band from Eye; the Blue Notes Jazz Trio from Framlingham; the Westrafelda Morris dancing team from Westerfield, and the Rabble Chorus of approximately sixty singers entertaining, while a delighted crowd purchased plants, preserves and flowers from Lady Clemency Cunliffe's huge stall by the School entrance, or consumed copious amounts of cream teas & ice creams! So popular it seems the delicious scones, cream, milk and ice cream ran out and had to be quickly replaced with many more scones baked and cream whipped to cope with the enormous demand! The school catering staff kindly came to the rescue with milk and ice cream, and helped the excellent tea ladies and refreshment organisers of the village whenever needed during a very busy afternoon.

On Saturday evening at 7.30pm in the Church, the Gala Concert audience was royally entertained by a group of excellent soloists, most of whom teach and perform professionally. The delightful programme was very varied with something to suit all tastes, and the evening's entertainment finished with wine and delicious refreshments supplied again by the hardworking team of the village.

Sunday dawned to windy, wet conditions but from midday, plants were again selling and again from 2pm cream teas still in demand, as the weather cleared and watery sun appeared. In the Church, organists from surrounding villages played while visitors viewed the splendid floral arrangements until 4.30 when the church bells were rung, mustering us all to a Songs of Praise and thanksgiving to end the delightful and well received weekend. The Rev Deirdre West, assisted by Mark Baker, led the short service after which the ground force team moved in to dismantle the tents ready for the start of school the following day. The P.C.C. of the Church wish to thank all those numerous members of the village and congregation, plus the school staff that were involved in making this such a successful and lucrative venture.

Janet Weston

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### KETTLEBURGH FETE – June 13<sup>th</sup> 2015

Wet, wet, wet! Just as the fete was opening at 4pm, the weather took a turn for the worse and down came the rain. But the show went on and the fete committee (Annette, John & Rowena, Sue & Denis, Graham and John) want to thank so much all the people who came, played and supported this event.

The 'fun dog show' was a new attraction this year and lots of our 4 legged friends (and their owners) took part and all were rewarded with rosettes and doggy treats. A big thanks to Persephone for organizing this popular event and in particular to Lucy and Georgia Howell, who continued to judge the 5 categories despite being soaked to the skin.

Nearby, another 4 legged friend was also performing and the lucky cow pat winner was Roy Jay. Rowena Edmondson took home first prize of a Sue Scott painting in the Grand Draw and we had a wonderful selection of additional prizes, thanks to the generosity of a number of local companies.

Thanks to our compere, Nick and all of the stallholders who kept the show going and created a great atmosphere. And finally many thanks to Ron & Debbie for letting us use their garden.

A total of £2,737 was raised for St. Andrews Church and the Village Hall.

*Sue Brooks*

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### **KETTLEBURGH GREEN TRUST LOTTERY**

Results of the June draw are as follows:-

1st Prize Patrick Garland

2nd Prize E. Davies

*Trevor Jessop*

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### **BRANDESTON 100+ CLUB**

Results of June 100 club draw:

£25 No 31 Colin Matthews

£10 No 12 Dr Fielder

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## **NOTICES**

## **BRANDESTON POST OFFICE FACILITY**

Please be aware that a Post Office facility operates in Brandeston Village Hall every Thursday morning.

As well as normal Post Office services, the Post Mistress (Brenda) provides birthday cards and stationery.

Please remember if we don't use it we lose it!

*Jackie Rice*

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## **NEWS FROM KETTLEBURGH GREEN**

### **Village green play area enhancement**

With funds in place, we were all raring to go to get starting on the installation phase of this project, however we have discovered that we require planning permission to add the proposed play equipment. A planning application is being submitted as the time of writing so fingers crossed there won't be any objections and we can move ahead to make our play area even better.

### **Help us**

If you're planning a personal challenge this year, why not do it for charity. The Kettleburgh Green Trust is a registered charity and you can raise money using BT's My Donate service where your donations can be topped up by GiftAid and it can all be managed easily on-line. Contact Caroline at [kgtchair@wheeler-rowe.com](mailto:kgtchair@wheeler-rowe.com) for further information.

### **Shop on-line?**

Many of us do these days and do you know you can raise money for the village green but just sitting at your computer doing some shopping? Many retailers such as Amazon, John Lewis and Marks & Spencer to name but a few participate in the scheme where they will give your nominated charity a donation just for shopping with them. To get set up, go to [easyfundraising.org.uk](http://easyfundraising.org.uk), get registered and search for the Kettleburgh Green Trust. So far we have raised £188.52.

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](mailto:kgtchair@wheeler-rowe.com)  
[www.kettleburgh.onesuffolk.net/KGT](http://www.kettleburgh.onesuffolk.net/KGT)

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## **NEW MINIBUS HOSPITAL TRANSPORT SERVICE**

**FOR FRAMLINGHAM AND SURROUNDING VILLAGES**

**ALSO OTHER TRIPS AND LIFTS**

Phone up to register and book a lift. They collect you from home and bring you back again. Hospital trips Monday, Wednesday, Friday.

Stuart Stanford, Hour Community

Telephone: 01728-440511

Or email: [hourcommunity@framlinghamrotary.org](mailto:hourcommunity@framlinghamrotary.org)

**Seats up to 11, and is wheelchair accessible!**

On trial for three months from 1<sup>st</sup> May 2015. It needs to be used by lots of people or it will be lost.

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### **Hospice launches brand new team challenge**

St Elizabeth Hospice is launching a brand new team challenge event – a **Truck Pull**.

Teams of 8-10 are wanted to join the St Elizabeth Hospice Truck Pull to compete to pull a truck 50 metres – in the fastest time possible.

The new event – which is the first of its kind for the local charity – will take place on **Saturday 18<sup>th</sup> July**, from noon, outside Mannings Amusements, Felixstowe.

As well as the Truck Pull, individuals can challenge themselves further by trying their hand at the Car Lift – testing their strength and stamina as they see how many times they can lift the car – with the most repetitions winning.

Rachael Brown, St Elizabeth Hospice's Fundraising Support Manager, said: "We wanted to hold a fun, team event to encourage a bit of friendly competition – but to organise something a bit different – and we took inspiration from Suffolk's Strongest Man – our Catering Manager, Graham Reid.

"If you want to encourage team building and bonding or are looking for a challenge for you and your colleagues, friends or gym buddies, then this is the perfect, fun – but tough – contest for you."

Teams for the Truck Pull can be male, female or mixed. Each team is asked to raise sponsorship with all funds raised going towards providing vital care and support to more than 2,000 local people living with a progressive illness every year.

The event will be as much fun for spectators as it is for participants and there will be entertainment for all ages – so bring all the family along too for a fun day out!

To find out more visit [www.stelizabethhospice.org.uk/events](http://www.stelizabethhospice.org.uk/events) or to request a registration form please call 01473 723600 or email [fundraising@stelizabethhospice.org.uk](mailto:fundraising@stelizabethhospice.org.uk)

With thanks to: Seven Group for donating a truck for the day; Whip Street Motors for donating a car for the day; and Mannings Amusements for use of the venue.

St Elizabeth Hospice is an independent charity which provides its services free of charge. It costs millions of pounds a year to run the Hospice and it relies on fundraising, donations and gifts in Wills to meet the majority of these costs.

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### **VILLAGE WEBSITES**

