

# *The* **BARTON** *Miller*

October 2018

## *Autumn Fair*

*St Mary's Church*

*Barton Mills*

**Stalls!**

**Delicious cakes  
And biscuits!**

**Teas  
And  
Coffees!**

**1 pm - 5pm**

**Original art  
works and prints  
for sale!**

**Cards  
and  
bric-a-brac!**

**Christmas Gifts!**

## *Saturday 20th October*

Originating from & produced by St Mary's Church Barton Mills

# October 2018

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Dear Readers,

As I write this we are being warned to expect severe gale-force winds. Winds are normal for October (and March!) but this year has, so far, been a year of extremes, so it looks as though we can expect another memorable period of weather.

However, whatever the weather, I hope it won't deter you from attending the various activities arranged for October—including Harvest Festival, when we shall again be collecting non-perishable food for the "Food bank" charity. We will also have our freewill envelope collection in aid of the African Pastors Fellowship. Both the foodbank and Pastors Fellowship are worthy organisations.

We need any copy for the November Barton Miller by 20th October please.

With good wishes for an enjoyable autumn.

Yours sincerely Joy Willis

## BURY ST EDMUNDS MOBILE LIBRARY VAN DATES (Route 4)

Email: [help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk) Telephone: 01473 584563

The Library Van visits Barton Mills (behind Lamb Court) on Saturday aft. 2.00pm to 2.30pm . **This will be the following Saturdays -**

20 October 2018/17 November 2018

## Vicar's Letter

As Harvest Festivals in our area are taking place and autumn weather is arriving swiftly, it is good to pause and remember how fortunate we are in this rural part of England's green and pleasant land, as the hymn declares.

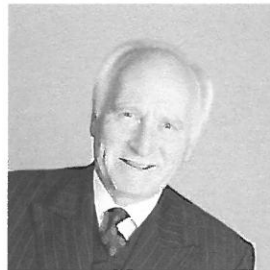
When Jackie and I moved into Freckenham 32 years ago we were shocked by the ferocity of the autumn storm that swept the country the following year in 1987. We were left with the enormous task of clearing up the fallen trees and restoring the grounds, taking some 6 months to carry out. RHS Wisley's National treasure was absolutely decimated. Fortunately, there has been nothing like it since in the U K, at least. Sadly, other parts of the world have not fared so well in recent weeks and our hearts go out to them hoping and praying that they will recover from the damage quickly. But autumn can have special, emotional potency as the weather turns. New school or university years begin, for example. Change happens. The great English writer, C.S. Lewis once wrote "Autumn is really the best of the seasons, and I'm not sure that old age isn't the best part of life". Jackie and I are finding that to be true for us right now. If you have not read Lewis's "Surprised by Joy" book, do get a copy and read it soon. The autumn quote comes from it.

As the weather changes I am reminded that coping with change in our lives is often a test of our normality or sanity even. Not coping with bad news or rapid changes can be devastating sometimes, even affecting our health and can take a long time to recover. I found that when I retired recently after working continuously for 60 years. My first job was part-time in a local grocer's shop. It was good fun. And that's the problem. I worked too hard and for too long, because I enjoyed my work. Not working took some getting used to and coming to terms with.

Jesus talked a lot about his work; the work that his Father had given him to do. Just before his crucifixion, in a prayer to his Father, he said "I have finished the work that you have given me to do" and a few days later; while on the cross, he said famously "It is finished", referring to the work being completed. We are all God's children and have been created in His image, given skills, talents, imagination and energy; put into a community to do God's work. No pressure then, I hear you say. Remarkably and somewhat surprisingly, we find that when we do try to serve one another, work for "the common good of all" as it is sometimes known, we enjoy life that little bit more.

Enjoy this mellow season and every blessing,

David Ball



## St Mary's Church Barton Mills.

**Parish Priest in Charge:** Rev. Sandie Barton.

6 The Street, Freckenham. IP28 8HZ . Tel 01638-720770

Email - revsandiebarton@gmail.com

### **Your Church Representatives:**

**Churchwardens:** Dave Traher, 25 Church Lane Close, Barton Mills. Tel 718328; **Alan Butcher**, 3 Church Lane, Barton Mills. Tel 713534

**Verger:** Davina Peachey, 24 Church Lane Close, Barton Mills. Tel 716265

### **St Mary's Parochial Church Council Members**

**Secretary:** Diana Knight, The Manor, Barton Mills, IP28 6BL. Tel 711274. To whom all correspondence should be addressed.

**Treasurer:** Steve Hills.

### **Deanery Synod Representatives:**

Nora Shipley and Rodney Knight.

**Elders:** Colin Brotherton; Glynn East and Dave Traher.

**Other PCC Members :** David Powell; Davina Peachey; Frances Lewis; Jo Traher; Diana Knight and Steve Hills. There are also sub-groups to help with various aspects of church life. Sign up sheet at the back of the church.

## Mothers Union



**Next meeting:** Monday 15th October 2018.  
2.15pm. Mildenhall Church Room

There is also a **Prayer Chain** for anyone needing prayers for themselves or others. Please ring **Colin Brotherton 713440.**

### **COFFEE MORNINGS**

Every Thursday 10.00 - noon in the Church Rooms.  
ALL VERY WELCOME





## Church Services in October

Sunday 30<sup>th</sup> September 10am: Group Service at Worlington Church

Sunday, 7<sup>th</sup> October 9.30am: Holy Communion

Sunday, 14<sup>th</sup>: **HARVEST FESTIVAL.** Gifts of non-perishable food for the Mildenhall Food Bank; money donations for African Pastors., please  
8am: Early Holy Communion  
9.30am: Messy Church.  
5pm: Healing Service

Sunday, 21<sup>st</sup> 9.30am: Holy Communion

Sunday, 28<sup>th</sup> 9.30am: Praise and Worship Service

Sunday, 5<sup>h</sup> November: 9.30am: Holy Communion

### FELLOWSHIP MEALS

Fellowship meals are held in the church room each month, usually on the fourth Friday, at 6pm. The October meal will be on Friday 26<sup>th</sup> October.  
Each meal is informal with a varied menu – and good company – all welcome!  
There is a list to sign in the church so that numbers are known for catering.

### BARTON MILLS CHURCH.

The church is open during daylight hours and local people and visitors are welcome to come in. It is a historic and interesting building and a place of peacefulness and rest.

FRIDAY 5<sup>th</sup> October: PRESERVATION TRUST QUIZ: with fish and chip supper, 7pm Village Hall (see advert)

SATURDAY 20<sup>th</sup> October: AUTUMN FAIR, in church 1-5pm (see advert)

CHRISTMAS SHOE BOXES of GIFTS for NEEDY CHILDREN: there are leaflets in the church and in the church room with information on filling shoe boxes with suitable gifts. More details next month on collecting the boxes.

COFFEE MORNINGS: every Thursday morning in the church room.

Thursday 11<sup>th</sup> October: the Coffee Caravan will be here, with useful information, coffee and cake!

# **QUIZ NIGHT**

**??? ???**

**FRIDAY 5<sup>th</sup> OCTOBER**

**in BARTON MILLS VILLAGE HALL**

**7pm FISH & CHIP SUPPER**

**followed by the QUIZ**

**QUIZMASTER: DAVE TRAHER**

**Come as a team (up to 8 people) or come on your own -  
teams can be made up on the night.**

**Pit your wits against the rest in this amazing session!**

**RAFFLE**

**PRIZES**

**BYO DRINKS**

**Tickets: £10 per person, before the night, to include,  
FISH (OR CHICKEN OR VEGGIE)  
& CHIP SUPPER**

**Gifts of raffle prizes will be very welcome**

**Tickets from:**

**Frances Lewis, 11 Church Meadow, (713155)**

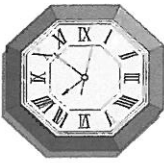
**Dave Traher, 25 Church Lane Close, (718328)**

**ALL PROCEEDS WILL GO TO ST MARY'S,  
BARTON MILLS, PRESERVATION TRUST,  
THE CHARITY THAT HELPS TO MAINTAIN  
OUR VILLAGE CHURCH**

**Barton Mills**  
**AUTUMN FAIR**  
**Saturday, 20<sup>th</sup> October**  
**in the church**  
**1—5 pm**  
***free entry***

**REFRESHMENTS**  
**CRAFT STALLS**  
**HOSPICE CHRISTMAS CARDS**  
**ORIGINAL ART WORKS *and***  
**PRINTS FOR SALE**  
**COMPETITIONS**  
**RAFFLE**

Make it a date! Come and browse the stalls, meet your friends, enjoy tea and cakes, start your Christmas shopping, buy your cards!



## BARTON MILLS BAPTIST CHURCH



**Time** marches on we are reminded, and don't we know it. We'll soon be Christmas shopping (if you hardy ones out there haven't already started). I myself find it hard to believe **we are already into October**, three quarters of the year have already gone.

With all the heavy rain experienced earlier in the year and then the extreme summer weather we enjoyed, my garden grew almost out of control, and **more time** was spent weeding and hoeing. It's been a **difficult time** for the gardener having to regulate the water usage during the **long hot summer**, however, if we had failed to provide water, **the vegetables would not have been as good**; and **the flowers**, although somewhat battered about, **would not have been so prolific** - proving the point that the **time spent** in the garden, **setting the seeds and planting the flowers** was important, and paid off! **This brings us to the point of thanking God for the time** He has given us to do the things we want to do.

*The following story conveys an important point on time. "A father once said he was trying to **beat the clock** to the office one morning when his 3 year old son asked him to stay and play with him. He said he was sorry but he was late for work and would see him as soon as he returned home. As he stood their **winding his watch**, the child said in all seriousness, "**just change the numbers, Dad, then you'll have time**".*

How **have we spent our time so far this year**? Did we do anything worthwhile? How often have we wanted to **"change the numbers" and "beat the clock"**. We put the important things off a little longer and say **"Not now, but later, I've got plenty of time"**. We have good intentions **but fail to respect the precious fleeting nature of time**. We forget that the **opportunities of life come only once**. Proverbs 6 v 6 - 11 makes it clear that some things just shouldn't be put off, in spite of our best excuses. God expects us to make an effort to use **His gift of time wisely** before it's too late and we lose it altogether. Psalm 90 v 12 says **"...teach us to number our days, that we may apply our hearts unto wisdom"**. In all of time and all of timeless eternity, **"now"** will never be repeated. Psalm 31 v 14 - 15 says **"I trust in Thee, O Lord....my times are Thy Hand"**. Let's believe that and rededicate our lives afresh to the One who was willing to give His time by obeying His Father God and sacrificing His life that we might live life to the full and for evermore!

We give you a warm welcome to attend any of the services at the Chapel, Bible Study at 7.30p.m. on Thursday (check for location, 01638-713892) and Sunday School/Bible Study at 11a.m, followed by Sunday Services at 3p.m. and 6.30p.m.

F. A. RUTTERFORD

# Road Works on the A11

By the time you read this, the work to install traffic lights at Fiveways and other related safety improvements should be well underway.

Night closures (8pm – 6am) are expected to continue into November. For the first few nights in October and again from Monday 29<sup>th</sup> October for 5-week nights, the A11 northbound will be closed at the A14. Please note that this closure will apply to **all** traffic using the road. It will not be possible to use the A11 north bound to access Red Lodge or Barton Mills.

From Monday 22<sup>nd</sup> October for 5-week nights, the A11 south bound will be closed to all traffic at Elveden.

On Friday 9 November for 1 night, there will be a total closure of the Fiveways roundabout and the A11 will be closed in both directions between the A14 and Elveden.

There will be access for emergency vehicles at all times.

For further information contact Highways England on 0300 123 5000 or email Graham Construction who will be carrying out the work, at [He-works@graham.co.uk](mailto:He-works@graham.co.uk) .

Highways England appreciates your patience and co-operation whilst this work is taking place.



## THANK YOU

My family and I would like to thank all our friends and neighbours for the cards, letters, flowers, gifts and condolences you gave to us after hearing the death of my lovely husband Paul who died on the 27th July.

We were truly overwhelmed with so many people thinking of us and so grateful for the support, love and encouragement we were given by you all during the 2 years of Pauls illness. Thank you.

Kathy, Russell, Tom and Matthew Lachlan.

## BARTON MILLS WEDNESDAY CLUB

### All Over 50s Welcome

**Wed 3rd Oct:** At 2 pm in the Village Hall, our speaker will be Miranda McCoy from St Nicholas Hospice. This will be our charity meeting. There will be a raffle and a bring and buy stall to raise funds for this cause.

**Wed 17th Oct:** Visit to the Museum of East Anglian Life at Stowmarket, departing at 10.15 am and arriving back about 4.45 pm. £17 members, £19 non-members.

**Wed 21st Nov:** Wine tasting, in the Village Hall at 2 pm, with James Bercovici of the Big Red Wine Company. Tickets (in advance only) are £2 members and £3 non-members.

*Enquiries to Pamela on 510504    [pamela@boura.org](mailto:pamela@boura.org)*  
**Meetings in the Village Hall: £2 members, £3 non-members**



## Barton Mills & District Gardening Club

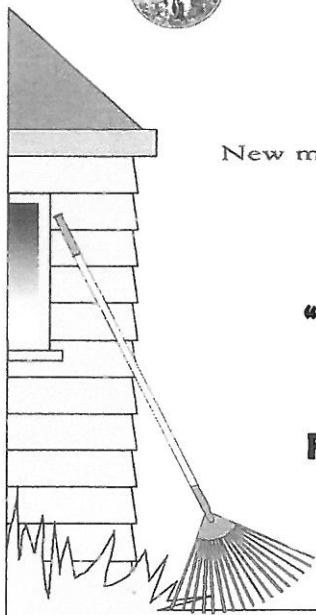
MEMBER OF R.H.S.

Annual Subscription    £12.00

New members and friends welcome as paying visitors

**23rd October 2018**  
**"Ickworth Through The Year"**  
**Zsuzsa Serra**

**For further details telephone**  
**Ian Anderson. Tel 515741.**





# BARTON MILLS PARISH COUNCIL

## AFFORDABLE HOMES

A previous survey carried out showed results that the village was in need of more affordable homes for local (village) people.

Hastoe Homes have been in talks with a local landowner and the landowner offered to sell a piece of land off Church Lane backing onto Manor View. However, it was agreed at the last meeting after listening to parishioners' views of the proposed site to not proceed with negotiations with the land owner. As the need for housing has been identified it was also agreed Hastoe Homes would continue discussions with Suffolk County Council with a view to purchasing land off Church Lane adjacent to the existing Hastoe Home site as a possible site to build affordable homes. The homes will be for people with a local (village) connection and you can register your interest by registering with Homelink. Simply fill out the form which can be found at [www.home-link.org.uk/HouseholdRegistrationForm](http://www.home-link.org.uk/HouseholdRegistrationForm)

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## Next Parish Council Meeting

The next full meeting will be on **Tuesday 2<sup>nd</sup> October** at 7:30 in the Village Hall.

*The Public are welcome to attend Parish Council Meetings and will be offered the opportunity to speak at the beginning of the meeting or at the Chairman's discretion. To raise an item at any meeting please contact the Clerk at least 7 days prior to the meeting date. If you attend a meeting so as to voice your concerns and wish your name and/or address to be publicised in the meetings minutes we will require you to complete a consent form to ensure we comply with the new General Data Protection Regulations (GDPR).*

**Standing Chairman:** Amin Harji, 01638 510251

**Clerk:** Jadi Coe, [clerk@bartonmills.net](mailto:clerk@bartonmills.net) 07724 737841 **Website:** [www.bartonmills.net](http://www.bartonmills.net)

## **Report of September Meeting**

At our meeting this month John Hewson came to talk about and show us how to get the best from our Autumn and Winter hanging baskets. He talked us through the most suitable containers and compost, which plants were best for Autumn baskets and Winter ones. He brought with him two kinds of container one for Autumn and one that would do well with Winter plants. He told us that the Autumn ones would take us well into early November by which time we could have our Winter ones ready. John brought a variety of plants suitable for each and said that as these plants would not be growing as rapidly as summer annuals we could fill the baskets more than summer ones. They would not need watering or feeding quite as much. He also brought with him some plants for us to buy. Lots of us took advantage of this to get an early start with our own baskets. We ended our evening with a gardening quiz.

After our talk by Peter Green in August on the history of the Theatre Royal in Bury St Edmunds, a group of us went on a guided tour of the theatre. Our guide, Stephen, took us way up into the 'Gods' and down to below the stage into the orchestra pit and all parts in between. He explained how the stage could come forward if needed, the orchestra, when there was one for the performance were cramped under the stage! Visiting artists are offered refreshments before their performance, most are happy with a cup of tea and a sandwich, others have more specific requests! There was a time in its history when several hundred people would be in there for a performance which could last over five hours. Conditions must have been dreadful with the smell from the candles and unwashed audience, sanitation was basic and fights often broke out. 'Classes' were kept separate by the different tiers of seating. It was a truly fascinating morning – highly recommended.



**Our next meeting is on Tuesday, 9th October at 7.30 p.m. in the Village Hall.**

We are welcoming Helen Tilley who will show us how she makes her hats and fascinators.

We are having a Silly Hat competition. Why not come along and join in the fun.

**Take a look at our website -**

**[www.wibartonmills.weebly.com](http://www.wibartonmills.weebly.com)**

# BARTON MILLS 100 CLUB

The purpose of the Barton Mills 100 Club is to raise funds by operation of lotteries and draws to contribute to projects and/or organisations within the parish of Barton Mills for the general benefit of the people of Barton Mills.

## Sept 2018 Winners

£30	S Bonnett	105
£20	P Parsons	17
£10	L Bonas	171
£10	R Procter	48

'Apologies for incorrect  
information published  
in the September  
News sheet'

**If you would like to become a member please contact our Treasurer:  
Janette Miller - 49 The Street. Tel 712843**

**IF YOU WANT TO WIN, YOU HAVE TO BE IN !!**

Prizes of £30, £15, £10 and £5 monthly and twice a year additional prizes of £150.



## MILDENHALL & DISTRICT MUSEUM AND MUSEUM SOCIETY

Forthcoming events arranged by the **Mildenhall Museum**

**Society:** non-members welcome. 7.30 at the museum.

Members pay £2, non-members pay £4. Tea/coffee/biscuits.

**Thurs. OCT. 4<sup>th</sup>** the speaker will be Martyn Taylor, the well-known local historian. He will tell us about **BURY'S OWN TUDOR QUEEN**. Some of Martyn's many books will be on sale – ideal gifts for local residents.

**Thurs. Nov. 1<sup>st</sup>** will be the chance to hear the third talk about Elveden by author Roger Pugh :**THE MOST SECRET PLACE ON EARTH** .

**FRI. Nov. 16<sup>th</sup>**. Annual lecture supper at Riverside House Hotel. Graham Higgins will entertain us with Tales from the Bench. Full details will be on the notice-board at museum.



**SATURDAY 20TH OCTOBER 2019**  
**6.30PM AT THE JUBILEE CENTRE IN MILDENHALL**

## **"WHY WE SING"**

**A CONCERT GIVEN BY ANGLIAN ACCENTS HARMONY CHORUS  
AND GUESTS**

**RAISING FUNDS FOR E.A.C.H. (EAST ANGLIA'S CHILDREN'S HOSPICES)**  
**TICKETS £6.00 (UNDER 16 £3.00) AHEAD OR ON THE DOOR**

**FOR INFORMATION :**

**CALL TIM WASHTELL—01638 780378**



## **AFTERNOON TEA & AUTUMN FASHION SHOW**

**with silver & gemstone jewellery sale  
benefiting Action Medical Research**

**at the Riverside House Hotel, Mildenhall  
on Tuesday, 23 October**

**2.00 Glass of fizz on arrival**

**2.30 Afternoon tea served whilst enjoying  
a fashion show from the Artichoke Collection  
followed by HUGE clothes sale**

**5.00 Event closes**

**Tickets from Riverside House Hotel 01638 717274  
Julie Merrick 07712 287927 & Carolyn Child 07739 097523**

**Tickets £17 inc glass of fizz & afternoon tea**



**raising funds for**

**medical research  
for children, for life**

**Charity reg. nos 208701 and SC039284**

## More Hedgehog Information. Keep helping the 'hogs.

I haven't seen many road casualties recently – does that mean fewer are killed that way or are local residents making their gardens more 'hog friendly so they don't need to cross roads?

Have you gaps under fences so they can move from one garden to another?

Do you provide a shallow dish of water? (never milk- that was wrong old-fashioned advice) and maybe some dog or cat food (but not fishy ones). Windfall apples can attract slugs which will be a welcome meal for a 'hog. A good pile of leaves (e.g. beech, birch, apple – rounded shapes are best, horse chestnut not suitable) in an undisturbed corner can make a suitable hibernation site.



**Saturday 10th November 2018 at 7.30pm**

The Apex, Charter Square, Bury St Edmunds

### **WAR AND PEACE A Remembrance Concert**

Vaughan Williams	Dona Nobis Pacem
Durufle	Requiem

Camilla Jeppeson Soprano  
Valerie Reid Mezzo Soprano  
Tom Asher Baritone

Prometheus Orchestra  
Bury Bach Choir  
Philip Reed Conductor

Call the Apex Box Office for tickets—01284-758000  
[www.burybachchoir.co.uk](http://www.burybachchoir.co.uk)

# BUS SERVICES SERVING BARTON MILLS

The village is only served by school related bus services nowadays although these are available to the general public. It is always advisable to check exact service details with the relevant bus and coach operator before making a journey

Times	Destinations and other information
<i>Mornings</i>	
0758	Barton Mills (Church), Barton Mills (Bull Inn) to Bury St Edmunds (Bus Station) arriving at 0851 ( <i>Mulleys schooldays only service 955 which starts at West Row (0735) then travels via Mildenhall (Bus Station) (0750), Barton Mills (0758), Icklingham, Lackford, Fleampton, Hengrave, Fornham All Saints and the various Bury schools and College</i> )
0821	Barton Mills (Bull Inn), Barton Mills (Church) to Mildenhall (Mildenhall College, Bury Road (0829) and Bus Station (0835)) ( <i>Mulleys schooldays only service 357 which starts at Cavenham (0755) travelling via Tuddenham (0758), Herringswell (0807), Red Lodge (Warren Road and Hundred Acre Way) and Barton Mills (0821)</i> )
<i>Afternoons</i>	
1535	from Bury St Edmunds (Bus Station, Stand 3) to Barton Mills and onwards Mildenhall and Lakenheath ( <i>Mulleys schooldays only service 955 picking up at the various Bury schools after leaving the bus station</i> )
1548	from Mildenhall (Mildenhall College, Bury Road (1548) and Mildenhall bus station (1550)) to Barton Mills (1556) ( <i>Mulleys schooldays only service 357 from Mildenhall to Newmarket via Barton Mills, Red Lodge, Herringswell, Tuddenham and Cavenham</i> )

**Other daytime bus services available from Mildenhall** (Mondays to Saturdays except Public Holidays) are listed below. Printed timetable booklets are no longer produced by Suffolk County Council. Times may be obtained from Mildenhall bus station or from the following page on the Suffolk County Council web-site: <http://www.suffolkonboard.com/buses/timetables-by-area/brandon-mildenhall-surrounding-area/>

Service number	Bus company	Main places served
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16	Stephensons	Newmarket-Red Lodge-Mildenhall-Icklingham-Lackford-Flempton-The Fornhams-Bury St Edmunds
355	Mulleys	Holywell Row-Beck Row-Mildenhall-Icklingham-Lackford-Flempton-The Fornhams-Bury St Edmunds
357	Mulleys	Mildenhall-Worlington-Freckenham-Red Lodge-Herringswell-Tuddenham-Cavenham-Risby-Bury St Edmunds
358	Mulleys	Mildenhall-West Row-Mildenhall
200/201	Coach Services	Mildenhall-Lakenheath-Brandon-Thetford

### Suffolk County Council 'Connecting Communities'

Suffolk County Council and The Voluntary Network offer the 'Connecting Communities' service. They might be able to arrange transport within the Forest Heath area where no regular bus service links exist. For further information the website is the contact telephone number is 01638 664304. Booking hours: Mon to Fri 0800-1600. Service hours: Mon to Sat 0700-1900. Website: <https://communities.suffolkonboard.com/about/>

### Express coach services serving Mildenhall:

Service number	Company	Main places served
727	National Express	UEA-Norwich-Attleborough-Thetford-Mildenhall-Newmarket-Cambridge-Stansted Airport-Heathrow Airport-Gatwick Airport (Approx every two hours operating daily all year round) See full service timetable: <a href="http://www.nationalexpress.com/nxportal2/pdf/timetables/727.pdf">http://www.nationalexpress.com/nxportal2/pdf/timetables/727.pdf</a>
490/491	National Express	Norwich-UEA-Thetford-Mildenhall-London (Only one daily trip each way all year round**) See full service timetable: <a href="http://www.nationalexpress.com/nxportal2/pdf/timetables/490.pdf">http://www.nationalexpress.com/nxportal2/pdf/timetables/490.pdf</a>
<b>** There is only one direct coach each way each day between Mildenhall and London (Victoria). Currently the departure times are 1205 from Mildenhall and 1000 from London (Victoria). However at other times it is possible to travel from Mildenhall to Stansted Airport by service 727 and change to other services there in order to get to or from Central London</b>		

DS – 30 Aug 2018

Made to measure **blinds** for all types of windows, conservatories and Bi-fold doors, for domestic and commercial premises.

Wood and Aluminium Venetian  
Vertical

Roller

Black out

Remote control

Custom printed roller blinds



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Suffolk**

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Tel: 01638 815534  
Mobile: 07718 138974

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Skips from 4yd to 40 yd  
Domestic, Commercial and Industrial

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Competitive prices, reliable and friendly service

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**[www.freedomrecycling.co.uk](http://www.freedomrecycling.co.uk)**

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**DEGREE QUALIFIED  
CHIROPODIST/PODIATRIST**



**22 St Andrews Street,  
Mildenhall. IP28 7HB**

**www.mildenhallfootcare.co.uk**

**Henry Tullie  
BSc Hons Podiatry,  
S.R.Ch M.Ch.S**

**CLINICAL APPOINTMENTS £20.00**

**Treating:- All foot problems  
Nail cutting, Ingrowing Toenails  
Thickened nails. Hard skin, corns, cal-  
lus.**

**Diabetic Footcare and advice.**

**01638 713092**

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## What's on in Freckenham October 2018

**Film Night Friday 5 October Lady Bird** – going by the name of “Lady Bird”, the outspoken Catholic high school senior student, Christine McPherson, is dreaming big of finally leaving her hometown of Sacramento, practically on pins and needles to attend a sophisticated New York City College. However, with her average grade and her family struggling to keep afloat, attending a public university closer to home would be a lot cheaper and safer, especially after last year's devastating 9/11 attack. In the end, amid grades, numerous college applications, a blooming teenage sexuality, and a strong-willed mother who is a real mother hen, Lady Bird must find a way to make her dreams happen. Can she survive life's bumps and cracks. Running time 94 mins. Rated R. Bar with snacks & doors open 7pm, film starts 7.30pm. No need to book just turn up £5 a person. **2 Nov Bombshell** – the Hedy Lamarr story, film start turned scientist whose work helped in WWII and with Bluetooth, GPS & WiFi technology today.

**Farmers & Crafts Market Saturday 27 October.** 10 - 12 noon. + **Royal British Legion Poppy Appeal stall** Bacon rolls, cakes, hot drinks free entry – meat, bread, seasonal produce, cheese, olives & more, pies, preserves, pickles, honey, eggs, WI, candles, diffusers, homecrafts, knitting, cards, jewellery, pin boards, bags, bunting, planters, plants & more. Refreshments including bacon rolls. Followed by **BINGO Saturday 27 October.** Bar & Doors open 7pm Eyes Down 7.30pm. £1 a game all money going back into the prize pot.

The weekly events at the village hall include Freckenham Fun Time for the Under 5's (term time only), Karate, Zumba, Meditation, Yoga (day & evening), FABS (seated exercise), FitSteps, Pilates (Thursdays & Fridays), Move it Or Lose It classes. Table Tennis & Swing Jive dance clubs. If attending for first time or after a break phone first to check activity is happening <http://freckenham.suffolk.cloud/freckenham-village-hall>. Connect with us on Facebook and Twitter @FreckenhamVH

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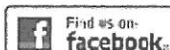


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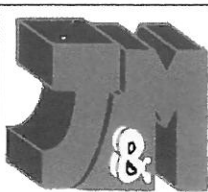
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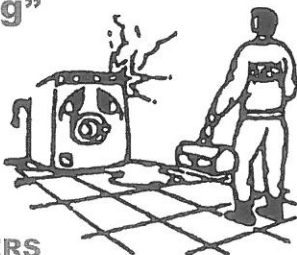


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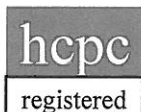
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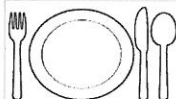
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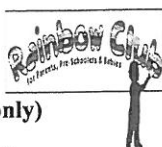
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