

Church and Village News for March 2026

Bedfield, Monk Soham, Southolt, Tannington and Worlingworth

Spring Fair



Saturday 7th March
10 - 12

Worlingworth Community Centre



Cake Stall



Bacon & Sausage Baps



Hot Drinks



Raffle



Easter Egg
Tombola!

Worlingworth Hall

Church Street, Worlingworth

What's available at Worlingworth Hall

INDOOR PICKLEBALL COURT - COMING SOON

A new indoor Pickleball court is being created. will be opening soon,

- Suitable for Beginners and Experienced players,
- Book by the hour via our website. (soon)
- Pickleball Paddles /Balls available to hire

TRY THE FASTEST GROWING SPORT IN THE UK

WORLY HUB - Enjoy a hot drink or quick snack.

Our **self-service takeaway coffee machine** serves a range of drinks, from **flat white to mocha**, and **hot chocolate**.

We also have a **vending machine** offering a selection of:

- **Chocolate snacks**
- **Crisps**
- **Cold drinks**

Seating inside & Picnic bench outside.

Open 6am to 10pm / 7 days a week

Card payments only.



WORLY HUB

WORLINGWORTH SELF STORAGE

Secure Indoor Storage for Cars, Caravans,
Trailers & Boats... Individual Self Storage Units

24 hour CCTV 01728 628634



WORLINGWORTH HALL LIVERY

Quiet, rural DIY livery with individual turnout, ménage, horse walker, and good local hacking.

livery@worlingworthhall.co.uk



Join our mailing list

Scan the QR code for updates on new facilities, opening times, and services.

01728 628634 Worlingorthishall.co.uk



The Post Office in **Bedfield** is open every Tuesday morning from:

9.15 a.m. to 11.15 a.m. in the Community Hub.



Did you know? Not only can you buy stamps and send parcels, **but you can also bank cash into your bank account and withdraw cash (even if you bank with another provider).** With so many high street banks closing this is a useful service.

The pop-up Coffee Shop also opens every Tuesday from 10.00 a.m. to 12 noon. Freshly baked, warm scones (fruit or cheese) are always available to eat in or takeaway, gluten free fruit scones also available.

If you haven't visited before, come and join us for a cuppa and a catch up with friends and neighbours. Open to all, everyone welcome.

LOCAL APPLE JUICE – FREE FOR CHARITY OR COMMUNITY FUNDRAISING

Hope Farm on New Road, Worlingworth, has an orchard of 60 apple trees and 33 varieties of apples, making up 6 different blends of juice each year. The pesticide-free apples are bottled and pressed locally by Moat Farm in Kenton as part of their pressing service. An unlimited number of bottles will continue to be offered free to local charities, community and non-profit groups for your own fundraising purposes.

Other individuals and groups are welcome to any number of bottles in exchange for a donation of your choice. The full amount you pay will be donated to the War Child charity, which supports children and young people affected by war. For more information about this charity please see their website at <https://www.warchild.net/mission/>.

For orders or more information contact Martin or Juliet Pierce on 01728 627141 or by email at martinpierce@hotmail.com

March 2026 letter From Reverend Christine Smart

Dear Friends, I spent a most enjoyable morning on 14th February tuning into a Retreat broadcast by the Church Times on YouTube. It gave me a wonderful opportunity for reflection and best of all, I was in my office at the Vicarage! This gave me an even greater opportunity to reflect upon what was being taught in relation to our churches in the Four Rivers Benefice. Then, in thinking about the last few weeks of Matthew, I was drawn to the writings of Dietrich Bonhoeffer, with regard to what it means to let our light shine. Bonhoeffer said, "It means that we follow Jesus unashamed of the grace and love that He has shown us by His birth, life, death and resurrection for us. Our righteousness is something given to us that we should keep hidden," says Bonhoeffer. Yet we shouldn't say, "Hey, look at me, ain't I such a good person?" The problem there, he says, is 'I'. So how might we address the forty days from Ash Wednesday without putting on a show? There is no 'I' in team, yet one might argue that there is a 'me' but that me is looking backwards! After all, whilst Jesus said, "Let your light shine before others," he also made it clear that we should not, "...practice our righteousness before others." So, there is a conundrum to meditate upon this Lent. Many thanks to those of you who respond to my scribblings here! Keep it coming! May your Lenten journey be full in taking time each day to reflect upon what it truly means to be a Christian. Prayers and blessings, Reverend Chrissie – rev.chrissiesmart@gmail.com – 07803 134301

See Page 8 for Lent Course information

See Page 12 for Mothering Sunday

See Page 12 for Lent Lunches

*The next meeting of the Parish Council is on
Wednesday 18th March 2026 at 7.30pm
in the Community Centre
All are welcome*

clerk@worlingworthparishcouncil.gov.uk



Minutes of previous parish council meetings can be viewed on the village website at <https://worlingworthparishcouncil.gov.uk>

RECEIVE UPDATES DIRECT TO YOUR INBOX

The Parish Council has recently made the move to a gov.uk domain website.

On our new website at www.worlingworthparishcouncil.gov.uk there is the opportunity to sign up to receive alerts when new information is posted.

Recent posts have included:

E-scooters & the Law

Suffolk Highways Updates

Information about the upcoming changes to your bin collections

We hope that this will be a quicker way to share important information with the community, so please give it a go!

***SAVE THE DATE – JOIN US FOR A
SPRING CLEAN OF THE VILLAGE
10.30 am on Saturday 25th April***

***Tea, coffee and cake for all
volunteers***

April Magazine Please send items for April Magazine by

17th March to v.swallow44@btinternet.com. Please don't send in PDF format as can't reduce to fit A5 page. Jpeg or Word format OK.

Reminder will normally be sent a week before.

Powering Suffolk Homes

We're not just about installing solar – we're your local partner for the long haul. Based in Suffolk, our friendly team provides expert installations along with ongoing support to make sure your system runs smoothly and efficiently. Whether you're looking to cut your energy bills or reduce your carbon footprint, we'll guide you every step of the way.

Interested? Contact us for a free quote:



01728 598646
07909464209



suffolsolarandelectrical.co.uk




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& ELECTRICAL LTD



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- No pushy sales – just honest advice
- Ongoing support long after installation



Fairweather Law

Legal advice that goes above & beyond

At Fairweather Law, we've been guiding people through legal complexities since 1995. Our expert team is here to demystify the legalese and provide straightforward advice that helps you get on with your everyday.

**Visit our website or call us
to find your nearest experts.**

**01728 724737
fairweatherlaw.co.uk**



Defibrillator locations

Outside Worlingworth Community Centre
Bedfield Hub, Cricket Pavilion in Bedfield
Jewson's gates in Monk Soham and The Cottage,
Monk Soham Green

- ◆ From Worlingworth Tree Warden
- ◆ Hi Everyone

With spring just around the corner it's time for everyone to do a bit for the environment and consider planting within our village whether it be a short length of hedging to establish a boundary or a couple of individual trees to enhance a garden. Small grants, usually up to £100 per household are still available from Worlingworth Parish Council to facilitate your purchase, (reimbursement on receipt of your receipt). Further details on how to apply and price lists are available from myself, (email: treewarden@worlingworthparishcouncil.gov.uk) or you could source plants from your favourite nursery.

DRAW NEAR

**LIFE-GIVING
HABITS FOR LENT**

Draw Near - focusing on the habits and practices essential to what it means to be a Christian. Come and join us to celebrate the mystery of God's saving love at Easter.

Worlingworth 4th, 11th, 18th, 25th March at
Worlingworth Community Centre, 2pm

Laxfield Vicarage 5th, 12th, 19th, 26th March,
7pm.

Further info from Revd Chrissie on 07803

134301, rev.chrissiesmart@gmail.com

BEDFIELD AND MONK SOHAM TENNIS CLUB



New Membership year

The 2026/27 membership year starts from 1st April. All current members will shortly be invited to renew their membership through ClubSpark's automated system for renewals and payment.

For new members please look at the Home page on the Club's website to find the instructions about how to join (<https://clubspark.lta.org.uk/BedfieldandMonkSohamTennisClub>). We have four categories of membership: **Adult** individuals @ £30 p.a.; **Family** members (up to 6 playing members) @£50 p.a.; **Junior** individuals (18 and under) at £15 p.a.; and non-playing **Supporters** @ £10 p.a. Once you have joined you will be given a code to the padlock. Everyone is welcome to come and enjoy our recently laid surface. Even if you've never played before or have no-one yet to play with – we have regular club sessions when you can meet other members and develop your skills.

After School Junior Tennis Coaching Sessions – this Summer Term

As previously, the Club is organising after school coaching for primary age children with our resident coach, Kari Poacher. Provisional dates are from Thursdays 23rd April to 21st May. There will be two sessions of 45 minutes each, starting at 3.45 pm in the Bedfield Playing Field. The first session is aimed for beginners and the second (at 4.30 pm) for those who have received coaching previously. The cost for all five sessions will be £25 per participant. If the cost is a deterrent, please don't be put off, just contact me to discuss a rate you can reasonably afford. If you are interested to have your child(ren) participate in these coaching sessions, please apply by sending an email to the address below.

For any further information, please contact Martin Pierce, Membership Secretary, on 01728 627141 or email bedfieldmonksohamtennis@gmail.com



WORLINGWORTH C of E PRIMARY : **OUR MONTHLY NEWS**

150 Year Celebrations

It is 150 years since the opening of our wonderful school this year and we are planning some special events this summer to celebrate the occasion, with both our school and the wider community.

We need your help!

We are already having an interesting time digging into the past to find out more about what our school was like then and comparing it to now. However, we need your help. We are looking to gather interesting memories from former pupils of the school to use in an exhibition and performance.

If you, or someone you know, attended the school or worked in the school and you would like to take part in our research, then please share with us a memory or a couple of short snippets about your time there. Don't forget to include your name and the dates when you attended the school.

We are also interested in hearing from any former pupils, who no longer live in Suffolk and maybe now live elsewhere in the UK or abroad, to help demonstrate to the children that we have Worlingworth Primary connections around the world! So please do spread the word to relatives or friends living away.

If you have a photo, piece of work, or a part of a school report from your time here (if you do not mind it being made public!) then we would welcome them too as part of our research and teaching.

Please email your memories to Wendy Lawrence in our office on : admin@worlingworth.suffolk.sch.uk or post them in the letterbox outside the school. If you have any questions then do call us on 01728 628397 or email the office.

Thank you in advance for your support and do watch out for further announcements about the summer events in due course.

'A small school with big ambitions, where children are known, valued and understood' (Ofsted 2025)

We offer:

- An 'Outstanding' education
 - For pupils age 2+
- Up to 30 hours term time provision (8:45-3:15)
 - Highly qualified & experienced staff
 - High standards of care and education
 - Optional breakfast & lunch clubs
- Registered with the 'Tax Free Child Care' scheme.
 - Free 'New Starter Pack' and PE t-shirt



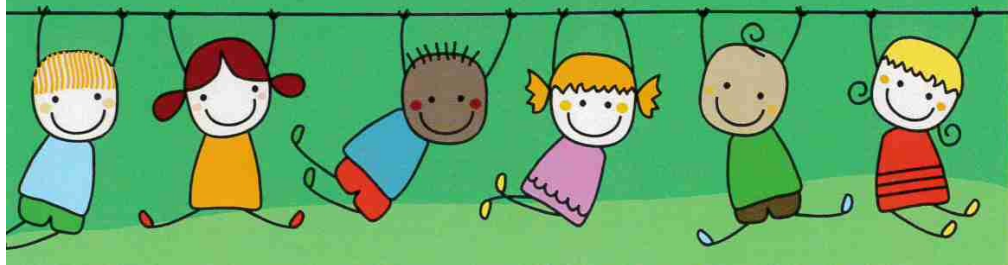
For more information or a visit contact:
Victoria Gascoyne-Cecil, Headteacher
admin@worlingworth.suffolk.sch.uk or 01728 628397

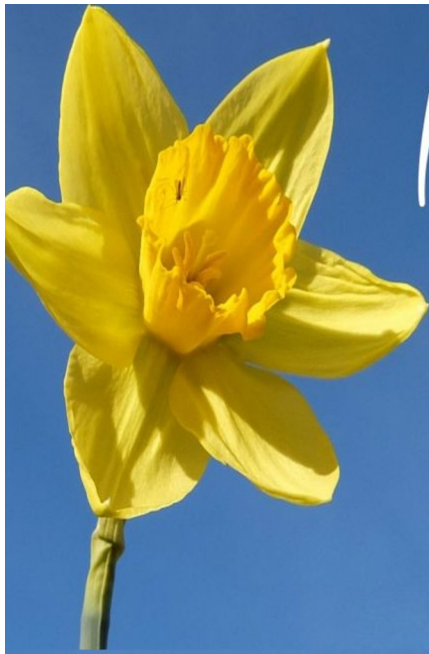
Worlingworth CofE Primary School, Shop Street, Worlingworth, IP13 7HX



Willows Nursery School at Worlingworth CofE Primary School

www.worlingworthschool.co.uk





Mothering Sunday

You are warmly invited to
a family-friendly service to
celebrate mothers

11:00am, Sunday March 15th at St Mary's Church, Worlingworth

Lent Lunches, Saturdays in March, 12 to 2pm

A simple lunch, no charge but donations invited for various charities.
Everyone very welcome - just come along.

7th March, Brundish Village Hall, IP13 8BB

14th March, Little Manor Farm, The Street, Brundish, IP13 8BL,
hosted by Tina Smiddy

21st March, Red House, Shop Street, Worlingworth, hosted by Mark and Lois Sheard

28th March, Russell Lodge, Russell Green, Wilby, IP21 5LX, hosted by
Linda and Jeff Wright

Care Café

Bedfield & Monk Soham Community Hub (IP13 7JE)

Are you a Carer, Cared for, bereaved or alone?

Why not join us on the **first and third** Monday of every month from **10.30 am to 1.00 pm**?

Relax with a coffee, meet new friends, and engage in conversations. Whether you need a listening ear or simply a break to unwind, this is the perfect spot.

This event is free and welcomes people from nearby villages.

For more information, please contact Jenny Hinchey on **01728 627134** or **07710218957**.

Supported by MSDC and Bedfield Town Estate.





LT Contractors offer a range of design and building services. As we have expanded, we have developed our business into four distinct services, ensuring we offer the highest possible standards across each service.

***Design and Build *Construction *Landscaping *Kitchen and Bathroom**

With these four areas of business LT Contractors are able to offer a complete service from design to build.

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- Full carvery 7 days a week
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- Great atmosphere
- All local produce
- Large beer garden
- Vegetarian and vegan options
- Wide range of wines, beers and a large selection of gins
- Dog friendly

Call 01728 685064 to book



To advertise contact Caroline on: adverts.parishnews@gmail.com

Make your own collage
CHRISTINE MCKECHNIE

Wingfield Barns

IP21 53A

COLLAGE EXHIBITION

I am having an exhibition of my cut-out
paper painted collages

From 30th March to 18th April 2026

Within the exhibition I will be giving two
collage workshops, 4th April and 18th
April, 10 am to 3.30 pm, £40.00 fee to
participate contact me

www.christinemckechnie.com

Four Rivers

March

Church Services.

Benefice 9 Churches 2026

Sunday 1st.
**2nd Sunday
of Lent**

Sunday 8th.
**3rd Sunday
of Lent**

Sunday 15th.
**Mothering
Sunday**

Sunday 22nd.
**5th Sunday
of Lent**

Sunday
**Palm
Sund**

**St. Nicholas
Bedfield.**

10.30am
Morning Praise

10.30am
Passion Sunday
Holy Communion

**St. Lawrence
Brundish.**

11.00
Mothering
Sunday Service

**St. Mary.
Cratfield.**

9.30am
Village Worship

9.30am
Holy Communion

Maundy Thursday 2nd /
6.30pm Agape` Servi
and Supper at Cratfie

**All Saints
Laxfield.**

10.30am
Celtic Morning
Service

10.30am
Holy Communion

9.30am
Chatty Church

6.00pm
Hartismere
House

10.30
Palm S
Celebr

**St. Peter.
Monk Soham.**

11.00
Family Service

11.00
Morning Prayer

11.00
Family Service
+ H.Communion

**St. Margaret.
Southolt.**

**St. Ethelbert.
Tannington.**

**St. Mary.
Wilby.**

10.30am
Holy Communion

10.30am
Mothering
Sunday Service

10.30am
Morning Prayer

**St. Mary.
Worlingworth**

11.00
Holy Communion
BCP

11.00
Let's Celebrate
Mothering Sunday

11.00
Morning Prayer
CW

11.0
Holy Com
CW

**The Lectionary
Year A**

Ps.121 P
Genesis 12:1-4a
Rom 4:1-5, 13-17
John 3:1-17

Ps.95 P
Exodus 17:1-7
Romans 5:1-11
John 4:5-42

Ps.34: 11-20 P
Exodus 2:1-10
2 Corinthians 1:3-7
Luke 2:33-35

Ps.130 P
Ezekiel 37:1-14
Romans 8:6-11
John 11:1-45

Ps.118:1-2,
Matthew 21

**TUESDAYS -
At 8.30am
Parish Church.**

Morning Office: Read by Revd Chrissie at 8.30am. Also a chance to meet Revd. Ch
3rd 10th 17th 24th April

**THURSDAYS-
At 11.00am
Parish Church.**

Holy Communion at 11.00am. Also a chance to meet Revd. Chrissie for a chat after
5th 12th 19th 26th April

Services may not be as listed above. If you wish to confirm the time and format, please telephone a C

April		For Pastoral Care,Baptisms,Wedding or Funeral arrangements	
Friday 29th. Good Friday	Friday 3rd. Good Friday	Sunday 5th. Easter Day	<p>please contact:Revd C Smart 07803 134301</p> <p>Email: rev.chrissiesmart@gmail.com</p> <p>Please note: Monday is Revd Chrissie's day-off</p>
10.30am Easter Garden	9.30am Holy Communion	9.30am Holy Communion	<p>Churchwardens. Elders. Contacts. Tel:</p> <p>St. Nicholas. Jenny Hinchey 07710 218957</p> <p>Bedfield</p>
	4.00pm Holy Communion		<p>St. Lawrence. Tina Smiddy 01379 388298</p> <p>Brundish.</p>
April Village	9.30am Village Worship	9.30am Holy Communion	<p>St. Mary. Andy Edmonds 01986 798523</p> <p>Cratfield. Revd Clive Mobbs 01986 798030</p>
10am Sunday	10.30am Easter Garden 12 to 3pm Vigil	9.30am Holy Communion	<p>All Saints Jackie Turton 01986 798618</p> <p>Laxfield.</p> <p>Lay Elder. LH Liz Hammond 01986 798726</p>
	9.00am Sung Litany	6.00am Sunrise Service 11.00am. H.C.	<p>St. Peter. Revd Rebecca Artiss 01728 685663</p> <p>Monk Soham. Geoff Artiss 01728 685663</p>
			<p>St. Margaret. Secretary,</p> <p>Southolt. Gillian Richardson 01728 627916</p>
			<p>St. Ethelbert. Jenny Hinchey 07710 218957</p> <p>Tannington.</p>
	10.30am Good Friday Service	11.00 Holy Communion	<p>St. Mary. Mary Pipe 01728 723443</p> <p>Wilby.</p>
11.00 Communion	11.00 At the Foot of The Cross	11.00 Holy Communion CW	<p>St. Mary. Ww Ann Davidson 07807 588485</p> <p>Churchwarden. Bert Stanford 01728 628474</p> <p>Lay Elder. BS Bert Stanford 07876 440090</p>
19-end R	Hanging removed Hebrews 10:16-25 or Hebrews 4:14-16.5:7-9 John 18:1- end of 19	Gold or White Acts 10:34-43s John 20:1-18	<p>Priest in Charge Revd Chrissie Smart 07803 134301</p> <p>Vicarage Laxfield Revd Chrissie Smart 01986 743339</p> <p>Pioneer Minister-LLM Sheila Pipe 01728 723443</p> <p>Administrator. Virginia Skoyles 07900 350117</p>
Chrissie for a chat afterwards.			<p>LE = Lay Elder licensed to Benefice LH BS</p>
7th	14th	<p>Zoom Services Online</p> <p>To join contact Revd Chrissie 01986 743339</p>	
wards.		<p>Celtic Prayer Wednesdays 7pm.</p> <p>Celtic Prayer Fridays 9.00a.m.</p>	
9th	16th		

Churchwarden or LE in the Parish.

BCP=Book of Common Prayer. CW=Common Worship

Our Club

Wednesday 11th March 2026, 2.00 – 4.00pm

At **Bedfield & Monk Soham Community Hub**

Seated Yoga For All Seated yoga is a gentle practise which intentionally targets self-care and improves mental and physical wellbeing with a focus on gentle movements, Asana (poses) and breathing. Fully accessible for all levels, especially people living with mobility and health challenges. There will be 45 minutes of yoga followed by relaxation. Afternoon tea and chat time afterwards.

What to wear: comfortable loose clothing including socks.

What to bring: a hand towel to place on the floor beneath your feet.

Booking is essential as the number of participants is limited by the space at The Hub. This activity will be led by Debbie Pritchard, a qualified teacher of physical education and physiology and yoga practitioner. Please contact Debbie on **07827 299490** in advance of the session if you feel you would like to share a health/mobility issue in strict confidence.

Our Club is open to everyone regardless of where you live.

Debbie – 07827 299490 Claire – 07444 535183

With thanks to both Mid Suffolk Council and the Community Club for their support.



04 March: Chris Bales
Cyber Security



Guest speakers
Lunch club
Book club
Chat
Tea+Biscuits



Worlingworth Community Centre 7:15pm
First Wednesday each month
WorlingworthTannington@sefwi.org.uk
Diana 07810175303



Brundish Film Night Thursday, 05 March

On Thursday, 05 March in Brundish Village Hall, Film Night is going to be a little different.

The film will be 'I Swear' about a young Scotsman, John Davidson, who has Tourette Syndrome and who was awarded the MBE by the Queen for his work to help people understand this condition.

But this is not a grim film; it has been described as "fierce, funny and full of Heart", starring, Robert Aramayo, Maxine Peake and Peter Mullan.

Kirsten Lane, who is a Film Music Supervisor and who worked on this film, is joining us to speak about her work in the Film Industry, and to answer questions after the film.

To accommodate this extra feature, we are beginning the evening half-an-hour earlier than usual.

Doors open at 6.30

7.0 Kirsten interviewed by our projectionist Stuart.

Film begins at 7.30 Tickets: Adults - £6.0 Under 18's - £5.0

Pay at the door, cash or card. If paying with cash, the correct money be greatly appreciated.

We are hoping for a good turn-out, so please do remember to email me, (or ring 01379 388034), to make sure of your seat.



Friends of Debenham Library



2026 is the Year of Reading. This campaign from the National Literacy Trust aims to get everyone reading and enjoying a good book. And what better place to start than at your local library!

Reading can help with your wellbeing. It can make people feel more connected to the wider community, increase their understanding of their own identity, improve empathy, and give readers an insight into the world view of others.

We want to get more people into libraries and encourage them to discover, read and enjoy more books!

Every Wednesday two classes from Sir Robert Hitcham CEVAP primary school come into the library to choose books. As far as we know this is unique in Suffolk, and we are pleased to offer this service to the school.

If you are reading this in February, you haven't missed the fines amnesty. See www.suffolkcommunitylibraries.co.uk/programmes/year-of-reading/fines-amnesty/ for more details.

Books, DVDs, WiFi, Computers, Printing/photocopying/scanning, CDs and audiobooks, downloadable films/music/audiobooks/ebooks, free reservations. The room is available for hire outside opening hours.

School Corner, Debenham IP14 6PL (next to the Primary School). Opening hours:

Tuesday: 0930 – 1300

Wednesday : 1500 – 1930

Saturday: 0900 am – 1300 pm Sunday: 1200 – 1600 pm

Tel: **01728 587102** Email:

debenham.library@suffolklibraries.co.uk

Debenham Shed

Our provisional dates for Saturday workshops in 2026 are as follows, 10am-2pm:

11 April: Introduction to Fusion 360 and 3D printing

May (date to be fixed): metal casting and metal forge work

13 June: further Fusion 360 and 3d printing

12 September: TBA

Also workshops for willow weaving, candlemaking and spinning, dates to be arranged. Contact us at events@debenhamshed.org.uk or on the numbers below if you are interested. Normal charges are £5 for members, £10 for non-members, to cover materials.

What is Debenham Shed? A place to make things by yourself, with guidance or with others. It could be in metal, cloth, wood or plastic. We have lots of tools and materials. You may want to repair or make new—the limit is your imagination. It is also for social connecting and friendship building, sharing skills and knowledge, and of course a lot of laughter. Debenham shed is open to all adults.

Debenham Shed is at 2 Fields Farm, Low Road (IP14 6BJ). We are open on Monday mornings 9am-12pm and, Fridays 10am-5pm. Membership by the year, half-year or PAYG. Chairman: Rob Davies 07952 556152 Treasurer: Tony Hutt 07906 614328. Visit our website at www.debenhamshed.org.uk (sign up to newsletters on the Contact page) Email info@debenhamshed.org.uk . Registered Charity (CIO) 1212367. Like our Facebook page at www.facebook.com/DebenhamShed.





A Gospel-Centred Community

SUNDAY GATHERINGS

@ 10:30am

We meet for our worship service
every Sunday Morning

This service includes activities for children and youth of all ages
and concludes with refreshments

@ 6:00pm

We meet for prayer and worship on the
1st Sunday (including Communion)
and 3rd Sunday evenings of each month



COFFEE & CHAT

Set up with the lonely
or those living alone
particularly in mind,
a friendly place to come and enjoy
a mug of coffee or tea & some cake
10am - 12 Every Monday Morning



LITTLE STEPS

A themed activity session for
babies & pre-school children,
and their parents/carers.
9:30-11:30 Every Wednesday
Morning

CHRISTIANITY EXPLORED



An informal six-week course designed for people who
would like to explore Christianity in a relaxed,
informal, and social environment.

We run these courses regularly - sign up on our website

THE LOUNGE



An informal discussion-based group for teens aged 13-18.
Including a meal, a time to socialise, and a time to look at what the Bible
says about the topic for that session.

Meeting at 7pm on the 1st Saturday of each month

**KEEP AN EYE ON OUR WEBSITE FOR
DETAILS OF OUR OTHER EVENTS**

FOR MORE INFORMATION

Please visit our website: www.horhambaptist.org.uk
or email: admin@horhambaptist.org.uk

GUIDED SPRING WALK

— *Fundraising for Southolt Chapel of Ease* —

A guided ramble to raise much needed funds
for the upkeep of the building and grounds.

Everyone welcome, including dogs!

Saturday 2nd May, 11am

Start/finish: Southolt Village Hall

£5 per person

*Includes a route map,
breakfast roll & hot drink on return*

Contact 628643 for more info





S.G.C.

Suffolk Groundworks & Construction Ltd

☎ 07746 213 000 ✉ gcsuffolk@gmail.com 🌐 www.suffolkgc.com

Based in Wetheringsett, near Stowmarket we at S.G.C. Ltd are a reliable and professional construction company with high workmanship standards at very competitive prices.

We undertake all types of building works from patios to new build properties from start to finish.

- ✓ Groundworks
- ✓ Landscaping
- ✓ Hardscaping
- ✓ Renovations
- ✓ Extensions
- ✓ New Build



If you're looking to start a project no matter on the size please get in touch and see how we can help you.



Suffolk Radiators

Bespoke traditional or contemporary radiators, towel rails & accessories
www.SuffolkRadiators.com

Clarke & Simpson

Auction Centre

Calendar 2026

Books & Collectables

12 January

Rural Bygones

7 February

26 September

Fine Art & Interiors

18 March | 24 June

16 September

25 November

Farm Machinery

March | June

November

Vintage Machinery

25 July

General Sales

Almost every Monday.

Selling commences at 10am, viewing Saturday prior 9am until noon and sale day from 8.30am.



Can't make it?

All auctions are available for online bidding via www.clarkeandsimpson.co.uk
the-saleroom.com
or i-bidder.com

For viewing times and catalogues, visit us at www.clarkeandsimpson.co.uk

Campsea Ashe, Nr Wickham Market, Suffolk IP13 0PS

T: 01728 746323 E: auctions@clarkeandsimpson.co.uk



CandSAuctions



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**THE
DEBENHAM
PROJECT**
Dementia - Caring for the Carers



Care to Dance

A dementia-friendly dance class. Share the joy of movement and music with your loved ones!

CARE TO DANCE CLUB

A CLUB FOR ANYONE LIVING WITH DEMENTIA

HOSTED BY DANCE EAST

Care to Dance

10am - 12pm

Sessions will run from 10.30am - 11.30am with 30 minutes of refreshments before and after.

DATES

6th & 20th March

10th & 24th April

Just turn up! For enquiries
call 01473 295230.

**Worlingworth
Community Centre
Shop Street
Worlingworth
IP13 7HX**

**www.the-debenham-project.org.uk
01728 862003**



CARERS CAFE & INFO CLUB

**Are you caring for someone with memory loss and / or dementia?
Then we are here to help you.**

**Our Carers Club provides a carers cafe, post diagnosis support,
information, advice, peer support, songs for sharing, transport and much more.**

The Carers Club & Info Cafe

2pm - 4pm

ON

10th & 24th March

14th & 28th April

12th & 26th May

Dove Cottage. 24 High Street. Debenham. IP14 6QN

Just come along!

Relax and find a listening ear.

(Your loved one is most welcome)

Further information:

the-debenham-project.org.uk

01728 862003

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Diss - Every Friday

Bury 1st Wed and 3rd Sat

Norwich 2nd Sat, 4th Wed

Martlesham /Via Woodbridge 3rd Wednesday

Stowmarket 2nd and 4th Thursday

Services March 2026

Diss 6th,11th,20th,27th, Bury 4th,21st

Stowmarket 12th,26th, Norwich 14th,25th

Martlesham/via Woodbridge 18th

Val 01728 628068 (timetable enquiries) also on website

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News from Worlingworth Community Centre



There's plenty happening at the Community Centre over the coming weeks, and everyone is very welcome to join in.

☐ Next Bingo Night ☐ Our next Bingo evening takes place on Wednesday 11th March. ☐ Doors open at 6.45pm, with eyes down at 7.30pm. ☐ £12 entry – always a fun and sociable evening.

☐ Upcoming Events ☐ Saturday 7th March – Easter/Spring Coffee Morning. (see advert front page)

Join us from 10am–12 noon. ☐ Cake stall, bacon and sausage baps, hot drinks, raffle and Easter tombola.

☐ Community Library ☐ Our Community Library is located in the portacabins behind the Community Centre and is open on Tuesdays and Thursdays from 9.00am to 4.30pm.

There is a wide range of books available, including fiction and non-fiction, children's books, reference books, biographies and autobiographies, cooking books and other special interest titles. ☐ Books and DVDs may be borrowed and returned at any time during opening hours.

Donations of books are very welcome, especially children's books. Please leave any donations in the library's donation box during opening times.

☐ Community Centre Committee Meeting: ☐ The next meeting will be held on Monday 9th March at 7.30pm. ☐ All are welcome to attend.



Worlingworth Community Centre
Every Friday from 6:30pm
Bar, Darts, Pool table, Outside table tennis





Horham
BAPTIST CHURCH



QUIZ NIGHT

Tease Your Brain
& Win Prizes

Join us for a great evening of fun,
friendly rivalry and a short talk.



For registration & further information visit
www.horhambaptist.org.uk/quiz



£10

per team
(table of 6)

Wednesday

18th March

at Horham Baptist Church

Doors open at: 7:00pm
Quiz starts at: 7:30pm

Nibbles & Refreshments Provided