



# BEDFIELD & MONK SOHAM COMMUNITY NEWSLETTER

Newsletter 26/05

18<sup>th</sup> March 2026

## Community Club – can you help?

The Community Club organises many events – including the annual fete, weekly coffee mornings, occasional pub nights and quiz nights – as well as providing the premises for the football club, tennis club, play area, and regular meetings of the Care Café, Craft Club, Gardening Club, Our Club, and Parish Council meetings.

We will shortly be contacting those of you who have previously helped with the running of the fete to ask for your help again this year and we would welcome help from new residents too.

In addition, we're currently looking for help with the following tasks:

- Seasonal cleaning of the Hub and Play area
- Sharing responsibility for maintaining the book room
- Joining the Coffee Shop Team to provide cover on an as and when basis
- Joining the Committee
- Suggesting and helping to organise fund raising activities

We are a small committee of just five so any help you can offer will be greatly appreciated.

If you can help regularly or just occasionally please get in touch by emailing [bedfieldmonksoham@btinternet.com](mailto:bedfieldmonksoham@btinternet.com) or texting / phoning 07879 992701, either to offer help or to chat about what is involved.

We are still aiming to improve and enlarge the building; this will require more activities to raise funds and writing grant applications.

Our AGM will be held on Tuesday 31<sup>st</sup> March at the Hub, starting at 7:30 p.m.

Come and find out what we have done in the past year and hear our future plans. There will be short reports from the groups who use the Hub on a regular basis. We would love to see you there.

# **Bedfield and Monk Soham Tennis Club**

## **New Membership Year Starts on 1<sup>st</sup> April**

Why not come and play tennis in the delightful surroundings of the Bedfield Playing Field. To find out more information and how to join please go the Home page on the Club's website at (<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 the new code to the padlock and can start booking the court. 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 in previous years, the Club is organising after school coaching for primary age children with our resident coach, Kari Poacher. The dates are Thursdays 23<sup>rd</sup> April to 21<sup>st</sup> 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](mailto:bedfieldmonksohamtennis@gmail.com)

## **Reminder: Parish Council AGMs and Annual Village Meetings**

Tuesday 19<sup>th</sup> May Monk Soham Parish Council AGM

Wednesday 20<sup>th</sup> May Bedfield Parish Council AGM.

Both meetings will be held in the Hub at 7 p.m., and will be followed by the Annual Village Meeting at 8 p.m.



# High Suffolk Community Transport

Check out the innovative bus route map, serving local villages Worlingworth, Bedfield, Bedingfield, Tannington, Kenton and Mark Soham.

The service is run completely by volunteers, even the drivers. We rely on both passenger donations and local trusts and parishes for our funds. We do not have core funds from the council.

## Community bus for High Suffolk



Connecting the villages of Bedfield, Bedingfield, Kenton, Monk Soham, Southolt, Tannington, & Worlingworth with nearby towns, we operate a single a 16-seat minibus.



We are a registered 'not for profit' organisation operated by unpaid volunteers. We receive no subsidies and are totally reliant on income from fares and donations to fund the ongoing operation of the bus.

*Note: we do not operate a school bus service. See the [FAQ](#).*

Check out our website for further information – [www.combus.org.uk](http://www.combus.org.uk)

It incorporates a number of new features including maps of bus routes and bus stops, a Frequently Asked Questions section and more information about the service.

Or email our General Support at [support@combus.org.uk](mailto:support@combus.org.uk)

## **Suffolk Care Services Directory 2026**

The Suffolk Care Services Directory contains lots of information for carers and the cared for. The latest edition has just been published, and you can pick up a copy at the Hub, or you can download it free of charge [here](#).



## Join The Friends of Bedfield Heritage

The Friends of Bedfield Heritage are an independent group of 70+ members of the local community. The group is friendly, welcoming, sociable and a lot of fun! The Friends are a registered charity (re 1206355).

Our aims are to preserve the historic fabric of St. Nicholas Church and the wider history of the community and secondly, to encourage and actively develop the community life of Bedfield. Our current project is to install a fully accessible, composting toilet in the churchyard which will be open to all – villagers, walkers, riders and church visitors alike.

The Friends give their time and their talents to support community events and activities and to fundraise. For example, we ran Festive Frolic in December 2025 which involved online auctions and sales and pop-up shops across Bedfield. All items for sale were donated and included locally made food and crafts but also experiences such as holidays, dining opportunities and bird watching & glass making with experts, raising over £3000.

Friends can be involved in as few, or as many, things as they like with no pressure – just bring yourself and some laughter. Membership is free and is open to all - without any qualms about whether one attends services or not, what your beliefs are – or were – or whether you have any religious beliefs at all. The group has in its membership some of the most christian, non-religious members!

The Grade 1 listed church is, of course, the oldest building in the village and the most impressive one that is open to all of us. It is a focal point – and one which could be used much more: not just more weddings and christenings but for more community gatherings – such as concerts, talks, quizzes etc. Imagine attending an event and your relief in knowing that there is an accessible toilet in the churchyard!

Trustees – Jane Sullivan (Chair), Lin Ford (Secretary), Mike Gepp and Beckett Miles.

### **We would love you to join our friendly Friends**

Can you help with our projects and/or our fundraising events? We would love you to join us! Please contact Jane Sullivan on 07580 386015 or at [friendsofbedfieldheritage@gmail.com](mailto:friendsofbedfieldheritage@gmail.com)

### ***Dates for your Diary***

26 July 2026: Honey and the Bear at St Nicholas Church – further details tbc

1st December 2026: Festive Frolic

## Great British Spring Clean

Every year volunteers across Suffolk go out litter picking to give an area they love a well-deserved 'spring clean'.

We wish people didn't litter, but what you do really does make a difference in keeping our districts clean and tidy.

There are plenty of benefits to litter picking, including:

- staying active
- enjoying the outdoors
- the chance to socialise with neighbours
- the satisfaction of instant results
- giving back to your local community

You can litter pick any time of year. Whenever suits you best, and whether on your own or as part of a group.

You can find lots more information and resources on the Keep Britain Tidy website. <https://www.keepbritaintidy.org/get-involved/support-our-campaigns/great-british-spring-clean/>

Mid Suffolk District Council can:

- provide litter picking kits to groups taking part for the first time
- provide rubbish bags
- collect the rubbish after a pick

If you are interested, please contact Geoff Robinson on 01728 685425 or 07765 538888.

## Regular events at the Hub

**Care Café** on the **first and third Monday** of every month, **10:30 a.m. to 1 p.m.**

**Post Office** every **Tuesday morning** from **9.15 a.m. to 11.15 a.m.**

**Coffee Shop** every Tuesday from **10.00 a.m. to 12 noon.**

**Waveney Foodbank** collection point.

**Recycling facilities:** **a fabric bank** and **bottle banks** are located on the field, and **battery** recycling facilities are available inside.