



BEDFIELD & MONK SOHAM COMMUNITY NEWSLETTER

Newsletter 26/06

30th March 2026

For all the latest information, remember to visit the websites:

<https://bedfieldparishcouncil.gov.uk>

<https://monksohamparishcouncil.gov.uk>

Buy your stamps before the price rise

From Tuesday 7th April, a First Class stamp will increase in price by 10p to £1.80 and a Second Class stamp will cost 91p (from 87p).

Come to the Post Office tomorrow (open from 9:15 – 11:15) to buy before the price increase.

Community Club AGM Tuesday 31st March

The Community Club AGM will be held tomorrow at the Hub, starting at 7:30 p.m.

The bar will be open so you can enjoy a drink while you find out what has been happening, with reports from the regular user groups and an update on the proposed building improvements.

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

We would welcome additional committee members or offers of help, and the AGM provides an ideal opportunity to offer or find out more.

Our Club

Visit to Ipswich Transport Museum

Wednesday 8th April 2026,

Leaving Bedfield & Monk Soham Community Hub, (IP13 7JE) 11.00am
and returning approx. 3.30pm

Admission to the museum costs £12, Concessions £10

Ipswich Transport Museum is a collection of over 100 major transport and engineering objects which were all made or used in the Ipswich area. 'So whether you are interested in buses, lorries, bikes, cranes or carriages, social history, or just want to know a bit more about the area, you will find the museum a fascinating place.'

There is also The Sunbeam Tearoom for a cuppa or a bite to eat.

Please let us know if you are coming along so that we can co-ordinate car sharing.

Everyone is welcome. 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.



Join Us as a Trustee – Make a Real Difference

Background

- We are The Debenham Project whose key aim is to support carers and those living with dementia, in Debenham and surrounding villages.
- Our key objectives are to relieve the needs, and to promote and protect the good health of persons suffering from dementia, as well as their carers and family, in particular but not exclusively, by assisting in the provision of support, services, respite and guidance to the carers and family of such people. It is recognised that this object may be furthered by either giving support or services directly to the carers, or those with dementia, or jointly.

- Our work is driven by the principles of Caring in the Community, Caring for the Community, and Caring by the Community

The Role

- We are seeking **new Trustees** to join our Board and help guide our strategy, ensure good governance, and champion our mission.
- This role is voluntary i.e. not paid though the Charity will cover expenses associated with carrying out your role.
- **As a Trustee, you will:**
- Contribute to shaping our vision and long-term plans
- Oversee the charity's activities and ensure compliance with legal and financial responsibilities
- Act as an ambassador for our cause

Training and support

- We will provide and fund any necessary training and support.

What We're Looking For

- We welcome applications from people of all backgrounds, skills and experiences. However, skills in fundraising, volunteering, business and/or managing people might be particularly valuable. But enthusiasm, commitment and a willingness to try new ways of working are just as important.

Time Commitment

- Approximately 3 hours per month, four meetings per year plus occasional events. Meetings are held once a quarter in person in an evening.

Why Join Us?

- Make a tangible difference in people's lives at a local community level.
- Work alongside passionate, supportive colleagues
- Develop your skills and experience in leadership and governance

How to Apply

- Please send a short expression of interest to Dr Paddy Fielder, Chair of the Trustee Board paddy@quakerho.co.uk by the end of Thursday 30th April. If you'd like an informal chat before applying, contact either Paddy or Carol Garrett (Trustee) at 07768 960368 chgarrett53@yahoo.co.uk
- **We are committed to diversity and inclusion** – we encourage applications from underrepresented groups and will make reasonable adjustments to support accessibility.

For further information on the Charity [Home - The Debenham Project](#)

Heating oil tank security



Here are some links to guidance for residents with heating oil to keep your oil tanks safe following current price rises.

[Keep your heating oil safe | Suffolk Constabulary](#)

[Oil tank theft | Suffolk Constabulary](#)

For further advice, please contact your local Community Policing Team. You can find your local team by going to the Suffolk Police webpage [Home | Suffolk Constabulary](#) and fill in your location details in 'Find your area'.

Changes to bin collections

The new collections/schedule begin on 1st June.

During May, households will be sent a detailed information pack and new collection calendar. **Please continue to use your bins as you currently do until then.**

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.

There are **hundreds of books** available free of charge, and the **Garden Club Seed Swap** has seeds to take away. If you choose to make a small donation for either of these, we pass it all on to the Waveney Foodbank.

Do you have information to share?

Send any items to bedfieldmonksoham@btinternet.com for inclusion in newsletters, and to Lisa at lisaj1976@gmail.com for the websites.