

STOKE ASH & THWAITE



No hosepipe ban this year?

February & March
Newsletter
2024

GOOD MORNING!

Breakfast served until 11am every day

Full English Breakfast

Fried egg, rasher of butcher's bacon, sausage, mushroom,
tomato, baked beans, hash brown, fried bread

Includes all items from the buffet

£11.95

Vegetarian Breakfast

Two fried eggs, baked beans, two hash browns, mushroom,
tomato, fried bread

Includes all items from the buffet

£11.95

Smoked Mackerel

With Scrambled Eggs

Includes all items from the buffet

£9.95

Four Egg Omelette

Plain or with cheese, bacon or mushrooms

Includes all items from the buffet

£9.95

Breakfast Brioche Bap served with two hash browns

Choose from Bacon, Sausage, Egg

Includes all items from the buffet

From

£9.95

Continental Buffet Only (per person)

Please help yourself from the breakfast buffet

Under 12's

£7.95

£5.95

Porridge Made with Jumbo Oats

served with maple syrup

£3.20

Specialty Coffees

£2.95

Toast and Preserves

Thick sliced bread with Tiptree Marmalade & Jam

£2.95



Contact List of Organizations for Stoke Ash & Thwaite

Editor	Gordon Leggett	01379 678450
Advertising	Ken Smith	01379 678197
Garden Club Thwaite	George Parnell	07983 691748
Garden Club Stoke Ash	Geoff Tancred	01379 678568
Knit, Craft & Natter	Jacqui Lawrence	01449 768116
Revd Susan Loxton	Email: revloxtongmail.com	
S/Ash Social Club	Ellen Stannard	01379 678646
	& Lionel Coe	01379 678463
Women's Institute (Secretary)	Pam Cooke	01379 678100
S/Ash Village Hall (bookings)	Brenda Lock	01379 678383
Management Committee	Geoff Tancred	01379 678568
Thwaite 50 Lottery Club	Christine Maisey	01379 730072
	Email: maisey686@gmail.com	

Stoke Ash & Thwaite has 7 Parish Councillors.

If you wish to raise any matters concerning the villages you can do so by attending Parish Council meetings posted on the Parish Council notice board and website or by directly contacting one of the councillors or the Stoke Ash & Thwaite Parish clerk Lynne Cockerton on 01728 862001 lynne.cockerton@btopenworld.com

Stoke Ash & Thwaite Parish Councillors

Cllr Tony Pulham (chair)	07850 385914	tony@hpfltd.co.uk
Cllr Val Lane	01379 678568	vallane2002@yahoo.com
Cllr Gordon Leggett (vice chair)	01379678450	gel-print@outlook.com
Cllr Geoff Tancred	01379 678568	geoffreytancred@gmail.com
Cllr Roger Kember	01449 768142	rogerkember@gmail.com
Cllr Dick Maisey	01379 730072	maisey686@gmail.com
Cllr Christine Maisey	01379 730072	maisey686@gmail.com

Please note anticipated Parish Council meeting dates at Stoke Ash Village Hall for 2024. These are on Thursday evenings at 7.30pm, 21st March, 16th May, 18th July, 19th September and the 21st November.

The copy deadline for ALL issues this year will be the 10th of alternate months and for advertisers the 12th

This edition of the newsletter has been produced in good faith but errors and omissions may occur during the process of production. Please let us know if this is the case so that they may be corrected.

Please note that the views expressed in readers letters are not necessarily those of the editors. We cannot be held responsible for the accuracy of material submitted for publication; however we reserve the right to include, edit or omit letters as we think appropriate.

DK Appliances Ltd

**Domestic Appliance Repairs,
Sales of New and Reconditioned Machines**



**Finbows Yard, Station Road,
Bacton, Stowmarket IP14 4NH
Telephone: 01449 780398**

M.A. **Heating Services Ltd**

Oil, Gas & LPG Servicing and Repairs

01379 783427

Wickham Gate, High Street, Gislingham, Eye Suffolk, IP23 8JD

maheating.co.uk



Like us on
Facebook!



Are well, it's a New Year again and there will be new things that we have to deal with both in our villages and in our families during this year. May we all be given great wisdom, love and encouragement in how we deal with these issues and not to think that just our own personal opinions are the correct ones to have.

I don't know about you but I find it very hard to work out what the truth is with our newspapers and television as we see a decline in the services of leadership both in government and local services. As a parish council we are trying to cover costs of our local services as we read in the press of all the cutting of budgets in our local County Council. Lets try and work these things out together during this year and if you feel that you are able to help and support in any way in our villages please come along to our parish council meetings to give a helping hand.

Please have a read through the magazine and can I just point out the advert for The Rural Coffee Caravan that will be visiting the village of Stoke Ash on Tuesday February 6th and March 5th at 2pm with free refreshments. They offer a lot more than a cup of coffee and refreshments as they are a 'Tower of Knowledge' on support services and information.

Also just to give you advance warning of our 'Village Litter Pic' the weekend of March 9th & 10th. It's a good time to meet others in the village and to have a good natter whilst we clean up the roads and ditches and don't forget the lovely bacon butties supplied by the Maisey's after the clean up!

Once again a big Thank You to those who have dug out the gullies on the grass verges to release the water into the ditches and rivers. It looks like it will be down to us to do this sort of thing now after asking our local MSDC for help to get these issues dealt with. I see that the river at Dead Man's Lane still has not been cleared by MSDC or the River Authority! Thank you Tony Pulham for removing the tree that had landed on the bridge.

Cllr Leggett

Stoke Ash Village Hall Lottery

The weekly lottery winning number with a prize of £25 is based on the Bonus Ball drawn in the National Lottery draw every Saturday. The cost is £1 per Week (or £4 per month with a Standing Order) and money raised goes towards the upkeep of the village hall.

Winning numbers:

11/11/23	32	T Sheldrake
18/11/23	56	Rollover
25/11/23	49	S. Bowen
02/12/23	40	Rollover
09/12/23	30	Rollover
16/12/23	8	J Snelling
23/12/23	44	Rollover
30/12/23	38	Rollover



~1869 to 2019~
PALMERS BAKERY
HAUGHLEY
TRADITIONAL HIGH CLASS
FAMILY BAKERS & CONFECTIONERS



**FRESH BREAD & CONFECTIONERY BAKED DAILY BY CRAFTSMEN USING
LOCAL INGREDIENTS & BAKED IN ANCIENT BRICK OVENS**



The Village Green~ Haughley – 01449 673286



Largest Stockist of Tiptree Jams & Marmalades in East Anglia.

Suffolk Honey, Free Range Eggs, Groceries & Local Produce.

Freshly Made Sandwiches & Filled Rolls - Hot Drinks & Bacon Rolls

*Also at Stowmarket, Woolpit, Stanton, Ipswich and
Brett's Bakery Needham Market & Freshfills of Claydon*

150 Years of Tradition, Service & Baking

Acorn Boarding Kennels

12 years experience of
running boarding kennels.

Fully Licensed and Insured.

Each kennel has a large
bedding area with underfloor
heating and two large external
runs; within a safe and secure
compound.

2 Year National Diploma in
Animal Care.

Also qualified in the safe use of
veterinary medicines.



Jodi Palmer
Acorns
Wash Lane
Mendlesham
Stowmarket
Suffolk
IP145TD

For friendly
personal care

Opening Hours

Mon—Sat 9.00am to 12.00 noon
Visitors welcome other times by
appointment

For enquiries or to book now,
please phone:

01449 767012

07754 851789



Giving a helping hand

Over the Christmas period hopefully we have all been able to meet up with our families and friends and spend quality time together.

It came to my attention that sometimes when we have not been blessed with children or parents living locally to us there could well be a big gap in who we could call upon if something happens with our health or we have an accident and need to get to A & E or other such requirement.

With the other difficulty of us living in a rural area I have also been advised that there are other villages close to us that offer various 'helps' for Neighbours.

For the Bacton and Cotton area we have 'The Good Neighbours are Here' with a mobile number that can be used to contact somebody between the hours of 9am to 5pm seven days a week.

For the Old Newton & Gipping residents we have a scheme called D.O.N.G which also provides a mobile number that can be used to contact a Helper. If travelling is involved a small charge of 45p per mile is requested to cover petrol/diesel costs (the 45p per mile is the figure that the HMRC gives for the tax free amount that can be paid for this help without the Helper being taxed).

Is this something that we in Stoke Ash & Thwaite ought to offer our residents?

We would have to make sure that the 'helper' is DBS approved and that Public Liability Insurance is in place. Perhaps as a Parish Council this could be discussed at a future meeting, let me know if you have any ideas or that you would be a willing volunteer.

Cllr Leggett

What's on in our communities?

Eye-to-Eye provides a free EMAIL ONLY SERVICE that alerts residents to "What's on" locally. If you are not already a subscriber to Eye-to-Eye, and would like to join this free service, all you need do is email your name and postcode to: JOIN-EYE-TO-EYE@OUTLOOK.COM

The Eye-to-Eye Directory provides the details of clubs, societies, charities, and many of the services available locally.

The printed edition of The Eye-to-Eye Directory was delivered to over 3,000 local households in 2020, since when there have been significant amendments. To rectify this, a new digital edition has been prepared, and is now available. Subscribers to Eye-to-Eye will receive the Directory and any updates automatically. Other residents can obtain a copy and subsequent updates if they email.....

E2EDIRECTORY@GMAIL.COM

The current edition may also be viewed via this website:- THEBANKEYE.ORG/E2E

STOKE ASH WI

The final two meetings of each year are different to our usual meetings as we don't generally have speakers or set activities. They are the AGM in November and our Christmas dinner meeting in December.

In November, once our new committee had been elected and the annual business of the group was taken care of, the rest of the evening was spent in conversation with our fellow members and enjoying the refreshments brought to the meeting. We inevitably look back over the past year and what we've seen and done at our meetings. Our speakers this year have covered subjects from far away and as diverse as penguins in the Falkland Islands and what Romania has to offer besides tales of Dracula. From closer to home, we heard about bees and wasps of Suffolk, the Bartlett Martello Tower at Felixstowe, the Home Start charity helping Suffolk families, The Tithe War in Suffolk and Tudor Life with a focus on Thomas Wolsey, who was born and brought up in Ipswich before becoming a leading figure at the court of Henry VIII. In the summer we held a meeting in the garden of a member at Wickham Skeith. It was a beautiful afternoon and was filled with sunshine, strawberries and fun.

In contrast, on a rather dark and chilly October evening we spent our time decorating wine bottles with glue and serviettes and finally putting strings of tiny lights inside to illuminate the pretty coverings and brighten the room with them.

In December, we returned again to The Four Horseshoes at Thornham Magna for our Christmas dinner. The food and service didn't disappoint and our servers were as pleasant and helpful as ever. Secret Santa was another highlight of the evening when all manner of gifts were given and received. A beautiful scarf, sweet treats, decorative ornaments and fragranced fancy candles, books, calendars and a handbag were just some of the lovely presents that were unwrapped and revealed at the end of the evening.

As well as the regular meetings, some members meet monthly for lunch at the White Horse at Stoke Ash, there is a monthly craft meeting at a member's house (although that seems to be more of a tea/coffee drinking, cake eating meeting!). We also enjoyed outings to some local attractions, including the Aldeburgh Theatre in the summer and a garden centre.

That was our 2023 and we have a whole new year of meetings ahead of us. The list of speakers and activities to come is again looking very interesting, so ladies, please come and join us and you'll not only make new friends from the local villages, but you'll hear interesting talks, and maybe even get some new skills along the way.

Our programme for meetings is published on the village website and on our dedicated WI page (<http://sefwi.org.uk/institutes/stoke-ash>). Please check it out and do get in touch, or just come along on the night. Meetings are held on the second Wednesday of each month at the village hall, starting at 7.30pm. You'll get a warm welcome.

Stoke Ash and Thwaite Parish Council – report on meeting held 16 November 2023

Flooding – the impact of the October storms and flooding were discussed at some length, Wickham Road, Thwaite and Deadman’s Lane, Stoke Ash in particular. Flooding at the Wickham Road/A140 junction had caused access problems and seemed to occur during normal rainfall. This has been reported to Suffolk CC Highways and they have agreed to investigate that problem. Maintenance requests have been made to Suffolk CC Highways regarding Deadman’s Lane: reinstatement of damaged verges and blocked gully’s, provision of a double-sided High-Water Sign at the ford to give warning from both directions, clearance of drainage pipes under the road at the Ford and Bridge and a flood warning sign at the Deadman’s Lane/The Street junction to give additional advance warning.

County Councillor Stringer had provided a useful document on Riparian Ownership & Maintenance responsibility for rivers, tributaries and ditches (please let a councillor or the clerk know if you would like a copy) and useful flood advice can be obtained from the following websites: www.gov.uk and a Homeowners Guide for flood impacted homeowners www.floodmary.com The Parish Council will look into preparing a local flood hotspot and responsibility guide, this will assist in monitoring flood prone areas. Please do let the Council know of areas that you believe should be included.

Parish Council Vacancies – there are still three vacancies in Stoke Ash. It really is important that all areas of the village are represented at a local level so as to keep the parish council informed of issues concerning the community. There are 6 evening meetings per year, held at Stoke Ash Village Hall: January, March, May, July, September and November. The Parish Council makes recommendations to the District Council regarding planning applications, determines a budget for its annual expenditure, monitors highways and the wellbeing of both Stoke Ash and Thwaite. Please do contact a Councillor or the Clerk if you think you may be interested in joining the Council, we would be very pleased to hear from you.

Neighbourhood Plan – this has been put on hold at the moment.

Coffee Caravan – Cllrs Geoff Tancred and Mrs Lane gave a very good report on their experience of the Coffee Caravan which is a scheme set up to visit rural communities on a monthly basis offering a meeting time and place for parishioners to meet for coffee and advice if required on rural issues. It is hoped a visit to Stoke Ash will be arranged initially on a trial basis.

**Dates of meetings 2024: Thursday 18 January, Thursday 21 March, Thursday 16 May, Thursday 18 July, Thursday 19 September, Thursday 21 November.
ALL WELCOME.**



Susan Whymark Funeral Service Ltd

Independent and Family Run

Serving Eye, Harleston, Diss and the surrounding areas since 2004

We offer a range of services to suit your individual needs

- Funerals tailored to your needs and budget
- Full estimates given at time of arrangement
- Pre-Paid Funeral Plans available
- Direct Cremations
- Support Groups
- Memorials

We provide an efficient but friendly service through our professionally qualified staff

- Chestnut House, 12 Progress Way,
Eye, Suffolk, IP23 7HU
Tel: 01379 871168 (24hr)
- Ley House, 11a London Road,
Harleston, Norfolk, IP20 9BH
Tel: 01379 851253 (24hr)
- Denmark House, 1a & 2 Carmel Works
Denmark Street, Diss, Norfolk, IP22 4AS
Tel: 07879 776175 (24hr)



See our customer reviews at

www.susanwhymark.co.uk Email: susan@susanwhymark.co.uk

MPD TANKS

For all your oil tank needs

Steel and Plastic Tanks
available

Free Estimates
Fully Insured



07708 395889

01449 767820

Pet Photography and Digital art
Transform any photo

Watercolour, Pencil Sketch
Oil Painting
Restore damaged
photos

call John, 07961224515
jfoximaging@gmail.com



The Mysterious case of the missing house in Stoke Ash

“When you have eliminated the impossible, whatever remains, however improbable, must be the truth”



Hello, my name is Graham and my wife is Jean. We moved to Stoke Ash village on the 29th of July 2022 after purchasing a garden building plot, which had outline planning permission. First priority: get a mobile home or caravan on site. We could not get a mobile on site due to the narrow road and the ditch on our side of the road (we've nicknamed the ditch 'The Moat').

So it had to be a caravan, and yes you have to

pay council tax when living on site. We promptly called ourselves 'The trailer trash of Stoke Ash'. A sense of humour and patience is needed if you're self builders.

We were often asked about our plans by passing neighbours (and were very happy to talk about them, the plans not the neighbours!). House or bungalow? House, because a bungalow on the same foot print is relatively more costly due to there being no upstairs. How long do you think it will take to build?

Due to being an ICF (insulated concrete formwork) very quick. Think hollow Lego Bricks infilled with concrete and you get the idea. We expected to have been in for Christmas 2023.



So, what went wrong? Hmm, we wrote to several architects asking if they would be interested in taking on our project. The first three companies we contacted didn't even reply to our enquiry. That wasted a few weeks whilst we waited for them to contact us. We eventually had success and instructed a local company. The original architect used by our sellers, screwed up on the site entry and exit site lines. This was not the fault of Ben and Becca, they paid for a professional. The problem only came to light once we engaged our own firm of architects who pointed out the problem.

So, being a retired carpenter and joiner I am used to solving problems for people, right plot entrance in the wrong place, simples move it. Spanner in the works alert!



The architect said, no we need a topographical survey to do our job, and it's only going to cost you roughly £600. Translated this means get a surveyor to mark all trees and bushes on each side of the road in both directions, and position of the road to submit to planning (roads are very sneaky, they move when you're not looking!) Planning would then consult with the Highways department for their opinion. Suffice to say I was not a happy bunny (ask Jean) and let the architect know in no uncertain terms. I do not like it when others try to spend your money to make their lives easier. Funny thing, the architect didn't speak to me for a while and we had to deal with the understudy. Ok, so what happened next?

Well our local Parish Councillors gave us lots of help and support and suggested we speak with our local District Councillor, David Burn, who gave a great deal of help. After about six months, and a lot of work by David and ourselves but no help from the architect, the issue was resolved. How? Wait for it, moving the entrance point. Whilst the entrance issue was going on, the architect did not submit planning and building reg applications. Thus we lost valuable time and when they did act they only submitted planning. Once these were approved with conditions they then submitted building regs. More time was lost because they did not look at the Jackson building system and their extensive technical library for standard details.

I must admit I got fed up with constantly being asked about the standard details, so I telephoned Building control and spoke with our area BC officer which proved very productive and resulted in permission being granted.

Full steam ahead? No, now it was October the weather could be a problem and when you need foundation trenches, water and trench collapse can be very dangerous. As has happened, it's been a tad damp of late! Spring and good weather will soon be here, bring on the global warming?

"Amazing Holmes, so that solves the mystery of the missing house of Stoke Ash".
"Elementary my dear Watson, elementary".

These are just a few of the problems we've encountered over the last year and a half but we are looking forward to 2024 and building our new home.

Finally, again a big thank you to our local Parish Councillors and David Burn. It has also been nice to chat with our fellow villagers about our plans throughout the past seventeen months. Happy New Year to all.

Do you want to be a winner? You have to be in it to win it.

Join us in our weekly draw based on the Saturday National Lottery Bonus Ball.

You won't win a million, but our odds are much more favourable!

Cost is £1 per week.

You can pay in cash or cheque, or by standing order.

Our bank details are :

Account : **Stoke Ash Village Hall**

a/c number: 76536668 Sort code: 309950

Please contact **Val Lane to get your**

Personal Village Hall Lottery draw number. Tel 01379 678568



KH

Kevin Hollings KITCHEN STUDIO

Unit 14 Lodge Works,
Stowmarket Road,
Old Newton,
IP14 4EE
01449 257160

info@kevinhollingskitchens.co.uk

www.kevinhollings.com



YOUR RELIABLE LOCAL PLUMBER



Mark Jardine
Plumbing & Heating



- All Household Plumbing, Large or Small
- All Work Anglian Water Certified
- 24 Hour Emergency Call Out

Tel: 01728 628291 Mob: 07854 924 801

Email: mjardine@btinternet.com

You are invited to come for a lunch and chat

'We'll meet again' monthly lunch club

The New Youth Hall Chapel Lane Stoke Ash IP23 7EU

Time 12.30 for 1pm

We trust that you are keeping well. For your own wellbeing it would be good if you could organise for yourself a Lateral Flow Test before the event if you can.

Masks and hand sanitiser are always available at the Hall.

February 28th, March 27th and April 24th 2024

The meal is primarily for those over 65 in the Stoke Ash & Thwaite area who would like to meet up with others who may be living alone and would like to have a meal and chat

RSVP to Gordon or Janis on 01379 678450 Mobile 07745 365583

If you require transport please ask.

We meet the 4th Wednesday in the month

Supported by Stoke Ash & Thwaite PC and Stoke Ash Baptist Church

**All are welcome at our
regular activities***


**Stoke Ash
Baptist Church**
CIO

Sunday 10.30am

Morning Service

Tuesday 7.30pm

Prayer, Share & Bible Focus

Regular activities in normal times: Friends & Neighbours, Community Breakfasts & Lunches, Home Groups, Christianity/Discipleship Explored Courses & Holiday Club.

Please join us - you will receive a warm welcome.

**More details on our website at www.stokeashbaptist.co.uk
Stoke Ash Baptist Church (SABC), Chapel Lane, Stoke Ash, Suffolk IP23
7EU Tel: 01379 678450 • Email: gel-print@outlook.com**

Getting the job done!

On Thursday January 18th our bye-monthly parish council meeting was held in Stoke Ash village hall. It was good to see various local people from our two villages attend who were able to put forward and discuss with councillors and our local Ipswich County Councillor Andrew Stringer the problems that various people have had with the recent floods and repairs to our roads.

We were enlightened on how the Council system works in both Ipswich County Council and our Mid Suffolk District Council and the frustrations that we all have in getting jobs done.

With any organisation there is not just one person that can make things happen as we all need each other to respond in unity. Andrew explained that in the administration of Council that people from land owners, river authorities, various councils and sections of the community and government have to come together to work out a plan to address the problems that we are encountering.

We voiced our frustrations in not seeing a quick reaction and fixing of problems and the hope is that the message gets through, that those who have the power to implement the changes needed, will get on to make it happen.

Many of us are frustrated that we see so often people ‘passing the buck’ rather than taking responsibility to get the job done.

On this point can I bring to the attention of you all the **‘Reporting Tool’** that is available for everyone who has internet connection to get to it and report online the pot holes, damaged or missing road signs, flooding in ‘pincer areas of ditches and rivers’ or any dangerous obstacles that would endanger life on the roads and pathways.

www.suffolk.gov.uk/highways then go to ‘Report a Highways issue’

Andrew advised us of the Council meeting on 7th December, a motion was passed for the council to review the frequency of drain and gully clearance in areas at risk of flooding and to work closely with districts and boroughs, Anglian Water and the Environment Agency to help prevent future flooding.



There is a link that Andrew has given us for help from Defra to help in protection of property with flooding <https://www.suffolk.gov.uk/about/flood-recovery-information-for-suffolk>

Brockford Sidings Dog Park

A fun and secure place to exercise your dogs in the countryside!
Bring your own dogs' toys or make use of our supplied agility equipment.

Park inside the field so no need for a lead! Shelter for rain cover and a clean water tap for dog bowls and washing your dog off also available.

Bookings online only at:
www.brockforddogpark.co.uk

Location: Brockford Sidings, Brockford Green, IP14 5NN

D. I. ALSTON LTD.

THE CEDARS, CEDARS HILL, BROCKFORD. IP14 5PQ

**OFFICE AND WORKSHOP LETS
SELF STORAGE CONTAINERS**

(20FT, £100 PCM inc. VAT)

**BROCKFORD SIDINGS HOLIDAY LETS
BROCKFORD CAMPSITE
DOG EXERCISE PARK**

FOR ALL ENQUIRIES CONTACT:

TONY ALSTON
01449 766231
dialstonltd@outlook.com

South Hartismere Benefice

As I write I am in a reflective mood. Today is 8th December, a day that lives long in my memory. On that day in 1978, as a 10-year-old, I had insisted on walking home from school rather than being driven home by my mother. It was only when I regained consciousness some weeks later and being aware that I was in a hospital bed, with impaired vision, a thumping headache and my leg in plaster that I realised that something had not quite gone to plan.



I had been hit by a speeding pickup truck whilst crossing the road with the “lollipop” lady. The events of the day had put my parents through turmoil, and for a short time they had not known whether I was dead or alive. If it were not for the actions of a passing stranger, who removed my face from a puddle whilst others stood paralysed with fear, not knowing whether to move my motionless body, then maybe I would not be here to tell this story. I still carry his letter that he wrote to my parents wishing me well.

Then came the repercussions from my mother. Why had I insisted on walking home? Why hadn't the driver seen me? Why had he been driving so fast? And then my mother's guilt, that she had given me a choice and despite her reservations, she had allowed me to exercise free will, even if this was against her better judgement. In all this, she never stopped loving me or left her bedside vigil.

As I write, I am dealing with the aftermath of storm Babet. Fortunately, as distressing as it is to lose personal possessions and suffer property damage, there was no loss of life. Naturally there is some anger about how and why this flooding has happened, and who is to blame and was there more that could have been done to clear blocked drains and ditches. A while ago such events would have been called an “act of God”, such as the 1953 floods, the 1987 hurricane and now the 2023 Storm Babet.

Perhaps it is only natural to question God, after all on the cross, had Jesus not questioned God when he exclaimed “My God my God, why have you abandoned me?”. So, do we too ask why God allows such things to happen, do we question our faith, or help those who chose to blame a God they do not believe exists?

As I continue to reflect, I turn things round in my mind and if my mother were alive today, perhaps I would ask her about the events of 1978; why did the stranger stop and save me when others stood by? Why did I make a full recovery with no lasting disabilities (although some of course some would question what a large bang on the head has done to my personality!) and perhaps, most importantly why did I not die, as the chances of surviving an impact with a truck travelling 40 mph are just 15%?

Coming back to storm Babet, perhaps it is an “act of mankind” and we are responsible for the events which are unfolding before us, more than just blocked drains and ditches, so some may say where is the relevance of God in all this? I believe that God allows us to believe or not believe, the freedom to choose and the freewill to effectively do as we please and go the way of our choosing, despite the disastrous consequences that follow. He loves us and will not abandon us, so in addition to the letter of 1978, I also carry the bible, as I believe in the goodness of mankind and also in God's love and mercy – I still have far more to thank Him for than many will ever know.

Tim Rowe, Church Warden

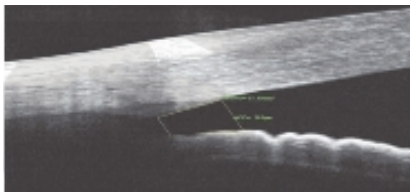
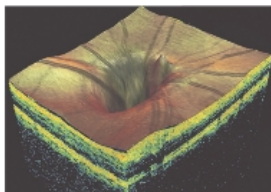
All Saint's Church, Thorndon and All Saint's Church, Wetheringsett



Adkins Opticians

traditional service, modern standards

**Start of the art 3D
OCT eyecare now available**



2 Market Hill, Diss IP22 4JZ

Tel: 01379 650899

www.adkinsopticians.co.uk

Mon - Fri 9:00am - 5:00pm

Sat 9:00am - 1:00pm



Look Up!

ROOFLINE+PLUS

BUILDING & ROOFING CONTRACTOR

EST 1985

ROOFING & ROOFING REPAIRS

**CHIMNEYS REBUILT,
REPAIRED, REPOINTED
OR REMOVED**

ALL WORK GUARANTEED & FULLY INSURED

CALL US (WE ALWAYS RETURN CALLS):

Email: roofflineplus2@gmail.com

**GUTTERING / FASCIAS / FLAT ROOFING
ROOF WINDOWS INSTALLED**

FREE NO OBLIGATION QUOTE



**01449 763218
07500 823292**

The Walnut Tree

THWAITE

Suffolk's Veggie Pub

Open 6 days a week for
Coffee • Lunch • Dinner
Children and dogs welcome



T: 01449 766003 www.thewalnuttreethwaite.com

JH Vaudrey & Son Ltd



Phone: 01379 678459 Fax: 01379 678458 Email: info@jhvaudrey.co.uk



- Grain stores up to 80,000 tonnes
- Grain handling systems to 500 tonnes per hour
- Groundworks, drainage and concreting works
- Conveyors, elevators, dryers, fans and ducting
- Onion, potato and cold stores
- Steel framed buildings
- Structural repair and building maintenance
- Refurbishment

JH Vaudrey & Son Ltd have been supporting farmers with their building requirements since 1993 and have a wealth of expertise when it comes to the requirements of today's agri business. JH Vaudrey & Son Ltd can provide grain stores complete with the most up to date grain handling equipment, silos, dryers, and straw barns. We also provide a maintenance service to all properties and farm buildings.

JH Vaudrey & Son Ltd provides a complete design and build service and will even take care of the planning application for you. We will be pleased to hear from you and offer a friendly reliable service. To discuss your requirements further telephone 01379 678459.



www.jhvaudrey.co.uk

Lamberts Service Station Ltd

Shop Green, Bacton, Stowmarket, IP14 4LG, Tel: 01449 781260 Mobile: 07834 778116

www.lambertsservicestationltd.com Email : lamberts.1@btconnect.com



Car Service, MOT Testing and Repairs

We have a fully equipped workshop where all manner of repairs can be undertaken. An MOT testing station and a Body Shop where we can undertake Insurance accident repairs, general repair work and re-sprays. We also operate a Recovery service which includes Home Starts. We are one of the few remaining rural Petrol Filling stations and offer forecourt attended services. **Please visit our website for full list of services.**

WORKSHOP

Service all Makes and Models
Air Conditioning
Engine Diagnostics
Fault Finding
Engine Management Lights
Exhausts
ABS

MOT TESTING

MOTs while you wait -
By Appointment
Petrol
Diesel
Electric
Hybrids

BODYSHOP

Accident Work
Body Work Repairs
Paint Work
Re-Sprays
Welding

ITEMS STOCKED

Tyres
Batteries
Wiper Blades
Bulbs
Calor Gas

RECOVERY SERVICE

Home Starts
Breakdown
Accident Recovery

FORECOURT SERVICES

Petrol and Diesel
Tyre Pressure and Levels
Checked
Bulbs Fitted While You Wait
Antifreeze Check

**Competitive prices on Tyres - Quotes given
Free no obligation Estimates on work needed**



Find us on Facebook - www.facebook.com/lambertsservicestation

Galloway



DAY TRIPS - PRIVATE HIRE - GROUP TRAVEL

DAY TRIPS

We are a Suffolk based coach company offering an array of coach day excursions departing from across both Suffolk and Essex.

Whether you want to see a hit West End show, visit a grand stately home, attend a popular flower show, embark on a rail or river adventure or have free time to explore different towns and cities, we have a huge variety of days out to suit everyone throughout the whole year.

PRIVATE HIRE

We offer coach hire from across Suffolk, Essex or Norfolk! We can provide a competitive coach hire quote to fit all of your needs.



Use code **SATDAY23** to save £2.50pp on Day Trips when booking online.

0330 1000 360 - info@gallowayeuropian.co.uk - www.travel-galloway.com

MID SUFFOLK MOBILITY and CARE EQUIPMENT CENTRE


Finbow's Yard, Bacton, Nr Stowmarket, Suffolk IP14 4NH Tel: 01449 781804


Open: 9.00am to 4.00pm Tuesday to Saturday

Everything you need to help you when you are out and about



Plus we stock a wide range of mobility and ability aids to assist you around the home including: Recliner Chairs, Bath Lifts, Shower Stools, Large & Small Rollators, Walking Frames and much more.

Stockists of **DB Wide-fitting Shoes and House Slippers** 

 **ACORN STAIRLIFTS** for Stairlifts phone 0800 0169 231

For further information or advice please telephone Mavis or Mark on 01449 781804

Web: www.midsuffolkmobility.co.uk

Email: msmobility@btconnect.com

Stoke Ash & Thwaite Christmas Tree suggestions for Parish Council Attention Dec 2023

1. Dig out the channels into ditches, plus put dyke weirs in sloped areas, which slows lots of water to lower areas, at least every 2 years. Ditches are like mini rivers or streams.
2. Village hall needs to be able to park about 20 cars in its car park when events are being held, not parked around the village.
3. Better signage at the top of Deadmans Lane, about ford/flooding, and unsuitable for diversions.
4. 30 MPH flash sign on Roman Way
5. Need new 30 signs along Church Lane close to A140 and along Roman Way
Cut gullies to lead water from the road into ditches in both Stoke Ash & Thwaite, so water can get into the ditches etc., and ditches dug out.
6. Please clear the culvert at the end of Wickham Rd where it joins the A140
Rubbish blocking it?

What we have done in the past year

- completed a litter pick
- spent much time & effort with regard to Hill Farm planning requests
- had swings, slide & bouncer play equipment installed on the village green
- held a street party to celebrate the coronation
- assisted with Stoke Ash village fete
- had manhole cover and brickwork repaired in Roman Way
- assisted with management of Thwaite Projects Group
- managed the Neighbourhood Watch Scheme in our villages
- reported damaged signposts for repair
- investigated possibility of a mobile post office being available
- provided CPR training
- investigated options for traffic speed reduction in our villages

Thwaite 50 Lottery

We currently have 33 members & always looking for more.

The cost is £5.00 per month £60 per year. Prizes are £25, £20 & £15. per month with a grand Christmas draw of £100 and a small complementary prize for non winners.

All proceeds go to help the village of Thwaite.

latest being £1000 in 2022 and also in 2023.

Thank you to all of our members who make this possible.

Please contact **Chris & Dick Maisey** to join. **01379730072 or 07748844019**



***** GISLINGHAM PLAYGROUP *****



We provide a safe, warm, friendly and caring setting for children aged 2-5 years, in a brand new purpose built building on the same site as Gislingham CEVCP School, with whom we work closely to provide an excellent education.

Breakfast Club 8.00am - 8.45am

Morning 8.45am to 11.45am, Lunch Club 11.45am to 12.45pm

Afternoon 12.45pm to 3.45pm

"Children's welfare, learning and development is fully supported by the highly motivated staff" Ofsted 2012

Please visit our website www.gislinghamplaygroup.com or phone us on 01379 788934

Rural Coffee Caravan

Making a difference to rural communities throughout Suffolk

Come and share a pot of tea, our welcome is warm and our friendship free!

We'll be visiting:

Stoke Ash Village Hall

2 PM — 4 PM

TUESDAY 6TH FEBRUARY

AND

TUESDAY 5TH MARCH

Come along for some company and a catch up with your neighbours over a cup of tea or coffee with biscuits and cake. We bring a great source of information along with the free refreshments.

We look forward to seeing you.

All Welcome!



www.ruralcoffeecaravan.org.uk tel: 01379 855 338

Registered No: 1187423



ALL SAINTS CHURCH STOKE ASH WITH THWAITE

WORSHIP

- **Sunday 11 February at 10.30am – Worship for All**
- **Sunday 10 March at 10.30am – Holy Communion (Mothering Sunday)**
- **Good Friday 29th March at 2pm Stations of the Cross, 3pm Good Friday Liturgy**

For all other services around the Benefice, please refer to the village and church notice- boards. All details are also on-line and on Facebook: <https://www.facebook.com/groups/southhartismerechurches>

JUMBLE SALE

This will be held in the church on Saturday 6 April from 11am to 2pm.

Refreshments available. All in aid of church funds.

Jumble wanted please – if anyone has good but unwanted clothes, bric-a-brac, June will be delivering black bags on Saturday 23 March and will collect your contributions on Saturday 30 March, or you can drop bags off in the church porch. Many thanks!

BOOKS AND JIGSAWS

Books and jigsaws are always on sale in the church porch.

(The outer door is always unlocked, but is stiff to open)

FUNERALS, BAPTISMS and WEDDINGS

For all enquiries, please phone or email -

Reverend Canon Susan Loxton, Rural Dean of Hartismere & Hoxne Deanery
on: Telephone: 01379 388493; email: revloxton@gmail.com

CHURCHYARD TIDY UP

The next churchyard tidy up will be one Saturday in March – date and time will be put on the Village Facebook page at a later date.



F. G. BROWN – OPTICIANS
Denmark House, 41 Bury Street,
Stowmarket.
Tel:- 01449 612812/674030

As independent opticians we offer a more personalised eyecare service that you can trust for all the family including:-

Optomap retinal examination
Colorimetry

A wide range of competitively priced frames and spectacle lenses

Contact lenses


Prescription and non-prescription sunglasses


Your sight care is our priority


nexusheat^{flame}




Nexus Heat offer a complete supply and installation service across a wide selection of traditional and contemporary Woodburners, Multi-fuel, Pellet and Gas stoves. Our beautiful showroom is always filled with a varied display from top manufacturers such as Heta, Parkray, AGA and Bellfires amongst others.

 www.nexusheat.co.uk

 (01379) 671168

 info@nexusheat.co.uk

 Maltings Barn, Hinderclay Rd, Wattisfield, Diss, Suffolk, IP22 1NF

Finbows Furnishers

**New and Used Furniture
Bought and Sold**

Find us on Facebook

finbows-furnishers@hotmail.com

***Station Road,
Bacton***

Nr. Stowmarket IP14 4NH

01449-781732

Open Tuesday – Saturday 9am-5pm

Optimal Heating

**Father & Son Team
with over 30 years experience**

Specialist Heating Engineers
Oil, Natural Gas & LPG Servicing and Repairs



**Tel: 01728 628687
Mobile: 07806 660399**





**Safe & Sound
Hygiene and Pest Control**

Is your garden over run with Moles ?

Do you have a wasp nest ?

Are your paddocks over-run with rabbits ?

For ALL your Domestic / Commercial Pest Control.

Woodworm treatment available.

No obligation – free survey/quotes.



Pest infestation can damage your health and your home. Recent surveys show that numbers of mice/rats and bed bugs found in UK homes are on the rise. As Local Authorities are cutting back on free pest control services. We are here to offer you a service at the right price.

Please call for a chat on 01379788865 • 07809226109 • 07518731106

www.safeandsoundhygieneandpestcontrol.co.uk



Local Caring Independent Funeral Service

24 Hour Personal Service * Private Chapel * FREE Parking

www.andrewbingham.co.uk

01449 771666

The Nutshell, Milton Road South, Stowmarket, IP14 1EZ



DON'T FALL FOR A TELEPHONE SCAM

Fraudsters who want to get your money and you never see them again don't need to knock on your door. They can use your phone and a convincing line of patter to get you to give them your personal details and credit card or bank account numbers. They then use the information you have given them to make fraudulent withdrawals from your funds.

Here are some facts about phone scammers to watch out for.

A call from someone who says they are from your bank or credit card provider.

1. **BANKS AND CREDIT CARD COMPANIES WILL NEVER COLD CALL YOU LIKE THIS.**
2. Just hang up immediately and phone the customer services number on your credit card, debit card, cheque book or their official website.
3. **NEVER** use the phone number given to you by the cold caller. It will be their phone number, not the official one.
4. Fraudsters can buy an electronic device that, when they call you, will 'lock' your phone line into their phone. After you hang up, wait at least 5 minutes before using your phone again. That will clear their locking device off your phone line.
5. If you have followed the advice to hang up immediately you will not need to take this next step to stop yourself from being a victim. When the caller says "I just need to take you through some security to ensure I am talking to the right person". **JUST HANG UP AND LOOK UP THE OFFICIAL TELEPHONE NUMBER OF YOUR BANK, CREDIT CARD PROVIDER OR OTHER FINANCIAL INSTITUTION.** If you do give them these details they can contact your bank etc and use them to impersonate you and get into your account.
6. If you think you might have been scammed, call your bank etc immediately and tell them. They now have dedicated teams to deal with the victims of scammers and can stop further fraudulent withdrawals for your account. They might offer to repay the money the scammers stole.

I've used the example of scammers pretending to be from your bank or credit card company but they can pretend to be from anyone you might trust and who genuinely holds your personal details and account numbers. Scammers pretend to be from building societies, the local authority, your utility provider, the tax inspector, Royal Mail, a parcel delivery company etc. The only safe way to deal with a call you had not asked for is to **HANG UP IMMEDIATELY** and follow step (1).

We plan to feature more advice to help you identify and stop scammers in future editions.

Why not join our village Neighbourhood Watch Scheme? If you have an email address we can send you lots of advice that we get on stopping yourself becoming a victim of scammers and other criminals. Please contact our Neighbourhood watch Coordinator, Roger Kember at rogerkember@gmail.com. It's all free and could help you save your savings from fraudsters.

‘Many hands make light work’


**Let’s clean up the village
TOGETHER**

Stoke Ash March 9th

Thwaite March 10th

10.00am to 12.00 noon

**‘Hi vis’ jackets, reacher grabber, gloves,
collection bags supplied by MSDC**



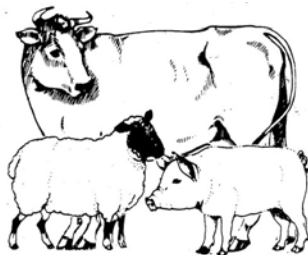
**Meet at the village hall
(Stoke Ash on the 9th & St Georges Hall,
Thwaite on the 10th) for Health & Safety
briefing for pickers at 9.45am.**

**Refreshments
will be supplied after the litter pick in the village hall**

**Please make contact
with one of your Parish Councillors
for further information**

After discussion with our district councillor at the parish council meeting it was also cleared that we, as Stoke Ash & Thwaite Parish Council, whilst doing our spring litter pick and being pro active, to also take with us a spade so that we also can clear out any gullies that are blocked on the roadside. This to be done with great care please.

David Dunnett Family Butcher



Locally Sourced Meats

British Beef • Free Range Pork
Lamb • Chicken • Game • Cooked Meats

Home Made Pork Sausages

Our Speciality

Including:- Plain Pork • Gluten Free
Cracked Black Pepper • Pork & Apple
Cumberland • Pork & Leek • Pork & Ale
Sweet Chilli • Smoky BBQ

Home Made Burgers

Beef & Onion • Pork & Apple
Lamb & Mint • Chicken • Gluten Free

17 Church Street, Eye

Tel: 01379 870155

OPENING HOURS

Monday	7.30 am - 5.00 pm
Tuesday	7.30 am - 5.00 pm
Wednesday	7.30 am - 5.00 pm
Thursday	7.30 am - 5.30 pm
Friday	7.30 am - 5.30 pm
Saturday	7.30 am - 4.00 pm

Tank Change Limited

Does your Oil Tank need replacing?

We are your local oil tank installer established since 1989
with over 16,000 installations to date.

- New oil tank installations, relocations and servicing
- Emergency pump out service available for leaking oil tanks
- Kingspan Titan polyethylene tanks and steel tanks held in stock
- OFTEC registered
- Kingspan Titan Accredited
- Fully insured
- Parish magazine discount
- Free surveys



Tel. 01449 781210

Email: enquiries@tankchange.co.uk

www.tankchange.co.uk



Registered
Business



Carols at Thwaite St Georges

On Saturday 16th December 2023 about 35 residents from Thwaite, Stoke Ash and Cotton gathered in St George's Hall to sing Christmas Carols. This event was led by Andrew and Joy Nainby from the Beccles Life Church.

Six carols were sung with Joy on her keyboard, two readings from St Luke Chapter 2 telling the Christmas story were heard, and two poems were shared.

Andrew drew the gathering to a conclusion and invited all to partake of the Mulled Wine and Festive Fair which had been provided by Thwaite villagers.

St George's Hall had been cleaned and decorated with a Christmas tree, candles and fresh greenery by Craft, Knit and Natter members, and Dick and Chris Maisey dispensed the Good Cheer. It is hoped that this community event will be repeated again next year, as everyone present agreed that they had a really good time and the opportunity to wish each other a 'Merry Christmas'.

Ron Fryer Thwaite



**GIPPING PRESS ARE
PROUD TO PRINT THIS
PUBLICATION**

Tel: 01449 721599

Email: enquiries@gippingpress.co.uk

www.gippingpress.co.uk

**DESIGN • PRINT • LARGE FORMAT
MAILING • PROMOTIONAL • SCANNING**



Landscaping

Grass Cutting

Mower Servicing

Garden Maintenance

Hedge Cutting

Fencing Work

Tree Surgery

Seasoned Firewood
by the full or half load

Call 01379 783093
for further details
Or to arrange a free quote

Stoke Ash Gardening Club

Following much discussion at the AGM of the gardening club in November, it was agreed that meetings will continue to be held as before, but with greater emphasis on practical gardening. A new group of 3 was elected to organise speakers and summer visits.

Meetings are held on the 4th Monday of the month at 7.30pm in Stoke Ash Village Hall; the next meeting will be on 22nd February and all are welcome to attend.

Members pay an annual subscription of £15 and £2 per meeting (First visit free).

Refreshments are provided.



STOKE ASH VILLAGE HALL FOR HIRE

**For private parties, anniversaries,
club meetings and classes, etc.**

- Comfortable seating for fifty
- Spacious kitchen and modern cooker, crockery & cutlery
- Ample parking
- Good value – low charges
£8.00 per hour, new bookings £10 per hour

Book with Brenda Lock 01379 678383

Fuel Support

Find out more about the support in your area

Help to heat your home:

- Prepayment meters – if you are unable to top up your prepayment meter, Citizens Advice can offer you advice and may be able to refer you for charitable support. You can also contact Warm Homes Healthy People Suffolk for support, advice and an in home survey from a Pre Pay Coordinator. Call 07769 365796 or email prepay@eastssuffolk.gov.uk.
- Local Welfare Assistance Scheme – This hardship grant offers payments up to £300 towards the cost of essentials, including energy. Visit the Suffolk County Council website for more information and to apply.
- Surviving Winter - offers help, such as fuel vouchers or support for alternative fuels like oil and LPG, to help you heat your home. Apply online via the Citizens Advice Ipswich website or call 01473 298634 to find out if you are eligible.
- Emergency Heating – if your home currently has no heating, Warm Homes Healthy People can provide free emergency heaters and help you find longer term support. Call 03456 037 686 or email whhp@eastssuffolk.gov.uk. Subject to availability.

Bringing down your bills:

- Warm Homes Healthy People Suffolk - offers free efficiency surveys and advice to help you use less energy. If you are a private tenant or homeowner, they can also tell you if you are eligible for energy efficiency grants. For more information visit www.warmhomessuffolk.org or call 03456 037 686.
- National Energy Action - runs a Warm and Safe Homes helpline which advises on ways to reduce energy use and improve efficiency. It also offers support to switch suppliers and advice if you get behind on payments. Call 0800 304 7159 or visit www.nea.org.uk

Help for off-gas homes:

- Oil loans - Eastern Savings and Loan Credit Union offer interest-free loans of £500 to help spread the upfront cost of oil and LPG. To become a member and apply visit www.eslcu.co.uk or call 03336 000690. Subject to a manual decision process, affordability and a credit check.
- Oil buying clubs – Bulk buying reduces the cost of your heating oil. Find out if your community has an oil buying club by visiting www.oil-club.co.uk, you can also check the Community Action Suffolk website for details of their scheme www.communityactionsuffolk.org.uk or call 01603 881 888.

Dealing with energy debt:

- Supplier grants - many energy suppliers have grants to reduce or clear debt if you meet their criteria. Speak to your energy supplier to see what help you can get.
- Citizens Advice - offers advice for energy, debt and more. They can support you to create a budget, negotiate with your supplier and boost your income.
- Benefit entitlement – payments such as Warm Homes Discount, Cold Weather Payments, and extra Winter Fuel Payments can add up to hundreds of pounds to help you pay your energy bills – but you'll need to be claiming certain benefits to get them. Benefit checks can be done online at www.gov.uk/benefits-calculators, or by contacting your local Citizens Advice.

More information Visit www.midsuffolk.gov.uk/energy-fuel-and-utilities for more resources to help you keep fuel and utility costs down.

If you would like help to access the internet, or to use a computer, phone or tablet, you can contact Mid Suffolk's Digital Skills team 0300 123 4 000, option 7, who can help you find support in your area.

Stronger Marriages

My parents were married for 55 years. One morning, my mom was going downstairs to make dad breakfast, she had a heart attack and fell. My father picked her up as best he could and almost dragged her into the truck. At full speed, without respecting traffic lights, he drove her to the hospital.

When he arrived, unfortunately she was no longer with us.

During the funeral, my father did not speak; his gaze was lost. He hardly cried.

That night, his children joined him. In an atmosphere of pain and nostalgia, we remembered beautiful anecdotes and he asked my brother, a theologian, to tell him where Mom would be at that moment. My brother began to talk about life after death and guesses as to how and where she would be.

My father listened carefully. Suddenly he asked us to take him to the cemetery.

“Dad!” we replied, “it’s 11 at night, we can’t go to the cemetery right now!”

He raised his voice, and with a glazed look he said: “Don’t argue with me, please don’t argue with the man who just lost his wife of 55 years.”

There was a moment of respectful silence, we didn’t argue anymore. We went to the cemetery. With a flashlight we reached her grave.

My father sat down, prayed, and told his children: “It was 55 years... you know? No one can really talk about true love if haven’t done life with a person.”

He paused and wiped his face.

“She and I, we were together in the good and in the bad.” he continued. “When I changed jobs, we packed up when we sold the house and moved. We shared the joy of seeing our children become parents, together we mourned the departure of loved ones, we prayed together in the waiting room of some hospitals, we supported each other in pain, we hugged one another each day, and we forgave mistakes.”

And then he paused and added, “Children, that’s all gone and I’m happy tonight. Do you know why I’m happy? Because she left before me. She didn’t have to go through the agony and pain of burying me, of being left alone after my departure. I will be the one to go through that, and I thank God for that. I love her so much that I wouldn’t have liked her to suffer...”

When my father finished speaking, my brothers and I had tears streaming down our faces. We hugged him and he comforted us, “It’s okay. We can go home. It’s been a good day.”

That night I understood what true love is. It is more than just romanticism and sex, it’s two people who stand beside one another, who are committed to one another ... through all the good and bad that life throws at you.

Peace in your hearts.

Author Unknown



Come to **MENDLESHAM** for your

Fish 'N' Chips



and...

- * Pizzas
- * Spring Rolls
- * Chicken
- * Pasties

- * Pies
- * Burgers
- * Spare Ribs
- * Curries

- * Rice Dishes
- * Kebabs
- * Sausages
- * Pickles & Peas

* Vegetarian Dishes * Children's Menu

We also cater for Functions

Opening Times

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Lunch

Closed

11.30am – 1.30 pm

Closed

11.30am – 1.30 pm

11.30am – 1.30 pm

11.45am – 1.00 pm

Closed

Evening

Closed

4.30pm – 7.30pm

4.30pm – 7.30pm

4.30pm – 7.30pm

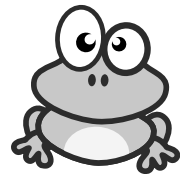
4.30pm – 8.00pm

4.30pm – 8.00pm

Closed

Telephone: 01449 766987

Frog's Farm *Eggs & Flowers*



Hello and Welcome from Frog's Farm
Located on the A140 see our signs.

We welcome all visitors and stock 6 box Eggs and trays
along with sacks of Potatoes and Bird Seed.

Available to order "Wild Duck" - Please call us

Our phone number is 01379 678459

Usually open 10am to 4pm
give us a call if you would like to know more.

QUIET ACRES



Boarding Kennels & Cattery

Clay Lane, Braiseworth, Eye
IP23 7DZ
(Just 2 minutes off the A140)

Tel 01379678374
www.quietacres.co.uk

Stoke Ash & Thwaite Newsletter Advertising Rates

The following rates are effective
from 1st January 2023

per annum (6 issues)

Full Page . . . £70

Half Page . . . £45

Quarter Page . . . £35

Adverts in colour – Cost per annum
(6 issues)

Full Page . . . £100

Half Page . . . £60

Quarter Page . . . £40

Set up fee for all advertisement £8.00
Subsequent amendments are also charged at £8.00

Leaflets / Advertising flyers inserted
cost £12.00 per item

Contact K Smith on 01379 678 197
or email stokeash@supanet.com

J. LAWES

STATION ROAD, BACTON

HARDWARE · IRONMONGERS

GARDEN AND BUILDERS SUPPLIERS

Including Sand, Ballast and Cement in large or small quantities.

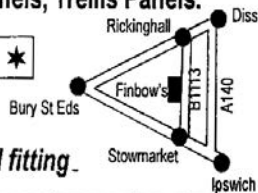
FENCING · GATES · GARDEN SHEDS · PEAT / COMPOSTS · LAWNMOWERS
CHAINSAWS · PAINTS · HAND TOOLS · POWER TOOLS - HD & DOMESTIC
ELECTRIC CABLE & FITTINGS · DOUBLE GLAZING · PVC SHEETING

All types of Timber. Timber prepared. Lap Fencing Panels, Trellis Panels.

★ Granular and Nut Salt ★ Timber Patio Decking ★

Plywood, Chipboard & Hardboard Sheeting,

Drainpipe and Fittings, Full range of Copper Pipe and fitting.



Open Mon - Sat 8.30am to 5.30pm

Delivery on all items (including Calor Gas)

- Credit Cards accepted

Tel: Stowmarket
01449 781452

Useful Contact Numbers

Health Centres

Mendlesham	01449 767722	Eye	01379 870689
Suffolk Doctors on call			01473 299622
Emergency Dental Services			01473 715623
Drugs Advisory Council			0800 776600
Police			101 & 999
Citizens Advice Bureau	01449 676060	or	01379 651333
Veterinary Surgeon		(Eye)	01379 852146
Electricity Power Failure UK Power Network			0800 7838838

Suffolk County Council – switchboard			01473 583000
Emergency contact outside office hours			0845 6066067
Trading Standards			0845 6032814
County Councillor Andrew Stringer	07774 199061 & 01449 780339		
	Email	andrew.stringer@suffolk.gov.uk	

Mid Suffolk District Council

District Councillor - Cllr Tim Weller			07928 512586
Palgrave Ward	Email	tim.weller@midsuffolk.gov.uk	

Magazine

Advertising: Ken Smith	stokeash@supanet.com		01379 678197
Treasurer: Tony Pulham	tony@hpfltd.co.uk		07850 385914
Distribution: Ann Warr-Wood			01379 678329
	Chrissy Maisey & Dick Maisey		01379 730072

Website Geoff Tancred stokeashandthwaite.onesuffolk.net

Printed by Gipping Press Ltd Needham Market 01449 721599



The Hair Studio at Mendlesham Ltd

BEV & KIRSTY

FORMERLY CURL UP & DYE

**WE ARE BOTH FULLY QUALIFIED WITH OVER 40 YEARS OF
EXPERIENCE BETWEEN US**

**PROFESSIONAL ADVICE AND PERSONAL ATTENTION IN
ALL ASPECTS OF HAIRDRESSING**

**PERMS: COLOURS: HI-LITES: CASUAL PUT-UPS
WEDDING HAIR: RESTYLES Etc
FOR ALL THE FAMILY AT UNBEATABLE PRICES
SENIOR CITIZEN RATES TUESDAY ONLY
EAR PIERCING AVAILABLE**

EASY OFF ROAD PARKING

**LOYALTY CARD, STAMP EVERY SERVICE
ALL DEBIT/CREDIT CARDS ACCEPTED
GIFT VOUCHERS AVAILABLE**

**FOR ALL ADVICE AND APPOINTMENTS
CALL US ON 01449 766977
OR VISIT US AT**

**Ropers Farm, Church Road, Mendlesham, Suffolk IP14 5SF
www.hairstudioatmendlesham.co.uk**