

# BEDFIELD & MONK SOHAM COMMUNITY NEWSLETTER

Newsletter 24/5

17<sup>th</sup> March 2024

## Carers Cafe, Monday 18<sup>th</sup> March

Open to anyone from Bedfield, Monk Soham and the surrounding villages **tomorrow, Monday 18<sup>th</sup> March from 10:30 a.m. to 1 p.m.** and on every 3<sup>rd</sup> Monday of the month. This is **free of charge** and especially for carers and “cared for” where you’ll be able to relax, have a couple of hours off duty and find support and understanding, also for the bereaved and those who are feeling lonely. For further details contact Jenny Hinchey on 627134 or 07710218957.



## Suffolk Care Services Directory 2024



The Suffolk Care Services Directory contains comprehensive information on social care in Suffolk.

- It includes an introduction to:
- What care services are on offer near you;
- Useful information on paying for care;
- Staying independent;
- List of care providers in Suffolk.

Copies are available at the Hub, or you can download a copy [here](#).

## Pilates classes at the Hub

We are very disappointed that the Pilates classes have ended, as the instructor has had to stop.

We have made a number of inquiries to find a replacement tutor, but with no success to date.

If you know of a Pilates instructor who might be interested, please contact them or give them our contact details are at the bottom of this newsletter; we would be happy to hear from anyone who might help.

## Bedfield Open Gardens 29<sup>th</sup> and 30<sup>th</sup> June

The Friends of Bedfield Heritage are organising a weekend of Open Gardens in our village.

Would you like to join in by:

- Opening your garden
- Providing delicious cakes for the café
- Volunteering to help over the weekend?

Please contact Debi on 07974 220669 or Lin on 07743 369920 for more information.



## **A message from the Friends of Bedfield Heritage:**

On the morning of Saturday 23 March a structural survey of the tower of St Nicholas Church will take place. The bells will be rung to enable a full test of the tower's condition to be assessed. This is the first step in our project to restore the tower and to explore the possibility of the bells being able to be rung again on a regular basis.

To enable the task to be completed safely we would ask that people do not visit the church between 9am to 12 noon on the 23 March.

Please enjoy the sound of the bells, and further details on the Tower project will be circulated soon.

Any queries, please contact Jane Sullivan on 07580 386015

### **HIGH SUFFOLK COMMUNITY TRANSPORT LIMITED**

*Registered under the Co-operative and Community Benefit Societies Act 2014.*

*Reg No 27141R*

High Suffolk Community Bus

E-Mail [support@combus.org.uk](mailto:support@combus.org.uk) Tele 01728 685694

## **WOODBIDGE SERVICE**

Due to continued poor support this service is being withdrawn.

**The last run to Woodbridge will be on**  
**SATURDAY 6<sup>th</sup> APRIL 2024**

High Suffolk Community Transport Ltd is Supported by

*MID-SUFFOLK DISTRICT COUNCIL, SUFFOLK COUNTY COUNCIL  
& the LOCAL PARISHES and TOWN LANDS TRUSTS*

To view a full list of all upcoming bus timetable changes in Suffolk, visit [Suffolkonboard](http://Suffolkonboard).

## **Bedfield & Monk Soham Tennis Club**

**A reminder that the tennis court is open.**

Club sessions are on **Saturdays 10.00-12 and Wednesdays 2-3.30pm**.  
These sessions are also open to non-members.

Tennis Club members have access to the court at any time.

- Further details about the club can be found on the website <http://bedfield.onesuffolk.net/clubs-pubs-groups/tennis-club/>
- Membership enquiries email: [bedfieldmonksohamtennis@gmail.com](mailto:bedfieldmonksohamtennis@gmail.com)
- Court bookings (optional) email: [martinpierce@hotmail.com](mailto:martinpierce@hotmail.com) or phone 01728 627141



## Reminder: Consultation regarding the Bedfield Town Estate's charitable purposes

### **The Bedfield Town Estate Registered Charity no 207196**

Consultation with Bedfield residents regarding the Bedfield Town Estate's charitable purposes.

The trustees have been reviewing the wording of the charity's deed, which was set up in 1883 to benefit the church, the school and residents who were considered deserving within criteria at that time. This was before the NHS and Benefits System was in existence.

In order to comply with the Charity Commission's requirements, we need to update the wording of our deed and its purpose with regard to the above. Whilst the distributions for the church and school would remain, we would like to be more flexible with the remainder of our funds. The current wording of the deed limits our ability to support wider village projects, for example the Bedfield 'Community Hub' which is a resource that benefits residents in a more inclusive way.

We are therefore consulting with all residents to allow for comments. We propose a period of 4 weeks for this from the end of February. Please address any comments to Rebecca Waterman (clerk) [rwaterman@gmx.co.uk](mailto:rwaterman@gmx.co.uk) or by letter Rose Cottage, Back Hills, Botesdale, IP22 1DW by 31<sup>st</sup> March 2024.

For information about the Bedfield Town Estate Trust, see the page on the Bedfield website [Bedfield Town Estate Trust » \(onesuffolk.net\)](http://onesuffolk.net)

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**The Hub** is a collection point for **the Waveney Foodbank**. The most wanted items can be found on their website at <https://waveney.foodbank.org.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.

The **pop-up Coffee Shop** also opens every Tuesday from **10.00 a.m. to 12 noon**. Scones are always available to eat in or takeaway.

You can **recycle bottles, fabric and batteries** at the Hub. The bottle and fabric banks are outside, and batteries can be recycled whenever the Hub is open.

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Send any items of interest to [bedfieldmonksoham@btinternet.com](mailto:bedfieldmonksoham@btinternet.com) for inclusion in newsletters and to Lisa at [lisaj1976@gmail.com](mailto:lisaj1976@gmail.com) for inclusion on the websites.

For all the latest information, remember to check the websites [bedfield.onesuffolk.net](http://bedfield.onesuffolk.net) and [monksoham.onesuffolk.net](http://monksoham.onesuffolk.net)