

BEDFIELD & MONK SOHAM COMMUNITY NEWSLETTER

Newsletter 24/3

7th February 2024

There are many events in our villages in the next couple of weeks. Many thanks to all those who organise them.

Monk Soham Parish Council Meeting, Thursday 8th February.

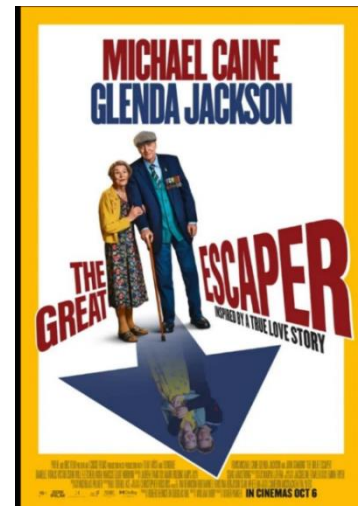
This meeting will commence at 7:30 p.m. at the Community Hub, Bedfield. The agenda can be found [here](#). All residents are welcome to attend.

Our Club Meeting, Wednesday 14th February

Our Club is open to all regardless of where you live. The meeting next Wednesday is free of charge. Come along to the Hub and enjoy a soup lunch at 1 p.m. followed by a showing of **The Great Escaper**.

The film tells the real story of Royal Navy veteran, Bernard Jordan, who "escaped" from his care home in June 2014 to attend the 70th anniversary of D-Day commemorations in Normandy. Starring Michael Caine in his final film and supported by Glenda Jackson who puts in a tremendous performance as Bernard's wife. This was Glenda's last film made shortly before her death in June 2023.

We are grateful to MSDC for funding that helps to subsidise Our Club.



Bedfield and Monk Soham Tennis Club Meeting, Wednesday 14th February

The terrible weather and the state of the court have not made playing tennis these past few months possible. We are still trying to find a solution to the problem of low water pressure making the court cleaning process challenging. On the positive side though, **we are having a Members' Meeting at the Community Hub on Wednesday 14th February, for one hour, from 7.00 - 8.00 p.m. to discuss future activities and plans, including whether to operate as a subcommittee of Bedfield & Monk Soham Community Club.**

We hope Tennis Club members will be able to come to share ideas and interests.

Bedfield and Monk Soham Tennis Club Support Group

Bedfield Parish Council Meeting, Thursday 15th February.

This meeting will commence at 7:30 p.m. at the Community Hub, Bedfield.

The agenda will be posted on notice boards and the [Bedfield website](#). All residents are welcome to attend.

Carers and “Cared for” Coffee Morning, Monday 19th February

These coffee mornings are **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.

This is open to anyone from Bedfield, Monk Soham and the surrounding villages. The next one will be on **Monday 19th February from 10:30 a.m. to 1 p.m.** and thereafter on every 3rd Monday of the month. Please pass the word around to those who may be interested. For further details contact Jenny Hinchey on 627134 or 07710218957.

Post Office closure, Tuesday 20th February

The outreach Post Office at the Hub will not be available on **Tuesday 20th February**.

The coffee shop will be open as usual on that day from 10 a.m. – 12 noon.

Bedfield & Monk Soham Garden Club Meeting, Friday 8th March

I'm pleased to let you know the date of our first meeting this year. **March 8th at 7 p.m. in The Hub.**



In response to past requests, we spring into action with an informative, professional presentation on **Propagation**. The presentation is being given by **Luci Skinner of Wootens Nursery, Wenhaston**. Friends and non-members are most welcome (£5 per non-member, to include tea/coffee and cake).

We look forward to welcoming you.

Barbara (Lee) gardenclubgarden@gmail.com

Big Savings on Loft Insulation

Many residents took advantage of the thermal imaging camera project to discover where your house is losing the most heat.

We are pleased to announce that Suffolk’s Public Sector Leaders have teamed up with Travis Perkins to offer Suffolk residents a great deal on loft insulation. Not only can you buy loft insulation at a much-reduced price, but you can also claim a further 50% discount (up to a maximum of £200) towards the final bill, and delivery is free! Whether you are topping up or installing from scratch, you can make great financial (and carbon!) savings.

You can find [more information and an online order form here](#)

Please note that the price quoted on the form is the full price – you will receive a 50% discount up to a maximum of £200.

Please also see other grants available through this link: [Grants – Green Suffolk](#)

Many thanks,

Jess Miller

Project Support Officer, Suffolk Climate Change Partnership

(hosted by Suffolk County Council on behalf of all Suffolk councils)

01473 263680

www.greensuffolk.org

February Half Term Activities

Activities are available during the February half term across Babergh and Mid Suffolk for children who are eligible for benefit related free school meals or have an identified need. Identified needs can include:

- Young carers
- Children with an EHC (education, health and care plan)
- Children assessed by the local authority as being in need, at risk of vulnerable.
- Looked-after children or previously looked-after children.
- Children who have low attendance rates at school or who are at risk of exclusion.
- Children living in areas of high deprivation or from low-income households who are not in receipt of free school meals.
- Children in transition phases between nursery and primary school or primary school and secondary school.



More information about the activities and how to book can be found [here](#).

Pop-up Shop

A reminder that we have some items at the Hub that have passed the best before date. They should all still be perfectly good. You can come and take anything you like next Tuesday, 13th February. **For one week only, everything is free – although you can make a small donation to the Community Club funds if you wish.**

ITEM	SIZE	BEST BEFORE	QUANTITY	CHEAPEST SHOP PRICE
Asda BBQ sauce	460g	31/05/2023	2	£1.20
Freeway lemonade	2 l	03/06/23	1	£0.49
J2O orange & passionfruit	275 ml	31/07/2023	19	£0.68
Asda Still mineral water	500 ml	07/08/23	1	£0.16
Coke zero	330 ml	30/11/23	18	£0.67
Heinz Minestrone soup	400 g	30/11/2023	1	£1.50
Lyles Golden Syrup	907 g	30/11/2023	1	£5.99
Freshona Lidl butter beans	240 g	04/12/23	1	£0.49
Freshona Lidl sweetcorn	300 g	31/12/2023	1	£0.79
Fruitshoot apple & blackcurrant	200 ml	31/01/2024	4	£0.42
Fruitshoot orange	200 ml	31/01/2024	27	£0.42

We sell **eggs**, currently at £1 per half dozen. Please order by 12 noon on Monday for collection on Tuesday. Email bedfieldmonksoham@btinternet.com

We are grateful to **Scarlett & Mustard** who allow us to sell their products at very competitive prices. You can view their full range [here](#). Please order these by Sunday evening for collection on Tuesday.

Can you help us store some tables?

The Community Club recently purchased some folding tables to replace some wooden ones. We don't really want to throw the old ones away, but we currently don't have room to store them. There are five such tables, each measuring 4 foot by 2 foot. We are only likely to want them for the annual fete.

If you could store one or more, please contact us using the details at the bottom of this newsletter.



Mid Suffolk funded Activities at the Hub this winter.

These were listed in a previous newsletter, which can be viewed [here](#).

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. (Closed 20th February)

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.

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

For all the latest information, remember to check the websites bedfield.onesuffolk.net and monksoham.onesuffolk.net

Email bedfieldmonksoham@btinternet.com or phone 01728 628046 for more information or to be added to the mailing list. We will deliver a hard copy to residents without internet access on request.