

# Brunby Newsletter

June - July 2020



**Community and Parish News  
from Brundish and Wilby**

## Local Services Directory

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RECTOR	Rev'd David Burrell	01986 798136
Asst CURATE	Rev'd David Mulrenan	07881 481745
BRUNDISH PCC SECRETARY	Tina Smiddy	01379388298
OIL SYNDICATE	Tim Gillingham	01728 628752
OIL	Rix Petroleum	0800 5424924
CINEMA	Priscilla Williamson	01379 388034
BRUNDISH HALL HIRE	Emma Henchoz	07774552820
WILBY HALL HIRE	Ian Taylor	01379 388112
POLICE	Community	01986 385300
WIRELESS BROADBAND	Fram Broadband	01728 726507
DEFIBRILLATOR (BRUNDISH)	Peter Palmer	01728 628696
DEFIBRILLATOR (WILBY)	VETS	01379 844704
DOCTOR	Framlingham Surgery	01728 723627
DOCTOR	Stradbroke Medical Centre	01379 384220
DENTIST	Framlingham Dental	01728 723651
VET	Framlingham	01728 621666
VET	Castle Framlingham	01728 723481
GYM & SWIM	Stradbroke Fitness	01379 384376
NEWSLETTER	brunbynewsletter@gmail.com	
SCHOOL	Wilby Primary School	01379 384708
SCHOOL	Thomas Mills	01728 723493
SCHOOL	Stradbroke	01379 384387
LIBRARY	Framlingham	01728 723735
MILK DELIVERY	Milk & More	01493 660400
TAXI	Country Cars	01728 724377
TAXI	Warnes	01728 724160
BUS LINK	Connecting Communities	01449 614271

## From the Editor

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Dear All,

As I'm sure you will have noticed this edition is a tad on the thin side compared to normal. The reason of course is that the dreaded Covid-19 has pretty much stopped all forms of events and activities - what should normally be the busiest time of year just isn't. On top of that distribution at the moment is also challenging because of the impact the situation is understandably having on our delivery volunteers. Hopefully things are going to improve soon, but given the circumstances I've been considering the best way to take all that into account as well as looking at various ways of being able to produce a monthly edition and to perhaps also give us the option of sending out special updates etc.

All that considered I am proposing, starting next month, to introduce a monthly newsletter but with it alternating between printed and e-mailed versions, basically an eNewsletter for the in-between months. The newsletter will also be published on the village web site. There are some complications to overcome doing all this, so things may change as time progresses, but I will update you through the newsletter if and when they do. Where it goes next depends on its success and your feedback - potentially we could go entirely over to eNews, continue to alternate or revert solely to print. Please do let me have your views.

If you wish receive the eNewsletter then I will need your e-mail address for the distribution list. Your contact details will be treated in confidence according to GDPR rules, used only for

Brunby News and for no other purpose. The eNewsletter will contain an opt out so that you can easily stop receiving all future editions should you so wish.

**H**ave you got any stories, anecdotes or other information you would like to share in the magazine? With such a wide range of backgrounds, hobbies and interests among residents in our two villages there must be lots of potential features, regulars or one offs. Please help to make your magazine essential reading for everyone! If you would like to help please send your contribution in or contact us on the e-mail address below.

**S**pring is just such an astonishingly wonderful season, and so aptly named. In just a few short weeks our surroundings have been completely transformed and we now find ourselves surrounded by lush new greenery and a natural world quite literally humming with activity. It all happens incredibly quickly, but we are all so accustomed to seeing it happen that it's easy not to be impressed.

It's a fantastic opportunity to get some good photos, we recently just missed capturing a shot of a sparrow hawk grabbing a wagtail chick right in front of us, poor little chap! We'd like to feature some in the first eNewsletter - why not send some of your own in to the e-mail address below..!

Best wishes.

*Neil Parson*

brunbynewsletter@gmail.com

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Email: [stephanie.a.harvey01@gmail.com](mailto:stephanie.a.harvey01@gmail.com)



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# Brundish Parish Council

Our Parish Clerk, Mrs Dina Bedwell, has been granted full delegated powers, which enables her to continue essential work of the Council within its Standing Orders and Financial Regulations. Existing rules did not permit the use of technology solutions such as Zoom to hold meetings remotely, but this is now changing and we are planning to hold our first meeting to be held in this way on 17th June.

Brundish residents will be able to join the meeting as observers. Full details about meetings dates and the method of joining will be available on our web site where you will also find minutes and agendas for all our meetings. See <http://shorturl.at/ayUZ2>

Dina Bedwell, Parish Clerk [brundishparishclerk@msn.com](mailto:brundishparishclerk@msn.com)

Tel. 01473 788510



## BRUNDISH FILM PROGRAMME 2020

We hope to start films again in October 2020.



## BRUNDISH BARISTAS!

First Thursday of the month from 10.00am-12.00pm

We hope to be able to see you all later in the year, after the Summer break!





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# **Fressingfield and Stradbroke Dispensary News**

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Opening Times

## **Fressingfield**

MONDAY - FRIDAY 8:30 - 6:30 (CLOSED 1 - 2 FOR LUNCH)

## **Stradbroke**

MONDAY - FRIDAY 8:30 - 12:30, MONDAYS AND FRIDAYS ONLY 3:45 - 6:15

We are following social distancing rules with 2 metres between patients collecting prescriptions or attending the surgery, and a 1 at a time rule. Please stand behind the chairs when you come in to keep everyone safe.

Our current timescales for processing medications is 4 days, so if you put in a request at the weekend it will be ready the following Friday. On weekdays, if you put in a request on a Monday it will be ready the following Monday.

Unfortunately we cannot provide double issues or medications that are not yet due.

The cost of a prescription is £9.15 and we encourage payment by contactless card, if you have regular medication it is cheaper to buy a pre-payment certificate.

If you are vulnerable and unable to collect medications yourself someone else can do so with your consent. If you do not have anyone who can help call us and we can give details of volunteers in your area. Please ensure the person collect for you knows your name, address and date of birth and they will need to know whether or not you pay for your prescriptions. If the collection includes a controlled drug they will require ID too.

### *Ways to help us*

- Where possible please put your repeat requests into the dispensary you will collect from
- Only phone if you really need to, and after 11:00. We are very busy at the moment
- Please fill in the prescription carefully!
- If you order online please specify your preferred pickup, if you do not they will be completed at Fressingfield

### *Finally..!*

We are a small team who want to support you as much as we can. Thank you so much for your patience and understanding at this time. We are working very hard to meet current demand and are grateful for your kind comments and good humour!

If you are self shielding at the moment please take very good care and stay safe. We look forward to seeing you when it is safe to do so.

Fressingfield Medical Centre. Tel: 01379 586456 / 586227

Stradbroke Medical Centre. Tel: 01379 388313 / 384220

[www.fressingfield-medical-practice.co.uk](http://www.fressingfield-medical-practice.co.uk)

## From our Cookery Correspondent...

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### Gin & Tonic Cake

Back in the good old days when we were allowed to travel and take holidays, we came across this recipe and thought it perfect for you lovely residents of Brun-dish and Wilby who enjoy a good tippie or two! If you are lucky enough to have flour, roll up your selves and give it a go, it is delicious and *so good for you* too!!

#### Ingredients:

- 200g butter, softened
- 200g sugar
- 4 eggs beaten
- 200g self-raising flour
- ½ tsp baking powder
- 1 lime, finely grated zest only
- 85ml gin

#### Drizzle and icing

- 100g sugar
- 120ml tonic water
- 3½ tbsp gin
- 1 lime cut in half lengthways and very finely sliced into half moons
- 50g icing sugar

1. Heat oven to 180C/350F/gas mark 4. Grease a 900g/2lb loaf tin and line the base and sides.
2. Cream the butter and sugar together until light and fluffy. Gradually add the eggs, beating well after each addition.
3. Fold in the flour, baking powder and lime zest, then gradually add the gin. Place the mix into the prepared tin, smooth the top to level and bake for 55-60 mins. Test that the cake is cooked by inserting a skewer into the cake and it comes out clean.
4. Place the 100g sugar and tonic water in a small pan and gently warm stirring all the time until the sugar melts. Turn up the heat and boil for 1 minute. Spoon 2 tbsp of syrup into a small bowl and mix in 2½ tbsp of the gin. Set aside.
5. Add the sliced lime to the remaining tonic syrup in the saucepan, bring to the boil and simmer for 5-7 minutes until the lime slices are soft and the syrup thickened. Leave to cool.
6. As soon as the cake comes out of the oven, poke holes into the top with a skewer and drizzle over the reserved gin syrup. Leave to cool on a wire rack.
7. Make the icing by mixing the icing sugar with the remaining gin until smooth. Remove the cake from the tin and paper. Put the icing into a piping bag and drizzle over the cake. Decorate with the lime slices and leave to set.





## And for our junior chefs....

### Veg & Nut Noodle Stir Fry

This is a very quick and tasty dish which will serve 2 people but is easily amended to feed more if required. Make sure you have all your ingredients ready prepared before you start to cook.

#### Ingredients:

- 85g dried noodles
- 2 tsp clear honey
- 2 tbsp dark soy sauce
- 1 tbsp olive oil
- 4 cm piece of fresh root ginger, grated
- 1 clove of garlic, crushed
- 2 carrots, cut into batons (sticks)
- ½ each of red and yellow peppers, deseeded and sliced
- 175g broccoli, slice into bite-size florets
- 100g mushrooms, thinly sliced
- 6 spring onions, cut into thin strips
- 60g cashew nuts or peanuts



1. Cook the noodles according to the packet instructions, then drain.
2. Put the honey, soy sauce and 2 table spoons (tbsps.) water in a small bowl and stir to mix. Set aside
3. Heat the oil in a large frying pan or wok. Add the ginger, garlic, carrots, peppers, broccoli and mushrooms and stir fry over a high heat for 3-4 minutes until crisp but tender. If they stick before being cooked, carefully add a splash of water to the pan.
4. Add the spring onions and stir fry for 1 minute more. Add the noodles and sauce then toss to combine. Warm through then soon onto plates and sprinkle over the nuts.

You can experiment with alternative vegetables, baby corn, courgette, runner beans or leeks would all work well.

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**ST LAWRENCE, BRUNDISH**  
**AND**  
**ST MARY'S, WILBY**  
**PARISH NEWS**



The Rector David Burrell  
The Rectory, 15 Noyes Avenue, Laxfield IP13 8EB  
Telephone: 01986 798136  
e-mail: [theparsnips@googlemail.com](mailto:theparsnips@googlemail.com)

## From the Rector

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Corona virus has changed all our lives some for the worse and some for the better. This time last year we lived in a different world. I think the virus has done two things for our world, first, it has taught us that we do not own this world and we are not in control of it. We are subject to it and all our attempts at reining in nature have ended in disaster or at the very best are temporary. This tiny, nano size virus has brought our version of the world to a grinding halt and I hope we have all taken time to reflect on what this might be telling us. Our hubris has led us to believe we are indestructible but we are not. People have died, many have fallen sick, and we do not know if our economies will recover. Human society has taken a bashing.

Yes, it has but we have discovered heroes living among us as well, heroes who are prepared to sacrifice themselves for the well-being of others and we all know who these people are, to them I say thank you. This leads me on nicely to the second thing that has happened to our world; Corona virus has done all these horrible things but it has brought out the best in us as well. Communities have pulled together, neighbours are looking out for one another, (and I don't mean those living next door), but those living in our communities. For example, Bedfield held a wonderful scarecrow festival, not to raise money but simply to celebrate Bedfield and its people and recognise VE Day.

Laxfield's Covid 19 support group will be looking into creating a permanent Good Neighbour group. Church has carried on through the marvel of zoom and it has been wonderful how those

living in different parishes have discovered new people and have worshiped with one another. I hope and pray we do not lose some of the good things that have come out of this.

All through these last few weeks I have been upheld by prayer and knowing we are doing God's work by fulfilling the one great edict he has given to us. Love one another, not for gain or duty but because we simply want to care.

Love one another with pure heart perfectly.

David

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## **Community Support Information**

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### **Help at Hand Service**

To anyone one who is self-isolating for medical reasons, please be advised that our "Help at Hand" scheme is still up and running and able to assist anyone in Brundish and Wilby with shopping or collections of prescriptions. If you need help or advice, please call

- David Mulrenan - 07881 481745
- Amanda Thomson - 07827 324607
- Sheila Pipe - 07579 002043

Your churches in Brundish and Wilby are at your service in prayer and practical help ***whether you are a church goer or not.***

### **Access to our Churches**

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St Lawrence's Church, Brundish and St Mary's Church Wilby

As you will be aware, all public acts of worship have been suspended during the Coronavirus Lockdown and our churches have sadly been closed and locked for an indefinite period.

Subsequently though, the Church of England have slightly relaxed these rules and now a designated minister will have permission to enter the church for private and intercessional prayers for those in the villages they serve, and especially those who are sick or in difficulty. Regrettably, we can not yet allow anyone into the church by releasing the key.

Reverend David Mulrenan has been selected as the designated minister and would be pleased to add any prayer anyone would like him to say in the church. To contact David, please call 01728 628063 or 07881 4817459 (you are may be asked to leave a message on Voicemail) or e-mail [djmulrenan@gmail.com](mailto:djmulrenan@gmail.com)

Thank you.

### ***Help at Hand.***

The Reverend David Mulrenan,  
Assistant Curate,  
The Four Rivers Benefice.  
Tel: 01728 628063 or 07881 481745.

## Church Services

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Please note that services at our churches remain suspended until further notice following the directive from the Archbishop of Canterbury on 17<sup>th</sup> March.

Please call one of our ministry team for the latest updates and for new on when the suspension is to be lifted.

### Zoom Services

Our Benefice Services using Zoom throughout the week and especially 11 a.m. on Sunday have proved very popular. We are able to have both Holy Communion and Family Services with musical accompaniment for hymns. Should you wish to join in, Chris Smart will educate you in the art of using Zoom (it is quite straightforward).

Please phone Chris on 01728 627838 or e-mail her on christinemsmart@aol.com

We will be very glad to see you and welcome you on board.

### Home Prayer Services

The Diocese of St Edmundsbury and Ipswich have furnished clergy with a Home Prayer Service for each day of the week which some people may find comforting during this difficult period. If you would like copies of the services, please telephone David Mulrenan on 01728 628063 or 07881 481745, or e-mail me on djmulrenan@gmail.com and I will send you copies. If you don't use e-mail I will print copies for you.

Please note St Edmundsbury Cathedral will livestream services as per the times below on Facebook.

- Evensong/Evening Prayer Monday -Friday at 5.30pm, Saturday and Sunday 3.30pm
- Sunday at 10.00 am

### WILBY VILLAGE HALL

Previously advertised events have been postponed or cancelled. If in doubt check with Ian on 01379 388112.

## **Wilby Parish Council**

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The Parish Council has not met since its last meeting on 4 March 2020 because of the current coronavirus restrictions. It has not yet proved necessary to convene a formal meeting of the council. If it does become necessary for the council to meet collectively to consider matters requiring a formal council decision then the intention is to set up a virtual meeting to which the public would have access. Details would be made known on the Parish Council noticeboard and through the council's email register. Meantime the Annual Parish Meeting has been postponed to May 2021.

The Wilby Neighbourhood Plan is going through the final stages of preparation before its formal submission to the District Council. The Parish Council will need to meet (virtually) to sign off the Plan for submission, this meeting hopefully taking place in June/July 2020. The public will have access to this meeting as observers but will not be able to comment upon or challenge the content of the Plan. There will be a further opportunity for public comment before a referendum is held on the Plan.

*Ian Williamson, Chairman*

*01379 388034*

*Julie Collett, Clerk*

*01986 798258*

## **Covid-19**

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Wilby Parish Council is aware that the present Covid-19 emergency is a very worrying time for us all. The Parish Council will do all that it can to help or to direct people to where help will be available. Our churches have recently

launched a scheme offering immediate help with shopping or running errands from a team of nominated helpers in Brundish and Wilby – details are given in the leaflet Help at Hand – Coronavirus recently distributed to each household. We also understand that the NHS is approaching directly those with serious underlying health conditions in our communities to offer advice and direct help.

If you have a problem which you think the Parish Council can help with, please contact a member of the Council with the details concerned. Members of the Parish Council and their contact numbers are:

- Ian Williamson, Chairman - 01379 388034 ( Note currently self isolating until further notice)
- Steve Lee, Vice Chairman – 01379 388653
- Karen Collins – 01379 388415
- Robin Cross - 01379 388280
- Rebecca Regis – 01379 388652
- Julie Collett, Clerk – 01986 798258

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Charlotte's Wood is an oasis of calm situated on the outskirts of Wilby. It comprises cottage and gardens, two luxury holiday lodges, a wooden cabin and 2.5 acres of private woodland. Charlotte, a former primary headteacher, is a qualified Forest School Leader and FSA endorsed trainer who facilitates various woodland activities to encourage people to 'connect with nature'.

### **Woodland activities:**

- Little Woodies – Parent and Toddler Forest School on Friday mornings during term time
- Wild Wood Holiday Club – for children aged 4-11 years during holidays
- Woodland Birthday Parties for children
- Wild parties for Hens, Baby Showers, Birthdays and Team Days
- Forest Bathing and relaxation
- Christmas wreath making

### **Forest School:**

- Level 3 Forest School Leader training
- Forest School Taster Days
- Woodland activity days
- PD and staff well-being days



Charlotte is a qualified British Nordic Walking Instructor and uses specially designed walking poles to teach individuals and groups the Nordic Walking technique which improves posture and gait, burns more calories (than normal walking) and relieves pressure on joints. It's a fun way of getting exercise outdoors that anyone can do.

Need extra space? At Charlotte's Wood we have two, luxury lodges (awarded 5 Stars and 5 Stars Gold by 'Visit England') available to rent for breaks and longer stays all year round. One sleeps four and the other two people. We also have a log cabin situated on the edge of the woodland for those who want to get closer to nature; and options for camping too!



For more information contact Charlotte - Tel: 07879 653488 Email: [head@charlotteswood.co.uk](mailto:head@charlotteswood.co.uk)  
Website: [www.charlotteswood.co.uk](http://www.charlotteswood.co.uk) Facebook: Charlotte's Wood YouTube: Charlotte's Wood

## News from Wilby CEVC Primary School

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Wilby CEVC Primary School continues to remain open for vulnerable pupils and the children of our key workers. The school is also providing daily learning programmes for all pupils using Class Dojo and the school website. It has been great to see photos of home-learning and to 'chat' to parents on a daily basis about how things are going.

Like everyone else, we hope that this period of national crisis passes as quickly as possible-we miss all of our pupils and can't wait to open fully again. In the meantime want to say a big thank you to all of our NHS and front-line workers and to our families at home we ask that you keep safe and well.

Mrs Wiseman and the Wilby staff





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Every Thursday - Term Time

Wilby School Hall 10am-11.15am



Everyone welcome to  
come and join the fun!

visit us at <http://www.wilbyprimary.org.uk/> or call us on 01379384708

# Brundish and Wilby Defibrillators

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## 4 steps to take if someone is having a cardiac arrest

Cardiac arrests can happen to anyone, at any time. The following steps give someone the best chance of survival. If you come across someone in cardiac arrest:

- **Call 999.** *If calling from Brundish also request the Defibrillator access code*
- Start CPR
- Ask someone to fetch a defibrillator (*see below*)
- Turn on the defibrillator and follow its instructions.

### Brundish Defibrillator

- Located in the old telephone box on Crown Corner
- Access code available via 999 (Ambulance Service)
- If you need help to fetch the defibrillator call **01728 628696**. This service is voluntary, availability is not guaranteed

### Wilby Defibrillator

- Located in the old telephone box near the village hall
- The access code to open the defibrillator cabinet is C159X.
- If you need help to fetch the defibrillator in an emergency call **01379 844704**. This service is voluntary, availability is not guaranteed

## Who can use a defibrillator?

Anyone can use it, you don't need to be trained. There are clear instructions on how to attach the defibrillator pads. The unit will then assess the heart rhythm and will only instruct you to deliver a shock if it's needed. You cannot deliver a shock accidentally; the defibrillator will only allow you to shock if it is needed.  
*Source: British Heart Foundation*

## JPF TREE SERVICES

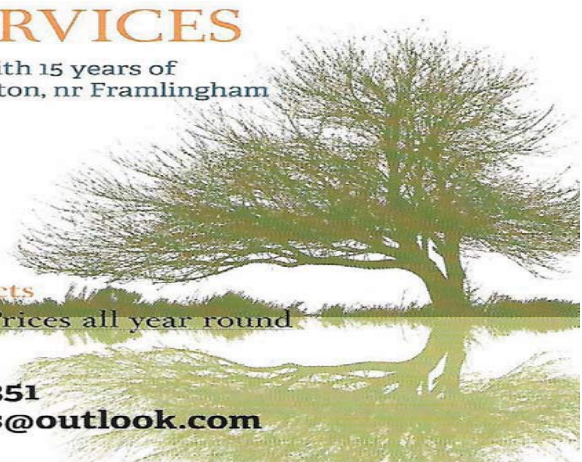
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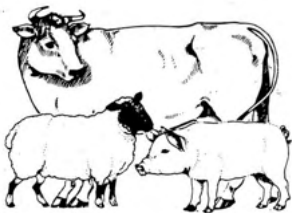
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**C**onnecting Communities is a transport service provided by Suffolk County Council to help people who might not have access to a regular bus service travel around the county



Do you find it difficult to get to college, to the shops, medical appointments or to visit your friends and family in the county?

When you need to make a journey and there's no public transport available to you locally, we'll collect you and connect you to an appropriate bus route or train link for onward travel so you can reach your destination quickly and easily. For journeys where connecting to other services is inappropriate, end to end journeys may be possible.

### **How to use it**

1. Call your local area operator up to a week before you'd like to travel – they'll be able to answer any questions you might have.
2. Book your journey (visit the 'my area' page to request a journey via our online form)
3. Travel to your destination

### **How much will it cost?**

Connecting Communities fares are based on average bus fare costs for journeys of the same or equivalent distance.

### **For more information**

call 01449 614271 on weekdays 8:00—16:00

## **Wilby (& Brundish) Women's Institute**



WI is mainly about getting the girls together, making new friends, having a good chat and widening our knowledge on a variety of topics.

We are a fun and friendly group - No Jam or Jerusalem!

We welcome new members of all ages.

We meet every Third Thursday of the Month, 7.30pm

Wilby Coronation Hall

Full programme details <http://sefwi.org.uk/institutes/wilby>

More information contact Anita Redwood 07979 120050 or email [anita.redwood@hotmail.co.uk](mailto:anita.redwood@hotmail.co.uk)

***If you would like to go, but need a lift we can arrange transport.***

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## Cover Story..

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The picture on this month's cover depicts a sight I imagine that we all love to see, that of swallows swooping overhead. It is painted by local artist Becky Munting who specialises in depicting nature including birds, animals and even insects such as the lavender beetle shown here. To see more of Becky's work go to [www.beckymuntingart.co.uk](http://www.beckymuntingart.co.uk) or

Instagram - @beckymunting



**D**o you have you a picture, painting or photo that you would like to put on the magazine's cover? It would be really nice to feature some pictures sent in by readers so, if you do have something suitable why not send it to [brunbynewsletter@gmail.com](mailto:brunbynewsletter@gmail.com), and if you don't have anything yet then why not dust off your camera (or brushes). It would really bring something extra to the magazine. Thanks

## Events Diary

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**Due to the Covid-19 crisis the events diary is empty!**

*To add your local event to this diary email [brunbynewsletter@gmail.com](mailto:brunbynewsletter@gmail.com)*

## Publishing Deadlines

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Please send any contributions **no later than the 23rd of the preceding month.**

Note that contributions, articles etc may be edited in order to make them suitable for publication.

**Ad**vertising in this newsletter is cheap, effective and helps support its production costs. Adverts appear in each printed issue for one year from payment of invoice. For more information contact

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