

FINNINGHAM NEWSLETTER

WINTER 2024-25

December-January-February

Find us online at
finningham.com

the editor opines...

“Send in the clowns. Don’t bother, they’re here.” Judy Collins wasn't singing about American politics – so why do her words keep coming back to me? The clowns are here and now they are in charge.

I should confine myself to village matters. I am once again grateful to those who contributed articles, photos etc. for the newsletter, and especially to David Wadlow for his items, one of which is John Sewell’s obituary. John was a real character and a man of many talents - and a valuable member of our little group, now called Friends of Finningham. For several years he and his wife Dilys produced this newsletter.

A very Merry Christmas to you all!

Ian Armstrong

P.S. At the time of printing there are still 2 places available for the Christmas Lunch. Phone Mary on 781628

Your newsletter is produced by Friends of Finningham.

Contributions for the spring edition must reach the editor by 20th February.

Email: ianbacton@aol.com,

phone 01449 780215.

John Sewell

6 February 1941 – 12 September 2024

Many of you in the village will have fond memories of John, whether it be his ability to repair or make things, gardening tips or for just being cheerfully helpful and friendly. You may also remember that John, together with his wife Dilys, was the editor of our newsletter for a number of years.

John was born in Forest Gate, London. He left school at 16 to take an apprenticeship with Trinity House where he was trained in the maintenance of lighthouses. After his marriage he settled in Billericay, Essex where he undertook voluntary fireman duties.

John was widowed at the age of 41 with two young children. He sought support from Gingerbread, the charity which offers assistance to single parent families.

This is where Dilys came on the scene. They moved to South Woodham Ferrers, Essex where John got to work extending the house to accommodate a family of six and a menagerie of animals.

John and Dilys downsized and moved to Finningham in 2008 where he transformed an enormous paddock into a beautiful garden. The beauty and utility of all the thousands of things he lovingly created and tended to with his hands over his full and productive life will continue to bring joy for generations to come.

But Which Website??

If you like to get your village news online you have a choice of websites, possibly more than strictly necessary. There is the tried and trusted **finningham.com**, and then there's a Facebook site (or is it Meta?) **Friends of Finningham** (everything you need to know about the fish and chip van). The Parish Council has its own site **<https://finninghamparishcouncil.gov.uk>** - and they have recently launched another Facebook page in the hope of better communicating with parishioners. Please "like, follow and share": **<https://www.facebook.com/profile.php?id=61556497889695>**

St. Bartholomew's, Finningham

Come and join us - All ages welcome

STIR UP SUNDAY

Sunday 1st December 11am

**Come and Stir Up a Christmas Pudding with
your Christmas Spirit!**

Ingredients provided, come and join the fun!



CAROLS AND CHRISTINGLES

Sunday 15th December 3pm

**Join us with Carols and Christingles to light
In a warm church with a warm welcome!**



Turkey and Ham Crumble

Now, let's be honest. How many of you, at Christmas, bought a turkey larger than you really needed; bought a gammon joint for Boxing Day although you would have half the turkey still to eat; bought a half wheel of Stilton Cheese, not knowing when you might be eating it? Well, here is a recipe for using up some of the leftover food. You can leave out the Stilton if you avoided the temptation to buy it.

FOR THE FILLING

50g unsalted butter

2 leeks, halved lengthways and finely sliced

2 garlic cloves, crushed

50g plain flour

700ml hot chicken or turkey stock

200ml double cream

1tbsp wholegrain mustard

200g leftover, cooked turkey, shredded

200g leftover, cooked ham, shredded

FOR THE TOPPING

100g dried breadcrumbs

1 lemon, finely grated zest

Small handful of parsley, finely chopped

1tbsp olive oil

50g Stilton, see intro.

For the filling melt the butter in a large pan over medium heat. Add the leeks and cook for 8-10 min, until softened. Add the garlic and cook for 1min, until fragrant.

Stir in the flour and cook for 1min. gradually whisk in the hot stock. Bring to the boil, whisking constantly, then bubble for 5min, until thickened. Stir through the cream, mustard, turkey, ham and some seasoning and bubble for 2min until slightly thickened. Pour filling into a roughly 2.5 litre ovenproof serving dish.

Preheat oven to 200C (180C fan) mark 6. For the topping, in a medium bowl mix the breadcrumbs, lemon zest, parsley, oil and some seasoning. Scatter over the filling, then crumble over Stilton.

Cook in the oven for 25-30min, or until golden and bubbling, covering with foil if browning too much.

Serve with steamed seasonal greens (including surplus Brussel Sprouts!) if you like.

Enjoy.

Taken from Good Housekeeping.

David Wadlow

WESTHORPE VILLAGE HALL ACTIVITIES

YOGA Monday (weekly) 10:45am-12:15

Contact: Juliet Wright. Tel: 07503 212670 jujuyoga39@gmail.com

ART CLUB Monday (fortnightly) 2:00-4:30pm.

Contact: Paul Weston. Tel: 07860 376592. paulwestonarchitect@gmail.com

LINE DANCING Monday (weekly) 12.45-1.45pm

Contact: alisonweston25@hotmail.com Tel: 07972 415205

CARPET BOWLS Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 jeffmoore297@hotmail.com

John Gladders 01449 780365 dijongladders@gmail.com

CRAFT CLUB Tuesday (fortnightly) 10:00am-12:00

Contact: Lynda Cotgrove. Tel: 01449 780142 / Rosemary Mees. Tel: 01449 780394

SINGING FOR PLEASURE Wednesday (three weekly) 10:00am-12:00

Contact: alisonweston25@hotmail.com Tel: 07972 415205

PILATES Wednesday 12.15-1.15pm

Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

GENTLE FITNESS Friday 10.00 - 10.45am

Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

Please check the village website at westhorpe.onesuffolk.net for details,
or contact Alison Weston on 07972 415205 or wvhbooking@hotmail.com

SOUNDS FUN 3rd Thursday of each month. An evening of DIY music, £2. 7.30—9.30. [Note :19 Dec, start time is 2pm. Seasonal nibbles in the interval] Contacts: grahamhammond@outlook.com or Alison Weston Tel: 07972 414205

I have a dilemma.

I am a creature of habit. I get up every morning at 7.30. I do my weekly shop on a Wednesday at Tesco.

A Community Bus, now discontinued, brought shoppers, generally elderly ladies, to the store giving them a couple of hours to do their shopping at a leisurely pace. Some knew what they needed to buy, others had shopping lists but did not seem to consult them. They had probably left their reading glasses at home.

I have a shopping list and a mental note of items I purchase every week. It always seemed that when I got to the section to buy, for example, ham there would be one of the bus passengers standing in front of the cooked meats cabinets, clinging to their shopping trolley, preventing me and other shoppers from getting to within about six feet of the cabinet shelves.

When the Community Bus was discontinued, the passengers had to persuade somebody to bring them to the store. I have assumed it will be their partners who are either bored to tears or enthusiastically discuss whether to buy the wafer thin ham or the one that is on special offer. Whichever category they are, they will be either blocking access to even more cabinet shelves or standing "out of the way" in the middle of the aisle.

To avoid the bottlenecks that I encountered, I break my routine and get up at 6.30 on Wednesdays to complete my race around the store.

My dilemma is 'what time will I have to get up in the coming weeks before Christmas to avoid the crowds who will be panic buying, ignoring the fact that the shops will only be closed for one day.

David Wadlow (tongue in cheek!)

Harvest Festival

Friends and neighbours joined together to give thanks for the harvest.

For the hard work of our farmers and the difficulties they often work under. We are so lucky to have sufficient food for our needs, so many people around the world and here in this country do not.

At our Harvest Festival we collected 21kg of food for the Stowmarket Food Bank. Giving is a blessing, so thank you to those who brought their gifts. I know that many of you give in other places and ways.

It was a joyful service of hope, joy and thankfulness. Marion

After many dull dark days the sun shone as we began our Remembrance around the village war memorial. 50+ of our villagers of all ages gathered to honour the sacrifice our service men and women have made in two world wars and continue to do so up to the present day. After the two minute silence wreaths and crosses were laid.

We then went into the church for hot drinks and snacks and to be together for reflection and conversation.

Marion



CHRISTMAS APPEAL FOR STOWMARKET FOOD BANK

Donations would be gratefully received and very much appreciated at this special time of year. There is a collection box in the church porch. If it is more convenient for you, bring donations to Stir Up Sunday or the Carol Service. Let's see if we can match our Harvest Festival giving.

Many thanks, Marion

KEEPER'S DAUGHTER

"If you're looking for an intimate festive family outing, this is just the ticket." - EDP

the seagull
transforming our community through the arts

BREHENY
CIVIL ENGINEERING

A CHARLES DICKENS' CHRISTMAS CAROL

Friday December 20th 6.00 - 7.00pm (no interval)
Westhorpe Village Hall
£8.00 adult, U16 £4.00, go to westhorpe.onesuffolk.net
Bar, seasonal snacks, raffle
Stay and have a drink with the cast afterwards



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World Kindness Day is an annual event created to celebrate kindness with all its wonderful benefits. This special day is the ideal opportunity to promote kindness in all forms, such as acceptance, diversity, and love. This year it fell on 13th November 2024. This celebration made me question my own thoughts and beliefs about kindness.

Everyone talks about being kind, we see and wear slogans on our t-shirts and jumpers about how kind we are as part of a fashion statement. So, when I started to consider what kindness meant it quite surprised me just how much has been written about this subject. There are articles by nurses, philosopher's, management gurus who all saw kindness as a positive facet of human nature.

What do we mean by the word kindness, a definition could be the quality of being warm hearted sympathetic, considerate & humane? Many people aspire to being kind which is a wonderful heart-warming commitment. But do we know how to be kind? What does it mean to us as individuals?

With so much discord in the world today we need to start a kindness revolution not just with our families and friends but between our colleagues, neighbours and of course those that we meet as we go about our daily lives.

Positive relationships with our fellow people and colleagues are important they help us to feel good each day, it can make going to work an enjoyable experience. Let's face it we spend a lot of time together in the workplace and infusing kindness where we spend so much time can go a long way with our team members.

Respect is the foundation of all good relationships, so we need to do our best to avoid offending those we meet, we need to lead by example, recognise each other's strengths and value what others bring to the table. We need to be nice to others, kindness is not difficult it does not require money, training or a heroic effort, no act of kindness is ever wasted. So how can we achieve this?

In my former life as a Quality Inspector I taught staff ten simple ways that an individual can make an enormous difference towards others.

Treat everyone with kindness not because they are nice, but because you are.

Give help willingly when help is needed.

Always remember to treat people the way you would like to be treated.

Welcome new people to the place where you live, work, or spend leisure time.

Practice good manners.

Praise peoples' efforts, attitudes, and work.

Practice non- judgment.

Extend friendliness to shy individuals.

Commit to not supporting gossip.

Pay a compliment, do not be afraid to say something positive about another person.

Of course, we are human and sometimes we make mistakes. We can be a little sharp or say things we do not mean in anger but the power of saying sorry is humbling which is another story for another day.

'Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.'

Ephesians 4:32 English Standard Version

'Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.'

Leo Buscaglia

"Kindness is the golden chain by which society is bound together."

Johann Wolfgang von Goethe

If you have ventured up Westhorpe Road during the summer, you may have noticed that it looked more "spick and span" than usual. This is because Cayden Roper, who lives in the village, undertook to regularly litter pick in the area, as part of his Duke of Edinburgh Bronze Award volunteering section. If there are any other young people in the village who would like to do something similar, it is just a matter of letting the Parish Clerk know in order to cover H and S concerns on clerk@finninghamparishcouncil.gov.uk Well done Cayden and good luck with the rest of your award.

Catherine Winter



Ear We Go
Mobile Ear Wax Removal
Microsuction & Irrigation
My name is Georgie
Please call, text or email for
an appointment
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Earwego12@gmail.com
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National Service – Part three

In the last issue of your newsletter, I said that I would tell you about what I got up to outside camp; well some of it!

I think I was lucky because in my first job after leaving school, there was a senior chap (and let's be honest, everybody there was more senior than me!) who had a surname similar to mine and I regularly received his personal telephone calls. I learned that he had been seconded to the East African High Commission in Nairobi. I made contact with him. I am sure he did not have a clue who I was but graciously invited me to his home. His wife collected me and a couple of the lads from camp and took us to their home and introduced us to their expat neighbours. I kept in touch with them all throughout my time in Kenya.

Another reason I was lucky were the people in the billet, in particular Roy and Dave, who I mentioned last time. They had beds each side of me. Roy was a few years older than the rest of us because he was allowed to complete his apprenticeship before being called up. He was able to buy a van. We packed it with an Army issue tent, large enough to sleep about eight people, and some provisions and went on a trip to a Game Reserve. Roads within the reserve were just bumpy tracks which tested the van's suspension. On the way to the visitor centre we came across some Maasai warriors. They were in traditional dress which consisted of a sheet of cloth tied over their right shoulder. The young female wore plenty of necklaces and a cloth tied at the waist. We stopped as they indicated that they wanted something. It was water and they also indicated that they wanted us to give a lift to the young lady, who appeared to be pregnant. It was all carried out in sign language. We agreed, hoping that she would let us know when we reached her destination. There were only four seats in the van. I occupied one in the back and next to me was the large box of provisions. The young lady plonked herself down squarely in the passenger seat. That left Dave having to straddle the gear lever so that Roy had enough room to drive. Roy's concentration on his driving was easily distracted as there was a lot a lot of wobbling and shaking going on by our guest as we went along the bumpy track.

The young lady kept on saying 'Meme Maginga'. We assumed she was telling us her name so we told her our names. But she kept on repeating 'Meme Mganga' until we dropped her off at her destination. I can recall nothing about where we left her. I cannot imagine that we left her in a place where there were no other people.

We had previously booked a Park Ranger to show us the wild life. The reserve had chalets for those who could afford it, but we had a DIY, economy version. The ranger greeted us and told us where to pitch our tent. I was a bit wary of the pack of baboons that were roaming about. I wondered whether Roy's van would end up with a patch of bare metal. I understand that baboon urine is a very effective paint stripper.

Having dumped the tent the Ranger took us on a tour. We asked the Ranger what 'meme Maginga' meant. He laughed and appeared to be embarrassed but eventually told us that

she was saying that she was mad. Presumably that was because she did not understand what we were saying!

The wildlife programmes on television show numerous vehicles surrounding the wild cats so that the tourists can see and photograph the animals. On our tour there were no other vehicles or humans in sight. It was glorious. We saw giraffes, zebras and warthogs but the highlight was getting up fairly close to a pride of lions which had, fortunately, full stomachs. A memory to cherish, which I do today, over sixty years after the event.

Next time I will tell you what it was like camping in the Reserve and where we went when we left there.

David Wadlow

What's On - at a glance:

Sunday 1 Dec. Stir Up Sunday 11am

Tuesday 3 Dec. Coffee with David and Dorothy Negus, Appletree Cottage.

Saturday 7th Dec. Christmas Lunch

Sunday 15 Dec. Carols and Christingles 3pm

Thursday 19 Dec. Sounds Fun, 2pm, Westhorpe

Friday 20 Dec. A Christmas Carol, Westhorpe Village Hall

Christmas Day 9.30 Holy Communion Family Service

Saturday 28th Dec. Coffee and books in the church, 10am.

Thursday 16 Jan. Sounds Fun, 7.30-9.30, Westhorpe

Monday 27 Jan. FoF meeting, 7.30 in the church. All welcome.

Thursday 20 Feb. Sounds Fun. 7.30-9.30, Westhorpe

Saturday 22 Feb. Coffee and books in the church, 10am.

BUS SERVICES

Finningham to Stowmarket: Weekdays 9.45(ish) from Wickham Road near The Old Post Office. Departs Stowmarket at 1pm.

Fares: single £2, return £3.70, local “short hops” £1.50

Free for concession card holders.

Bus timetables Monday, Wednesday and Friday to and from Stowmarket

Gislingham, adj Post Office	0945	Stowmarket, Bury Street	1300
Finningham, White Horse (E-bound)	0948	Stowmarket, Railway Station	1304
Wickham Skeith, The Broadway	0952	Cedars Park, Creeting Road West, Creeting Road Ind. Est.	1307
Mendlesham, Health Centre	0959	Cedars Park, Creeting Road East, Magpie Court	1310
Mendlesham, Kings Head	1000	Cedars Park, Creeting Road East, Mill Street	1311
Mendlesham, Community Centre	1001	Stowupland, Crown PH	1314
Mendlesham Green, Bus Shelter	1006	Saxham Street, Middlewood Green Turn	1316
Saxham Street, Middlewood Green Turn	1010	Mendlesham Green, Bus Shelter	1320
Stowupland, Crown PH	1012	Mendlesham, Community Centre	1325
Cedars Park, Creeting Road East, Mill Street	1015	Mendlesham, Kings Head	1326
Cedars Park, Creeting Road East, Magpie Court	1016	Mendlesham, Health Centre	1327
Cedars Park, Creeting Road West, Creeting Road Ind. Est.	1019	Wickham Skeith, The Broadway	1334
Stowmarket, Railway Station	1022	Finningham, White Horse (W-bound)	1338
Stowmarket, Bury Street	1026	Gislingham, Post Office	1341

Tuesday and Thursday

Finningham, White Horse (W-bound)	0945	Stowmarket, Bury Street	1300
Westhorpe, o/s Bus Shelter	0948	Stowmarket, Railway Station	1304
Wyverstone, adj Church Hill	0950	Cedars Park, Creeting Road West, Creeting Road Ind. Est.	1307
Bacton, Village Stores (S-bound)	0953	Cedars Park, Creeting Road East, Magpie Court	1310
Bacton, Methodist Church (E-bound)	0955	Cedars Park, Creeting Road East, Mill Street	1311
Cotton, opp Trowel & Hammer	0957	Stowupland, Crown PH	1314
Mendlesham, Health Centre	1004	Saxham Street, Middlewood Green Turn	1315
Mendlesham, Kings Head	1005	Mendlesham Green, o/s Bus Shelter	1321
Mendlesham, Community Centre	1006	Mendlesham, Community Centre	1325
Mendlesham Green, o/s Bus Shelter	1010	Mendlesham, Kings Head	1326
Saxham Street, Middlewood Green Turn	1016	Mendlesham, Health Centre	1327
Stowupland, Crown PH	1017	Cotton, Trowel & Hammer	1334
Cedars Park, Creeting Road East, Mill Street	1020	Bacton, Methodist Church (W-bound)	1336
Cedars Park, Creeting Road East, Magpie Court	1021	Bacton, Village Stores (N-bound)	1338
Cedars Park, Creeting Road West, Creeting Road Ind. Est.	1024	Wyverstone, adj Church Hill	1341
Stowmarket, Railway Station	1027	Westhorpe, o/s Bus Shelter	1343
Stowmarket, Bury Street	1031	Finningham, White Horse (E-bound)	1346

Finningham to Bury St Edmunds: Wednesdays, 320 service departs 9.50 from the White Horse (westbound). Return departs 1.25 from Bury bus station stand 3.

Connecting Communities Bus Service: This is a wheelchair-accessible bus that can be booked for journeys within Suffolk by phoning 01449 614271. The cost is around half that of a taxi.

Rural Connect A door-to-door bus/taxi funded by Mid Suffolk District Council, providing transport to facilities in Eye and Diss. Phone 01449 700792 or email andrea.lewis@communitiestogether-ea.org

Fares To Eye £4.50

To Diss £6.50



**FINNINGHAM
COFFEE MORNING
at
ST BARTHOLOMEW'S
CHURCH**

**LAST SATURDAY OF THE MONTH
from 10 AM**

Delicious food



**Come along, have a chat and
make new friends**

Back page: The war memorial on Remembrance Day

(photos: Perry Saunders)

TO THE GLORY OF GOD.
FRED BAKER
HARRY BLOOMFIELD
HARRY BURROWS
ERNEST HOWLETT
ALFRED BAKER
EDWARD SELSBY
PERCY BAILEY
ROBERT ROSE
FRED KERRIDGE
EDWARD LINSTAED
JAMES HOLT
FRED LINCLEY
SAMUEL SILLETT
WILLIAM WARNE
GEOFREY HEAD

IN MEMORY
DEDICATED FOR ALL TIME TO THE
FINNINGHAM MEN
WHO FELL IN THE GREAT WAR 1914-1918

