



August 2019

Wenhaston Warbler

Friends embark on year long cold water challenge in aid of motor neurone disease research and support



Two keen swimmers with strong links to our area are braving the elements to take part in 12 gruelling outdoor swimming events to raise vital funds for a charity close to their hearts. Emily Kell, 31, and Laura-Mai Edwards, 32, are taking part in one event each month over the course of a year to raise money for the motor neurone disease (MND) Association. The money raised will be used to help individuals and families affected by the disease, and to further support research and treatments into MND. The duo were inspired to take on the challenge after Emily's dad, Richard Kell, was diagnosed with MND in August 2017

shortly after retiring as a Halesworth GP.

Laura, whose parents live in Wenhaston, said "we both love swimming, but are not familiar with swimming in freezing temperatures! We had to spend a lot of time preparing for the winter swims, including having daily cold showers and researching cold water immersion techniques." The pair have already taken part in 10 swimming events, raising £5,000 so far. They have three swims left and are hoping to hit their £8,000 target by the end of August. Anyone who would like to sponsor Emily and Laura can visit: www.justgiving.com/fundraising/swimformnd



MND is a rapidly progressive disease that affects the nervous system and impacts on people's abilities to walk, communicate, swallow and breathe.

There is still no cure for the disease, with average life expectancy ranging from six months to five years from the onset of symptoms. Emily, who has been a keen swimmer for many years, said: "The MND

Association is incredibly important to our family, and we are both driven to support others facing this cruel disease. When we were growing up, Dad was always the first to jump into a cold lake, pool or the sea. We always thought he was mad. As he isn't able to swim anymore, I wanted to try to be as brave as him by undertaking this challenge."

Ann Edwards



Shortly after receiving the article above we were saddened to learn of the death of Richard Kell of motor neurone disease. He will be known to many in Wenhaston for his long service as GP in the Cutlers Hill surgery, where he first came as a trainee GP in 1986. He was a tireless champion of health care in our area, working to retain and improve local services long after his retirement and up until days before his death. He was for many years Chair and, together with his wife Barbara, Trustee of the Halesworth Community Care Fund. Later he was a prime mover and Chair of the Halesworth Health charity, working to retain the services centred in the Patrick Stead Hospital. Selfless and cheerful, he inspired all who worked with him, and our sympathy goes out to his wife and family at this difficult time.

Notes from the editors

Thank you as usual for all your contributions. We have noticed recently an increase in the length of some of the articles which people are sending us, and although we are grateful for all your offerings, it is becoming quite difficult for us to find space for everything, and keep to the x 4 page format. Could we request that future pieces aim for a maximum of 200 words, about 1/2 a page, to ensure inclusion. Any longer articles should not exceed 400 words -one A 5 page - unless there is a very special reason for wanting to include more information. As ever, photos, drawings, or other artwork is very welcome.

Contact wenhastonwarbler@gmail.com

Deadline for articles is the 15th of August

Inspired by Becker Exhibition

The 2019 Inspired by Becker Art Exhibition will take place between Wednesday 21 August (6pm preview all welcome), to Monday 26th August, at Holy Trinity, Blythburgh.

The extended (5 day) exhibition will include a talk by Richard Hawking on his newly published book, "At the Field's Edge: Adrian Bell and the English Countryside", a talk which will sound important, timely notes for today's agricultural methods in relation to the environment and ecology, economy and culture of rural life. Our 'Paint-Out' plein air competition will run for 2 days, and the work will be displayed within the main exhibition. Open the 22nd to the 26th August between 10.30 and 5.30 each day, the exhibition

will include the work of 31 artists from across East Anglia. New artists join us each year.

We look forward to welcoming visitors to this beautiful church. Come and spend some quiet time with us, 'away from the madding crowd'.

There will as usual, in addition to the hung work, be unframed work for sale. Card payments are accepted. There's plenty of parking.

Ruth McCabe

Christian Aid Week

Many thanks to all who contributed to the Christian Aid collection this year. Our takings were well up on last year, a grand total of £419.38 of which £293.00 is eligible for Gift Aid thus increasing the overall total.

My personal thanks as ever go to all those who tramp the streets shoving envelopes through doors, also to Margaret Goldstone and Iris Baker of the two churches and Jane in the post office for shepherding filled envelopes my way.

Moira Cooke – Wenhaston collection co-ordinator.

Footpath Walking

A morning village walk will leave from Wenhaston Village Hall at 10am on Tuesday, 6th August. On Tuesday, 20th August Ian Bigwood will lead a walk of 4 ½ miles (3 ½ miles if blisteringly hot!) around Badingham. Meet at the White Horse Inn, Badingham for a 10am start. Lunches to be booked in advance at the 6th August walk or by e-mail to jpbigwood@btinternet.com

For any further information contact Heather Phillips on 01502 478545."

Commons Conservation

Only one work party in August. On Tuesday, 13th August Jonathan Alder will lead a work party on Blackheath. Meet opposite the old warehouse site on Blackheath Road at 10am. ***Heather Phillips***

Is Wenhaston Doomed?

On May 16th Michelle Paver, the acclaimed writer of ghost stories for both children and adults, spoke to an audience at Wenhaston Church about her latest book 'Wakenhyrst'. It is a beautifully written story inspired by the Wenhaston Doom. As she spoke it was fascinating to keep looking at the Doom; she talked about her first sighting of the Doom and how she was taken with the great green Devil.

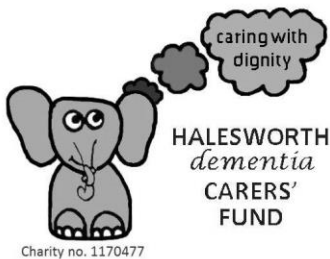
The landscape she describes in the book is the landscape of our coastal marshes and Wicken Fen in Cambridgeshire. The main male character in the book becomes obsessed with the Doom and eventually becomes criminally insane.

What did medieval peasants think of the Doom? They left no records, unlike the rich and powerful, so we can only speculate. The descendants of Wynhaeps (as in Wynhaeps Tun) may have been really scared by it. Such images of damnation were a powerful weapon of social control. The King was God's anointed, he appointed the leaders of the Church so any doubts about the teachings of the Church could be described as social rebellion leading to an eventual descent into Hell. Such teachings lasted well into the 19th century and in the hymn, 'All Things Bright and Beautiful', written by Mrs Alexander, people sang about 'The rich

man in his castle, the poor man at his gate, God made them high and lowly.....'

Perhaps ordinary people in the 15th Century (the Doom was painted in the last decade of the century) were not so easily frightened. They may have enjoyed the thought of their 'social betters' being judged and consigned to Hell! English history has many examples of the 'lower orders' rebelling. The Peasants' Revolt of 1381 shook the establishment - the first Poll Tax rebellion! Perhaps they looked at the Doom in the way that we react to horror stories or films; we like to be scared, but we don't really believe them- or do we? When we look at the news we can easily think we are 'doomed'; mountains of plastic, climate change, air pollution..... perhaps we should stay calm and work out practical solutions to difficult problems.

Brian Withnall



HdCF Report August 2019

On Thursday 11th July 2019 Halesworth dementia Carers' Fund held its 6th Annual General Meeting which reported a very successful year. During the course of the meeting a report was given of the funds achievement in providing care in supporting 26 families on a one to one basis within the Halesworth and District area, in people's homes, together with opportunities in providing days out with a respite care service designed to meet the needs of the individual.

A generous grant was gratefully received from Heveningham Hall Trust towards our costs in providing our Dementia Support Worker, Alice Sparksman, seconded from the Alzheimer's Society, to be at

Cutlers Hill Surgery, Halesworth Library and in the community two days a week where she can be contacted for help, support and sign post to other services. Alice runs a peer support group monthly and plans to develop a 'moving on' group for those who have been bereaved or have a loved one living in residential care and need a different kind of support. She also has delivered 'Dementia Friends' sessions locally to Police Officers and to children at Holton Primary School. HdCF have continued to put on our bi-monthly film matinees with the support of The Cut. We have had three 'firsts' this year – a dance, a sponsored walk and a week in the i-Chameleon pop-up shop in the Thoroughfare. Together with Donations, Fill-a-Jars, Collection Pots and Chari-TEA parties held for us we raised the magnificent sum of £18,000 towards respite care.

Carers Day, organised in conjunction with the Halesworth Volunteer Centre proved to be a busy lively day with stalls, classes and events. An estimated 95 people came to talk and find out information of help to them.

A vote of thanks was given to the families who have donated generously to our charity from funeral collections and also to Jill Denny who continues to support us by selling her popular handcrafted cards throughout the year.

Appointment of Trustees and Committee Members elections:- Patrick Cox, our Family Carer Representative was formally made a trustee and nominated for Chair. Nikki Sawkins, Chair for the last 4 years has now become Vice-Chair and was thanked for all her hard work and presented with a bouquet by Patrick on behalf of the Committee. Tessa Harding, our secretary, stood down during the year and David Rich took over as acting Secretary. David was proposed and seconded at the AGM confirming his appointment.

2019-2020 Trustees Committee:-

Patrick Cox	Teresa Fyfe
Nikki Sawkins	Jackie Rich
Dave Rich	Patricia Flegg
Mary Pennock	Sallyanne Cockrell
Jim Fyfe	Tessa Harding

Our speakers were Phil Love, of Social Prescribing Suffolk, who gave a detailed description of 'Wellbeing' and Karen Kerridge of the Halesworth Volunteer Centre, who talked about 'Isolation Busters'. Both speakers were very well received.

Wenhaston Mother's Union

We all met together in July in the garden at Spindleberry on what was a very pleasant Summer's Day to have the Service for the Wave of Prayer. This Service is celebrated every year in July at all M U's in this Country and around the World when we pray for the Worldwide Mother's Union and especially for our Link Diocese around the World. It is a lovely service in which individual members read to us information about the Link Diocese and we all pray for them and for members in this country and for Wenhaston and its members. This was followed by Afternoon Tea and Strawberries and Cream! I think that we all had a very enjoyable afternoon. In August (Thursday 15th not 14th as shown in our programme) we are planning a visit to The Old Hall Cafe in Southwold again for Afternoon Tea! We would be very pleased to welcome anyone who would like to join us, just let me know (01502 478378). We shall

meet for Tea at 3 o'clock. Our September Meeting is on Wednesday 11th. September when David Offord from The Mission to Sea Farer's will talk to us . We are welcoming Halesworth Branch Members to this Meeting.

Margaret G.

Suffolk Churches Ride and Stride

This annual event takes place on 14th September. As usual Wenhaston Church will take part so I shall be asking for stewards to man the church hourly from 9am to 5pm. I will put up a rota to be completed in the church porch. We should be very grateful to anyone who would be willing to ride or walk to visit churches and be sponsored to raise money for the church and the Trust. The forms are in church and I am sure church members will sponsor the participants. For many years Anita and I, together with various other people, walked the churches in Norwich. There are over 50 in a small area and it is great fun discovering them. Why not give it a go?

Margaret Bloomfield

Pepyn and Lessey Trust

The Trust has grants available for young people up to the age of 18 years for educational purposes. The young person must have resided in Wenhaston or Mells for at least two years. The Trust gives grants to local schools where Wenhaston children are pupils but is also able to give individual grants to help with school trips, equipment, extra curricula activities, Duke of Edinburgh Award Scheme, etc. The Trust meets quarterly and each request is considered at these meetings.

Anyone requesting a grant should contact Mr Peter Cargill, Clerk to Pepyn & Lessey Trust by telephone 01502478291, by e-mail peter@easypcltd.co.uk or by hand to Little Wimples, Blackheath IP19 9EZ

Margaret Bloomfield Chairman Pepyn & Lessey Trust

ST PETER'S CHURCH, WENHASTON

AT WENHASTON VILLAGE HALL

PRESENTS

ANOTHER EDEN - PLANTS AND FLOWERS
IN GEMS AND JEWELLERY

A TALK BY



GEOFFREY MUNN OBE, MVO
FROM THE ANTIQUES ROADSHOW

FRIDAY 9TH AUGUST

7PM FOR 7.30PM

TICKETS £10
INCLUDING LIGHT REFRESHMENTS

AVAILABLE FROM WENHASTON VILLAGE HALL,
SOUTHWOLD LIBRARY, HALESWORTH BOOKSHOP
OR AT THE DOOR

BAR AVAILABLE

Wenhaston Village Hall 100 Club

Winners for July 2019

The Wenhaston Village Hall 100 Club July draw has been made and we are delighted to announce the winners:

- 1st prize R. Skinner (number 148) £37.50
- 2nd prize Suzanne Watkins (number 85) £22.50
- 3rd prize N. Amery (number 141) £15

Well done to all the winners this time! It's never too late to sign up. A chance to win a prize costs just £1 a month so anyone wishing to join now, the fee is £1 for the year starting from August. Please pay by cash or cheque, made payable to Wenhaston Village Hall 100 Club, and hand in, clearly marked with your name, in an envelope to the Post Office or either of the promoters, Kirsten West or Trish Gower. ***All enquiries please phone Trish on 478267.***

Just a little reminder about the 100 Club.

Half of all annual income from subscriptions goes to the village hall, while the other half is paid out in monthly prizes, including a £50 bonus prize in December.

A chance to win costs just £1 per month (£12 for the year). Our accounting year starts in September, so anyone wishing to join the 100 Club for the first time should collect a form from the post office. ***Those wishing to renew their subscriptions can either phone Trish on 01502 478267 or make your payment in an envelope clearly marked '100 Club' and hand it into Jane at the post office.***

Thank you and please keep supporting our wonderful village hall!

Trish and Kirsten

Mothers' UNION

Christian care for families

WENHASTON MOTHER'S UNION

*RAISING FUNDS
FOR WORK OVERSEAS*

CREAM TEAS



SUNDAY 1ST SEPTEMBER

3 - 5 pm

IN THE GARDEN at SPINDLEBERRY
NARROW WAY, WENHASTON

(if wet in the Village Hall)



RAFFLE

AND

STALLS

ENTRANCE £5.00,
INCLUDING CREAM TEA

Wenhaston St Peter's Church

What a wonderful, moving occasion was the Ordination Service in the cathedral on 29th June. The cathedral was packed with friends, family and wellwishers to see our Alison and Linda Berry, as well as 15 others from around the Diocese, ordained as Deacons in the Church of England. We are so fortunate and blessed to have them serving amongst us. I am sure the second service in the afternoon was just as moving and we thank Jane for her commitment as she starts her journey as an ordained Priest. Thanks be to God.

On Friday 9th August, we look forward to welcoming Mr Geoffrey Munn O.B.E, MVO, known mostly from the Antiques Roadshow, to Wenhaston Village Hall to speak on 'Another Eden, Plants and Flowers in Gems and Jewellery' at 7pm for 7.30pm. Tickets are £10 to include light refreshments, and are available from Wenhaston Post Office, Halesworth Book Shop, Southwold Library or at the door. There will be a bar and a raffle, and all proceeds are for Wenhaston Church. Do come along and meet Mr Munn and enjoy the evening.

We are so pleased to see Edward back among us and hope to see him at Wenhaston in the near future. Schools will have broken up by now and we wish happy holidays to all. ***Margaret Bloomfield***

Sidespeople and Services in August

- | | |
|-------------------------|--|
| 4 th August | Team Service at Halesworth 10 am |
| 11 th August | Morning Prayer with Baptism 9.30am
Margaret Goldstone |
| 18 th August | Eucharist 9.30am Viv Kemp |
| 25 th August | Pause for Thought 11.15am |

Thank you

I would just like to thank everyone who has supported me through my training this year and at Ordination. I have been overwhelmed by the interest, encouragement and generosity of so many people. It was a real joy to celebrate the Ordination with family, friends, members of the congregations of the Blyth Valley Team and villagers from Wenhaston, both at services and in Wenhaston Village Hall. I am particularly grateful to my fellow “disciple”, Linda Berry, for her companionship over the last year. I now look forward to the daunting task of serving the communities of the Blyth Valley Team as a curate along with Linda, and our new priest, Jane.

Alison Alder

“STOP PRESS – Blyth Woods Starters & Puddings event success!

A huge thank you to everyone who contributed to a splendid evening in the Church Rooms on Saturday 13th July. The auction, ticket sales and other generous donations raised a magnificent total of £2,106.50 towards our latest project to acquire Malsters Little Field (adjacent to Grove Piece), thereby extending further the existing community wild space. Go to www.blythwoods.org for more information.”

Ian Bigwood

Wenhaston Methodist Church

ALL SUNDAY SERVICES AT 10.30AM	TUESDAY MEETINGS AT 2.30PM
4 Iris Baker 11 Rev Robert Soanes MHA 18 Rosemary Adams 25 Rev Leslie Richards HC	No midweek meetings this month
SATURDAY 31 st CIRCUIT SERVICE at Carlton Colville to mark closure Preacher Rev Barbara Garwood	
ALL WELCOME AT ANY SERVICE	

WENHASTON

Produce & Craft Market

Saturday 27th July

and 31st August

10am – 12.30pm

In the Village Hall IP19 9EP

A wide and ever-changing range of local foods and produce, craft, plants, home baking and pre-loved treasures. New stall- holders welcome...Pitch Fee £6. To book your table (provided) contact:

Carol Hudson-Jary

Tel@ 01502 478732 or

e-mail:caz-mike@outlook.com

Raising funds for village hall maintenance

Wenhaston Warbler Information

The Warbler welcomes articles (please keep as brief as possible, max 150 words). The editors reserve the right to amend or not to publish articles which are unsuitable for whatever reason.

Advertising: £15 p.m. for 1/4 column (£150 p.a.), small ads £5 p.m. for 4 column lines (£50 p.a.).

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