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# Six Sense

- Metfield
  - Weybread
  - Mendham
  - Stradbroke
  - Withersdale
  - Fressingfield
- 
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A Monthly Magazine for Six Villages in North Suffolk



April 2020

## Church Contacts

To contact any of the parish churches, you can call the churchwardens:

Fressingfield	Anne Pickstock - 01379 586493 Philip Eastgate - 01379 586196
Mendham	Toby Hart (PCC Treasurer) - 01379 854980 or Erika Clarke (PCC Secretary) - 01379 853014
Stradbroke	Peter Chetwynd - 01379 384069 Karen Ruth - 07845 176632
Weybread	Paula Robinson - 01379 852110
Withersdale	Marj Hudson - 01379 586408

**Rev'd Canon Susan Loxton** - Rector of the Sancroft Benefice  
Rural Dean of the Hoxne Deanery - 01379 388493  
revloxtongmail.com

**Rev'd Peter Schwier** - Assistant Priest - 01379 586517

**Rev'd Gini Williams** - Curate - 01379 586414  
rev.giniwilliams@godsearth.co.uk

**The deadline for next month's  
magazine is Monday 9th April**

**Distribution takes place from  
Thursday 26th April**

**SIX SENSE depends on you. We  
welcome reports, reviews, profiles,  
news, opinions and pictures from the  
local community.**

Items for inclusion should be sent to:

David Jacobs,  
3 The Old Post Office,  
Church Street  
FRESSINGFIELD IP21 5PA  
david@sixsensesuffolk.co.uk

Editor: Rev'd Susan Loxton,  
The Rectory  
Doctors Lane  
STRADBROKE IP21 5HU  
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### Advertising

#### **Box Ads**

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#### **Flyers**

You must provide these and pre-book  
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Maurice White. Distribution (per  
village): £3 church/charity or £5  
commercial.

#### **Small Ads**

£5 per issue. 30 words max. Contact  
David Jacobs (see above). If using  
email, please put 'classifieds' as the  
subject.

## Letter from Rev'd Susan

Up and down the country in our churches on Easter Sunday the leader will cry out, 'Alleluia! Christ is risen!' And the people will respond; 'He is risen indeed, Alleluia!!' But, unlike Christmas, unless you go to church, you can easily miss the Easter story. For unlike Christmas, the other great Christian festival, Easter can almost go unnoticed – apart from bunnies and chocolate eggs.



Now, I have nothing against bunnies or chocolate of any shape, but I do think it is sad that many people know it's a bank holiday but are not exactly sure of what Easter means.

The basis of Christian faith is founded on the belief that Jesus Christ was put to death on a cross and three days later rose again - resurrection. But is it important to others? What could it mean for you and me? One word; hope.

As part of the service to mark the beginning of Lent, we receive on our forehead a cross of ashes, and the words spoken are, 'Remember you are but dust and to dust you will return'. It is a reminder of the creation story where we read that God created us from the dust of the earth.

In my sermon I mentioned the Archbishop's recounting of a visit one Ash Wednesday of walking through one of many villages that had been burnt to the ground. He said that as they walked, ash descended on them and he realised of what it was made. He says that the ash was without hope, compared to the ash we use at the beginning of Lent, which is full of hope; why? Because the ash represents Jesus' death on a cross, but we know it is followed by resurrection.

What can that mean for us? Hope, hope in our darkest times, no matter whatever we go through, God can mostly find a way of bringing hope, life, peace and even joy, when we look to him.

I hope you have a lovely Easter, sharing time and chocolate with friends, but most of all, I pray that you will find hope, peace and joy this Eastertide.

God bless, Susan

## **ANNUAL ART EXHIBITION IN STRADBROKE CHURCH**

Thursday 30th April until Monday 4th May 2020, 10am until 5pm daily. A great selection of local artists work - both framed and unframed - plus a selection of greetings cards.

Sales table, raffle and light refreshments available during opening hours.

Proceeds to All Saints' Church funds.

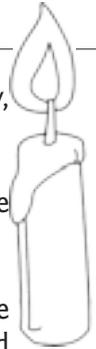
## **CELEBRATION OF PEACE**

Join us at a Celebration of Peace on the 75th Anniversary of VE Day, Friday 8th May, 3pm in Fressingfield Church.

There will be music, film, bells, the school choir, a tribute to the millions, a look to the future.

The celebration will last about 40 minutes and then we go over to the Sancroft Hall for tea and cake, and '40s songs for those who would like to join in.

Everybody welcome. You are encouraged to dress for the occasion.



## **Weybread Farmers Market - Opening Saturday 4th April**

We are proud to announce the opening of Weybread Farmers Market. A monthly market on the first Saturday of the month, with regular and seasonal stallholders including; beef, pork, lamb, chicken and fish. Fresh veg, cakes and jams. Handmade crafts and gifts. Cards for all occasions.



The 4th April is our Easter special with an Easter Raffle in aid of the East Anglian Air Ambulance. Enjoy a cup of tea or coffee with a bacon roll or a slice of cake.

For more information contact Yvonne on 07884 062738.

### Fressingfield - Coronavirus (Covid-19)

In response to Government updated guidance, the parish council and local churches are establishing a coordinated support network to try and support residents during what will be a challenging time for all.

Thanks to all who have volunteered already but we need lots more volunteers to help with shopping, posting mail, maybe dog walking or just to be at the end of the phone for a chat with someone who might be self-isolating.

It does not matter what age you are, how much time you can give or if you can only do some of these things, if you are happy to help, then please let us know via one of the email addresses below ... every bit of time you have will help us all get through the next weeks and months.

[nlucker.fresspc@gmail.com](mailto:nlucker.fresspc@gmail.com)  
[sjbalmer34@gmail.com](mailto:sjbalmer34@gmail.com)

Please give your name, contact details, address, post code, what you can help with and your availability.

Thank you.

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On Friday 24th April, Fressingfield WI will be doing a walk with the aim of raising funds for the charity Associated Women of the World. This is a charity which works only with women in developing countries to help them achieve financial independence and provide a better life for themselves and their families.



It is not a sponsored walk - we are walking then providing tea (or coffee) and cakes in the Sancroft Hall afterwards, to which everyone is invited. Profits from this will go straight to the ACWW charity.

So please come and join us in the Sancroft Hall between 3pm and 4pm. There will be tea and coffee and the usual range of delicious home bakes for which Fressingfield WI is justly renowned.

You are, of course, also most welcome to join us on the walk itself which will leave from the Sancroft Hall at 2pm. Dogs welcome!

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# Blossom by Blossom the Spring Begins....

April is the time when nature puts on her best show. Trees burst into leaf with many already clothed in green. Woodland floors turn forget-me-not blue and pretty blossoms decorate our villages. Mallard ducks have been busy keeping eggs warm and now will be hatching. Starting off with as many as a dozen babies they can be seen heading to the nearest water. She has to protect them from the cold, and many predators, as they wander about, and her family reduces in size. The male woodpecker can be heard marking its territory and attracting the females by drumming sharply on the bark of a tree. Stand and listen to the sounds of spring.

Recently our village had a road closure and I was forced to go on a different route. I passed a field which had over a dozen buzzards, my cursing turned to adulation!

These magnificent birds of prey which were almost hunted out of existence have now made a comeback with numbers soaring again. They are sometimes known as the 'Tourist Eagle' as they are often mistaken for a larger fellow raptor. Its main prey are small mammals including voles, mice, rats, rabbits and hares but can live on worms and insects. Carrion such as road kill is the reason why they are seen over roads.

The rise in numbers of these avian predators including the jay, crow and raven is said to be due to large scale pheasant/partridge shoots which these birds are feeding on. Especially when you consider how many gamebirds are killed on our roads. Whatever the reasons, we have these spectacular birds right on our doorstep.

I was very grateful to be involved with Mendham Eco Church green exhibition . The church was filled with exhibits from local business, school children and groups all with the environment as a focus. As the local bat group were talking, as if like magic, a bat made a solo appearance and flew above our heads! Outside a bug hotel was constructed.

Churchyards are our forgotten nature reserves and are refuge for a wealth of wild plants, grasses and trees as well as wildlife. Gravestones can be seen covered in colourful lichens: see this miniature world with a magnifying glass. Birds use this to camouflage their nests, how clever! These valuable habitats are well worth a visit.

Celebrate Earth Day on 22nd; Enjoy the brightest full pink super moon on the 8th. Pick wild garlic and spring nettles for soup. Keep cats in from dusk until dawn to protect nesting birds and keep dogs on a lead by our ponds to help our duck families.

**Debra**

# Billy Liar

by Keith Waterhouse and Willis Hall

Firstly a book, then a play, a film and a musical, this is a classic production which resonates with every generation of youth that tries to escape its humdrum existence.

Young Billy Fisher fantasises about leaving his Yorkshire home, his straight-laced parents and his dementia-suffering grandmother to live the big city life in London. His Walter Mitty-type dreams separate him from the reality of his job as an undertaker's clerk, where he works with his best mate Arthur. He has somehow promised to marry two different girls and continually makes up extraordinary lies to cover his haphazard life. Given the chance to change his luck, what future will he choose? Can he break away and 'live the dream'?

Performances at Archbishop Sancroft High School at 7.30pm on Friday and Saturday 24th/25th April and 1st/2nd May 2020.

Tickets are available from Robinson's Traditional Stationers in Harleston (tel 01379 855027) and online via [www.harlestonplayers.co.uk](http://www.harlestonplayers.co.uk) and [www.facebook.com/harlestonplayers](http://www.facebook.com/harlestonplayers)



The Borderhoppa 2020 outings leaflet is now available. We have many trips arranged throughout the year including pub lunches, garden centres, the coast, mystery tours, boat trips and many more. You can pick up a leaflet at your local library, information centre, GP surgery, from one of our drivers or by calling the office and we'll post one to you.

Need help with transport? Borderhoppa buses are available to people of all ages who are unable to use ordinary bus services either because of mobility difficulties or because there isn't a bus service for them to use.

Our door-to-door dial a ride service can take you shopping, to medical appointments (excluding hospitals), to visit a friend or relative or attend a local club.

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# NEWS FROM MENDHAM AND WITHERSDALE VILLAGE HALL

## EASTER EVENTS - TWO EVENTS SAME DAY SATURDAY 11TH APRIL

**IN THE MORNING - Easter Produce and Craft Market** - Open from 9.30am - 12.30pm. A variety of stalls, including some special Easter treats this month. Enjoy freshly prepared bacon rolls, hot sausage rolls, cheese scones (baked 5am that very morning), hot drinks.

Weather permitting the MUGA will be open or why not play a game of boules on one of our pistes?

To book a stall, call Jill Kent on (01379) 852559 or visit [www.mwvillagehall.com](http://www.mwvillagehall.com) for more information.

**IN THE EVENING - Easter Cash Bingo** - Doors open 7.30pm - eyes down 8pm. Soft drinks bar. Raffle. Easter hamper. Cash prizes.

For more information, Call Becky on 01379 586739 or visit [www.mwvillagehall.com](http://www.mwvillagehall.com)

The committee look forward to seeing you.

## SUMMER MUGA MEMBERSHIP AT MENDHAM AND WITHERSDALE VILLAGE HALL

Half year memberships are now available giving access to the MUGA from April to September. Please download a membership form from [www.mwvillagehall.com](http://www.mwvillagehall.com) or call Tracey on 01379 852969.

Those of you who were members last summer need not complete another form. Please contact Tracey to activate your membership for the summer.

### St James Book Sale

We have started collecting books for the St James Book Sale which will be held on 26/26 Sept 2020.

If you have any unwanted books please contact Rachel Ritchie on 01986 783889.



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Harleston and District  
Dementia Friendly Community and Café  
April 2020

**Harleston Forget-Me-Not Café**

The April Dementia Café has been **cancelled**  
due to the Corona Virus.

We hope to resume the cafés again in May 2020.

**DEMENTIA CAFÉ'S**

We are hoping to increase the number of Dementia Cafés that we hold, our team is quite small, and if you feel you would like to help and get involved in any way - it maybe at the cafés or helping on our committee - please do contact Pat.

If you would like any more information on our Dementia Friendly Community or the cafés contact Pat on - email [patricia.simmonds@mail.com](mailto:patricia.simmonds@mail.com) or call on 01379 676557

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***THANK YOU!***

Thank you so much everybody who helped with the pancakes on Shrove Tuesday, namely Lavinia, Linda, Rosemary, Mike, Mary, Julie, Ann and Christine.

Thank you also to all the faithful people who turn up to enjoy the pancakes every year.

We raised £305.10 which went to the Salvation Army and St Martin's Housing Trust in Norwich shared equally.

Receipts were posted in the Sancroft Hall, but I see they have been removed, so I am posting duplicates in the church as well.

Many thanks again....

Caroline

# **Mendham and Withersdale Community Council**

Our Community Council (MenWithCoCo) was founded in 1978 to promote friendliness and community spirit amongst the people living here.

It is a registered charity. Each village organisation is represented on the council. They are Mendham and Withersdale PCCs, FOMSA (Friends of Mendham School Association), Parish Council, Over 60s, WI, Village Hall, MUGA, Horticultural Society, Mendham and Withersdale Sick Fund.

Many residents are personal members. The cost of membership is only £6 per year per person  
;, this also includes a TOTE with cash prizes which is drawn monthly.

MenWithCoCo organise events throughout the year, fundraising for organisations within the villages. Each year we award a grant to Mendham PCC and Withersdale PCC towards the upkeep of the churchyards, the village hall and the over 60s also benefit from a grant. We will consider a grant for any of the village organisations who are part of our council. We also give money for one off projects. In recent years we have given money to the village hall, the MUGA, Mendham School, and have donated money to the Boules team to buy equipment. In 2018 we fully funded an evening to commemorate the 100th anniversary of the armistice in the Sir Alfred Munnings. We hold a lottery licence which we are happy to share the running and the proceeds of, with any village organisation, or allow the organisation to run it themselves and take all of the proceeds. We also, through the Sick Funds, run a scheme for sending cards, fruit/chocolates to members who are ill at home or in hospital. At Christmas we provide the illuminated tree in Mendham and some illuminations at the village hall in Withersdale Street. Each year we organise a party of villagers to go carol singing around the community for charity. We also organise an Annual Village Get Together in November in the Sir Alfred Munnings.

The annual subscriptions of £6 for the membership/tote are due in April 2020 when payment requests will be put through the letterboxes of existing members and it is also an opportunity for new members to join.

For further information please contact Kathy Ferrar on 01379 852125

# FRESSINGFIELD BOWLS CLUB

Green Bowls is Fun. Why Not Try It?

On Saturday 18th April, at 1pm, we hope to meet ladies and gents who would like to experience the game.

We can offer a top county bowling green, plus equipment. Expert tuition to help you enjoy the afternoon. Have a go!

See you at Fressingfield Social Club.

More information, contact Ray Estall on 07575 044944



## Confirmation Classes

Should anyone be interested in attending confirmation classes, please contact Rev'd Susan Loxton on 01379 388493 or [revloxtton@gmail.com](mailto:revloxtton@gmail.com)



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We have been busy in the first months of the year; although the evenings are dark and the weather often unpleasant, we have been very active.

During half term, Adventurers Scout Troop had a camp in the grounds of Yoxford School. Activities ranged from a night hike, archery, fencing, pond dipping and a visit to Southwold for fish and chips and some time on the amusements. They have also completed the Digital Challenge Badge where they showed their skills at programming, games and quizzes, made internet safety posters and learned about phishing emails and how to stay safe online.

A party of 5 Explorers took part in the county organised BPA 2020 which involve an overnight hike with a series of challenges on the route. It was a very wet and windy night and they came a very creditable 4th out of 24.

On Shrove Tuesday, Pioneer Scout troop and Tigers Cub Pack ran a Pop Up Pancake Café which was well attended and raised over £75 for the HQ Development Fund.

Explorers thawed and served baked items they had cooked a few weeks previously in a new camp oven. Parents and friends were impressed with the quality.

The Yoxford School Cub Pack and Beaver Colony have both been to Clip and Climb in Ipswich.

Beavers spent a couple of weeks learning about and practicing household skills, tidying up, hoovering, laying a table, making sandwiches and safe use of electric sockets and knives. Following the recent electricity cuts they talked about how to safely use candles

Wolf Cub Pack have been cooking, creating, preparing, cooking and eating their own stir-fries. There were hot woks and sharp knives but they all went home in one piece and full!

Coming up, the senior sections are planning climbing sessions in the second half of term, Tiger Cubs and Pioneer Scouts are taking part in the Hoxne Village Clean Up on 15th March.

To find out more about 1st Fressingfield Scout Group, have a look at our website <http://www.1stfressingfieldscouts.org.uk>

# News from Fressingfield CofE Primary



With Greta Thunberg coming to prominence over the past 18 months, as an environmental activist, it has been interesting to see how the children at Fressingfield have gained confidence in making their voice heard.

From the first day of the autumn term, a significant number of older children were extremely keen to increase the amount of recycling in school. Their enthusiasm led to the formation of an Eco-group and the children elected to the committee have been very influential in a number of ways. Recycling bins have been purchased for each class and they are emptied every day, left over fruit from break times is being composted in our school vegetable garden and there is greater awareness of how the school can reduce our carbon footprint by using less heating oil.

Our Junior Road Safety Officer (JRSO) team is another new group set up this year. The JRSOs have been extremely active organising a safety poster competition, a road safety awareness day, sending messages home to parents regarding parking near the school, and this March they will be helping two Police officers monitor car speeds with a hand-held speed gun, as vehicles approach Fressingfield

The school council and house captains have also been very busy helping to organise fundraising events and sporting competitions. These activities have a really positive impact on all children across the school and allow those organising them to develop the mentality and skills needed to become positive citizens within the wider community.

Outside of these groups, some pupils have campaigned individually for the greater good of pupils. Notably, Ruby Clark led a quiet, but compelling case for the introduction of liquid soap dispensers instead of soap bars. I'm pleased to say that recently we have installed new dispensers which has proved to be very timely due to the current concerns regarding public health.

The fact that our children care so much about the planet is fantastic, and as they are the ones inheriting the earth it's vitally important that adults listen to them and help the younger generation create a more sustainable and fair world.

Mark Taylor  
(Headteacher)  
[www.fressingfield.suffolk.sch.uk](http://www.fressingfield.suffolk.sch.uk)



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# Mothers' UNION

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At our March meeting we welcomed, as our guest speaker, Mary Kirk who told us about the refugees who are gathered in Calais, hoping to cross to UK to settle and start new lives. Mary became a volunteer several years ago and makes regular trips to the camp, taking with her essential supplies donated by people in this country. She gave a clear and stark picture of the conditions under which they live. There is little comfort or encouragement as they are not wanted in France, and UK does not wish to have them either. They are subject to frequent raids by officials, sometimes with physical attacks with water hoses and tear gas, and their few belongings are sometimes taken from them. Their lives are miserable, and Mary and many other volunteers work hard to help, by providing hot meals, blankets and sleeping bags to guard against the cold, and other essentials like clothing and toiletries.

Mary answered questions after she had finished her talk. In answer to the question, 'What is the solution to this problem?' she replied that there is no solution. The refugees are stuck between a rock and a hard place, it seems, and whatever reasons they had for leaving their own countries, they have ended up in a place surrounded by 3 metre high walls, armed guards and very little hope for the future.

Mary's talk opened eyes and gave us all much food for thought. We are grateful for her views.

Every month we have an interesting guest speaker at our meetings. If you would like to hear them, do come along on the first Thursday of the month to Sancroft Hall, 2.30pm. You will be very welcome.

---

### CORONAVIRUS

Due to the coronavirus situation, some of the advertised events in this magazine may be postponed or cancelled.

Get up to date information from your village website, village hall website, the benefice website -

[www.sancroftbeneficechurches.org](http://www.sancroftbeneficechurches.org) - or facebook - Sancroft Benefice Churches.

**Stay safe and well!**

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## Meetings, Clubs and Organisations

- FRESSINGFIELD 1<sup>st</sup> Fressingfield Scout Group:** Beaver Scouts 6–8; Cub Scouts 8–10, Pioneer Scouts 10–14; Adventure Scouts 10–14; Explorer Scouts 14–18. All at Goodwin Hall. Contact Andrew Aalders-Dunthorne on 07908 262623 or email [andrew.aaldersdunthorne@talk21.com](mailto:andrew.aaldersdunthorne@talk21.com).
- Art Club:** Friday, 10am–noon at Sancroft Hall. Enjoy painting in most mediums with occasional workshops. All abilities are welcome. Contact Ann Jones 01379 588174.
- Arts and Crafts Circle:** Monday, 9.30am–12 noon at Sancroft Hall. Contact Jill Blyth 01379 588489.
- Baptist Chapel 'Latte, Laughter and Life' Ladies' Group:** 3<sup>rd</sup> Tuesday of each month, 7.45–9.15pm. Contact Cathy Tooley 01379 586761.
- Baptist Chapel Parent and Toddler Group:** Friday (term time), 9.30–11am. Contact Tracey Debenham 01379 586500.
- Bowls Club:** Tuesday 1.30pm (April–September), at the Sports and Social Club. Contact Richard Mattison 01379 855407.
- Brownies:** 2<sup>nd</sup> Fressingfield and Horham Pack for girls 7+ yrs: Monday, 6.15–7.45pm at Horham. Contact Candice Dudley 01379 388308.
- Church Bell Ringers:** Most Sunday mornings for services and our practice nights on alternate Wednesday 7 - 8.30pm. Anyone wishing to ring, or book for weddings etc contact Chris Barber 01379 586217 or [chris.barber472@gmail.com](mailto:chris.barber472@gmail.com)
- Coffee Break:** Tuesdays, 10.30–11.30am at Sancroft Hall.
- Croquet Club:** Every Wednesday and Saturday at 2pm on the Fox and Goose Green until the autumn. New members welcome. For details contact Tony Dawson on 01379 855440.
- Fressingfield Community Gardeners:** Sports and Social Club, 3<sup>rd</sup> Monday of the month. Contact Tony Newton on 01379 588023 or [tony.newton@btinternet.com](mailto:tony.newton@btinternet.com), [fressingfieldgardeners@outlook.com](mailto:fressingfieldgardeners@outlook.com) or visit the Fressingfield Community Gardeners' Facebook page.
- Local History and Archive Group:** 4<sup>th</sup> Tuesday of most months. Contact Andrew Vessey for further details on 01379 588389.
- Mothers' Union.** 1<sup>st</sup> Thursday, 2.30pm at Sancroft Hall. Contact Anna Vessey 01379 588389.
- Fressingfield Neighbourhood Watch Team.** Members meeting 2nd Thursday of every third month. Co-ordinator Ray Hooker - tel: 588374.
- Oily Rag Club.** [www.forc.org.uk](http://www.forc.org.uk) for full details or contact Steve Wyatt 01379 586225.
- Fressingfield Players' AmDram Group.** Interested in joining, either backstage or on stage? Then contact Nicola Mewse 01379 588013.
- Playtime Group:** Thursday (term time), 9.30am–11am at Sancroft Hall.
- Royal British Legion:** Meet at the Sports and Social Club. 7.30pm on the 3<sup>rd</sup> Thursday of each month. Contact Brian Loftus 01379 384959.
- Sports and Social Club:** Friday night is Club Night. 7pm–11pm. For details contact Roger Cufley on 07858 559720 or email [roger.cufley@googlemail.com](mailto:roger.cufley@googlemail.com) or Ryan Apps - manager on 07725 129828 or email [ryanapps94@gmail.com](mailto:ryanapps94@gmail.com)

## Meetings, Clubs and Organisations

**FRESSINGFIELD Tennis Club:** Club Sessions at the Sports and Social Club: Mon 9am, Tues 6.30pm, Fri 6.30pm. Coaching available for toddlers, juniors and adults on Saturday am. Contact Andy Hall 01379 586619 or email [fressingfieldtennis@live.co.uk](mailto:fressingfieldtennis@live.co.uk)

**WI:** 2<sup>nd</sup> Tuesday, 7.30pm at Sancroft Hall. Secretary, Rosemary Savage, 01379 586747

**Yoga** - beginners' class: Thursday 6 -7pm at Sancroft Hall. Contact Alison Miner on 07947 705737 or email [ali.miners@me.com](mailto:ali.miners@me.com)

**MENDHAM Chi Kung** with Mark Atkinson 2pm -3.30pm. Call Mark for more details on 01379 586555 or email [m.atkinson235@btinternet.com](mailto:m.atkinson235@btinternet.com)

**Judo:** Every Wednesday 6.30pm (term time only). Adults and juniors. Stephen or Helena McPartland on 01379 740929 or email us at [harlestonjudo@yahoo.com](mailto:harlestonjudo@yahoo.com)

**Kettlebells Class:** Monday 6pm to 6.50pm. For info contact Sarah on 07884 186849.

**Line Dancing:** 3 classes 7pm -10.30pm Thursday evenings. Tel: Karen Poll 07979 758545 or Nikki Reeve 07786 074207.

**MUGA** (multi-use games area): At Mendham and Withersdale Village Hall for hire. Low cost memberships. Floodlighting call Tracey - 01379 852969 or [www.mwvillagehall.com](http://www.mwvillagehall.com)

**Mendham and Metfield WI:** First Tuesday, 7.30pm. Contact Claire Powell on 01379 588314 or email [mendandmetwi@gmail.com](mailto:mendandmetwi@gmail.com)

**PiYo** Monday 7pm-7.45pm. Also with Sarah Foster - 07884 186849.

**Step and Exercise** with Jacqui Leyland in Mendham and Withersdale village hall. Wednesdays 9.30am - 10.30am. For more information call Jacqui on 01508 482679.

**Tai Chi:** Thursday mornings 10.30am with Cindy Engel 07873 114683 Email: [www.wildhealth.co.uk](http://www.wildhealth.co.uk)

**Waveney Valley Partnership After School Club:** Mon to Fri (term time), 3.20-6pm. Contact Mendham primary school office 01379 852520 or email: [officemendham@wvpschools.org](mailto:officemendham@wvpschools.org)

**METFIELD Chair Yoga:** Friday 9.15 to 10.15am followed by Gentle Yoga 10.30am to 11.30am in Metfield Village Hall. For those who like gentler yoga class to strengthen and bring flexibility. Contact Rosie Wright phone 07791 257915. Bring a mat, if you have one.

**Metfield Carpet Bowls:** Roll up, roll up for a session of carpet bowls at Metfield Village Hall on Monday from 7.15pm. We bowl for friendship and enjoyment and all are welcome, whether novice or experienced. Help can be given. No personal equipment is needed and the cost is £2 including tea/coffee and biscuits. Contact Eve Peck on 01379 586432 or [peck899@btinternet.com](mailto:peck899@btinternet.com).

**Metfield Village Hall Lunch Club:** Tuesday, 12.15pm - 1.45pm. Contact Lorraine McEvoy 01379 586307.

**Tots and Toys:** Tuesday, 9.30am-11.30am at Metfield Village Hall. 50p per child. Drink and fruit included.

## Meetings, Clubs and Organisations

WEYBREAD

**Yoga:** Thursday 1.30pm to 3pm at Metfield Village Hall Angie Sheffield. 01986 782227

**Coffee Mornings** - Third Thursday of the month (except December) at Weybread Village Hall, 10am to 12 noon.

**Ladies Club** First Thursday of the month (except January) 7.30pm - 9pm at Weybread Village Hall (but check noticeboard as sometimes the club makes visits elsewhere). Contact Jackie Stewart 01379 586570 or Sue Hardy 01379 586569.

**Weybread Village Hall Social Evenings** - Last Friday of the month (except December - check noticeboard for this month's opening date) 8pm - 11pm.

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## Diary Dates for April 2020

- Every Tuesday** **Why not take a Coffee Break?** Every Tuesday morning 10.30am to 11.30am in Sancroft Hall.
- Thursday 2nd** **Weybread Ladies' Club** - Speaker: Janet Peachey Preserves - Talk and demonstration. Weybread Village Hall at 7.30pm. Contact Jackie Stewart 01379 586570 or Sue Hardy 01379 586569 for details.  
**Mothers Union** - Sancroft Hall. 2.30pm. Rev'd Gini Williams - Lent
- Friday 3rd** **Fun Quiz**, Weybread Hall, 7.30pm start. Teams of 4, £2.50 per person. Please bring your own nibbles. Bar and raffle available. Contact Jackie 01379 586570 or 07837 141586.
- Saturday 4th** **Metfield Village Market** - 9.30am till noon at Metfield Village Hall. Join us at the market for our selection of beef, pork, vegetables, fish, cakes, handmade crafts and our usual refreshments.  
**Weybread Farmers' Market** - 9am till noon at Weybread Village Hall. Easter Market - come along to our Easter Market and enjoy our selection of stalls including beef, lamb, pork, chicken and fish. Veg, cakes and jam as well as handmade crafts and gifts. Teas, coffee, bacon rolls and cake available to purchase from the kitchen. Easter Raffle in aid of the East Anglian Air Ambulance.  
**Spring Show at Mendham and Withersdale Horticultural and Produce Association** - Village Hall, Withersdale Street. Viewing from 2.30pm.
- Tuesday 7th** **Mendham and Metfield WI** - Metfield Village Hall at 7.30pm. Helen Reeve - For Love of Cows
- Saturday 11th** **Easter Produce and Craft Market** - MandW Village Hall
- Tuesday 14th** **Fressingfield WI** - 7.30pm, Sancroft Hall. Speaker Tony Diamond. The Hoxne Hoard
- Saturday 18th** **Fressingfield Bowls Club** - 1pm. We hope to meet ladies and gents who would like to experience the game. We can offer a top county bowling green, plus equipment. Expert tuition to help you enjoy the afternoon. Have a go! For more information, contact Ray Estall on 07575 044944
- Tuesday 28th** **Fressingfield Local History and Archive Group** - Sancroft Hall at 7.30pm. Contact Andrew Vessey on 01379 588389.

- Thursday 30th Annual Art Exhibition in Stradbroke Church** - until Monday 4th May. 10am-5pm daily. A great selection of local artists' work, both framed and unframed, plus a selection of greetings cards. Sales table, raffle and light refreshments available during opening hours. Proceeds to All Saints' Church funds.
- Last Sunday Fressingfield Sports and Social Club Quiz Night** - 7.30pm. Teams of up to 4. £1 pp.

## Advance Notices

### May

- Friday 8th Celebration of Peace** on the 75th anniversary of VE Day, 3pm in Fressingfield Church followed by teas in the Sancroft Hall (see page 4).
- Saturday 9th Produce and Craft Market** at MandW Village Hall
- Saturday 16th Fressingfield Community Produce Market** - 10am to 12 noon, Sancroft Hall.
- Saturday 30th Quiz at Metfield Village Hall**, 7.30pm. Metfield Association of Allotment and Leisure Gardeners. More details to follow.

### June

- Saturday 13th Dance to Strapt 4 Cash.** Weybread Village Hall 8pm. Contact Jackie on 01379 586570 or 07837 141586.
- 13th/14th Fressingfield Open Gardens** Contact Tony at tony.newton@btinternet.com to volunteer to open your garden to the public - it's surprisingly good fun, and only as much work as you want to make it.
- Sunday 14th Afternoon Tea at The Duke William B&B, Metfield** in aid of EACH. Live music by The Badger Set and The Sugar Beatniks
- Weds 17th Inaugural Dr David Chase Lecture**, Sancroft Hall, 7pm.
- Sunday 21st Garden Lovers**, exciting news for 2020. **Weybread Open Gardens** will be open. Look out for further details. Tel Frances 01379 586313 if you would like to be involved.

### September

- Saturday 19th Autumn Show at Mendham and Withersdale Horticultural and Produce Association.** Village Hall, Withersdale Street. Viewing from 2.30pm.
- 26th/27th St James Book Sale** - we have started collecting books for the Book Sale. If you have any unwanted books, please contact Rachel Ritchie on 01986 783889

### November

- 21st/22nd Weybread Craft and Local Produce Fair** - Contact Sue on 01379 586434.



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Enquiries to Roger Cufley - chairman - on 07858 559720  
or email [roger.cufley@googlemail.com](mailto:roger.cufley@googlemail.com)  
or Ryan Apps - manager - on 07725 129828  
or email [ryanapps94@gmail.com](mailto:ryanapps94@gmail.com)

Visit our Facebook Page for  
information and entertainment updates  
[www.facebook.com/fressingfieldsocial](http://www.facebook.com/fressingfieldsocial)

## WEYBREAD VILLAGE HALL

Suitable for all activities from clubs,  
parties, sports and special occasions.  
Separate meeting room, hall & kitchen

For further details and bookings contact  
Jo Smith on 01379 588325  
or email [jos.wtc@gmail.com](mailto:jos.wtc@gmail.com)

## Sancroft Hall

Fressingfield

Planning a Celebration or Party?  
Looking for a Place to Meet?

- Open Air Functions
- Modern Kitchen
- Off-Street Parking

For further details and bookings  
please contact Pat Parris on: 01379 586745  
or email [sancrofthall@gmail.com](mailto:sancrofthall@gmail.com).

## Mendham & Withersdale Village Hall

*"The ideal venue for your event"*

Modern air conditioned hall with well equipped  
kitchen, large fully lit car park and grounds  
MUGA – ideal for club events and parties  
Full bar, projector and party tent can be arranged  
**Competitive hire rates**

Call 0800 612 7323 or visit  
[mwvillagehall.com](http://mwvillagehall.com) to book

## METFIELD STORES

*run by the community for the community*

THE STREET, METFIELD, HARLESTON, NORFOLK IP20 0LB  
[www.metfield.org.uk](http://www.metfield.org.uk) telephone 01379 586204

**LOCAL – bread, dairy, meat, cakes & pastries.**  
*Groceries, wine & beer, tobacco, newspapers, cards, confectionery.*

Open: Monday – Friday, 8.00am – 5pm  
Saturday, 8.30am – 2pm, Sunday, 10am – 12.30pm



## TOWN LIVING

4 London Road, Harleston Tel: 01379 853258

### KNITTING and SEWING

Beautiful yarns and patterns from Sirdar,  
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Haberdashery and sewing sundries.

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Made to measure curtains, Roman Blinds and  
net curtains. We now also offer Roller Blinds,  
Venetian and Vertical blinds. 100's of fabrics  
to choose from in store

That's not all... we also offer an  
in-house clothing alteration and  
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## Parish Councils - Meetings and Details

<b>Fressingfield</b>	<p><b>Tuesday 7th April at 7.30pm</b>  <b>Sancroft Hall.</b>  <b>Clerk to the council: Andy Parris - 07873 970834</b>  <b>clerk.fresspc@gmail.com</b></p>
<b>Mendham</b>	<p>Monday 18th April at 7pm. Annual Parish Meeting the AGM  Mendham Primary School.  Clerk to the council: Elizabeth Frere-Smith  mendhamparishcouncil@gmail.com</p>
<b>Metfield</b>	<p><b>Monday 20th April at 7.30pm - Annual Parish Meeting</b>  <b>Village Hall.</b>  <b>Clerk to the council: Lindsey Duckett - 01379 586218</b>  <b>metfieldparishcouncil@outlook.com</b></p>
<b>Stradbroke</b>	<p>Monday 20th April at 7.30pm  Webb Room, Stradbroke Comm Centre  Clerk to the council: Odile Wladon - 07555 066147  cstradbrokepc@outlook.com</p>

**Why not advertise** in the classifieds section of the magazine? An ad of up to 30 words costs just £5 per month  
Please contact David Jacobs at david@sixsensesuffolk.co.uk

## Metfield Village Hall

- Ideal modern facilities for all events
- Large hall, new modern catering kitchen
- Separate new bar and lounge
- All can be hired individually
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- Car parking and garden

For availability hire charges etc.  
please contact the bookings clerk,  
Mrs Eve Peck on 01379 586432  
[www.metfieldvillagehall.co.uk](http://www.metfieldvillagehall.co.uk)



### Friday 17th April

Linstead Parva Village Hall	9.45am-10am	Wingfield	Post Box	noon-12.20pm
Metfield Church	10.15am-10.45am	Fressingfield	Priory Cres	1.35pm-1.55pm
Withersdale St Lay-by	10.50am-11.05am	Fressingfield	Tiddlywinks	2pm-2.40pm
Weybread Lay-by	11.15am-11.30am	Fressingfield	Sancroft Hall	2.45pm-3.15pm
Syleham W'field Rd (junc Weybread Rd)	11.40am-11.55am			

## Baptist Services in Fressingfield during April



[www.fressingfieldbaptist.church](http://www.fressingfieldbaptist.church)

Palm Sunday	5th	11am and 6pm	Worship Services
Good Friday	10th	10am	Good Friday 'Hour at the Cross'
Easter Day	12th	11am and 6pm	Easter Day Services
	19th	11am and 6pm	Worship Services
	26th	11am and 6pm	Worship Services

## Services in the Catholic Parish of St Edmund King and Martyr

### Parish Priest

Fr Charles Fitzgerald-Lombard OSB  
St Edmunds  
Bungay  
Suffolk NR35 1AX 01986 893355  
[priest@stedmundsrcbungay.org.uk](mailto:priest@stedmundsrcbungay.org.uk)

### Churches

St Edmund, St Mary's Street, Bungay  
NR35 1AX

St Thomas More, Jay's Green,  
Harleston IP20 9HH

### Sunday Mass

Bungay - St Edmunds  
Saturday 6.30pm Vigil Mass  
Sunday 10.30am Sung Mass

Harleston - St Thomas More Sunday  
9am

### Weekdays

Monday	9.15am	Bungay
Tuesday	8am	Harleston
Thursday	12pm	Bungay
followed by Eucharistic adoration		
Friday	9.15am	Bungay

### Holy Days

9.15am	Bungay
7.30pm	Harleston

### Sacrament of Reconciliation

Saturday 10.30am Bungay Harleston -  
on request

### Sacrament of the Sick

Fr Charles 01986 893355  
or in emergencies:  
Fr Martin (Beccles) 01502 713179  
Fr Roger (Southwold) 01502 723207

[www.stedmundsrcbungay.org.uk](http://www.stedmundsrcbungay.org.uk)



**Quaker Meeting** every Sunday at 10.30am  
Friends Meeting House, Frenze Road, Diss.  
All welcome. Contact [peter.sorrell48@gmail.com](mailto:peter.sorrell48@gmail.com)  
[www.quaker.org.uk/meetings/diss](http://www.quaker.org.uk/meetings/diss)

## Methodist Services in Fressingfield during April

5th Pat Williamson  
12th Colin Basham  
19th Rev'd Katie Jackson (Holy Communion)  
26th Local Arrangement

All services are at 10.30am unless otherwise stated.

The church is currently open as a Quiet Space from 10am to dusk.  
<http://fressingfield.onesuffolk.net/organisations-in-fressingfield/methodist-church>



Feeling overwhelmed with anxiety, stress or depression? Need someone to talk to? The Samaritans are always there.

Telephone 116123 24hours a day, 365 days a year  
or email [jo@samaritans.org](mailto:jo@samaritans.org)

To find out more, go to their website [www.samaritans.org](http://www.samaritans.org)

### Waveney Foodbank. Did you know?

Foodbank donations can be made at All Saints' Church, Mendham, Metfield village store and in Fressingfield at Matteredale, New Street - just leave donations in the yellow box by the front door



More details about Foodbank Projects can be found at [www.trusselltrust.org/foodbank-projects](http://www.trusselltrust.org/foodbank-projects)

*Six Sense is produced and published by the Sancroft Benefice on behalf of the villages of Fressingfield, Mendham, Metfield, Stradbroke, Weybread and Withersdale. Opinions expressed in this publication are not necessarily those of the editorial board. Six Sense accepts no responsibility for the content, offers or validity of any flyers or any advertisement.*

## Services at Local Parish Churches during April

Sunday 5th April	8.30am	Withersdale	Holy Communion BCP
Palm Sunday	9.30am	Weybread	Family Service
Matthew 21:1-11	9.30am	Metfield	Gathering
Psalm 118:1-2, 19-29	9.30am	Mendham	Holy Communion
	11.00am	Stradbroke	Caff Church
	11.00am	Fressingfield	Holy Communion
	6.30pm	Fressingfield	Sacred Space
<b>Mon 6th April</b>	<b>7.00pm</b>	<b>Weybread</b>	<b>Compline</b>
<b>Tues 7th April</b>	<b>7.00pm</b>	<b>Withersdale</b>	<b>Compline</b>
<b>Weds 8th April</b>	<b>7.00pm</b>	<b>Mendham</b>	<b>Compline</b>
<b>Maundy Thursday</b>	<b>7.00pm</b>	<b>Fressingfield</b>	<b>Holy Communion</b>
<b>Good Friday</b>	<b>10.00am</b>	<b>Mendham</b>	<b>Holy Cross Bun Service</b>
	<b>11.00am</b>	<b>Fressingfield</b>	<b>Stations of the Cross</b>
	<b>2.00pm</b>	<b>Metfield</b>	<b>Reflective Service</b>
Easter Sunday	6.00am	Weybread Lake	Sunrise Service
Acts 10:34-43	8.30am	Withersdale	Holy Communion
John 20:1-18 or	9.30am	Weybread	Holy Communion
Matthew 28:1-10	9.30am	Mendham	Holy Communion
	9.30am	Metfield	Holy Communion*
	11.00am	Fressingfield	Contemporary Serv/HC
<b>Sunday 19th April</b>	<b>8.30am</b>	<b>Withersdale</b>	<b>Morning Prayer BCP</b>
<b>Easter 2</b>	<b>9.30am</b>	<b>Mendham</b>	<b>Village Service</b>
Acts 2:14a, 22-32	9.30am	Metfield	Village Service
John 20:19-er	10.00am	Fressingfield	Holy Communion
	11.00am	Stradbroke	Holy Communion
	6.30pm	Fressingfield	Celebration
<b>Sunday 19th</b>	<b>8.00am</b>	<b>Stradbroke</b>	<b>Holy Communion BCP</b>
	9.30am	Metfield	Holy Communion
	10.00am	Fressingfield	family@church
	6.30pm	Mendham	Evensong

All Church of England services to be suspended until further notice. Please see [www.sancroftbeneficechurches.org](http://www.sancroftbeneficechurches.org) and facebook (Sancroft Benefice Churches) for details of alternative arrangements.

\*mustard seeds children's club

**Prayers around the benefice**

Mondays at 10am at The Rectory, Stradbroke.  
 Wednesdays at 10am in the Sir Alfred Munnings, Mendham.  
 Thursdays at 12 noon in Sancroft Hall.  
 3rd Tuesday in the month at 7pm in Stradbroke Church - Praying for the World.

Everyone is welcome to any of these prayer times.

Metfield St John Baptist Church The first Sunday in the month the congregation meets at 9.30am in the church to talk, read and sing, including coffee as usual.