

“Keeping  
the Community  
informed”

FREE ISSUE

WANGFORD UGGESHALL SOTHERTON

# Messenger

## PARISH MAGAZINE

EDITOR: SUE TAYLOR

VOLUME 18 NO. 7 APRIL 2023

### CORONATION WEEKEND 6th - 8th MAY

#### The Big Help Out in Wangford/Henham

King Charles is inviting everyone to volunteer on Monday 8th May to celebrate the Coronation. Most national charities have devised new volunteering opportunities for The Big Help Out, but we are also encouraged to volunteer in our communities.

We'd like to hear from you as soon as possible if:

- you'd like to receive some help, maybe with something you can't manage to do (gardening, a bit of DIY, dusting the tops of cupboards, cleaning windows etc), or you'd appreciate some company, or even a chance to get out of the house or
- you've spotted a job that needs doing to improve the village (you don't have to commit to doing it yourself!) or
- you know of someone in need of help or
- you can offer a particular area of expertise such as gardening, DIY, baking, sandwich making or
- you can spare some time that day or at another time and don't mind what you're asked to do or
- you've already offered to do something or help someone

Email [wangfordhelp@gmail.com](mailto:wangfordhelp@gmail.com) Phone 01502 578408

In addition to individual projects, there'll be the chance to join various working parties on 8th May.

#### The Big Picnic

After all that hard work we'll all be in need of sustenance, so the (free) Picnic will begin at 1.00pm on Monday 8th at the Community Centre. Everyone who's volunteered that day/week, plus everyone who volunteers **anywhere** during the year plus our Afternoon Tea members, and anyone who's prepared to bring along a plate of food or nibbles to share on the day, is invited. That's probably nearly everyone - but you'll need to book so we can ensure we have enough for you all.

You need to email [suethemusic@gmail.com](mailto:suethemusic@gmail.com), or phone 01502 578408 to book your place (children included).

Offers of assistance with baking, or preparation and set-up and serving on the day will be very gratefully received!



#### Wangford Church

##### Flowers and Photos

Throughout the weekend you will be able to enjoy celebratory floral displays filling the whole church alongside an exhibition of photos of village activities and volunteering past and present by Wangfordians.

If you are currently a volunteer, whether inside or outside the village, do send us a picture for the display of you in action, with a few words of explanation. You can email them to: [suethemusic@gmail.com](mailto:suethemusic@gmail.com) or [farrands.mars@gmail.com](mailto:farrands.mars@gmail.com), or post through the door of 79 High Street.

##### Coronation Songs of Praise

On Sunday 7th May at 11.15 am there'll be a special celebratory service for the Coronation with well-known hymns and readings.

#### Volunteer Opportunity

One or more volunteers are urgently needed to deliver Messengers around Henham at the end of every month. A car would be necessary unless you're a keen cyclist.

If you can help, please phone Sue on 01502 578408 or email [suethemusic@gmail.com](mailto:suethemusic@gmail.com).

#### Church Services in Holy Week

Monday 3rd April 7.00pm Compline - Reydon

Tuesday 4th April 7.00pm Eucharist - Reydon

Wednesday 5th April 7.00pm Compline - Reydon

Maundy Thursday 6th April 8.00pm Tenebrae - Blythburgh

Good Friday 7th April

10.00am Ecumenical Service - Southwold

2.00pm Last Hour - Reydon



## Food Bank

Items for the Food Bank can be left in the basket at the foot of the font in Wangford Church from where they will be collected and taken to John and Jan Collins at 19 Lakeside Park Drive on Friday morning. If you need them to be collected from your home, please ring Val Beckett on 01502 578987.

If anyone is aware of someone in need who would benefit from a food parcel, please encourage them to contact Lowestoft Foodbank on 07307 866146 or email [info@lowestoft.foodbank.org.uk](mailto:info@lowestoft.foodbank.org.uk)

## Community Garden Working Party

The next work party is on Sunday 2nd April from 10.00am to noon.

## May Elections - Voter ID

Don't forget that you'll need photo ID to vote in May.

Acceptable documents (even if they're out of date so long as the photo is still a good likeness) are

- passport
- driving licence
- blue badge
- buss pass
- PASS card

If you haven't got photo ID, you can apply for a Voter Authority Certificate, but the deadline for this is 5.00pm on Tuesday 25th April

You can apply online at [eastsoffolk.gov.uk](http://eastsoffolk.gov.uk) or by phoning 01502 523320 and asking for electoral services.

## WHAT'S ON IN APRIL

### Wangford Parent and Toddler Group

Mondays 9.30 - 11.30am Community Centre

### Body Conditioning

Tuesdays from 9.30 - 10.30am Community Centre

### Salsa

Wednesdays from 7.30 to 8.30pm Community Centre

### Wangford Art Group

Thursdays from 9.30am to 12.30pm Community Centre

### Yoga

Thursdays from 6.30 to 7.30pm Community Centre

### Community Garden Work Party

Sunday 2nd April 10.00 am - noon

### Uggeshall St Mary APCM

Monday 3rd April 4.30pm The Old School Hall

### Accessible Ceilidh Class

Tuesdays 4th and 18th April 7.00pm Community Centre

### Book Club

Thursday 6th April 8.00pm Community Centre

### The Arts Society

Tuesday 11th April 2.00pm Southwold Arts Centre

### Wangford with Henham Parish Council

Tuesday 11th April 7.30pm Community Centre

### Mobile Library at Wangford

Wednesday 12th April  
1010 - 1030am Community Centre  
1035 - 1045am Church

### Uggeshall Coffee Morning

Thursday 13th April 10.30am Old School Hall

### Uggeshall Cinema

Thursday 13th April 7.00pm Old School Hall

### Suffolk Wildlife Trust

Thursday 13th April 7.30pm Southwold Arts Centre

### Wangford Men's Breakfast

Saturday 15th April 8.45am The Angel Inn

### Wangford Church Coffee Morning

Wednesday 19th April 10.30am - noon

### Sotherton St Andrew APCM

Thursday 20th April 7.00pm Mayfield, Low Farm, Sotherton

### Afternoon Tea

Thursday 27th April 2.30pm Community Centre

### Spring Sale

Saturday 29th April 2.00pm Community Centre

## WangfordHelp

If you need any help, simply call or email us.

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or 01502 578408

## Wangford Village Store

Monday to Saturday  
8.00am - 6.00pm  
Sunday 8.00am - 4.00pm



## Wangford Post Office

Tuesdays  
from 10.00am - 12 noon  
Thursdays  
from 1.00 - 3.00pm  
Community Centre

## Wangford Farm Shop

Monday - Saturday  
9.00am - 5.00pm  
Sunday CLOSED

## Wangford 100 Club 2022/23

Winners in the March  
Draw were  
1. Malcolm Woolnough  
2. Karen Hales  
3. Danny Twist

## Wrentham Village Hall Film Night

### THE LOST KING

2022 British comedy/drama based on the discovery of the remains of King Richard III beneath a Leicester car park. Stars Steve Coogan and Sally Hawkins. (Cert 12).

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# APRIL'S TEAM LETTER

*'Softly as I leave you, softly as I leave you now'.*

These words for the title song made famous by Matt Monro in the 1960s sprang to mind as I write this letter on the day Canon Simon Pitcher and his wife Rene leave Sole Bay to begin a new life and ministry in Lavenham. I have worked alongside Simon for nearly seven years and in that time we learnt a lot about how to work successfully as a team and to support each other in difficult times, but also enjoyed celebrating together in the happiest of moments. Simon is going to be hard to replace and I pray that the person who is appointed is the right person for Sole Bay to move the churches and communities forward in this place.

I am very grateful to my fellow clergy, Judy, Malcolm, Philip, Stephen, Margaret, Harry, Robert our Reader and Hugh our licenced preacher, for all the cover they will provide during the interregnum. I cannot thank them enough for what could be a period of at least 8 months.

Even though Simon's farewell service fell at the beginning of Lent it was a most joyful occasion with over 250 people from our church family, the local communities and further afield who came to give thanks to God for Simon's ministry. The music and liturgy were very uplifting and a celebration cake with a train affixed to the top was literally 'the icing on the cake'!

There is a lot to look forward to and I encourage us all to get involved in Holy Week so that we all can share in the final week of Christ's life, his suffering and his death but also the wonder and joy of his resurrection. We will be considering the 7 sayings or words that Jesus spoke from the cross on the first three days of Holy Week and Good Friday. On Maundy Thursday we will be having a Holy Communion Service to mark the day when Jesus celebrated his Last Supper and then will experience the Tenebrae (Shadowing) liturgy as we recall the hours when darkness reigned as Jesus was arrested in the Garden of Gethsemane and then tortured and finally killed. We will be using music from Karl Jenkins, The Armed Man and meditative poems. The service ends dramatically. Do come along at 8pm and experience this service, perhaps for the first time. On Good Friday there will be an Ecumenical Service in St Edmund's at 10.00am, followed by a Walk of Witness to South Green and then we will mark the last hour of Jesus' life in St Margaret's, Reydon at 2pm. On Easter Day there will be many celebrations in our churches to mark our Lord's resurrection and they will begin with a Sunrise service at 7.30am on Walberswick Beach. *(Please look at the range of services on offer in this publication).*

So, please all feel invited to come along and share in our worship at Easter.

*Revd Alan Perry*

## Wangford Mens' Breakfast

Saturday 18th March saw Ian Lomas entertain eighteen keen chaps with his jaunts to the country of Iceland. A very interesting illustrated presentation rounded off with a hearty Angel Inn breakfast. Next month on the 15th we welcome Helen Walker, the Chair of our local Henham Steam Rally, with the ins and outs of this large and prestigious event. All are welcome, 8-45 for 9 at the Angel Inn. Details/bookings from [johnscholes@hotmail.com](mailto:johnscholes@hotmail.com)

## Drive-It Day at Wrentham Chapel

Sunday April 23rd is National Drive-It Day when folk with classic vehicles are encouraged to take them out on our roads.

Once again, Wrentham Chapel will be open between 10.00am and 5.00pm, with complimentary refreshments and other facilities available for anyone requiring a pit-stop. A short, informal act of worship with a transport-related theme will be held at 3.00pm, and all are welcome to attend, with or without a classic vehicle.

## News from Wangford Church

As we enter April, we are nearing the end of Lent where we have had the opportunity to reflect and prepare for Easter. Easter will be celebrated with a Communion Service in church on Easter Sunday April 9th at 11.15.

As you read this, a group of us will have (weather permitting) spent some time working in the church grounds. We are very thankful for the all the hard work that is put in throughout the year to keep the church and the grounds looking so nice.

Preparations are underway for the King's Coronation celebrations in Wangford. We are very pleased that the church will be a part of these celebrations and look forward to working together with everybody else as we did so successfully during the Queen's 70th Jubilee events last year. Please do visit the church to see the display and the flowers.

Sunday May 7th will see a Coronation Songs of Praise at 11.15am in Church, and we look forward to people joining us to celebrate the coronation of our new King.

Finally, we had some very sad news during March with the passing of Susie Benge, a much loved member of our church family and our PCC. Susie's unexpected death was a great shock and we hold her friends and family in our thoughts and prayers. Susie's funeral is in church on April 4th at 2pm.

*Mark Notton, Churchwarden (578691)*

## News from Uggeshall

### Uggeshall Coffee Morning

April's Coffee Morning is on 13th from 10.30am in the Old School Hall. Everybody's welcome.

### Uggeshall Cinema

The film on 13th April will be 'Keeping Mum'. A hilarious dark comedy starring Rowan Atkinson, Kristin Scott Thomas, Maggie Smith & Partick Swayze. Doors open at 7.00 for 7.15pm.

### St Mary's APCM

Our Annual Parochial Church Meeting will take place on Monday 3rd April at 4.30pm in the Old School Hall.

JOIN US IN CELEBRATING  
KING CHARLES III  
CORONATION

FRIDAY 5<sup>th</sup> MAY, 6.30pm  
AT THE OLD SCHOOL HALL

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Spaces are limited and booking is essential by the 27<sup>th</sup> April!  
Please contact Jane on 07896315052 or email at [Skip177@btinternet.com](mailto:Skip177@btinternet.com)


## News from Sotherton

### Easter Day at St Andrew's

Do join us for our Easter morning Communion service at 9.30am on 9th April when our little church will be decorated with lovely Spring flowers.

### St Andrew's APCM

Our Annual Parochial Church Meeting will take place on Thursday 20th April at 7.00pm at Mayfield, Low Farm, Sotherton.



Congratulations  
to the Wangford Afternoon Tea team,  
who retained their 5-star Food Hygiene  
rating at the inspection on 23rd March.

## WANGFORD WITH HENHAM PARISH COUNCIL

### Multi-Use Games Area (MUGA)

The Parish Councillors are looking for feedback with regard to repairs to the MUGA. The area is currently closed and in need of repair or renovation. The options are:

- to repair the damaged timber fencing around the perimeter and restrain, at an estimated cost of about £3,500;
- to completely replace the fencing at an estimated cost of about £12,000+ (material costs are rising all the time);
- to keep it closed for the time being and not carry out any repair.

We would appreciate your comments to help us decide on the way forward as any repair will be funded from the Precept (Council Tax) contribution that the Council receives. Please let us know your views by speaking to any parish councillor or emailing our Clerk: Greg Radcliffe at [wangfordwithhenham.pc@googlemail.com](mailto:wangfordwithhenham.pc@googlemail.com)

### Reminder

Please ensure you keep your dog(s) on a lead on the playing field and do not allow them onto the allotment areas or within the play area enclosures. Please pick up your dog waste and put in the dog bins, which are generously sited around the village. There have been several reports of dog fouling and loose dogs in recent weeks. The use of the playing field is only allowed if everyone follows the established rules.

### Wangford Community Council

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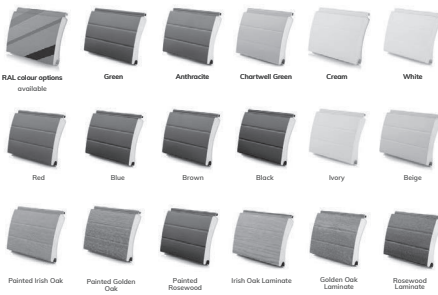
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# ABRAHAM

Writers in the Times recently suggested their rules for life, an awful lot with tongue in cheek. I thought 'I can do that' - I'm conceited enough. Off we go, and feel free to disagree. 1. Make all your mistakes as soon as possible and then repeat them 50 years later. It's fun. 2. Distrust all politicians from the off. It saves time. 3. Whether you're lonely or not get at least one cat. 4. Never apologise. Just make sure you don't do anything for which you have to apologise. 5. When at the pub, with or without your spouse, leave that infernal machine at home. 6. Take time to smell the flowers and anything else that grows. 7. Don't waste your time trying to put dickheads down. Give them time, they will manage it themselves. 8. Try to avoid talking about yourself. You're just not that interesting. 9. Being off your face with booze is so unattractive. 10. If you've found a friend that makes you laugh, hang on to them.

To help Everton Football Club 'move forward' new Manager Sean Dyche (will he still be in charge when you read this?) plans to invite certain folk to talk to his players presumably to motivate them to do....what? These include former England Rugby coach Eddie Jones, ex-Everton men, Peter Reid, Joe Royle, Graeme Sharp, Brian Kidd, and probably Uncle Tom Copley. I want to know why and, more importantly, are they being paid?

It seems to me that Val McDermid has quite a lot going for her. Kirkcaldy born, lifelong Raith Rovers supporter and director, graduated from St Hilda's College, Oxford, enormously successful crime writer, committed lesbian. Now she has come out in defence of Nicola Sturgeon, praising her for her many virtues. She avoids mentioning the wrongdoings and monumental failings. I have never been a great supporter of the wee girl but, misguided or not, she is McDermid's friend and Val will continue to stand by her. This brand of loyalty can only be applauded. After all Sturgeon needs as many friends as she can drag up.

Talking of books I can't recall where I reached in my trawl through my collection. So, if you've read this already don't yell at me. Still on B's and second shelf - Dirk Bogarde - 2 books on a fine British actor; Napoleon Bonaparte, alas yet to be read, as is Charlotte Bronte; John Brown : Queen Victoria's Highland Servant - an interesting read (try to cast aside the memory of Billy Connolly and Judi Dench); George Mackay Brown - 6 volumes about the great chronicler and poet of the Orkney Islands. George Borrow : Oulton and Beyond - terrific read about the gypsy scholar poet who lived at Oulton; and finally for now, 7 books on the one and only Rupert Brooke, my favourite poet. He died, appropriately, on St George's Day 1915, aged 27, forever young and forever associated with the village of Granchester. He wrote The Old Vicarage, Granchester in 1912 in his favourite cafe in Berlin and to my mind it has the most wonderful romantically sentimental lines ever written about Old Blighty. 'God! I will pack, and take a train / And get me to England once again! / For England's the one land, I know / Where men with splendid hearts may go'.

When making a request for something, how often have you been given the dreaded response "No worries", or even worse, "No problem". How to respond? How about just be curt and tell the offender not to use the expression? An insidious trend indeed. Suggestions to the sainted editor will be welcomed.

*Abraham*

## Book Club

At our March meeting we discussed "Rabbit Hole" by Mark Billingham. The story was set in a hospital dealing with mental health issues and looked at the murder of a patient and a nurse. The narrative unfolded through the first person account of one of the residents - Alice - who described herself as having worked with the police. We discussed the various events that led to other residents being at the hospital, from anorexia, witnessing one parent kill another, fetishism and powerlessness to cope. A huge range of characters and issues prevailed. It was quite a complicated narrative. . Very few of us anticipated the ending - Alice was a civilian employee at the police station and her former colleague did not tell her this and used her to help him cope with the aftermath of seeing his partner killed on duty. Alice had PTSD and we felt outlining the personality and physical problems associated with the condition and the impact on her family and friends was very well done. The narrative ended on an apologetic email her former policeman colleague sent to explain matters and stopped when he was about to press 'send'. We do not know if the email was sent or whether it would have made any difference. We came to see the fragility of human interaction, and the unlikely friendships and alliances formed were quite affirming. It was noted that the cover did look foreboding and reminiscent of an institution with a closed door, hospital ward, and one chair in the corridor which enforced the idea of a tortuous and lonely interrogation to strip the characters bare to find where truth was located. In summary, it was a good book to read and generated a lot of discussion. We next meet on Thursday April 6th at 8pm in the community centre to discuss Mitch Albom's "The Magic Strings of Frankie Presto".

*Gill Smith 578620*

C H U R C H  S E R V I C E S	Sunday 2nd April	Palm Sunday
	11.15 am Wangford	Holy Communion (CW)
	6.00 pm Uggheshall	Evening Prayer (BCP)
	Sunday 9th April	Easter Day
	9.30 am Sotherton	Holy Communion (CW)
	11.15 am Wangford	Holy Communion (CW)
	6.00 pm Uggheshall	Evening Prayer (BCP)
	Sunday 16th April	2nd Sunday of Easter
	11.15 am Wangford	Holy Communion (CW)
	6.00 pm Uggheshall	Evening Prayer (BCP)
	Sunday 23rd April	3rd Sunday of Easter
	11.15 am Wangford	Family@Church
	6.00 pm Uggheshall	Holy Communion (BCP)
	Sunday 30th April	4th Sunday of Easter
11.00am Southwold	Team Communion (CW)	
6.00pm Uggheshall	Evening Prayer (BCP)	



# DIRECTORY

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Sotherton	Karen Flaxman	01986 873123
Church Wardens		
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	Jeff Bridges	578208
Uggheshall	Colin Hill (Churchwarden Emeritus)	
	Colonel Giles Crisp	578251
	Clare Palmer	578679
Sotherton	Gerard Walker	01986 874248
	Stephen Flaxman	01986 873123
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Secretary	Sue Hosking	578287
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Caretaker	Sue Taylor	578408
Uggheshall Old School Hall		
Bookings	Denise Baker	578190
Parish Council Clerks		
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Uggheshall	Vacancy	
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Henham Steam Rally		
Chair	Helen Walker	07557 784927
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Sole Bay Health Centre		722326
Wangford Veterinary Clinic		578999
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DEADLINE: 11th day of Month preceding publication

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## APRIL 2023 CENTRE DIARY

2nd April	Private Hire	Hall	11.00 - 2.00pm
4th April	Body Conditioning	Hall	9.30-10.30am
	Post Office	Bar	10.00-12noon
	Ceilidh Class	Hall	7.00-9.00pm
	Community Council	Cttee Room	7.45pm
5th April	Salsa	Hall	7.30 - 9.30pm
6th April	Wangford Art Group	Hall	9.30-12.30pm
	Post Office	Bar	1.00-3.00pm
	Yoga	Hall	6.30-7.30pm
	Book Club	Cttee Room	8.00pm
11th April	Post Office	Bar	10.00-12noon
	Parish Council	Cttee Room	7.30pm
12th April	Salsa	Hall	7.30 - 9.00pm
13th April	Wangford Art Group	Hall	9.30-12.30pm
	Post Office	Bar	1.00-3.00pm
	Yoga	Hall	6.30 - 7.30pm
15th April	Private Hire	Hall	12.00-5.00pm
17th April	Toddlers	Hall	9.30 - 11.30am
18th April	Body Conditioning	Hall	9.30-10.30am
	Post Office	Bar	10.00-12noon
	Ceilidh Class	Hall	7.00-9.00pm
19th April	Salsa	Hall	7.30-9.00pm
	GHSR	Bar	7.30-9.30 pm
20th April	Wangford Art Group	Hall	9.30-12.30pm
	Post Office	Bar	1.00- 3.00pm
	Yoga	Hall	6.30-7.30pm
24th April	Toddlers	Hall	9.30-11.30am
25th April	Body Conditioning	Hall	9.30-10.30am
	Post Office	Bar	10.00-12noon
26th April	Salsa	Hall	7.30-9.30pm
27th April	Wangford Art Group	Hall	9.30-12.30pm
	Post Office	Bar	1.00-3.00pm
	Afternoon Tea	Hall	2.30-4.30pm
	Yoga	Hall	6.30-7.30pm
29th April	Spring Sale	Hall	2.00pm

### The Arts Society, Southwold

The 2023 series continues on Tuesday 11th April  
when Rupert Willoughby will speak on  
**'Basingstoke and its Contribution to World Culture'**  
Lectures commence at 2.00pm in Southwold Arts Centre.  
Visitors and Members' guests are welcome.

### Suffolk Wildlife Trust

(Blyth Valley and Southwold)

A brief AGM, followed by a film  
**'Secret Rivers - the Waveney'**

featuring Paul Heiney.

Thursday 13th April 7.30pm at Southwold Arts Centre

No admission fee, but a small charge for drinks.

All are welcome