

**Badingham Echo**  
**February & March 2017**

# BADINGHAM DIARY

Juicing Day	Tue 7th February	Shop 9.30 - 11
Village Quiz	Tue 7th February	White Horse 8pm
Whist Drive	Mon 13th February	White Horse 2pm
Maypole	Wed 15th February	Village Hall 7.30pm
Gather Together	Sun 19th February	Church 10am
Village Quiz	Tue 7th March	White Horse 8pm
Maypole	Wed 15th March	Village Hall 7.30pm
Gather Together	Sun 19th March	Church 10am
Village Quiz	Tue 4h April	White Horse 8pm

Weekly events:

**Parent & Toddler Group** 10 - 11.30 at the Village Hall

**Tuesday Tots** 11.30 - 12 noon at Badingham Shop & Café

**Wednesday Walks** 10am leaving from Badingham Shop & Café

## Latest Village News & Events

Check for updates on [www.badingham.org.uk](http://www.badingham.org.uk)

All the latest news will be posted here

Don't forget to tell Carl when you have news or events that you need to publicise: [editor@badingham.org.uk](mailto:editor@badingham.org.uk)

I'm always grateful for your contributions: stories, memories and cover pictures. So, please start scribbling! Don't forget to let me know if you want to make a request for help, ideas or publicity for an event.

The copy deadline for the next Echo is:

**15th March**

Please send news, articles etc to:

**Tish King** T: **01728 638259** (home from work 6.30ish)

Brick Kiln Farm, Badingham, IP13 8LE

Email : **[BadinghamEcho@gmail.com](mailto:BadinghamEcho@gmail.com)**

## *Notes from the Editor*

It might be cold and frosty but the sun is shining and the bulbs are pushing through - Spring is just around the corner!

I was disappointed to miss the village get-togethers over the Christmas period, trying to keep the germs to myself. Must start taking the vitC earlier next year!

Victor's Christmas tree looked spectacular once again and the cross on the church was shining so brightly this year I had to do a second take when I first glimpsed it from the High Road.

Our trimmings went up rather late, as usual, with my nephew helping me decorate the tree on Christmas Eve. Thankfully our noses had stopped dripping by the time we were making trifles on New Year's Day!

I was out and about for the Village Quiz at the beginning of December. The next one is on Tuesday 7th February. Don't feel you need to have a team of six to join in. I regularly float between teams... whoever has a spare seat! I've still to be on the winning team but there's always next time!

Love song to Suffolk? Has anyone at the EADT read the lyrics to Ed Sheeran's Castle on the Hill? With underage drinkers loafing about Fram and hooligans speeding at 90 down our country lanes, I think it's Ed's attempt to keep the tourists away! What do you think?

Thanks to Sonja for our cover picture - and many happy returns for your birthday in February!

With best wishes,  
Tish

The ECHO is produced for the villagers of Badingham  
by the Badingham Community Council  
Registered Charity No. 274549

The Editor's decision on whether or where to place material is final. While every effort is made to check information published, the BCC does not endorse the accuracy or reliability of any article or advert within the magazine.

E.O.E.

# BADINGHAM

## COMMUNITY COUNCIL

Happy New Year to all residents and members of the BCC.

Before Christmas we delivered shortbread to 23 households and we've since received some nice phone calls and letters of thanks.

Carol Bostock-Smith sent a lovely card, saying how it is one of the nicer things about growing older in Badingham!

Our thanks go to Carl Reeve who looks after the Badingham website. The onesuffolk web service recently passed to Community Action Suffolk who have introduced an annual fee, which the BCC have sponsored this year.

Don't forget to keep the 17th June free, the day of this year's village fete. We'll include further details in the April Echo. In the meantime, please keep it in mind if you would like to join in.

Could you help run a sideshow? The target bowls and 'Brownie games' always prove popular. It would be great to have more have-a-go stalls - hoopla, tin can alley, splat the rat etc - to entertain young and old.

Pauline Skevington, Chairman

### **Badingham Community Council Committee 2016**

Sonja Russell - President & Secretary 01728 638268

Rita Ruffles - Vice President

Pauline Skevington - Chairman 01728 602542

Gerry Newman - Treasurer

Other committee members:

Wynne Willey, Jackie Price, Tish King

Write to us c/o our Secretary, Sonja Russell  
at Colston Bungalow, Badingham, Woodbridge, Suffolk, IP13 8LB

Please get in touch if you are interested in joining the Council or have ideas for community events

## **Whist Drive**

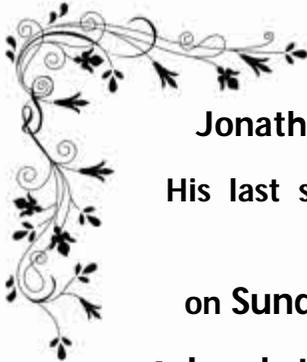
**PARKINSON'S<sup>UK</sup>**

We're holding a Whist Drive to raise money for Parkinson's UK on Monday 13th February at 2pm at Badingham White Horse, with thanks to Lisa & Mark

Tickets £5 includes Afternoon Tea

We still have some seats available.

Call Rita 638208



**Jonathan retires at the end of April**

**His last service as our rector will be at  
Dennington Church**

**on Sunday 30th April 2017 at 11am**

**A lunch-time reception will be held in  
Dennington Village Hall  
at 1pm on the same day**

**Everyone is very welcome to both  
the service and the reception  
or just to the service, or just to the reception**

**Either way, do join us if you can to say Thank You  
to Jonathan and Sue and to give them our best wishes  
for their retirement**

**It would help with catering if we have an idea of numbers.**

**If you think you would like to come to the lunch-time  
reception, please would you let either Carol - 638352 or  
Ann - 638288 know, but if you are not sure please feel  
free to just turn up**

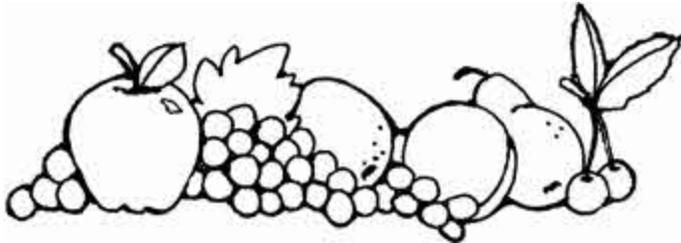
# Veg & Fruit Juicing Trial and Play Day

**“Veg and Fruit Juicing for Beginners”**

**Tuesday 7th February 2017 -  
at Badingham Shop and Cafe  
9.30am start until 11am**

**- come and try and play event -  
Cost £5, booking required**

**For more details or to book your place please call at the  
shop or ring Tanya on 638894**



It was sad to hear that Badingham WI was to close after 70 years. Maypole has changed the date that they meet so it does not clash with Dennington WI.

Here's a list of meeting dates for local WI groups - there are over a 100 to choose from in Suffolk:

**theWI**  
**INSPIRING WOMEN**

Dennington WI - 2nd Wednesday of the month, 7.30pm at the Village Hall

Framlingham WI - 3rd Thursday, 7.30pm at United Free Church

Earl Soham WI - 4th Thursday, 7.30pm at the Village Hall

Peasenhall & Sibton WI - 1st Wednesday, 7.30pm at the Assembly Hall

# The Maypole Club



The Maypole Club now meets on the **third Wednesday of the month** at 7.30pm in the Village Hall, unless otherwise stated

Our next meetings are on:

Wednesday 15th February - Belly Dancing workshop  
Wednesday 15th March - Hedgehog Talk with Jane Moore

We warmly welcome all residents and visitors to our meetings. New members always welcome, if you are not sure Maypole is for you just come along and give us a try.

Phone Debbie 638325

## BADINGHAM COMMUNITY COUNCIL - LITTLE ERNIE

Thank you to everyone who has kindly supported our draw and of course our membership. We will start the draw on 1st April and wish you all good luck for 2017. Sonja Russell

## VILLAGE QUIZ NIGHTS

**A quiz is held on the first TUESDAY of each month 8-10 p.m. in the White Horse Pub**

Tables of up to six people (£2 per person)  
Proceeds to local organisations

**February 7th – East Anglian Air Ambulance  
March 7th - East Anglian Childrens Hospice  
April 4th - Friends of Dennington School**

Amounts raised at recent quizzes

***St. Elizabeth Hospice - £80***

# **Saint John the Baptist Church Badingham**

## **Carol Singing and Crib Service**

On Tuesday 20th December a packed Badingham White Horse enjoyed singing carols, accompanied by Victor and Rachel.

Mark and Lisa served us with warm sausage rolls and mince pies. £100.00 was collected for The Children's Society.

On Christmas Eve we had a packed church for the Crib Service. We were delighted to have our handbells rung in the church for the first time in many years.

Victor, Rachel and Asher accompanied the singing and various people read and children created the nativity scene. The service was followed by hot fruit punch, mince pies and biscuits.

A further £159.00 was collected for the Children's Society and we were able to send them a cheque for £259.00 to help fund the excellent work that they do.

*Our thanks to everyone who took part, provided refreshments or helped in any way and to everyone who came along*

## **Christmas Sale and Coffee Morning**

November seems a long time ago now but thanks to the support of many people who helped, contributed or came along to the sale we had a very happy morning and made £731.65 for church funds, of which 10% will be sent to East Suffolk Alzheimer's Society.

**A huge THANK YOU to everyone, Ann**

**Saint John the Baptist Church  
Badingham**

**On Sunday 19th February we begin**

# **Gather Together**

**a service for everyone from nought to infinity  
at Badingham Church at 10am**

**The service will be relaxed and informal, last about 30mins  
and be followed by coffee / juice and biscuits**

**If you are intending to come to the service, why not  
come along a little earlier at 9.30am and share breakfast  
with us, also in the church**

**We hope as many of you as possible will join us  
for this new venture and look forward to welcoming you**

**Our subjects for February and March:**

**Sunday 19th February the parable 'The House on the Rock'**

**Sunday 19th March the parable 'The Rich Fool'**



# SUFFOLK HISTORIC CHURCHES TRUST CYCLE RIDE 2016



Those cycling for Badingham were:-  
Jenny Collins  
Geoff Moore  
plus daughters Charlotte and Alice

The total amount raised was £316. This is a very pleasing sum considering there was just four of us cycling.

Jenny visited 25 churches and obtained lots of sponsors.

Charlotte, Alice and I visited 15 churches. We were slowed a little by taking my four year old Granddaughter on the rear seat of Charlotte's bike. Granddaughter Amy enjoyed herself eating chocolate biscuits in most of the churches. We started in Kesgrave visiting Martlesham, Waldringfield, Hemley, Newbourne, Kirton, Trimley and Levington.

Martlesham, Levington and Hemley are in lovely settings with glorious river views. Hemley is in a most peaceful location overlooking the river Deben. It is on the road to nowhere and has a population of less than a hundred.

Those recording in our church were:-  
Sonja Russell, Ann Foster,  
Carol Bostock-Smith, Tanya Newton

Many thanks to them and all our generous sponsors.

Happy new year to all and those of you cycling, take particular care,  
Geoff Moore

Massive apologies for the delay in thanking everyone for the very generous donations given to replace the piano in the church!

It was quite a challenge to remove the old piano around the font and out of the church without damaging anything and to manoeuvre the new/old one in but with a lot of donated man power all was achieved without hiccup. We are now in the process of finding someone to tune the new/old piano and then we look forward to many a happy piano recital.

Many thanks again to all who donated their time and generous donations.

With kindest regards, Zoe Stewart

# Badingham Shop & Café



After a short break over the festive season, the village shop & café reopened on 3rd January and is enjoying continued success thanks to the loyal support of villagers and residents from surrounding communities.

A small adjustment to our cosy space has allowed us to add a few extra seats and slightly larger tables, creating a lovely, inviting atmosphere for enjoying light refreshments or lunch.

Our January menu includes winter-warming soups, freshly made paninis and a weekly special, as well as a delicious selection of homemade cakes, cupcakes and scones.

You'll also find a selection of unusual and quirky gifts, made by various talented craftspeople in the area. If you're looking for something a bit different you may well find it here.

We hope you'll pop in to see us soon!

## **Opening hours:**

Monday to Friday - 11am to 1pm

First Sunday of the month - 3pm to 5pm

## **New at the shop! Tuesday, February 7th - 9.30am to 11am**

### **Veg & Fruit Juicing for Beginners**

We're delighted to introduce the first of what we hope will be a series of events and activities in the shop premises. This is a 'come and try' event and a chance to learn about juicing fruits and vegetables. It promises to be lots of fun with samples to try and the chance to make your own juices. Please bring a veg peeler, chopping knife, apron and juice container.

**Booking is required and the cost is £5.**

## **Regular events**

**Tuesday Tots** - 11.30am to 12.15pm. Parents and toddlers are invited to come along and enjoy tasty treats for tots (£1.50 per child) with a free drink for any accompanying parent.

**Walking Wednesday** - Walks on a Wednesday are back, starting from the shop at 10am for an hour's stroll before returning to the shop. Walks take place only when the weather is fair so do check the forecast - or the skies! - before setting out.

Badingham Shop & Café is run entirely by a band of committed volunteers. If you would like to volunteer in the shop, bake a cake, make some soup or help in other ways, please contact Tanya on 638894 or Karen on 638061.

# BADINGHAM NATURE DIARY

Paul Collins shares his noteworthy nature sightings

Unless otherwise noted, all were seen at Pollards, Bowling Green Road:

2 Nov	Goldcrest	Two (unusual to see more than one)
11 Nov	Common Darter	Definitely last dragonfly
24 Nov	Bullfinch	Seven
25 Nov	Brambling	Unusual early in winter
25 Nov	Barn owl	North end of Pound Green Road
30 Nov	Golden plover	Flock (2-300) at Broad Oak Farm, Peasenhall but adjacent to village boundary
2 Dec	Heron	Standing on back lawn
21 Dec	Long-tailed tit	Seven on fat ball
27 Dec	Greenfinch	Not seen any for weeks
- Dec	Goldfinch (	50-60 of each roosting around garden
	Collared Dove (	every evening

Mark from the White Horse recently spotted the 'black stag' and his harem across the park one morning. Have you seen these red deer about? They are becoming quite a frequent sight. What have you spotted?

We were ready to get the bird books out when we spotted something unusual at the bird feeders - brown, speckled chest and white under its chin - only to hear an ordinary blackbird call as it flew away. Fooled by a juvenile bird.

## Emergency Plans?

Intrigued by word of a Village Emergency Plan and control centre (in the former BCC cupboard in the Village Hall!) I read up on government advice on how villages can assist the emergency services and take action themselves when no outside help is available.

Are you prepared if you were stuck at home with no power, phone or internet? Who might need help? Who is looking after your friends and family? Do you have enough food, spare cash and drinking water?

It must be said it has been several years since Badingham has been blocked in by snowdrifts or the power has been off for more than just a few hours but it's a good idea to have a torch, radio, first aid kit, food and water at the ready - if only to prevent the rush to the shops when the forecast turns to snow!

## BADINGHAM VILLAGE HALL

Our Village Hall is available for hire daytime, during school holidays and weekends, and evenings throughout the year.

The spacious hall has a wooden floor, kitchen and bar areas, with tables and plenty of seating

To hire the Village Hall please contact:  
Michele Cole [m.cole9@btinternet.com](mailto:m.cole9@btinternet.com)

Hourly rate	Village Residents £6 per hour	Others £8 per hour
Day Rate	£60 per day	£70 per day

All cancellations must be made a week ahead  
of the booking to avoid charges

**Table, chairs and crockery are available for separate hire**

Contact Sonja 638268



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**BADINGHAM**  
**NEIGHBOURHOOD WATCH**  
**Sonja Russell,**  
**Head Co-Ordinator**  
**Tel: 01728 638268**

We hope you all had a good Christmas and Happy New Year to you all.

**NEW CO-ORDINATORS**

Welcome our new NHW Co-ordinator Harry Huggett who lives at 2 Poplar Farm Cottage, Cransford Lane. Thank you for taking over this area from Gerald Tedder. Harry has for many years been interested in NHW; he will do an excellent job of it.

Now it's time to find someone for Bowling Green Road – please, please do come forward to relieve me before May 2017. I'll happily help you to begin with and, as Head Co-ordinator, I'm always in touch. Burglaries in the area seem prevalent at the moment.

**CHURCH BREAK-IN - BADINGHAM**

Before Christmas our church was broken into, through the Vestry window. Two brass candle sticks and a reading desk /table were taken. On the same day/night a shed behind the church, belonging to a neighbour, was broken into and items taken. If anyone had seen anything suspicious please let me know or Victor Warne on 01728 638357 (Church Warden).

**BURGLARY - BADINGHAM**

On 14th December, a house in Mill Road was broken into and jewellery taken. Did anyone see or hear anything? Please contact Police on 101 and myself. My thoughts go out to anyone who had this happen to them.

**BURGLARY - BRUISYARD**

Around Jan 3rd /4th Clock House and Sandpit Cottage in Low Road were broken into. If anyone knows or heard anything please contact Police 101.

A white van with a woman driver has been spotted parked in the layby at Gortons Cottages. It drove off towards Stone Cottages only to return and drive slowly past the cottages. This seems very suspicious, could this be connected to any of the above?

**SECURE YOUR HOME**

Suffolk Police are asking people to make sure their homes are properly secured. Most burglaries are committed by opportunistic criminals who happen to find insecure premises where they can just help themselves. Intruders will look for the best opportunity to break into properties - some will scope out an address first. Officers are urging residents to ensure their houses looked occupied, that hedges which might conceal a thief are kept trimmed and that there are no tools to hand that might aid access.

**ACCIDENTS – BADINGHAM**

Nov 30th – a fuel lorry collided with the chevrons at Stone Cottages and hit the fence before driving off. Details of the lorry were taken down by a witness, who also swept up the glass.

This was reported to Highways and the Police. I would like to thank the kind person who informed me and swept the road afterwards. Soon after, a car hit the fence - sadly no witness.

Dec 24<sup>th</sup> Carrs Hill – a vehicle went off the road. Police were informed and the car removed.

2016 has seen a number of accidents along the A1120 - **IT IS NOT A RACE TRACK.**

## **DOG FOULING**

Once again, I have had many reports on this shocking behaviour - fouling of foot-paths, pavements, and even the church-yard!

This is a very special resting place and a 'garden remembrance' for all our friends who lived in our lovely village. Surely, this is a place that should be respected!!

A stark warning – you are being watched and a log book is being kept (labradors – black and golden have been seen). **TAKE YOUR DOGGY BAG!**

## **CHIP & PIN ADVICE**

Police are reminding people to memorise their PIN Numbers - easier said than done! While national figures suggest a £36m reduction in card fraud in the last two years, Suffolk Police's Paul Rawlings says do not become complacent and take precautions to reduce your risk of becoming a victim of card fraud. At an ATM, always shield the keypad with your free hand when entering your PIN to make sure no one is looking over your shoulder.

## **HARE COURSING**

Six men have been arrested after allegations of illegal hare coursing in the Suffolk countryside.

Officers and the Police helicopter were called to reports of a group of people with dogs on a field near Diss. A Subaru Impreza and a Honda CRV were seized by police under the Wildlife and Countryside Act. The men came from Northants and Essex. Please keep your eyes and ears open for anything happening around this area. **REPORT IT.**



## **AMAZON SPOOF EMAILS**

Action Fraud report victims have been sent convincing looking but spoof Amazon emails. The emails claim you have made an order online and mimic an automatic customer notification for expensive, luxury items.

The emails cleverly state that if you haven't authorised the transaction, click on the help centre link to receive a full refund. The link leads to an authentic-looking website, which asks victims to confirm their name, address, and bank card information.

Amazon will never ask for personal information to be supplied by e-mail. Be alert to attachments or prompts to install software on your computer, typos and grammatical errors and spoofed email addresses that make it look like the email is coming from Amazon.

## **FINALLY**

I urge everyone to be vigilant and look after your neighbours. Report anything you think is not right, such as a stranger walking around gardens. I know you are all good at this, remember to spread the word.

Sonja



## BADINGHAM VILLAGE HALL

Minutes of the meetings of the Village Hall Committee are now being posted on the village website: [www.badingham.org.uk](http://www.badingham.org.uk)

### OUR VILLAGE HALL - "EXIT LIKE BREXIT"

A poem by Sonja

These are many well-loved buildings  
up and down the land  
some are really sumptuous  
and others not so grand

With Palaces, Castles, Cathedrals  
and Town and Village Halls  
Tourists flock to see them  
Not ours, sad to say

But, I know one that's loved by all  
- Our own Village Hall  
And will never, ever shut  
As it is cherished by all

It's basically the Old School  
improved by willing bands  
of grandads, dads and grandsons  
and lots of willing hands

You see this humble building  
where so many adults and children meet  
is warm and friendly,  
much better than Low Street

There are hundreds who have passed  
through here  
and memories abound  
of happy times they've spent therein  
And life-long friends we've found

It's where everyone should be  
welcomed  
Whether noisy, bold or shy  
And remember those past Village folk  
that are at the pearly gates in the sky

So though it may be humble  
And has no claim to fame  
There's no listed building in the land  
that can put our Village Hall to shame.

Rehearsals are under way for the next **FADS** production, ***A Day in the Death of Joe Egg*** by Peter Nichols.

This play is quite exceptional; not only in its content but also in its unusual theatrical style and in the way it manages to celebrate human resilience and compassion through moments of high comedy and acute sadness as it explores the strains that are placed on a family with a young daughter suffering from cerebral palsy.

The production will be presented in Framlingham College Theatre from Wed 12<sup>th</sup> – Sat 15<sup>th</sup> April, commencing each night at 7.30pm. Tickets will be available from Mon 13<sup>th</sup> March.



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# News from Dennington School



## Chaffinches Class

In Literacy we have been looking at stories written by Julia Donaldson. The Gruffalo inspired us to practise our writing skills. We have made clay models, explored woodland materials and acted out the story of the Gruffalo. In Maths we are learning the concept of addition. Firstly using pictures and then moving onto single digit numbers. We have created a cafe in our classroom and have written menus and labelled our kitchen. We plan to visit the local cafe to give the children an experience of what a real cafe is like.

## Robins Class

This term in Robins we have been continuing the theme of superhero's . The evil pea entered our classroom! This term in Art the children have been learning about printing with different materials and have made some lovely superhero capes along with learning about the pop artist Andy Warhol. Literacy is based around stories written by the author Julia Donaldson. So far we have used the books the "Gruffalo's child" and "Superworm". The children have written postcards based on the Gruffalo going on holiday and Superworm. Its that time of that year again! We hope that parents will continue their support and help their children with lines and sorting out nativity costumes. See diary dates for the times.

## Wrens Class

We recently participated in a History Mystery workshop with a number of other local schools at Saxmundham Free School. It was a great event where we learnt about Mathew Hopkins a Witchfinder General, who hunted down and killed witches in our local area. We took his "Witch Test" and discovered that we would have all been witches and then tried him in a court where we found him guilty of killing innocent women.

## Swallows Class

Swallows have been reading the book "Goodnight Mr Tom" and learning about life in WW2. We really enjoyed our "Evacuee Day", cooking without eggs, making do and mending and listening to Wartime speeches. Our Anderson shelter has been used to inspire our imaginations and the children have done some fabulous writing as if they were in the Blitz. We are now going on to learn about Anne Frank and her diary.



## BADINGHAM BIRD COUNT

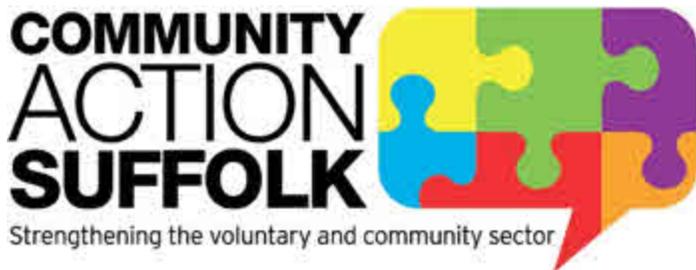
How many different birds can be seen in our village?

Would you like to help compile a list of the many breeds of birds that we can see in our gardens and in the fields around us?

The Big Garden Bird Watch (28-30 January RSPB.org.uk) and the Big Farmland Bird Count (3 - 12 February see GWCT.org.uk) count the number of birds you can see in a short space of time. How about if we counted ALL the birds, ALL year round? Not numbers, but all the different birds you see while out and about in the village or watching from your window.

You can find a good Bird Identifier on the RSPB website.

There's no need to wait, send me the names of the birds you see and we can start building a list in the next issue of the Echo. If you add in the dates you see them, we can let people know what to look out for next year. Thank you, Tish



**Volunteer Suffolk** is a new volunteering database and website to advertise volunteering roles in Suffolk, helping local organisations to recruit volunteers. Due to launch in early 2017, 'Volunteer Suffolk' is run by Community Action Suffolk (CAS).

The new website aims to offer both organisations and potential volunteers a user-friendly service to access volunteering opportunities in Suffolk.

For further information on 'Volunteer Suffolk', please contact Jo Belfield on 01473 345383 or [jo.belfield@communityactionsuffolk.org.uk](mailto:jo.belfield@communityactionsuffolk.org.uk)

**J. FELTON**  
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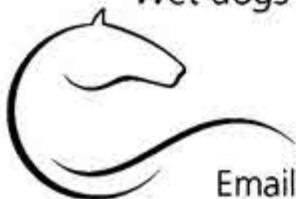


## THE WHITE HORSE @ BADINGHAM

15th Century Inn with an offering of traditional  
home cooked pub food

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you would expect from a generally old building

*"Wet dogs and muddy boots welcome"*



Low Street, Badingham,  
Suffolk, IP13 8JR  
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Email: [whitehorseinbadingham@gmail.com](mailto:whitehorseinbadingham@gmail.com)



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Contact: 01379 388458 (Brundish) or [Fiona@fp-therapies.co.uk](mailto:Fiona@fp-therapies.co.uk)



It seems hard to believe that Christmas and New Year are already behind us. With all the planning, shopping and cooking and the huge anticipation leading up to the big day itself, it's no wonder that many of us succumb to the post-Christmas 'blues' as things seem to settle back down into normal day to day life.

So what better time to get motivated and kick start a healthier New Year than by getting out in the beautiful Suffolk countryside and enjoying all that is on offer right here on our doorsteps?

At this time of year, with magazine and television advertisements encouraging us to make commitments which many will struggle to maintain, it's all too easy to be lured into costly gym memberships and expensive leisure activities but walking is something which we can all enjoy with minimum or no cost involved, no specialist equipment required and the opportunity to meet like-minded people.

Walking isn't competitive, yet it brings with it a raft of recognised health benefits, not to mention being affordable and accessible to all.

I'm lucky that I have two dogs to exercise and they don't let me forget that I need to get outdoors into the fresh air every day but for many, it's easy to become complacent and to not make the effort.

Walking to fulfil the recommendations of 150 minutes of moderate physical exercise every week can make a huge difference – it's estimated that it could save up to 37,000 lives a year and could also lead to almost 300,000 fewer cases of type 2 diabetes.

Aside from the physical benefits, walking brings with it a whole range of other benefits. We feel more connected to our natural environment – for families with young children perhaps a competition for them to spot wildlife tracks or collect 10 different types of leaves might turn what they deem to be a dull activity in something far more engaging.

When experiencing times of stress or anxiety, walking can help us to clear our heads and regain some order in our busy lives. It's the perfect tonic for a busy and hectic lifestyle, helping to fight depression and reduce anxiety and boosting our mood and psychological wellbeing.

Suffolk lends itself perfectly to walking with plenty of easy terrain but also more challenging routes for those who are more able. For year round information on walking, there is a huge range of information at [www.discoverysuffolk.org.uk](http://www.discoverysuffolk.org.uk)

For advice call 01728 726 588 or email [daniel.poulter.mp@parliament.uk](mailto:daniel.poulter.mp@parliament.uk)



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Thanks to all our advertisers who support the Echo's printing costs.

#### Annual costs (6 issues):

Full page advert: £25.00  
Half page advert: £15.00  
Smaller adverts: £ 7.50

Each year 6 issues of the Echo are delivered by hand to every household in Badingham and to members of the Community Council who live close by

Contact the Editor if you would like to advertise your business or service

If you live in Badingham and have unwanted items to sell, these will be included free of charge

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please contact Michele on  
01728 638804 / 638776  
m.cole9@btconnect.com

<http://badinghamplayschool.weebly.com>

## BADINGHAM STAY & PLAY

Parent and Toddler Group at Badingham Village Hall  
Tuesdays 10am 'til 11.30am term times £2 a family  
to include craft activities, music and snack

# REGULAR VILLAGE EVENTS

Bell Ringing	Thursdays, check venue	Call Duncan 638325
Bowls Club		Call Lola 638305
Family Service	3rd Sunday each month	Badingham Church 10am
Fish Van	Tuesdays	Approx. 11am Low Street
Gardeners Club	1st Thursday each month	Call for venue 638728
Maypole	3rd Wednesday of month	Village Hall 7.30pm
Mobile Library	Alternate Tuesdays	Approx 10.30am Village Hall
Quiz Night	1st Tuesday of month	White Horse 8pm
Toddler Group	Tuesdays	Village Hall 10 to 11.30am
Tuesday Tots	Tuesdays	Shop & Café 11.30 - 12
Wednesday Walks	Wednesdays	Shop & Café 10am

Please let me know of any changes or missing activities

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## **BELL RINGING**

The Bell Ringers meet for practice every Thursday evening at 7.30pm at Badingham or Dennington church and would welcome new members.

Just turn up (Badingham on odd-numbered Thursdays) or give us a call

Duncan Horrocks 638325

Ole Jensen 638345

## **Badingham Church Bring & Buy Books**

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## LOCAL TRANSPORT

### Service 118 Eye, Stradbroke, Laxfield, Framlingham, Ipswich

**Monday – Friday** (Schooldays only)

Stradbroke	07:28	Ipswich, OCM	17:15
Laxfield	07:36	Otley College	17:35
<b>Pound Corner</b>	<b>07:42</b>	Framlingham, White Horse	17:59
<b>Badingham, White Horse</b>	<b>07:45</b>	<b>Badingham, White Horse</b>	<b>18:10</b>
Framlingham, Bridge Street	07:55	<b>Pound Corner</b>	<b>18:13</b>
Otley College	08:19		
Ipswich, OCM	08:43		

### Service 482 Framlingham, Diss

**Monday – Friday**

<i>Ipswich, Old Cattle Market (service 118)</i>	13:45		
Framlingham, White Horse	10:20	14:50	
<b>Badingham, White Horse</b>	<b>10:30</b>	<b>15:00</b>	
<b>Pound Corner</b>	<b>10:33</b>	<b>15:03</b>	
Laxfield	10:40	15:10	
Stradbroke	10:51	15:21	
Eye	11:10	15:49	
Diss	11:35	15:55	
Diss	09:10	13:30	
Eye	09:25	13:55	
Stradbroke	09:44	14:14	
Laxfield	09:55	14:25	
<b>Pound Corner</b>	<b>10:03</b>	<b>14:33</b>	
<b>Badingham, White Horse</b>	<b>10:06</b>	<b>14:36</b>	
Framlingham, Bridge Street	10:15	14:45	
<i>Ipswich, OCM (service 118)</i>	11:23		

### Service 121 Stradbroke, Woodbridge, Ipswich

**First and Third Tuesday of the Month**

			Sch	No Sch
Stradbroke	09:20	Ipswich, OCM	13:40	14:10
Laxfield	09:30	Woodbridge, Turban Ctr	R	R
<b>Badingham, Church</b>	<b>09:39</b>	Melton	R	R
<b>Badingham, White Horse</b>	<b>09:41</b>	Sweffling	14:40	15:10
Sweffling	09:59	<b>Badingham, White Horse</b>	<b>14:58</b>	<b>15:28</b>
Melton	10:25	<b>Badingham, Church</b>	<b>14:59</b>	<b>15:29</b>
Woodbridge, Turban Centre	10:30	Laxfield	15:08	15:33
Ipswich, OCM	11:03	Stradbroke	15:18	15:48

### Suffolk Link Loes

Our local 'demand responsive transport' operates in the area bounded by Yoxford, Earl Soham, Hacheston and Saxmundham, between the hours of 07:00 and 19:00 Monday to Saturday. To book your journey call **01728 635938** between 08:15 and 16:00 (Monday to Friday) up to 7 days in advance. Journeys can be to anywhere in the served area and can connect with other public transport eg buses in Framlingham to Woodbridge and Ipswich or trains at Saxmundham to Lowestoft or Ipswich.

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# BADINGHAM DIRECTORY

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DOCTOR	Pembroke Road, Framlingham	01728 723627
DENTIST	Framlingham Dental Surgery	01728 723651
VET - Castle Vet Group	Pepperwash Lane, Framlingham	01728 723480
VET- Framlingham Vets	Station Road, Framlingham	01728 621 666
Neighbourhood Watch	Sonja Russell	01728 638268
Play School	Michele Cole	01728 638776
Primary School	Dennington	01728 638206
High School	Thomas Mills, Framlingham	01728 723493
Church	Revd Jonathon Olanczuk	01728 638823
Library	Bridge Street, Framlingham	01728 723735
White Horse Pub	Lisa & Mark	01728 638280
Groceries	Emmetts, Peasenhall	01728 660250
Window Cleaner	Ed Parker	01728 660264
Milk	Dairy Crest	01493 660400
Newspapers	Patricks of Framlingham	01728 724414
DIY Materials	Framlingham DIY	01728 723505
Taxi Service	Country Cars	01728 724377
Fresh Fish Van	Spencer Wightman	07929 097124
Parish Council	Sue Piggott	01728 746622
Parish Recorder	Victor Warne	01728 638357
Community Council	Pauline Skevington	01728 602542
Enterprise Badingham	Tanya Newton	01728 638894
Maypole	Debbie Horrocks	01728 638325
Badingham Echo	Tish King	01728 638259

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