

PRESTON PARISH PAPER

Village Activities & News | St Mary's Church | Local Clubs & Events

Dates for your Diary

Sunday 3rd August - Preston Praise at 11.30am for 12 noon in the Church – a service of Thanksgiving to mark the end of WW2

Sundays 10th August and 8th September – Lavenham Airfield Guided Walks – See Page 11

Sunday 17th August – Patronal Festival and Lunch in Church at 12 noon – See Page 7

Saturday 30th August – Pop-up Choir concert in Preston Manor Barn – See Page 20

Sunday 7th September - Preston Praise at 11.30am for 12 noon in the Church

Monday 8th September – Ladies Club at 7.30pm in Village Hall – See Page 15

Saturday 13th September – SHCT Ride and Stride all day – See Page 23

Tuesday 23rd September – Parish Council meeting at 7.30pm in the Village Hall

EDITORIAL

Thank you for all your support, and for your contributions to the PPP.

Our Editorial email address is: editorpstmppaper@gmail.com for future contributions.

VJ Day 1945

On 6th August 1945 an Atomic Bomb was dropped on Hiroshima, in an attempt to force Japan to surrender and end the Second World War. On 9th August a second bomb was dropped on Nagasaki. On 15th August the Japanese surrendered unconditionally. The 12 noon Preston Praise service on Sunday 3rd August this year will be a special Thanksgiving for the end of the War. See also Page 5.



If you've any thoughts, points of view, experiences or protests to share, please write to the editors. We would love to hear from you, and so would the rest of our readers.

AUGUST & SEPTEMBER 2025

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN Peter Korwin
CLERK Kay Shorter 07561 060041 prestonpcclerk@gmail.com

Parochial Church Council

RECTOR Revd Simon Pitcher 827691 revsimon63@gmail.com
CHURCHWARDEN Keith Davis 247112 keithhdavis@btinternet.com

Friends of Preston St Mary Church

CHAIR Glynis Huggett 01449 741389 glynishuggett@gmail.com

Village Hall

CHAIRMAN Annie Mason 07740 820100 ranniemason@btinternet.com
SEC./BOOKINGS Sue Diggins 247626 sdiggins2rda-east.org.uk

Art Group

Monday mornings, 3 terms of 10 weeks
CO-ORDINATOR Sarah Williams sarahwilliams74@gmail.com

Ladies' Group

Informal gatherings arranged for most months of the year, usually on Mondays
CO-ORDINATOR Anne Springall 247156 annespringall@gmail.com

Table Tennis

Thursday Evenings at 7.30 in the Village Hall
CO-ORDINATOR Dave Williams williams.jackdaws@btinternet.com

Carpet Bowls

Friday Afternoons at 2.30 in the Village Hall
CO-ORDINATOR Maggie Bardzinski maggiemossbar@aol.com

Preston Pop-up Choir

MUSICAL DIRECTOR Lyn Davis 247112 divalynx@aol.com

The Six Bells Pub 247440 reservations@thesixbellspreston.com

Tree Warden Lyn Davis 247112 divalynx@aol.com

Preston St Mary Parish Paper

News of events & village life, distributed free to every household, bi-monthly
EDITORIAL BOARD Robyn Lloyd Hughes, Jack Tasker, Caroline Gove editorpstmppaper@gmail.com

Doctors' Surgeries

Bildeston 01449 740254 Lavenham 378226

Member of Parliament James Cartlidge MP (Conservative) james.cartlidge.mp@parliament.uk

Local Councillors

Suffolk County Council Robert Lindsay (Green Party) robert.lindsay@suffolk.gov.uk

Babergh District Council Deborah Saw (Green Party) deborah.saw@babergh.gov.uk

Community Liaison Officer Cally Boardman cally.boardman@suffolk.gov.uk

Police - Non-emergency number 101

Police Community Engagement Officer – PC Jon Gerrish ceosudburyhaverhill@suffolk.police.uk

Our Ward is North West Cosford

AUGUST & SEPTEMBER 2025

A PASTORAL LETTER FROM THE RECTOR

Dear Friends,

Many crowds would gather to hear Jesus, but he would withdraw to deserted places and pray. Luke 5 v10

August is the month when many of us look forward to a holiday or change of scene. The children are out of school for the summer, and there will hopefully be an opportunity for rest and relaxation.

It has been a very busy year at church with all of our celebrations marking the 500th anniversary of the building of Lavenham church tower. Most of the events are over now, so there is an opportunity to relax, give thanks and reflect on how things have gone, and to think about what comes next.

Our word holiday derives from Holy Day. Holy Days in the year's calendar were significant days in the church year that in previous centuries served as bank holidays. Christmas and Easter are obvious Holy Days. Whitsun was a May bank holiday until fairly recently. St George's Day, The Annunciation to Mary, Corpus Christi, and many saint's days were all taken as days off work in the past. When a parish celebrated the name day of their own saint they would brew a special ale, like the Lavenham 1525 beer that we brewed this year and have a good party. In fact, there were so many holy days in medieval times that one of the things that King Henry VIII did, besides close all the monasteries, was to cancel most of the holy days and make people do more work!

We know the importance of rest. The Sabbath was given in Biblical times as a rest day, Saturdays for Jews and Sundays for Christians. The fourth of the ten commandments reads "Six days shalt thou labour, and do all that thou hast to do, but the seventh day is the Sabbath of the Lord thy God." Jesus rested from his labours. He became very tired at times, when huge crowds pressed in on him, making demands and calling for his attention. At such times he would withdraw to a quiet place to rest and pray.

Taking rest is a God given gift, an opportunity to connect with our spiritual being as well as resting our physical being. If you are able to take a holiday in August I hope that it will be a time of rest, a time to reflect and give thanks for the blessings of life, a time of physical and spiritual renewal, and a time to prepare for next steps.

Yours in Christ
Rev Simon

AUGUST & SEPTEMBER 2025

VJ Day and My Family History

In the 1930s my grandparents, Kenneth and Etheldreda Sansbury left the UK to serve as Christian missionaries in Japan. The Christian church was very small, and the country was unfamiliar to Europeans, far more distant in people's minds than it is today. Nevertheless, there was a small Anglican theological college in Tokyo where my grandfather helped to teach Japanese seminarians, and he also served in a Christian church as priest and church leader. There was a church school and other normal parish activities.

However, the attitude and mood in the country changed as the 1930s progressed. Suspicion of foreigners, especially Europeans, grew, and by 1939 it was forbidden for foreigners to teach Japanese students anything relating to thought or belief. My grandfather did not know that the secret police had added his name to a list of people to arrest as soon as hostilities began. Happily, he was tipped off and the family succeeded in boarding the last Japanese ship to cross the Pacific in the summer of 1941. Japan declared war on Britain on 8th December 1941.

My mother Helen, and her siblings Christopher and Audrey, spent their early years in Japan, attending school and speaking Japanese, wearing Japanese clothes and with many Japanese friends. The family arrived as evacuees in Canada in late 1941 where they were regarded with much suspicion. They never were able to process the experience of being told that their Japanese friends were now the enemy, and their new Canadian "friends" were the people now treating them very badly.

My Grandfather joined the RCAF and was posted to RAF Linton on Ouse in Lincolnshire with 408 and 426 Squadrons. As chaplain, one of his duties was to write letters of condolence to the families of the young men who did not return. I have in my possession his little black book. In it he recorded, alongside a passport photo, the name, the mission, the date of death and the date he wrote to the family of those who did not return. Such a task took a toll of his mental and spiritual well-being. It was difficult to experience the loss of so many young men, whom he served and ministered to as friends and colleagues, killed in action by the Axis powers that included Japan, for whom he felt the same affection, loyalty and duty.

My grandmother, mother and her siblings spent the war in lonely exile in Canada. The family did not meet again for 7 years, by which time my mother had forgotten who her father was.

When the atomic bombs were dropped on Japan there was rejoicing at the end of the war and of victory. For my family it was a moment of final heartbreak. What had become of their friends and of the Japan they knew and loved before the war? They were to discover later that the lead Bishop in Japan, Bishop Heaslett, who had served the people there lovingly for 30 years, was arrested and brutally treated. Such brutality was not known about until after the war when the survivors returned home. Their stories horrified my grandparents to the core. How could the lovely nation they remembered be so cruel, how could a country and its people be so misled.

AUGUST & SEPTEMBER 2025

Fifteen years after the war my grandparents were able to return to Japan to visit former friends. They were fearful but were received with kindness and joy by the Christian community in Tokyo. In the 1960s my grandfather became Bishop of Singapore. Here the British army had surrendered in 1942, 80,000 allied troops, many from Norfolk and Suffolk, being captured by the Japanese. We know the terrible suffering they endured, a suffering shared by the people of Singapore. In the 1960s my grandfather was uniquely placed to begin a ministry of reconciliation, forgiveness and healing. It was not easy for many reasons!

Years later upon retirement he came to live with my grandmother in Norwich. He helped in the Norwich Diocese and met many men who had served and suffered. I grew up in Framlingham and our churchwarden had suffered on the Burmese railway. He could never attend church on Remembrance Sunday because his memories were too painful. To such men my grandparents ministered, and until their dying day if any Japanese person of any age appeared in Norwich Cathedral, they were warmly embraced and invited home for tea.

With such stories we can either choose to hate, or we can try to forgive and live. The book "The Railwayman" by Eric Lomax explores these issues and is well worth reading. As the possibility of conflict is discussed in our news feeds, we give thanks for those who served and suffered, those who built peace and those who maintain peace.

Rev Simon

PRESTON ST MARY CHURCH

A SERVICE OF THANKSGIVING To mark the 80th Anniversary of Victory over Japan in 1945



A special Preston Praise service which will include a silence in memory of those who did not return from the war against Japan, and wreaths laid on behalf of the Nation, the Village and the Church. We will be joined by our MP James Cartlidge for this service.

12.00 noon Sunday 3rd August 2025

AUGUST & SEPTEMBER 2025

THE ROYAL BRITISH LEGION, LAVENHAM



Many will be aware that there is a social club in Lavenham, but the main raison d'être of The Royal British Legion is to aid and support ex members of the armed forces or their dependents who are experiencing difficulties.

If you fall in that category, or know someone who might, and would like to speak to The Legion, please phone 01787 249571 or 07817 316024 in complete confidence.

THE COCKTAIL HOUR

Our neighbour, Steve Philips (Thorpe Morieux) strongly recommends -

“Twinkle”

In a tumbler mix equal measures of
Elderflower cordial,
Vodka
Top up with prosecco.

Thanks, Steve!

MONKS ELEIGH POST OFFICE

Opening Hours

May be subject to alterations dependent on volunteer availability (Check our social pages)

Monday	9.00am – 4.00pm
Tuesday	9.00am – 1.00pm
Wednesday	Closed
Thursday	9.00am – 1.00pm
Friday	9.00am – 1.00pm
Saturday	Closed
Sunday	Closed

The Community Shop is open 9.00am – 5.00pm Monday to Friday
and 9.00am – 12.30pm Saturday and Sunday

AUGUST & SEPTEMBER 2025

PRESTON ST MARY CHURCH

Preston Praise

Our Preston Praise services have been very encouragingly received, preceded as they have been by mini-croissants, Chelsea buns and pains au chocolat, which have gone down very well, along with the fresh coffee or tea. The services are led by members of the congregation and are more relaxed and informal than the celebrations of Holy Communion and Evensong that we hold on most other Sundays. Our six magnificent bells are rung beforehand, and music always plays an important part in the proceedings.

**12.00 NOON ON SUNDAY 3RD AUGUST
(VJ DAY COMMEMORATION)
AND ON SUNDAY 7TH SEPTEMBER**

**Just an hour or so – good fellowship.
Come and try it!**

Patronal Festival Service and Lunch

We are holding our annual Patronal Festival service on Sunday 17th August, celebrating the Blessed Virgin Mary. Mary is the Patron Saint of both our church and our village – so everyone is welcome.

12.00 NOON ON SUNDAY 17TH AUGUST

The service will be at the usual time, 12 noon, and will last about an hour. It will be followed by lunch – outside if we are blessed with picnic weather, or else in the church.

Advance Notice

Harvest Festival and Lunch

12.00 NOON ON SUNDAY 12TH OCTOBER

AUGUST & SEPTEMBER 2025

Preston St Mary Parish Paper Advertising Charges

ONE-OFF ADVERTISEMENTS

Local Events	Free of charge
Full page advertisements for locals	£9.00
Full page advertisements for non-locals	£18.00

FOR 6 ISSUES

Local Organisations

Quarter Page	£9.00
Half Page	£18.00
Full Page	£36.00

Non-Local Organisations

Half Page	£36.00
Full Page	£54.00

Issues: Feb/Mar; Apr/May; Jun/Jul; Aug/Sep; Oct/Nov; Dec/Jan

Editor: editorpstmppaper@gmail.com

Copy Dates: At least one month prior to issue date

PRESTON ST MARY ART GROUP



Summer term has ended now and what great weather we have had. We have visited members' gardens and spent our Monday mornings painting *en plein air*.

The Art Group had two tuition sessions with Kate Hanlon, our first of which was in the church garden. We looked at tonal range and how to filter our work to the important parts. We

are so lucky to have Kate's guidance and also a pretty church to inspire our work.

We will start back on the 22nd of September for our Autumn 10 week term. If you fancy joining us please feel free to drop me an email or a call.

Sarahwilliams74@gmail.com

07737 806324

AUGUST & SEPTEMBER 2025

FROM PRESTON ST MARY TREE WARDEN LYN DAVIS

A Visit to Colliers Farm - or Dave's Trees!



At the invitation of Dave Williams this intrepid tree warden took a walk around Colliers Farm where Dave and Jacquie live.

Dave accompanied me and was obviously enthusiastic about the many and varied trees on his property; ash, hazelnut, hawthorn, blackthorn [laden with sloes], apple, pear, sycamore, walnut, yew, willow and numerous spindle trees.

Dave's favourite tree however is the elm. He is passionate about the elms on his land and is trying his hardest to keep them growing even though at some point they might succumb to the deadly Dutch Elm Disease.

One of Colliers Farm's glades is thick with elm saplings and some more mature elms as well [see photo]. There is even an elm hedge which has taken over the original hawthorn.

Also, in one of the hedges adjacent to the drive is an evergreen box tree. These are valued for their dense, compact foliage and are good for use in hedges.

The mature walnut tree was given to the Williams by Robert Elsdon as a sapling, when they moved into Colliers Farm 25 years ago. Dave's mother also gave them a yew tree which, 25 years on, is a fine specimen!

During Dave and Jacquie's time at Colliers Farm they have hosted a wedding party for one of their sons in the glade...a magical setting! A tree house was built by Dave and put into an ash tree for all the grandchildren to play in.

One of the best of Dave's trees is an estimated 20m sycamore which rivals the famous 'Sycamore Gap' tree which was 15m but sadly is no more. Let's hope that the same vandalism doesn't happen in Whelp Street!

Thank you Dave and Jacquie for a fascinating walk around your garden with detailed and loving information about your trees.

'For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver.' Martin Luther.

Good luck with the elms Dave!

AUGUST & SEPTEMBER 2025

ATTENTION ALL SCHOOL LEAVERS!
FINANCIAL HELP OFFERED WITH
UNIVERSITY OR TRAINING COSTS

Are you embarking on a course of further learning? If so, and if you are under the age of 21, we can help.

All school leavers or people under the age of 21 living in the village are invited to apply for a grant from **The Robert Ryece Charity** towards the cost of the next step in their chosen career. The Trustees are Janet Martin and Keith Davis, who are keen for the charity to help with the finances of further learning. “We would love to hear from anyone who is about to tackle the next step in their development, whether this be further study, an apprenticeship or other training. The Robert Ryece Charity has some funds to help youngsters expand their learning.”

The Ryece (or Ryce) family owned Preston Hall during the 15th and 16th centuries, when several generations were named Robert. One of these was a famous student of heraldry and local history who instigated the many coats of arms in the windows of the parish church. There were originally 160 shields, but many of them were destroyed when the tower collapsed into the nave in 1863. The remaining 52 coats of arms are still a notable feature of our lovely church.

One of the many things that he did for the village was to found this charity, the aim of which is to offer support to school leavers and apprentices of the Parish in the form of grants to assist them with the purchase of books, equipment, tools, special clothing, etc to help them in their studies and/or training. The grants are relatively modest but have nevertheless proved to be useful to previous recipients.

Please direct your enquiry to Keith Davis, who reassures prospective applicants “The application is very straightforward. No fancy forms or detailed processes. All that is needed is a letter explaining who you are, where you live, what training you are about to start and what items you need to buy. I look forward to hearing from you!”

Keith’s contact details are:

Addington House, Whelp Street, Preston St Mary, Suffolk CO10 9NL

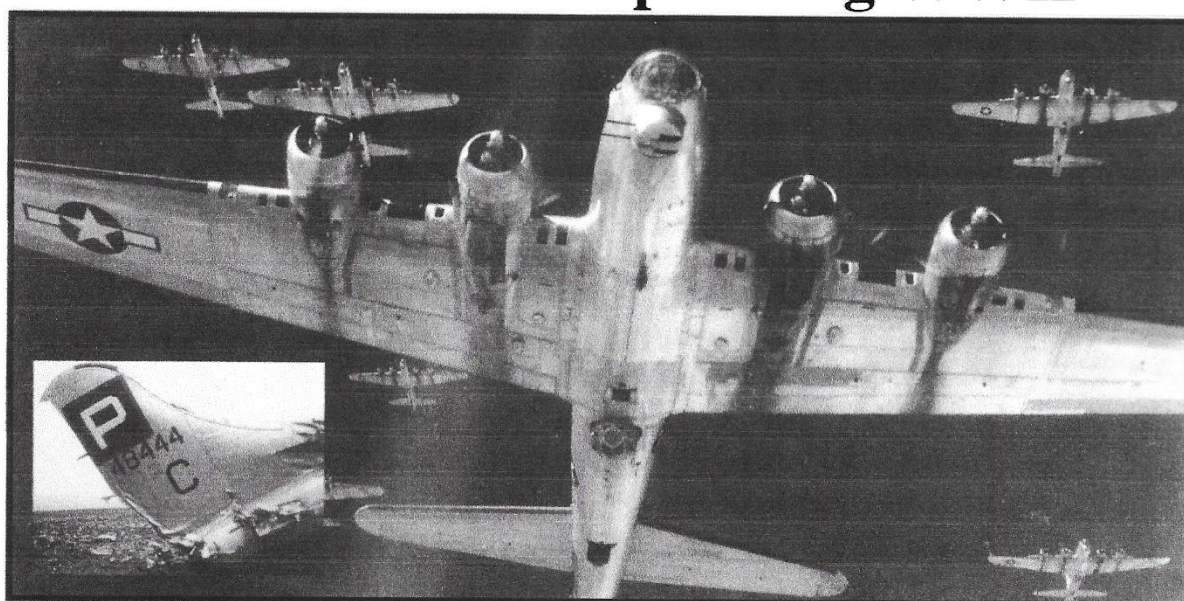
Tel: 01787 247112

E-mail: keithhdavis@btinternet.com (don’t forget the silly 2nd “h” in the address)

Learn about life on a wartime American
air base with a guided walk on ...

LAVENHAM AIRFIELD

Home to the USAAF's
487th Bomb Group during WWII



★ When? : Second Sunday of June, July, August & September

★ Time? : 10.00am - 1.30pm

★ Cost? : Adult £10 Under 12s with a (Sorry - no dogs)
(plus £1 booking fee) paying adult - FREE

★ Booking? : Essential

Choose your date and purchase tickets
from our website or use the QR code

<https://www.tickettailor.com/events/friendsoflavenhamairfield/1626111>



All proceeds go towards the USAAF
487th Bomb Group Memorial Fund



AUGUST & SEPTEMBER 2025

PRESTON POP-UP CHOIR

Our next concert will be on Saturday August 30th in Preston Manor's Barn (more details can be found elsewhere in this paper). It will include a sing-along in the style of an old time musical hall, or "Good Old Days" with a bit of "Last Night of the Proms" thrown in too. So please keep the date. We have rehearsed already and when choir resumes on Tuesday afternoons we shall add more to our repertoire. The acoustics in the barn will be quite different from the Village Hall, so it will be interesting to discover what we sound like. Although we have sung in the barn before, it has usually been as a background to the Christkindlmarkt or similar busy event.

The photographs were taken at our last concert in April in the Village Hall – and show the choir in full flow, and also some of the smaller ensembles and solo performances.



The Pop-Up Choir has been running for some years now. We are a happy bunch and I really do think our singing is improving. What is more encouraging is that our musical director, Lyn Davis, thinks so too! We are always happy to welcome new singers, men especially.

Weekly choir sessions resume at 2pm on Tuesday 29th July in the Village Hall.
Next Concert Saturday 30th August 2025 at Preston Manor Farm Barn.

Sally Taggart.

AUGUST & SEPTEMBER 2025



Mervyn's memorable performance of the Pushbike Song ended with bicycle bells and sheets of music on the floor and was the comedy highlight of the evening.

The Captain of the Pinafore, with appropriate apologies to Gilbert and Sullivan



A Couple of Swells

The Preston Belles made a welcome return



AUGUST & SEPTEMBER 2025



Megan is a beauty and skincare therapist
with over 20 years' experience.
Your treatments are at my rural retreat in Hitcham
Appointment only with reserved parking

A variety of treatments include:

Dermalogica expert skincare
Spray tanning/Waxing/Eye treatments
Manicure & Pedicure/Gel Nails
LVL Eyelash perming/Reflexology

Please contact me for any enquiries or for a full price list.

Megan Pryke VTCT, BABTAC 07876 717 008

megz_pryke@hotmail.com

Facebook: Beauty by Megan Hitcham (look for my logo)

Instagram: @beautybymegan_suffolk

Or log onto Fresha and book online at your convenience.¹⁴

AUGUST & SEPTEMBER 2025

PRESTON ST MARY & DISTRICT LADIES CLUB

New Members will be warmly welcomed to our meetings, so do come and join our group of lively ladies. Our annual subscription is only £10, and just £3 when you attend a meeting, which includes raffle prizes and refreshments. Village Hall meetings start at 7.30pm and are usually held on the 2nd Monday of the month.

PROGRAMME FOR 2025

August 21st - Members are invited once again to Barn Owl Lodge by Sue Diggins and Mandy Cochrane for our Summer Ladies' Lunch, which will include menfolk.

We will be in touch with Members in a week or so, to finalise numbers and ask whether you would be prepared to contribute food for the table, as we have done previously.

September 8th - Lyn Davis will be giving us a talk (with photos) about the various costumes that she has worn whilst she was with the **English National Opera**. I am sure this will be a fun filled evening because Lyn has some wonderful stories to tell us.

October 20th - PLEASE NOTE CHANGE OF DATE! -

Anne Springall will talk about **DAME ALIX MEYNELL** who was an amazing woman and a force to be reckoned with, and one of only two women admitted to the Civil Service in 1925, where she made her mark in the Board of Trade with rapid promotions. In her late 80's she published her autobiography '**PUBLIC SERVANT, PRIVATE WOMAN**'. Alix had a long and productive life and I am proud to have been her secretary for over 17 years.

November 10th - Speaker to be advised

DECEMBER - PRESTON LADIES CHRISTMAS LUNCH - Date & Venue to be advised

REPORT ON PREVIOUS MEETINGS

JUNE 9TH

CAROL ROGERSON - "MANAGING A BUSINESS IN THE THIRD MILLENNIUM" was so interesting and inspiring. Carol is a McDonalds Franchisee for Suffolk and Norfolk. She began her franchising journey with McDonalds in 2014 because at that time she felt she needed a career change. Carol had to attend several interviews and spend 5 days hands on at a McDonalds literally learning everything - from making a Big Mac to cleaning the toilet. Carol was the first female franchisee that Mc Donalds had engaged, but the number is growing. Carol's gamble joining McDonalds paid off because she now owns and operates 21+ Mc Donalds Restaurants - you could say she broke through the glass ceiling with a crash!

Please get in touch with me if you are reading this article and think that you might like to give a talk to Preston Ladies Club. I would very much like to hear from you. Contact Anne Springall on 01787 247156 or email annespringall@gmail.com for more information. I am always glad to hear from you.

AUGUST & SEPTEMBER 2025

QUIZ TIME

There are no prizes – answers are on Page 33

1. Who was the first Tudor King of England?
2. What is the scientific name for loss of memory?
3. Which UK newspaper was first published on 7th October 1986?
4. Which crop gives us linseed oil?
5. How many pounds are there in a hundredweight?
6. Which human bone has the Latin name scapula?
7. What is the name for a baby eel?
8. What is the capital city of Ghana?
9. How many points are awarded to the winner of a F1 Grand Prix?
10. Which car was known as a Tin Lizzie?
11. Who wrote the Noddy books for children?
12. 'You are old, Father William' are the first words of a poem by whom?

PRESTON ST MARY PARISH COUNCIL

2025 Meetings

The dates for the Parish Council meetings for the rest of this year are:

September 23rd

November 18th

All meetings at 7.30pm in the Village Hall. Should extra meetings be required during the year they will be announced on the website.

Kay Shorter

Parish Clerk

A recent survey found that for most people the most stressful event in life is the death of a partner or parent. The second most stressful is an England penalty shoot-out in a major football tournament.
--

POETS' CORNER

Solstice Summer '25

A blazing sun is rising
O'er the Solstice dawn's horizon.
Tattered remnants of the rainbow,
Hippies creaking with lumbago.
Some pretend that they are druids,
From their oaken groves of Clwyd,
Bearing bogus, sacred votives,
And their worldly, venal, motives.

Tribes of freaks and dreadlock-scarecrows
Issue forth from woods and hedgerows,
To celebrate the mystery,
And some questionable history.
High on substances and fluids,
Students, workers, dole-queue druids,
Dancing reverence for the stones
Feeling magic in their bones.

We may laugh or mock and sneer
At these scenes we see each year.
But this riotous assembly
Keeps alive a hope-filled memory
From that summer of my childhood,
When it seemed that peace and love would
Heal our frailties multifarious,
In a new age of Aquarius.

To know that freak-flag still is flying
Gives me hope perhaps forlorn,
That someone's, somewhere out there trying
To make a safer, kinder dawn.

© Tim Bridges 02/07/25

Tim would like to thank Dom Biddle and Kate Huggett for being his inspiration.

GLYNIS HUGGETT

A Backward Glance - Life in The Mirror

When I graduated from Maidstone School of Art, where I studied graphic design and illustration, the Daily Mirror Design Group was one of the employment opportunities that we were encouraged to try.

"What on earth could there be to design on the Daily Mirror?" was most people's incredulous question but in fact publicising the paper's many and varied activities outside of the production of the paper itself meant that there was a lot of very interesting work to be done by the group of twelve young designers that I joined in the late 60s.

Apart from the weekly posters and ads publicising the up-coming editorial features, there were regular promotions which required our input, and it wasn't only the Daily Mirror. The other MGN titles also required the design team. The Sunday Mirror and Sunday People also came under our remit.

Daily Mirror Bride of the Year, Sunday Mirror Childrens' Art Exhibition, Mirror Boats (the Mirror Dinghy is a class in which many children learned to sail). Promotions were many and varied - we were kept very busy - long days (but long lunches too!)

One of the great annual events sponsored by the Daily Mirror was the British Rock and Pop Awards. Very exciting to have the trophies that I designed presented to David Bowie, Sting, the Bee Gees and Paul McCartney amongst others. The evening event at the Cafe Royal was an annual highlight.

When the video arm of the Mirror was launched, I was employed to design the video logo, packaging and the exhibition space at the annual Vidcom exhibition in Cannes. All expenses paid trips to the south of France were a great bonus.

Another is the fact that my husband Roger joined the Daily Mirror Design Group in 1968 and was allocated the desk next to mine. The rest - as they say - is history!

Strangely also Lynne Brown (Hi ! If you're reading this Lynne) was working for the Daily Mirror Old Codgers at the same time though we didn't meet until we found ourselves neighbours in Whelp Street. It was a good life working for a great national newspaper. A great editor and editorial team. I'm glad that I left before Robert Maxwell took over.



Above left: With Paul McCartney, Daily Mirror Readers' Award 1979

Below left: David Bowie, Best Male Singer 1980

Above: Award winners 1978

Including the Bee Gees, Ian Dury, Gerry Rafferty and Leo Sayer

AUGUST & SEPTEMBER 2025

VILLAGE HALL NEWS

Unfortunately, the Village Hall Garden Party had to be cancelled due to the lack of response for tickets. We wanted to have some idea of numbers attending as we needed to know how many sandwiches to make! We do try to hold several events throughout the year but maybe this was one to many. There will be a new programme of events out in the Autumn.



There was an excellent exhibition held in the village hall recently of Roy Hollocks's historical photographs and memorabilia, which was very well attended. The proceeds from the sale of tea and cakes went towards the Village Hall funds.

On Saturday 30th August at Preston Manor the Pop-Up Choir in conjunction with the Friends of Preston Church is holding a concert on the lines of Last Night of the Proms. This should be a fun evening and there will be refreshments in the interval.

100 Club Winners

The following are lucky winners from the first 2 draws of the 100 Club.

1st prizes: Sally Taggart and Barry Whymark

2nd prizes: Gillian Crispin-Moyes and Keith Springall

3rd prizes: Louisa Keeley and Jacquie Williams

ANNIE MASON

KEITH DAVIS

SUE DIGGINS

Chairman

Treasurer

Secretary

07740 820100

07187 247112

01787 247626

AUGUST & SEPTEMBER 2025

***The Preston Pop-up Choir and
The Friends of the Church of Preston St Mary present***



Charity Concert: The Good Old Last Night of the Proms

In Preston Manor Barn, Lavenham Road

By generous invitation of Carol and Wendy

Saturday 30th August 2025 at 7.00 pm

***A fun-filled programme of favourite songs and other acts
reflecting the best of Britain's old-time entertainment.***

A sing-along led by the Pop-ups but "Chiefly Yourselves."

A chance to dress up, if you'd like to.

***Proceeds shared between Hope for Tomorrow, (a local
cancer support charity) and Preston Parish Church***

Finger Buffet

Donations Bar

Raffle

Entry £12 if reserved via 01787 247626 (£15 at the door)

PRESTON 'PETROLHEADS'

STEVE SHORTER

Petrolhead? Dieselhead? Late Life Crisis?

Having bought a Porsche Cayenne earlier this year I have found myself on Jack's radar!

Back in the 60's my father bought a Minor Traveller – it ended up doing 250,000 miles and was our regular holiday transport from Sussex to the West Country (only took about 8 hrs!) He then bought a 1972 Morris 1800, and I learned to drive in that (off road before I was 17) and took my driving test in it. When I turned up at the Crawley Test Centre in it with my Dad the Examiner asked what car I was using for the test. "This, if that's ok?" I said. He looked around at the other "victims" who were waiting with various Minis and small cars, like me, fear on their faces. He raised his eyebrows and I'm not sure if he smiled or grimaced! Anyway, I managed to pass and my driving life began.



Steve Shorter

Like most I've owned numerous cars over the years, but never a "Performance Car". The nearest I got was a Capri 2.0 S. When I was a youngster I saw a Porsche 911 Targa and hoped one day I'd get one. Sadly nowadays if I could get in one I'd probably not get out again. At least with the Cayenne that is not a problem. It has plenty of power and being diesel (3.0 V6) it's economical with fuel. It's a great fit and drive, but does that make me a petrol/diesel head? My definition would be someone who knows about cars, marques, history etc (not me), who maintains, restores keeps classic cars running (not me), goes to meets/ shows - really not me! I see a car as a machine to be enjoyed

AUGUST & SEPTEMBER 2025

NATURE NOTES



At the end of June we took an evening walk near Lyndhurst, where the native New Forest ponies roam wild. We came across this newborn foal with his mother – a perfect highlight to end the day.



We have a very small 'water feature' in our garden – just two feet across, but a friendly toad has made his home in it.

Photos by KLH

AUGUST & SEPTEMBER 2025

RIDE AND STRIDE – THE SUFFOLK HISTORIC CHURCHES BIKE RIDE SATURDAY 13th SEPTEMBER - A REMINDER



Please don't forget that Saturday 13th September is the day of the Suffolk Historic Churches Bike Ride – now renamed Ride and Stride. Walkers as well as cyclists are encouraged to take part, (though horses and motorbikes are not allowed). As always, the aim is to cycle (or walk) to some of the fine old churches and other places of worship we have in Suffolk, and to raise sponsorship money while doing so. On the same day, a vintage and classic car rally is held with cars travelling around a selection of churches. Money raised is split equally between our church and the Suffolk Historic Churches Trust.

Preston has always strongly supported this event, and we have been rewarded with several grants from the Trust for works in the church. Our cyclists and church recorders will be asking for sponsorship over the coming weeks, and we hope as many of you as possible will give your support.

The Ride and Stride church fundraising day is held in 22 counties in England. In September 2024 Suffolk raised a total of over £200,000. The total raised nationally to help preserve and repair churches buildings was over £1.2 million, with Suffolk contributing 16.5%. The national Ride and Stride event started in Suffolk as a sponsored bike ride and then spread across the country. Thank you to all our volunteers, riders, striders, drivers and supporters... every pound raised helps to keep our wonderful church buildings going.

If you would like to ride or walk, drive your classic car, or to help man the church on the day - let me know and I'll give you a sponsorship form. Car owners should email pedalanddrive@gmail.com. This is a charity which supports our own church, village and county and it's in our own interests to support it.

Thank you all very much.

Robyn Lloyd Hughes
01787 247571
robynllloydhughes@gmail.com

COOKS' CORNER

Sea Bass for BBQ Season

Take two sea bass fillets and place in kitchen foil. Pour over white wine and sprinkle lightly with powdered ginger, lemongrass and chopped coriander. Add a teaspoon of butter to each fish, seal the foil parcels and place on barbecue for 15 minutes. Serve with the rest of the wine!

**Is there anything
else I can do for
you while I'm
down here?**



NOT POETS' CORNER

On the chest of a barmaid in Sale
Were tattooed the prices of ale
And on her behind
For the sake of the blind
Was the same information in Braille Anon

AUGUST & SEPTEMBER 2025

PRESTON PEOPLE

BOB HUTCHINSON



Nora and I have just started our 20th year living at Hall Barn next to the Church. We moved here after 13 years in Newmarket, where we raised our 6 daughters. By the time we arrived in this village, all our daughters had left home except for Annabel. She eventually left for university, and we found ourselves as empty nesters in our 6-bedroom barn, which was converted in 1989 but originally built around 1525. After Covid we divided it into half creating Preston Barn.

Although I was born in North London, my parents moved to Bedfordshire when I was 12. My lifestyle changed dramatically from living in a London “Open All Hours” shop to a 3-acre smallholding, which later became my dad’s pig farm. While attending school in Bedford, I spent my weekends weighing pigs, mucking out, and helping with farrowing gilts.

As a teenager, I divided my free time between tractor work on local farms during harvest and working at a nearby College of Agriculture. I became an expert at JCB digger demonstrations, digging and refilling trenches each year! I continued this work while studying to become an optometrist at City University.

After qualifying in '72, my country days ended until I moved to Quoy some years later. I opened my first optical practice in Newmarket in '77 and became the senior optometrist at West Suffolk Hospital. Over the years, I opened nine more branches across East Anglia and down to Epping.

In 1988, I met Nora, a Dublin girl, and we married in 1990. We moved to Newmarket and got interested in horse racing. This is where Annabel was born and raised with her five sisters.

I became involved in primary care and the politics of eyecare, eventually becoming Chair of the largest Federation in eyecare and Vice-Chair of the General Optical Council. I also served as Chair of Public Relations at the College of Optometry. During this time, I became well-known in the sector and was eventually headhunted to run a large national optical and hearing company. We had also created a manufacturing company, which we sold along with my practices. It was time to return to my roots, and we moved to Preston in 2006.

As in Quoy, I got involved with local activities in Preston, eventually becoming Secretary and then Chair of the Friends of Preston St Mary Church. We organised some great events, including a street party for hundreds of attendees that closed the street. I later served on the Parish Council for over eight years as Vice-Chair and later Acting Chair.

We loved Preston from the moment we arrived 20 years ago. We tested out the local pub before signing for the house! Local pubs, charitable events, village halls, and fetes are the heart of village life. Thank goodness for Mark saving our pub. I take great pride in our village and am pleased to see the growth in new residences, which has tidied up the main street.

Nora loves her golf, but I’m still working in optics as a consultant and website editor because golf doesn’t love me!

AUGUST & SEPTEMBER 2025

From an intrepid local gardener.....

Last year I went a bit experimental in the garden. Tomatoes and cucumbers were planted in some old straw bales and potatoes under grass clippings.

I had mixed success - the tomatoes and cucumbers were productive but being high up were susceptible to high winds so needed a lot of support. I haven't bothered with them this year but have used the broken down straw from the bales as organic matter in the vegetable garden. I can see an advantage in being able to place the bales on any outdoor surface, even pavement or hard standing so creating a productive growing area where there is none.

The potatoes were delicious, clean and easy. I scattered seed potatoes on dry uncultivated ground covered them in grass cuttings. As the plants grew I kept them covered with fresh cuttings. No digging, no watering, no weeding, no earthing up. In dry weather the grass made a crust which kept them warm and moist. When I needed potatoes I just felt below the grass and picked them as they lay on the ground. So I've repeated the experiment, not so many grass cuttings this year as it's been so dry but I've just picked up some rather lovely, large new potatoes for dinner.

Experiment of this year is to grow my own loofah. I was given a potted seedling, it looks and apparently grows much like a cucumber but when mature you remove the skin and flesh and dry the skeletal remains ready for use in the bath. They advise growing it in a greenhouse but the weather has been so warm I'm trying it alongside my outdoor cucumbers so watch this space!

The (Very) Lazy Gardener

AGRICULTURAL NOTES

You may have noticed the frequency of farm machinery in the lanes already this year. Gary says it's the earliest harvest he has known in a lifetime of farming. All down to the drought, of course. Land can be defined, broadly as either heavy or light. The latter is fine and permeable and does not hold the moisture. Land around here is heavy and retains the moisture better. Yet many crops are not holding their prices. It's going to be a very bad year for the industry and Gary fears there will be many bankruptcies.

AUGUST & SEPTEMBER 2025

HISTORY NOTES



Roy Hollocks' History of Preston St Mary exhibition on Saturday 19th July in the Village Hall was a tremendous success and raised £269 for Village Hall funds. Roy must be warmly congratulated and thanked for setting up such a wonderful exhibition and for taking such care of Preston's archives.



The Suffolks in World War II



The Suffolk Regiment was founded in 1685 and over the next two and a half centuries its soldiers served in Ireland, the War of Austrian Succession, the Seven Years' War, Gibraltar, India, South Africa, Australia, New Zealand, Afghanistan and the First World War.

At the start of the Second World War there were two regular battalions of full-time infantry of 800-1000 men each (the 1st and 2nd Battalions) with a further two battalions of Territorials (the 4th and 5th)

The 2nd Battalion were already in British India in the North West Frontier Province in 1939 (modern day Pakistan). They spent the early years of the war mainly deployed on internal security duties. In 1943 the battalion transferred to the 5th Indian Infantry Division and served with them in Burma, where they took part in the Arakan campaign – one of the toughest tasks of the entire war. In 1944 the battalion was flown to Imphal to clear Japanese positions.

The 4th and 5th Battalions were sent to the far East, but their active role in the war lasted a mere 10 days. Most of them ended up as Prisoners of War working on the infamous Thailand-Burma railway.

When war came they were called up. After initial training they sailed east, and in January 1942 were diverted from India to Singapore to help defend the British colony and naval base against the Japanese. On 15th February 1942, after fierce fighting, the GOC, Lt Gen Percival surrendered to the Japanese invaders.

The 4th and 5th Suffolks, along with thousands of other Territorials, became prisoners of war after the Colony surrendered - mostly on the death railways. Their experience was horrible. The Japanese didn't observe the Geneva Conventions, and they were used as slave labour.

AUGUST & SEPTEMBER 2025

Suffolk men also served in the Far East with other arms and services.

Those who survived to the end of the war did not return home until November-December 1945.



Surrendering troops of the Suffolk Regiment held at gunpoint by Japanese infantry in the Battle of Singapore

During the War, almost 150,000 Allied civilians were held in prison camps throughout the areas of East Asia occupied by the Japanese. This included New Guinea, the Philippines, Indonesia, Burma, Malaya, and China. In addition, some civilians were held in Military POW camps because the Japanese perceived that they held some connection with an Allied military force, such as being a reservist or a member of a self-defence force. Almost 100 camps held Civilian prisoners throughout the region of Japanese occupation.

The Suffolks ceased to be an independent regiment when they were amalgamated with the Royal Norfolks in 1959 to form the 1st East Anglian Regiment. The process was completed in 1964 when the three East Anglian Regiments combined to form the Royal Anglian Regiment.

AUGUST & SEPTEMBER 2025

“CHIEFLY YOURSELVES”

PRESTON MANOR BARN, SATURDAY 30TH AUGUST

One of the overarching themes to this year has been the commemoration of the ending of World War II: a time for meditation on what might have been and for remembering how life was during that era. With nostalgia surrounding the years either side of that war in mind, we are pleased to present a programme of entertainment that amalgamates two favourite elements of the 1900s:

The Good Old Days was a TV programme that spanned 30 years, from 1953 until 1983. Presented by the irrepressible Leonard Sachs, it offered audiences a peep into the music hall acts that played the variety theatres of the century.

London's *Promenade Concerts* began in 1895, with the BBC taking over the reins in 1927. The *BBC Proms* moved to the Royal Albert Hall in 1941 and is still going strong. Its flagship is the ***Last Night of the Proms***, when the floor of the Hall is taken over by a boisterous flag-waving crowd.

Carol and Wendy have kindly offered to the Pop-up Choir their lovely barn - where the Christkindlmarkt has been held for several years. The Friends of the Church of Preston St Mary are adding their organisational skills so that we can present an enjoyable evening and **raise much-needed funds for two charities**: the fabric of our lovely church and a local charity that supports cancer sufferers and their families. Worthy causes, both.

Led by the Pop-ups but with plenty of opportunity for the audience to join in (i.e. that famous strap-line “**Chiefly Yourselves**”), the first half will include popular songs from the mid-1900s along with other variety acts. This is **your chance to dress up** by wearing period costume - or something similar. No obligation, but please do so if you would like to.

After the interval we will aim to recreate the ***Last Night*** atmosphere with traditional songs relating to each of the four UK countries and a celebration of our national heritage.

Moreover, a **discount of 20% is offered to all those who reserve a place before the event**: £12 instead of £15 on the door (assuming availability!). That price includes a finger buffet to be offered at the interval. A donations bar will also be available before the performance and during the interval.

It was painful to have to cancel the cream tea and games afternoon planned for July. Don't let this event fall by the wayside. Book your place now!

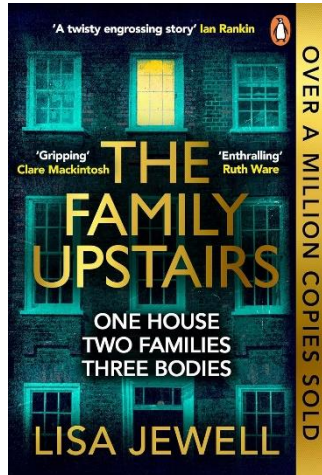
Simply contact 01787 247626 for your discounted place!

AUGUST & SEPTEMBER 2025

BOOK REVIEW

The Family Upstairs, Lisa Jewell, Penguin paperback 2019

Bubbles thoroughly recommends Lisa Jewell's series of thrillers. Her latest, Don't Let Him in, is out in hardback.



The Family Upstairs is a real page turner full of twists and surprises.

The protagonist, upon turning 25, discovers she is the sole inheritor of a London townhouse with a dark and mysterious past. The narrative alternates between Libby's present-day investigation into her family's history and the events that unfolded in the house twenty-five years prior, when a baby was found alone in a room while three adults lay dead downstairs. The book explores themes of family secrets, cult-like behaviour, and the lingering impact of past trauma.

Notice seen in a Norfolk village:
(village name deleted to protect the innocent!)

XXXXXXXXX VILLAGE HALL

Saturday 19th July at 2.30pm

Rain Dance

**Music by the Xxxxxxxx Mardlers
All welcome. Free entry.**

On Hall Field – if wet, inside the hall

AUGUST & SEPTEMBER 2025

Perceptions from Pershore

Pete and Elaine Postle

On May 22nd, the removal men (lovely bunch) moved all our stuff into a house that Elaine was seeing for the first time. She had trusted my judgement to find a new home and, thankfully, is really delighted with it. I had seen it on a day of miserable weather and so was also pleased to discover it had lovely views of woodland and hills, together with the walled garden that I had known Elaine would love.

Pershore is a very attractive Georgian market town with all the things one might expect – including a very homely and friendly pub, a five minute walk from home. Plums are its main thing, with a Plum festival in September; the local bus service is called the Plumline! So, off to church (both of us): first to Pershore Abbey, then to each of the two smaller churches in the benefice.

The Abbey has a 10.30am service every week and its style is much like Lavenham's with pew sheets, choir (17 strong!) and (on the occasion we attended) largely unfamiliar hymns. The two other churches have a fortnightly service, also at 10.30am, but alternating so to cover all 4 weeks of the month. They have service books, recorded music and choose very familiar hymns from their hymn books.

But I have two chief purposes for writing to you all.

First to tell you how much we miss all of you. Church is about heeding and acting on the words of Jesus, but that brings with it the joy of loving and caring friendships built within the congregation.

Secondly, may I thank you for your parting gifts of cards and money. The latter will be spent on what brought us back home to Suffolk in the first place – our families. I will commission a repair of two presentation clocks – both from British Railways - one to my Dad (for 45 years of service) and the other to my late elder brother Colin (for 35 years of service).

Our address details follow – spare rooms available in our new home, if you are ever this way!

As ever, our love to you all.

Pete and Elaine Postle

2 Manor Gardens

Pershore

WR10 1AS

Pete.postle@btinternet.com

01386 718928

07484 221379

AUGUST & SEPTEMBER 2025



Lavenham Physiotherapy & Acupuncture Clinic

Unit 12 Lavenham Studios, Brent Eleigh Road, Lavenham CO10 9PE

Conditions treated include:

- Back pain and sciatica
- Neck pain and whiplash
- Shoulder, elbow and wrist pain
- Hip and knee pain
- Ankle and foot pain
- Headache
- Rehabilitation after injury or operation



Your physiotherapist Mrs. Hua Sands:

- 20 years' experience as a physiotherapist registered with the Health and Care Professions Council
- Chartered Physiotherapist and member of the Acupuncture Association of Chartered Physiotherapists
- Masters degrees in Health Psychology and Physiotherapy from Queen Margaret University, Edinburgh
- Trained in acupuncture in China and UK for safe, relaxing and effective acupuncture

Unique Clinic Approach

The Clinic was set up 14 years ago to deliver a better outcome for patients through a unique combination of physiotherapy and Chinese acupuncture approaches to musculoskeletal pain relief, plus longer and more thorough assessment and treatment sessions. Acupuncture treatment is optional, but around 95% of patients feel some pain relief following initial acupuncture treatment.

The longer sessions enable a thorough assessment - essential for a proper diagnosis so that you can get the most effective treatment straight away to relieve your pain as quickly as possible. The detailed assessment also helps deal with the root of your problem, not just the symptoms, to help relieve your pain for the long term and prevent it recurring.

Where other health professionals have failed, Hua has often been able to diagnose and help resolve patients' pain by taking the time to fully understand her patients.

"When I first visited Hua I was experiencing considerable pain in my left knee despite visits to other professionals. Hua immediately identified a possible source of the discomfort. After a series of exercises my situation is much improved." Sue Arnold, Stowmarket. See website and Google Reviews for more examples of what patients say.

Ring **01787 247 726** or e-mail Hua@lavenhamphysio.co.uk to book an initial appointment. For more information, see www.LavenhamPhysio.co.uk

AUGUST & SEPTEMBER 2025

COMMAND PEST CONTROL

TELEPHONE: 01787 248049



**Complete Pest Control service including Premises Contracts
Year Round Protection from Infestation • All Pest Control work undertaken**

Pest Prevention:

Rat and mouse eradication and prevention of access to agricultural/
commercial and domestic premises/Insect control
Prompt service to Wasps/Hornets nests/Ants/Fleas/Cockroaches/
Mites/Silverfish/Flies etc
Mole control by all Ministry approved methods
Rabbit control and rabbit proof fencing



Property Care:

Woodworm/Deathwatch beetle/Damp proofing
30 Year Bonded Guarantee available



Insect Control:

Fly control units, electric and adhesive
Stockists of all leading brands
Replacement tubes and servicing carried out to all units
Secondhand units available
Flyscreens/chain curtains/plastic strip curtains

Bird Control:

Bird control to public, commercial and domestic buildings
Bird proofing to any situation
Cleaning contracts – Public buildings etc



Grain Handling:

Fumigation to grain and other commodities
Grain store cleaning and pre-harvest
Insecticidal treatment
Monitoring of stored grain and supply of all relevant equipment



Our Services Offer:

Trained technicians/Professional back up:
Quality control manager and field biologist/Approved by local
authorities and food retail industry/Reporting documentation
tailored to any requirement

We also supply:

Rodenticides/Timber treatment chemicals disinfectants/Industrial
cleaning chemicals and pest control equipment

RODENTS

INSECTS

FLY KILLERS

WOODWORM

BIRD PROOFING

FUMIGATION

ESTABLISHED 1986

**COVERAGE THROUGHOUT EAST ANGLIA AND BEYOND
FOR COMPETITIVE PRICES PLEASE RING 01787 248049**

Command House, College Farm, Church Lane, Preston St Mary, Sudbury, Suffolk CO10 9NQ
Email: sales@commandpestcontrol.co.uk Web: www.commandpestcontrol.co.uk



AUGUST & SEPTEMBER 2025



QUIZ NEWS

The July quiz was won by the Woolpit Wednesday Strugglers
Remember - Wednesday, 6th August, The Six Bells, £12 including a very good curry.

QUIZ TIME ANSWERS from Page 16

- 1 Henry VII
2. Amnesia
3. The Independent
4. Flax
5. 112
6. Shoulder Blade
7. Elver
8. Accra
9. 25
10. Ford Model T
11. Enid Blyton
12. Lewis Carroll



AUGUST & SEPTEMBER 2025

LAVENHAM GARDENING CLUB

Reading last year's notes for Aug-Sep, we were thankful to have some sunny weather. We have certainly had plenty this year and after the dry 'lull' in the garden, we should see many plants re-flowering once we have rain. If you are going on holiday, group pots together in the shade, they create their own microclimate and stay moist for longer. Continue to deadhead to prolong blooming, stopping later if you want the seed or rose hips. For free plants to fill in gaps, divide perennials and replant clumps around - garden designers advocate 'repetition' to please the eye! Keep anything newly planted well watered. Crops may be sparser than usual, unless you have kept up with watering, but some vegetables and fruit will have loved the sunshine so you can now reap the rewards.

It's a good time to take cuttings and later collect your own seed. You can start to sow seed too, particularly of biennials eg foxgloves, hollyhocks and aquilegias. I'll be buying new bulbs as I love the springtime displays. When the soil is damp, mulch borders well to help keep that moisture in, give the soil a boost and provide insulation for the winter. Use any organic matter, including last year's leaf mould which should be ready by now. Leaves are already beginning to fall after the long dry spell - established trees and shrubs will recover but signs of autumn will be early this year.

Hedges and shrubs need to be pruned and lawns tidied - with some rain they should be greening up again but rake out the 'thatch'. Don't tidy up too much though, as wildlife appreciates 'messy' areas, seed heads and dead stems. Consider making a new water feature - even a bowl sized pond will attract insects, birds and amphibians. Add an oxygenator or two, a 'rafting' plant, an upright plant (for newly emerged damsel or dragonflies to climb up) and a dwarf waterlily.

Plants for Aug/Sept: Agapanthus, phlox, Japanese anemone, hydrangea, dahlia, aster, grasses, hylotelephium (sedum), colchicum hederifolium, nerine, hesperantha (Kaffir lily)

Club News: We have had two outings - first to Kersey to see two lovely gardens that open for the NGS scheme and secondly to the fabulous Old Vicarage Garden at East Ruston, Norfolk - a 'must see' if you have not already been!

Chris Wiley from the Sustainable Plant Store gave us valuable new ideas on sustainable practice for gardeners.

We look forward to our members' summer garden party and to the garden celebration event. Our next celebrity speaker is Sue Kent, presenter on BBC's Gardeners' World. All welcome - book your place early!

6th Aug 6.30pm Summer Garden Party at Little Hall, members only

10th Sept Garden Club Celebration - members' produce show with wine & cheese

24th Sept 7.00pm Talk by Sue Kent 'The Quest for Easy Fruit and Vegetable Growing' members £15, non-members £20 including wine or soft drink

Booking: Carolyn 01787247489 or Sandra 01787311707

New members always welcome. Subscription for 2025 now £10

details on website: <https://lavenhamgardeningclub.co.uk>

Carolyn Jenkins

AUGUST & SEPTEMBER 2025



Kutz 4 Mutz

Complete Professional Dog Grooming Service

**Stress-free one-to-one appointments
Individual requirements catered for**

Bathing, drying, clipping,
scissoring, hand stripping, nails,
anal gland relief, ear cleaning

Call: Jan 07716 034521

Find me on Facebook

1 Manor Cottage, Lavenham Road, Preston St Mary, CO10 9LU

ARE THEY KIDDIN'?



AUGUST & SEPTEMBER 2025



LAVENHAM LIBRARY

Opening Hours

Monday 10.00 – 1.00
Tuesday 10.00 – 1.00 & 2.00 – 5.00
Thursday 10.00 – 1.00 & 2.00 – 5.00
Friday 10.00 – 1.00 & 2.00 – 5.00
Saturday 10.00 – 2.00
Sunday & Wednesday - CLOSED

Summer Reading Quest 2025



response for signing up to this year's Reading Quest! It isn't too late for children aged between 2-12 years to sign up in August. The Reading Quest continues throughout the school summer holidays.

The summer reading programme aims to inspire children and families to share books and read together over the summer holidays and to take part in simple, fun activities based around books and reading. The activities are suitable for the whole family and can be accessible for all

needs and abilities. They can be done in the house or while on holiday. As children complete activities, they can tell library staff and volunteers about them and collect rewards. A new reward is unlocked each week across the summer so families are encouraged to visit weekly. Families can do as many activities as they like across the summer and read as many books as they want!



The Friends of Lavenham Library are thrilled to welcome our Patron, **Tracy Borman**, to speak about her new book **The Stolen Crown** **Saturday 1 November 2025, 2.30 pm - 4.30pm** Lavenham Village Hall.

Tickets available from September.

Other activities to enjoy at the library:

Indoor Kurling Join us every Friday afternoon from 2.30pm – 4.00pm for this fun indoor adult activity that helps to improve strength and mobility with refreshments and chat included!



Baby Bounce/Tot Rock: Come and join us for our Baby Bounce/Tot Rock session which starts again after the summer holiday on **Thursday 11th September** between 2pm - 3pm for songs, musical instruments & play! No booking necessary, just turn up.

Contact Details

Lavenham Library, Lavenham Village Hall, Church St, Lavenham CO10 9QT

Tel No: 01787 247729

www.suffolklibraries.co.uk

Email: lavenham.library@suffolklibraries.co.uk

Suffolk Libraries HMRC charity number XT34476



AUGUST & SEPTEMBER 2025

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Simon Pitcher

The Rectory, Church Street, Lavenham, Sudbury, CO10 9SA Tel: 01787 827691

Associate Priest: The Revd. Elke Cattermole

Tel: 07957 419055

CALENDAR OF BENEFICE SERVICES FOR AUGUST 2025

SUNDAY 3rd AUGUST TRINITY 7	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE VJ Day 80 Commemoration
	LAVENHAM	6.00PM	EVENSONG
SUNDAY 10th AUGUST TRINITY 8	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 17th AUGUST TRINITY 9	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP VJ Day 80 Commemorative Service
	PRESTON	12 NOON	PATRONAL FESTIVAL Followed by Lunch
SUNDAY 24th AUGUST TRINITY 10	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 31st AUGUST TRINITY 11	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	BENEFICE EVENSONG

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY	LAVENHAM	10.00AM	HOLY COMMUNION
-----------	----------	---------	----------------

Note: BCP = Book of Common Prayer (traditional language)

AUGUST & SEPTEMBER 2025

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Simon Pitcher

The Rectory, Church Street, Lavenham, Sudbury, CO10 9SA Tel: 01787 827691

Associate Priest: The Revd. Elke Cattermole

Tel: 07957 419055

CALENDAR OF BENEFICE SERVICES FOR SEPTEMBER 2025

SUNDAY 7th SEPTEMBER TRINITY 12	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
	LAVENHAM	6.00PM	EVENSONG
SUNDAY 14th SEPTEMBER TRINITY 13	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG
SUNDAY 21st SEPTEMBER TRINITY 14	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 28th SEPTEMBER ST MICHAEL AND ALL ANGELS	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY	LAVENHAM	10.00AM	HOLY COMMUNION
-----------	----------	---------	----------------

Note: BCP = Book of Common Prayer (traditional language)