



## WHO'S WHO IN GREAT FINBOROUGH

### Parish Council: [www.greatfinborough-pc.gov.uk](http://www.greatfinborough-pc.gov.uk)

Chair: Ant Mann - [chair@greatfinborough-pc.gov.uk](mailto:chair@greatfinborough-pc.gov.uk) (\*NEW EMAIL)

Clerk: Jennie Blackburn - [clerk@greatfinborough-pc.gov.uk](mailto:clerk@greatfinborough-pc.gov.uk)

Footpath Warden: Richard Burton - [greatfinboroughfootpaths@gmail.com](mailto:greatfinboroughfootpaths@gmail.com)

District Councillor: John Matthissen - [councillor@matthissen.net](mailto:councillor@matthissen.net)

Tel: 01449 258894

County Councillor: Penny Otton - [penny.otton@suffolk.gov.uk](mailto:penny.otton@suffolk.gov.uk)

Tel: 07545 423847

### Great in Finborough Together - GiFT

Tel: 07522 171190

### Pettiward Hall

Lettings/Keyholder: Cathy Morgan

[pettiwardhallbookings@gmail.com](mailto:pettiwardhallbookings@gmail.com)

### St Andrews Church

Rector: Rev Sarah Jenkins - [revdsarahjenkins@gmail.com](mailto:revdsarahjenkins@gmail.com)

Combs Rectory, 135 Poplar Hill, IP14 2AY | Tel: 01449 676065

Associate Priest: Rev Canon Pauline Higham | Tel: 01449 771791

Church Warden: Nigel Brown 01449 675344

### Great Finborough & District Gardening Club

Cath Walker - [cathwalker85@gmail.com](mailto:cathwalker85@gmail.com)

Tel: 07843 191101

### Allotments Association - Mary Smyth Tel: 01449 672533

### Primary School: [www.finboroughprimary.co.uk](http://www.finboroughprimary.co.uk)

Headteacher: Stephen Dodd - [admin@greatfinborough.suffolk.sch.uk](mailto:admin@greatfinborough.suffolk.sch.uk)

Tel: 01449 613208

### Gt Finborough & Buxhall Under 5's Pre-School

Delia Prior - Tel: 07513 140072

### Chestnut Horse Pub - Roly & Mandy 01449 553889

Candlestick Club: Keith Proctor Tel: 01449 736598

Buxhall Woman's Institute: Judith Hickman - [judithhickman12@gmail.com](mailto:judithhickman12@gmail.com)

Police (Stowmarket SNT): Tel: 101 - [stowmarket.snt@pnn.police.uk](mailto:stowmarket.snt@pnn.police.uk)

Stowmarket High School - Tel: 01449 613541

Stowmarket Health Centre - Tel: 01449 776000

Combs Ford Surgery - Tel: 01449 678333

Bildeston Surgery - Tel: 01449 740254

Stowmarket Library - Tel: 01449 613143

Mid Suffolk Leisure Centre - Tel: 01449 674980

# GREAT FINBOROUGH NEWSLETTER



February 2026  
ISSUE 565

## GREAT FINBOROUGH VILLAGE DIARY

12th Feb 7.30pm.	Gardening Club Deborah Hart Willow Weaving	Pettiward Hall
22nd Feb 10am - 12	Litter Picking	Village Car Park
9th Mar 7.30pm	Parish Council Meet	Pettiward Hall

### FUTURE PARISH COUNCIL MEETINGS

9th March - Pettiward Hall (no planned meeting in Feb)

**MOBILE LIBRARY SERVICE - every 4th Friday 2:50 - 3:10pm**  
Middlefield Drive (opposite playground)

**MOBILE POST OFFICE - every Thursday 1.30 - 2.30pm**  
Middlefield Drive Car Park

**The 'Village Newsletter' is published by Great Finborough Parish Council and printed locally. Views and opinions expressed in this newsletter are not necessarily accepted as being those of Great Finborough Parish Council. The 'Newsletter' accepts all articles, notices and advertisements in good faith. We cannot be responsible for the content of any submissions, nor liable for the quality of goods and services offered. A full copy of our Policy is available on our web site.**

To contact the editor (Ant Mann) submit articles,  
letters or advertising,  
email:  
finboroughpcnewsletter@gmail.com



## The Combs and Finborough Benefice

### Buxhall, Combs, Gt and Lt Finborough, Harleston, Onehouse and Shelland Services in February 2026

**Rector:** The Rev'd Sarah Jenkins, The Rectory, 135 Poplar Hill, Stowmarket IP14 2AY 01449 676065  
**Associate Priest:** The Rev'd Canon Pauline Higham, The Rectory, Woodland Close, Onehouse IP14 3HL 01449 771791

#### Sunday Services

Please contact the Reverend Sarah Jenkins at [revdsarahjenkins@gmail.com](mailto:revdsarahjenkins@gmail.com)  
if you would like details of how to join any of the Zoom services

<b>1<sup>st</sup> February:</b>	<b>Presentation of Christ in the Temple, Candlemas</b>	
9.00 am	Holy Communion	Little Finborough
9.30 am	Morning Worship	Harleston
11.00 am	All Age Worship	Combs Church Hall
<b>8<sup>th</sup> February:</b>	<b>Second Sunday before Lent</b>	
9.30 am	Morning Worship	Shelland
9.30 am	Holy Communion	Buxhall
11.00 am	Morning Worship	Great Finborough
11.00 am	Holy Communion	Onehouse Trinity Hall
<b>15<sup>th</sup> February:</b>	<b>Sunday Next before Lent</b>	
9.30 am	Holy Communion	Harleston
11.00 am	Family Communion	Combs Church Hall
3.00 pm	Evensong	Little Finborough
6.00 pm	Healing and Wholeness Service	Great Finborough
<b>18<sup>th</sup> February:</b>	<b>Ash Wednesday</b>	
9.30 am	Holy Communion with the Imposition of Ashes	Onehouse Trinity Hall
<b>22<sup>nd</sup> February:</b>	<b>First Sunday of Lent</b>	
9.30 am	Morning Worship	Buxhall
9.30 am	Holy Communion	Shelland
11.00 am	Morning Worship	Onehouse Trinity Hall
11.00 am	Holy Communion	Great Finborough

#### Weekday Services

9.30 am on Wednesday	Holy Communion	Onehouse Trinity Hall
10.00 am on Saturday	Morning Prayer	Zoom Meeting

*All Welcome! Whether you are a regular worshipper or a visitor to our churches, you will find a warm welcome at all of our services*

# GREAT FINBOROUGH LITTER PICK

If you can spare an hour or two to keep our Village looking clean and tidy, please join the Parish Council on Sunday 22nd February 10am - 12pm.



**Litter pickers, high vis jackets and rubbish bags supplied.**

**Meet at Car Park off Middlefield Drive**

## **Welcome to the February Newsletter:**

As we head into February, Christmas and New Year activities seem a distant memory. However, during that period, the Parish Council have been busy with various tasks around the village, to keep it looking tidy and fresh. This includes installation and relocation of the Speed Indicators, which we hope will help to reduce speed in the village. Also, under our instruction, SCC are conducting a traffic survey on Valley Lane with the hope that we can extend the 30mph to cover the whole length.

We have taken delivery of some new posts. These will be used to replace rotten ones on Church Road and erected around the entrance to the playpark. This will improve safety to all using it and prevent cars from parking on the grass areas. The tarmac to patch up inside the playpark is on order!

As our weather is so unpredictable, we are asking Highways to keep our grit bins full. These are there to ensure side roads and paths not covered by the main road salting, can be accessible. A little grit goes a long way to remove ice and snow, so please be considerate when using it. If there is an area of the village which needs attention, please get in touch.

This brings me onto pot holes. We have raised this and other issues on the roads, including repairs to Kinghts Bridge with SCC. There is an online tool for reporting potholes which I encourage you to use: [www.suffolk.gov.uk/roads-and-transport/roads-pavements-and-verges/potholes/report-a-pothole](http://www.suffolk.gov.uk/roads-and-transport/roads-pavements-and-verges/potholes/report-a-pothole)

The issue with the Parish Council Chair's email has now been sorted. You can get in touch on: [chair@greatfinborough-pc.gov.uk](mailto:chair@greatfinborough-pc.gov.uk).

Finally, we would like to give the playpark a clean up. If you would like to help, please get in touch and more information will follow.

**Ant Mann**  
[finboroughpcnewsletter@gmail.com](mailto:finboroughpcnewsletter@gmail.com)

## NHS Healthy Choices Quiz

How healthy is your lifestyle? If you are 18 or over, take the free 5 minute quiz to find out! It asks about 6 areas of your lifestyle (eating, alcohol, movement, smoking/vaping, your mental health and sleep). This isn't a medical assessment and you won't be asked for any personal health details like your weight, blood pressure or your medical history. It will give you a personal score out of 10 and a summary of how you did in each section. The NHS will then offer you apps and advice designed to help you make a lasting change to benefit your health. The quiz is not suitable for under 18s or those with existing medical conditions such as diabetes and heart disease. If you are pregnant speak to your midwife/GP about the quiz.

If you are worried about your health consult your GP. The link to the quiz is here:

<https://www.nhs.uk/better-health/healthy-choices-quiz/application/>

## Sally Gooch

### The Beacon Club



The Beacon Club was set up nearly 3 years ago for two reasons, firstly to have the money to have the iconic steeple of St Andrews Church illuminated every night of the year at lighting-up time until 23.00hrs. Secondly, to support the running of the Church which costs £20,000/year to keep the doors open. The Church has 2 services a month but is usually open 5 days a week for moments of quiet reflection

We are still looking for new members of the Beacon Club, members donate £100 a year to support the steeple lighting & Church. We hold an Autumn Equinox supper in the Church by way of a small thank you. If you are interested in joining, please get in touch: [p.turner125@btinternet.com](mailto:p.turner125@btinternet.com) or 07789727974

**Peter**

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## St Andrew's Church

We are looking to open the church as many days as possible as we head into the Spring/Summer and are looking for volunteers to open/close on a particular day.

Timings can be flexible and we understand that everybody has holidays but if you could help, we would be delighted to hear from you!

It would be great if we could open up a very valuable village resource more regularly, and make it available to people from the village and from farther afield..

**Neil and Sadie 07850117831**

## Get Involved and Support St Nicholas Hospice Care in 2026

St Nicholas Hospice Care is inviting the community to start 2026 all for a good cause by asking people to get involved with its exciting calendar of fundraising events for the year ahead.

The hospice is encouraging supporters to beat the winter blues by registering for early access, which will mean they'll hear about event registrations and sign-ups opening before anyone else.

The Hospice's much-loved Sunset Walk, sponsored by Greene King, has now officially launched for 2026. Returning for its third year on Saturday 20 June. Participants can choose between a 10km or 15km route, complete with live music, entertainment, and quieter reflective moments to remember loved ones. An earlybird offer is currently running, so sign up quick for a discount.

The Sunset Walk is just one highlight of a busy events calendar. St Nicholas Hospice Care's 2026 programme also includes the St Nic's 10K Run, Cycle Ride, Festive Fun Run, Open Gardens, and a series of exciting challenge events, from firewalking to trekking adventures.

To and to get involved and register to be in the know when sign ups open visit:  
<https://stnicholashospice.org.uk/contact-us/get-involved-in-fundraising-events/>

## Great Finborough & District Garden Club

The past Garden Club year has been very busy with trips and talks and although the warm weather seems far away, we had a lovely and sunny Open Gardens and a warm evening in the meadow. We finished the year with two successful events a wreath making workshop and our annual Christmas party. Everyone who took part in both events, enjoyed getting into the Christmas spirit.

There is no meeting in January, so our next regular meeting will be on 12 February 2026 at 7.30pm. Deborah Hart will be making a welcome return and will talk about willow weaving. Members will be able to make their own willow snail or just enjoy good company and watch others at work.



A reminder that subscriptions were due in September. They will remain at £20.00 per household and £5.00 for guests. Finally, if you are interested in joining the garden club or would like to join us for any event you will be very welcome

**For further information contact: Cath Walker on 07843191101 or [cathwalker85@gmail.com](mailto:cathwalker85@gmail.com)**



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**17 Buxhall Business Park, Stowmarket, Suffolk IP14 3BW**

## Obituary

Dr Ann Nisbet-Smith, who was 90 years old, died peacefully with her children around her on 10 January 2026, just 8 weeks after her husband, Dugal. Having met in London when she was a medical student and he was a junior reporter, they travelled the world with his work. Ann had combined her career with bringing up their three children. They bought and renovated The Butterfly, making it their full-time home when Dugal retired nearly 30 years ago. She bore her disability and her recent loss with fortitude. She is sadly missed by her children, their partners and her grandchildren, as well as by her friends.



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## Letter from the Rector

In the life of the church, things slow down through the cold and dark month of February until we reach Ash Wednesday on 18th February and the beginning of Lent. Shrove Tuesday on 17th February gives us the opportunity to have a feast by using up flour, eggs and butter to make pancakes before the traditional Lenten fast begins. But what is Lent exactly and why do people try and give up things during this period?

Lent runs until Holy Saturday, the day before Easter Sunday. It's a period that represents the 40 days Jesus fasted in the desert and opposed the temptations offered by the devil before his crucifixion in Jerusalem which Christians commemorate on Good Friday. The purpose of Lent is for people of faith to prepare for Easter and the risen Christ and this has traditionally been done by prayer, fasting and almsgiving to replicate the experiences of Jesus in the desert. Now I expect that most of us have at one time or another decided to give up something we really enjoy for Lent. For me it tends to be chocolate or cake but it could be all sorts of things such as spending too much time on our electronic devices, a favourite food or drink or binge-watching TV box sets. The important thing is that whatever we decide to give up for Lent, we do so with the right intention and understanding that it helps us to prepare for Easter.

Another practice that Christians will often include as part of their Lenten preparations is that of prayer and spiritual reflection. This can be done individually or in a group specifically set up for that purpose. Within the Benefice the beginning of Lent will be marked by a church service on Ash Wednesday, 18th February, at Trinity Hall in Onehouse. There will be the opportunity to have ashes, mixed with oil, marked on your forehead in the shape of a cross. This is to remind us of the sins we have committed and to encourage us, during Lent, to reflect on how to repent for those sins and grow in holiness so that we're ready to joyfully celebrate the resurrection of Jesus Christ on Easter Sunday. And there will be the opportunity to join our Lent course which will run on Thursday mornings (19th, 26th February, 5th, 12th, 19th and 26th March) on Zoom. Please email [revdsarahjenkins@gmail.com](mailto:revdsarahjenkins@gmail.com) if you'd like to know more.

Cont..



## BUXHALL WI

We meet at Buxhall village hall on the third Wednesday of each month at 7.30pm.

We are a very friendly group of currently 54 members enjoying a varied range of activities and interesting visiting speakers. At our December meeting we enjoyed a sit-down meal to celebrate Christmas with the entertainment that followed being provided by some of our talented members. There was lots of laughter, singing of carols and fun in general and the evening was a great success.

### Forthcoming Speakers and Events

18<sup>th</sup> February 2026 - Shot in the dark – Mike Kwasniak

18<sup>th</sup> March 2026 – Suffolk Mind – Jon Neal

15<sup>th</sup> April 2026 – The craft of comic verse – Eric Tunake

3<sup>rd</sup> March - Suffolk East Federation conference with speakers

Christine Hagger [christinemhagger@gmail.com](mailto:christinemhagger@gmail.com)

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## News from Buxhall

### Quiz Night—October

Another very enjoyable Quiz Night was held on 18 October in Buxhall Village Hall. Twelve teams poised with pen and paper went into battle. Through the night four teams were chasing each other and after all the scores were added up, Lesley's team came out winners. A superb amount of £490 was raised towards ongoing improvements to the hall. Once again grateful thanks to the generous quiz players who donated such terrific draw prizes and supported this regular event. Hopefully see you all back in March 2026.

### Fun Quiz

Saturday 21 March is the date to put in your diaries for the next Buxhall Fun Quiz, 7.30pm in the Village Hall. £5.00 per person, teams of up to six people. Please bring own drinks, glasses and nibbles.

To avoid disappointment, do book by 20th March by ringing Mim or Keith on 01449 736598.

Offers of draw prizes will be greatly appreciated. In aid of the hall refurbishment.

### Mim and Keith

To contact the editor (Ant Mann) submit articles,  
letters or advertising,  
email:  
[finboroughpcnewsletter@gmail.com](mailto:finboroughpcnewsletter@gmail.com)

## News from Shelland

The World Day of Prayer Service will be held in Shelland Church on Friday, March the 6th at 2.15pm. The Women of Nigeria have prepared the Service this year and the theme is 'I will give you rest, come'.

In February there will be a preparation meeting and a rehearsal. Anyone interested in being involved please contact Carole Hearn on 01359 302271 or 07743303222.

### Carole Hearn

One final activity that Christians are encouraged to do during Lent is to give alms. However, this doesn't just mean putting money in a collection box or donating via an on-line giving website. Giving alms can encompass a wide range of activities, it could be buying extra shopping and donating it to the local food bank, offering your time to help an elderly neighbour or volunteering for a charity. There are a multitude of ways in which to give alms and by spending a little time looking at what you could do, it will become clear that the people who are most in need will be helped by your generosity.

I do hope you enjoy your pancakes on Shrove Tuesday and that these words have given you food for thought about the period of Lent.

**With blessings,  
Revd Sarah**

## Avon Round in Great Finborough available

**If you would like to join my local team  
and take over this existing Avon round  
of customers in the village,  
please get in touch.**

**Helen Toffanello 07563 755617**

## You're Good to Go!

Date for your diary: 5 March 2-4pm at Pettward Hall. GiFT, our village good neighbour scheme, is laying on an information and help session covering topics we tend to avoid talking about....

This is a chance to action your intention to sort out your affairs once and for all. Fewer than half of UK adults have a will and even fewer parents with dependent children have set out who they want to be their children's guardian if they cannot care for them.

Only about a fifth of us have completed power of attorney forms so that our wishes are clear once someone else has to manage our care and/or finances. People tend to think this is only relevant for old people but even when we are old, many don't get around to sorting things out. If it isn't done before we lose mental capacity (usually through dementia, stroke or other brain injury), it makes life very complicated for those left to manage our affairs. Another simple personal administration task seldom done is writing a 'Letter of Wishes' specifying the things that matter but which don't need to be in a will - like a funeral plan, or who should have your pet (or special jewellery) if you cannot be there.

These are the topics this informal but informative event on 5 March will cover. Come for a cuppa and cake while you pick up information, check out what help you need, and identify who can help you. For some it can be as simple as help to fill in a computerised form or access and have help filling in paper forms. You may just want to ask a question or have the opportunity to think about these matters. You might want help to figure out who you would trust with the responsibility for settling your affairs should you become disabled, lose your independence, or die.

This relaxed session is also a chance to meet GiFT's volunteers. Feel free to bring along a family member along. If you have young children you need to look after during the event, they will also be welcome to accompany you. No need to book your place. If you want to come and cannot make the date let us know and we will find another way to help. If you need help or transport to attend the session please let us know by messaging/phoning the GiFT number: 07522 171190.

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3 Mill Street, Stowupland, Stowmarket, Suffolk IP14 5BJ

## FFD Running Club

If you are keen to start running, get fit, run in a group or socialise then join us every Thursday at 6.45pm.

No need to book, simply meet on the village green opposite the pub.

If you would like any more details, please get in touch.

Everyone welcome.

**Ant Mann 07968 154171**

If you spot something in the village in need of attention, please get in touch. It could be overgrown footpaths, missing or hidden signs, broken or damaged play equipment in the playpark.

Contact the Parish Council:  
[clerk@greatfinborough-pc.gov.uk](mailto:clerk@greatfinborough-pc.gov.uk)

Buxhall Community Council

## BANGERS, BEANS & BINGO

Buxhall Village Hall

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Mid Suffolk

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You're right to seek advice about this issue, because counterfeit goods aren't only illegal, they can be dangerous.

Fake children's toys, including dolls, often don't meet safety standards and can pose choking hazards - poor manufacturing can mean small parts are easily detachable.

Counterfeit goods are fake products designed to mimic the authentic ones sold by genuine brands. Sometimes it's easy to spot a knock-off, other times it can be harder to tell.

It's not just toys and games - things like clothing, footwear, e-cigarettes, perfumes and media devices can also be counterfeit.

Things to watch out for include strangely low prices from well-known brands and signs of poor quality - like missing security seals, bad or non-existent packaging, blurry logos and poor stitching. You may also spot some spelling mistakes in the advert or on the packaging.

Looking at photos from official sellers can help when making comparisons, and it's important to only buy products from reputable sellers.

If you have purchased a counterfeit item, there are some steps you can take to try and get your money back. You're legally entitled to a full refund on fake goods within 30 days of your purchase.

If it's been over 30 days since you paid, but less than six months, the seller can provide you with a real version of the item first. If they can't, then they're legally required to give you a full refund. If you paid more than six months ago, you're only entitled to a part-refund based on how much you've used the item and how long you've had it.

Sometimes sellers might refuse to refund you, and argue the items were obviously fake because they were very cheap, but they're breaking the law by selling them and your legal rights still apply.

If this happens and you paid by debit card, contact your bank and ask to use the 'chargeback scheme'. If you paid by credit card and the item cost less than £100, you can ask to use the same scheme.

If you paid by credit card and the item cost between £100 and £30,000, tell your credit card company you want to make a 'section 75' claim to get your money back. To report counterfeit goods or get help getting your money back, contact the Citizens Advice Consumer Service. You can also report a seller to Trading Standards, which investigates criminal activity.

**Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at [midsuffolkcab.org.uk/contact-us](http://midsuffolkcab.org.uk/contact-us). Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.**

Did you know we have a Village Facebook page?

Take a look at:  
[facebook.com/parishcouncilgreatfinborough](https://facebook.com/parishcouncilgreatfinborough)



### Non-members wild birdseed order form for February 2026

The next order will be placed on **11 February 2026** the birdseed collection will be on **Wednesday 18 February 2026 between 14.00 and 16.00 hrs. from Abbey Farm Cottage**. If you would like to place an order please let me have your requirements together with a cheque made payable to "Great Finborough Garden Club", or **by BAC's "Gt Finborough & District Garden Club"**, sort 09-01-54, account no 20213287 please reference your name followed by B/S. Orders may be posted to or dropped off at The Little House, High Road, Gt Finborough, IP14 3AA, or if it's more convenient dropped off at 1 Valley Lane, Gt Finborough.

**Thank you. Peter Turner 07789727974 or [p.turner125@btinternet.com](mailto:p.turner125@btinternet.com)**

**Name**

**Tele No.**

Product	Weight	Price	Quantity	Cost
Wild Bird Mix	20 kg	£14.00		
W.B.M. Premium	20kg	£16.50		
W.B.M No Wheat	20kg	£20.00		
W.B.M NEW High Energy	12.75 kg	£18.00		
W.B.M. No Mess	12.75 kg	£18.00		
W.B.M Robin & Songbird	12.75 kg	£18.00		
Finch Mix	20 kg	£17.00		
Mixed Corn	20 kg	£12.50		
SUPER Poultry Mix	20kg	£14.00		
Peanuts (superior quality)	20 kg	£38.00		
Peanuts (half sack)	10 kg approx.	£20.00		
Black Sunflower Seed	15 kg	£19.00		
Sunflower Kernels	20 kg	£30.00		
Sunflower Kernels	10kg approx.	£16.00		
Nyjer Seed	20kg	£43.00		
Nyjer Seed	10kg approx.	£24.00		
Suet Pellets	12.75kgs	£21.00		
Suet Balls (Superior quality)	Price each	14p		
	150 £21/Box			

### Style@Stow Fashion

**St Andrew's Church Wednesday 15th April.**

We are looking for ladies (any size between 10 to 18) who would be willing to 'walk the catwalk'

If you are interested, please text 07766196612

Tickets (to include a drink and 'nibbles') will be on sale in the new year...

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## 1-2-1 SESSION

- 45 minute session
- Specific position tailored plan
- Outfield + goalkeepers
- Technical + Mental work

**TRIAL - £10**

AFTER TRIAL - £25



## GROUP SESSION

- 45 minute session
- Tailored session to everyone attending the session
- Outfield + goalkeepers
- Discounted rate

**£15 PER PERSON**

**HB**

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- 8 tailored sessions to your position
- 45 minute sessions
- Nutrition advice for performance as an athlete
- Discounted price per session!

**£185**



# SPRING FASHION SHOW

come & Join Style at Stow for some  
Fun - Fashion & Fizz  
on  
Wednesday 15th | April | 2026  
from 7pm Onwards  
at

**St Andrews Church  
Great Finborough**

Tickets £5.00 per person  
Includes a complimentary drink on arrival

Tickets available from  
Style at Stow 01449 771315  
15-17 Bury Street, Stowmarket  
and Sadie on 07766196612

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## REWTS

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**Garden landscaping:** patios, fencing, decking, pergolas, gates, stone driveways, water features, turfing and seeding new lawns, borders and planting designs.

**Garden maintenance:** hedge cutting, pruning, weeding, strimming, grass cutting, tidying.

Tel: 0782 5253 720  
[info@rewtstreesandgardens.co.uk](mailto:info@rewtstreesandgardens.co.uk)  
[www.rewtstreesandgardens.co.uk](http://www.rewtstreesandgardens.co.uk)



# CHESTNUT HORSE

www.chestnuthorse.co.uk | 01449 553889

## WHAT'S ON!

Thursday 4th Feb Open Mic night from 7.30pm

Saturday 14th Feb Jax Deacon Solo acoustic set from 7.30pm

Thursday 19th Feb Pub Quiz £2.50 per person starts 7.30pm

Thursday 5th March Open Mic Night 7.30pm

Sunday 15th March  
Mothers day Roast, Free glass of Prosecco or Bucks Fizz  
Booking & Deposit Essential

Thursday 19th March Pub Quiz £2.50 per person starts 7.30pm

Friday 27th March - Jax & Co band from 7.30pm

*"Wishing everyone a happy new year and a prosperous 2026."*

*Roly & Mandy*

## Suffolk Family Carers

A family carer is anybody, of any age, who looks after someone with a long term illness, mental health difficulty or disability who could not cope day to day without this help. Becoming an unpaid family carer is often a gradual process, like the changes affecting person you care for. The work of caring gradually impacts your daily life, restricting your ability to get time for yourself. Not recognising you are a family carer can be a real barrier to accessing the vital support available to you.

Caring can be extremely complicated. The maze of rights and entitlements can be complicated. Filling in paperwork can be complicated. Trying to organise a break can be complicated. Our feelings about caring can certainly be complicated. Suffolk Family Carers is not-for-profit and it has friendly knowledgeable staff providing a range of services including information, advice & guidance; emotional support; and schemes to help you take a break from your caring role. They can even represent the rights of the person your care for.

The team will take time to listen you, understand how you feel about your caring role, provide you with information and support relevant to your specific caring role and/or if required will ensure you get further support from the most appropriate team. They can also help register you as a family carer.

Suffolk Family Carers runs courses for carers, including about how to cope, be resilient, and look after your own needs. Some are online and some are face to face. If the one you want to attend is fully booked you will be advised of future dates.

Here is the link: <https://suffolkfamilycarers.org/upcoming-workshops/>

If you are an adult caring for an adult you can complete an online self-assessment of your needs as a carer via this link:

<https://www.suffolk.gov.uk/care-and-support-for-adults/caring-for-someone/carers-assessments>

After completing the carers assessment, Suffolk County Council will process this information and may be in touch to have a conversation about the practical or emotional support is available to help you. If the self-assessment option is not right for you, you can request a full carer's assessment be undertaken by a Suffolk Family Carers' adviser, or you can ring Customer First on 0808 800 4005.

## Suffolk Family Carers cont...

If you are a parent caring for a child or a child caring for an adult the assessment can be arranged by contacting Customer First.

## GiFT Steering Team







## Outdoor Tennis for Mental Wellbeing

**Time** Every Thursday 1 to 2 pm  
(Term Time Only)

**Venue** Stowmarket Lawn Tennis Club, Iliffe  
Way, Stowmarket IP14 1SL  
What3words Location - ///subway.toffee.finds

**Description** Fun, drop-in Tennis and coaching session for people experiencing mental health problems, with LTA coach Debs. Equipment provided and all abilities welcome!

This group is provided **FREE** by mental health charity **Sport In Mind** for the benefit of local people. Your local representative is Tom.

 @sportinmind  www.sportinmind.org  info@sportinmind.org  0300 102 1400 (free)



Working in partnership with  
  
East Suffolk and North Essex  
NHS Foundation Trust

## Mid Suffolk Grants:

**Cost of Living Support:** A reminder that residents can seek help and support with the cost of living via the Mid Suffolk website [www.midsuffolk.co.uk](http://www.midsuffolk.co.uk) - put 'Help and support for you' into the search bar on the home page for more information.

**Support to make our homes warmer:** Grants are available to help insulate and make your property warmer and more energy efficient, whether you're a homeowner or private tenant. More information, including eligibility, via [www.warmhomesuffolk.org](http://www.warmhomesuffolk.org). This grant closes at the end of March 2026.

Mid Suffolk offers a range of other grants to support community projects and organisations, including the Rural Support Fund created to support towns and villages outside of Stowmarket - see <https://www.midsuffolk.gov.uk/community-funding>.

**Mid Suffolk Biodiversity and Nature Recovery Scheme:** This is a commitment of £1.8 million over the next three years to accelerate work to enhance biodiversity and nature - in a bid to safeguard the environment for generations to come. For more information: <https://www.midsuffolk.gov.uk/w/biodiversity-action-plan>

## Community Initiatives in Stowmarket:

A new '3G' turf football pitch with cork infill is set to be delivered after funding was secured from the Premier League, The FA and Government's Football Foundation, due to open in spring 2026. It will be built on the grounds of the high school and made available for community use.

Construction work on Stowmarket Innovation Gateway at Gateway 14 has reached a key milestone, with the core construction now complete and the centre due to open in June next year. It will provide meeting spaces, a café, and support to assist Mid Suffolk businesses. Also training and skills development to fill local skills gaps, in partnership with local colleges and universities.

**Councillor John Matthissen 01449 258894 or 07976 308128**  
**councillor@matthissen.net**

**Or write to me at 2 Brick Kiln Cottages, Barretts Lane,  
Needham Market IP6 8RZ**

## News from your District Councillor - John Matthissen

Representing Onehouse, Great & Little Finborough, Combs, Harleston & Shelland

**Better Recycling:** Ahead of the major improvements to recycling in June this year, Additional bins for food waste and recycling will be delivered to each household, starting this month. For more information about the changes, look out for your copy of the Mid Suffolk Magazine during February. If haven't received on by the end of the month, let me know.

**Youth Council:** The Council has agreed to the formation of a Youth Council for Mid Suffolk, due to be in place by September 2026. It is important to encourage young people to engage with local politics and we would love to see more younger people standing to be Unitary councillors in 2027.

It is also planned for The Mix to run a free 'outreach event' for young people in Woolpit, hopefully during February half term - details to be advertised once confirmed.

**Onehouse to Woolpit Quietway:** This initiative by the Walk Wheel Cycle Trust (formerly 'Sustrans') aims to provide an improved cycle and walking route between the villages. There will be a drop-in 'engagement session' in Trinity Hall, Onehouse 4th February 4-7 pm. You can also see and comment on the proposed route via <https://communitymap.uk/project/257>

**Devolution and Local Government Reorganisation:** The Government has delayed the election for a Mayor for Norfolk and Suffolk until May 2027; it has also offered councils undergoing reorganisation the option to further delay County Council elections (originally due in 2025 and currently planned for May 2026. The Green Party position is that we should have elections at the allotted time, not decided by politicians when it's convenient for them.

**Transport Options:** Don't forget the Rural Connect mini buses are available for pre-booking via 01449 614271 and also the Taxi Bus 01449 866 866 which is starting a new route from Stowmarket to Wattisham, calling at Combs.

Cont..

## Village Biodiversity Plan

A village biodiversity plan is a local strategy to conserve and enhance biodiversity, often created by the parish council and community. These plans typically involve surveying local wildlife, identifying threats, and outlining actions for residents and other organisations to take e.g. the Parish Council. This can include managing green spaces sustainably, considering biodiversity in planning applications, and running local conservation projects. This is part of a wider framework that includes national and regional strategies aiming to reverse biodiversity loss.

To help create our plan in Great Finborough, we would welcome input from any residents currently doing similar activity, no matter how small, such as erecting bat and bird boxes, documenting birds in your gardens or even planting hedgerows and native trees, as well as the ongoing development of our wildflower meadow and Wood-pecker Hill wood



Understanding what goes on in our village will help us shape the plan which can then be utilised when looking at bigger green space projects, as well as suggestions for future planning applications. This has already been adopted at Pettward Hall where we erected swift boxes to encourage nesting.

As well as the positive, we can review any negative elements that are identified, such as invasive weeds or trees growing where they shouldn't and any potential threats to local wildlife.

If you already are doing some of this activity or would like to get involved, we would love to hear from you.

**Please email: [finboroughpcnewsletter@gmail.com](mailto:finboroughpcnewsletter@gmail.com)**

## Pettiward Hall

### Twixmas Quiz

Thank you to everyone to come to our Twixmas Quiz! We managed to raise another £600 for the First Responders from the raffle money, a kind donation of the prize money from the winning team and half of the ticket sales. £293 was also raised for the Village Hall. A huge thank you to our bookings secretary, Cathy Morgan, for taking the lead role in organising everything; to Simon Tarabella for being an excellent quizmaster and to everyone who helped set up and tidy away.



### Friends of Pettiward Hall

We are incredibly lucky to have had so many offers of support from people in the village. Therefore, we are setting up a group called the Friends of Pettiward Hall. As a Friend you might help in setting up or organising events, you might be happy to help out with the odd cleaning job, a spot of painting, some simple maintenance or just general support with hall activities. This wouldn't require any firm commitment but just a simple willingness to possibly help the committee in times of need. If you feel you'd like to become a Friend of Pettiward Hall please contact Cathy Morgan at [pettiwardhallbookings@gmail.com](mailto:pettiwardhallbookings@gmail.com)

## Pilates

Our Mat-based Pilates session has been running for almost a year now! Started with the help of Fit-Villages and now run by Everyone Active Pilates instructor Jo, regulars are noticing improvements in both core strength and flexibility over time. The class size is small, ensuring that each participant can be seen, and coaching can be easily given to help with technique and alignment. Participants enjoy the friendly atmosphere, and some meet up outside of the group for coffee and a chat! The 9am Monday start time is perfect for those either dropping off at either the school or pre-school. We welcome new participants, just give Jo a call on 07564587366 or email [joannebeales@everyoneactive.com](mailto:joannebeales@everyoneactive.com)

The first session is FREE so why not give it a go.

## Pettiward Hall Team

