

Shimpling News

Autumn 2023

Issue 134

HARVEST SUPPER

SATURDAY 30TH SEPTEMBER

7.00 FOR 7.30 PM

ALPHETON VILLAGE HALL



Menu

Home cooked Suffolk ham, homemade quiche
salads

home made puddings

tea/coffee

Bring your own drink

£12.50 per person

Children £6

Tickets from lizbrunwin@hotmail.co.uk

01284 828122

*A social and fundraising event for Alpheton and Shimpling
Churches*

The Parish Council:

Mrs Liz Brunwin	01284 828122
Mr Gerry Shrimpton	01284 827219
Mrs Nathalie Brown	07961 947497
Mr David Dunkley	07809 148630
Mr Hans Engstrom	07872 875442
Vacancy	
Vacancy	

Contact details for the Clerk are:

4 Park Farm Cottages, Brettenham, Suffolk, IP7 7QP

(Correspondence and Appointment only)

Email: Shimplingpc@gmail.com Telephone: 07940 223200

The Parish Council meet bi-monthly in January, March, May (AGM), July, September and November every year. Extra meetings may also be held throughout the year when required.

Annual Parish Assembly – Reports presented by the Council and local groups / charities / committees from within the parish. Members of the public can speak freely at this meeting in May, raise issues and ask questions relating to the reports.

Annual Meeting of the Council (AGM) – Each May, Election of officers of the council. Declarations of acceptance of office.

Parish Council Meetings – Council considers matters relating to finance, planning and the Parish. Additional extraordinary meetings are held when required.

Dates of meetings: Parish council meetings will be held at 7:30pm on the following dates;

Monday 11th September 2023

Monday 13th November 2023

Monday 8th January 2024

Monday 11th March 2024

Please note that these meetings will now be held at the Village Hall again. We are looking forward to welcoming you all back.

Parish Council Website and Social Media and Notice Boards

You can find council information on the notice board by the bus stop in The Street. This is also circulated via our Village Round Robin System and posted on the Shimpling Community Facebook page. Alternatively, the village web site is regularly updated as well as our Facebook and Twitter account. Please follow us on Twitter and like our Facebook page:

Twitter: @shimplingpc

Facebook: Shimpling Parish Council

Website: <http://shimplingpc.onesuffolk.net>

Could you volunteer to help your Village?

We need a new Parish Councillors to join our team. Parish Councillors do a worthwhile job ensuring that your voice is heard and overseeing work so that your village is kept looking good. If you would like to know more about becoming a Councillor then please get in touch with the Clerk or any of our wonderful Councillors.

Report from Chair, David Dunkley, at the meeting held on the 10th July:

The Chair reported;

Since May we have been consolidating work in a number of existing areas rather than introducing new ones.

We have been progressing estimates for 2 pieces of work on the Village Hall and the funding to complete them. The two projects are the new doors to the side of the building and to provide Solar Panels. Both are progressing but ensuring comparable estimates are provided so we can reach a considered decision and identifying funding sources has taken more time than expected.

On the Village Hall, there have been ongoing discussions / negotiations with the Richards family over the length of the new lease, which has been agreed as 21 years. I would like to thank the family for their flexibility in coming to that agreement. It is now down to solicitors to put the new lease together.

The old play area equipment has been checked and there are no significant risk areas associated with it. The main issue seems to be bird poo which is easily resolved, if only temporarily. The new play equipment had two issues with fixings, both of these have now been resolved.

The new SID will be installed in August by Stuart. Thanks to him and also to Councillor Kemp who provided the funding for its purchase.

The Communications working party have reviewed the website and have agreed on making it more inclusive of the various village groups and work will go on over summer to implement this. Some changes have already been made to

make the information available more up to date.

We are still in discussion with Babergh over the Joint Local Plan. More meetings have been held recently and we are now waiting, again, for decisions to be made to include the existing AVRAs as amenity green spaces into the plan for Shimpling. Colin has been our representative on this matter and we thank him for his patience.

Lastly, we have been discussing whether we should undertake a Neighbourhood Plan. To gauge local interest in the matter we will be holding an open day in October, exact date to be confirmed.

Recycling

Please remember that the Parish Council receives money from the paper (although not cardboard) glass, clothing and shoes deposited in the recycling bins near the Bush Inn. Clothing and shoes should be bagged before depositing in the clothing/shoe bank. This income helps to run the council and therefore is a direct benefit to the village. **Please keep recycling.**

What the Parish Council have been up to ...

Over the last couple of months, we have:

- The Village Hall Fire Door has been mended, our thanks to Laurence Rooke for this.

- There has been talks about renovations or extensions on the Village Hall

- Met with a consultant regarding the possibility of creating a neighbourhood plan

Updating the website to ensure smooth communications for the Village

Trying to get Solar Panels funded for the Village Hall

Looking at disabled access at the Village Hall

The second Village SID should be up and running by the end of August

Do you have new neighbours?

For some time now, the Parish Council have been sending welcome letters with local information to new residents. If you have new neighbours, can you please let Katie Haselhurst kh.shimpling@gmail.com know so that she can organise a welcome letter.

Shimpling WhatsApp Support Group

This was set up at the start of COVID to support those in need but has developed into a good way of communicating with others in the village. Recently we were asked to relay an urgent message to a villager and were able to locate the person quickly using the WhatsApp Group. If you could like to join the group, please contact Katie Haselhurst kh.shimpling@gmail.com.

Neighbourhood Plan

There is a Neighbourhood Plan promotion event which will be held in the Village Hall on **Saturday 14th October**. The promotion event would be about gauging the interest from Village residents regarding the creating of a neighbourhood

plan for Shimpling to see if there would be enough volunteers to create a Shimpling Neighbourhood Plan as it isn't something the PC can do alone.

Village Website

The PC are in the process of updating the website to make it more encompassing of the whole Village.

Bus Trial

[See article](#)

District Councillors

Our District Councillors usually attend each Parish Council meeting and can also be contacted as follows:



Stephen Plumb 01787 280890
stephen.plumb@babergh.gov.uk

Michael Holt
01787 281712/07801 766813
michael.holt@babergh.gov.uk



Planning

There have been several new applications since our last newsletter. Others are updated below:

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<p>DC/22/06142 - The Hermitage, Bury Road, Shimpling, IP30 0JL - Planning Application. Erection of stables and two-storey outbuilding. Refurbishment of existing outbuilding. Stationing of temporary outbuilding for storage. Additional detail as per Design Access and Heritage Statement – Awaiting Decision</p>	<p>Did not comment</p>	<p>Awaiting decision</p>
<p>DC/22/06143 - The Hermitage, Bury Road, Shimpling, IP30 0JL - Application for Listed Building Consent - Erection of stables and two-storey outbuilding. Refurbishment of existing outbuilding. Stationing of temporary outbuilding for storage. Additional detail as per Design Access and Heritage Statement. – Awaiting Decision</p>	<p>Did not comment</p>	<p>Awaiting decision</p>
<p>DC/23/00944 - Cherry Trees, Old Rectory Lane, Shimpling, Bury St Edmunds Suffolk IP29 4HG - Household Application - Conversion of garage to additional living accommodation; Raising pitch of roof and gable extensions including construction of rear dormer extension in conjunction loft conversion – Granted</p>	<p>Did not comment</p>	<p>Granted</p>

<p>DC/23/02104 - Giffords Hall, Hartest Hill, Shimpling, Bury St Edmunds Suffolk IP29 4EX - Listed Building Consent - Conversion of existing garage to ancillary accommodation, replacement roof and new glazed frames to existing conservatory, and internal alterations – Awaiting Decision</p>	<p>Did not comment</p>	<p>Awaiting decision</p>
<p>DC/23/02103 - Giffords Hall, Hartest Hill, Shimpling, Bury St Edmunds Suffolk IP29 4EX - Householder Application - Conversion of existing garage to ancillary accommodation, replacement roof and new glazed frames to existing conservatory (amended scheme to DC/22/00672) – Awaiting Decision</p>	<p>Did not comment</p>	<p>Awaiting decision</p>
<p>DC/23/02958 - Laburinthos Cottage, Bury Road, Shimpling (part In The Parish Of Alpheton), Bury St Edmunds Suffolk IP30 0JJ - Full Planning Application - Erection of detached annex for family members (following demolition of outbuilding/s)(re-submission of withdrawn application DC/23/00095) – awaiting decision</p>	<p>Did not comment</p>	<p>Awaiting decision</p>

You're invited

SHIMPLING NEIGHBOURHOOD PLAN

INFORMATION EVENT

Village Hall—Saturday 14th October 10.00-2.00

The Parish Council are exploring the preparation of a
Neighbourhood Plan

We hope you will be able to pop along and see us to find out what Neighbourhood Plans are and how they are prepared. You'll also be able to provide feedback on the issues that you think Shimpling faces over the next 15 years

PROPOSED TRIAL BUS SERVICE

Regrettably the proposed introduction of a Saturday bus service to Bury has been shelved for the time being.

Hopefully the service may still run sometime in the future.

Meantime our existing bus services continue to run

On Wednesday to Bury leaving Hallifax Place bus stop at 10.02 hrs and returning from Bury at 1300 hrs

and on Thursday to Sudbury leaving Hallifax Place bus stop at 0947hrs and returning from Sudbury at 1245hrs

Bus services are continually scrutinised for viability so if we want to keep our existing services please use them . It really is a matter of if we don't use them we may well lose them !

SHIMPLING PC

THE HALLIFAX TRUST

A locally based charity providing grants to students under the age of 25 receiving further education at colleges or universities or undergoing formal training for a profession or vocation. These are non-means tested. To qualify students must simply have parents living in Shimpling or alternatively have in the past attended Lawshall School whilst their parents were living in Shimpling.

Funding is additionally available for other school and village projects. Applications from students for funding for the forthcoming academic year must be received by 30th September.

HELP US TO HELP OUR CHILDREN

We have recently received a small number of donations to the Charity for which we are extremely grateful. Please consider whether you could help with a donation or a legacy. These are tough times for students and the more funds we have the more we can help.

For grants or donations contact:

hallifaxtrust@gmail.com

Claire Wilson 01284 830574 or Jenny Pine 01284 827073

Hallifax Educational Trust is a Registered Charity No.310396



SAVE THE DATE!
CHRISTMAS MARKET
Saturday 9th December
Shimpling Village Hall
11-1pm



I came out of the service station at 2.00am to an open motorway, and as I accelerated up to speed the world went white as the speed camera logged me ... at 59mph as the letter before me informs me; alas I was unaware that I was in a 50mph zone. It remains to be seen whether Thames Valley Police will accept this explanation of my 'speeding'; but I suspect I will soon find myself on a course!

However, their letter reveals something about our nature. Like a head teacher addressing naughty pupils, it lists things that are not excuses for speeding, including: "I was late", "I did not know cameras operated in the area(!)", "I did not know the road" ... and so on. One can only imagine the letters Thames Valley Police have received!

My observation is that we are the same when it comes to God. So often my temptation is to pathetically try to justify my thoughts and actions, when in my conscience informs me otherwise! I am so thankful that God loves me, invites me towards a place of freedom where I can be honest about my muddled motives, and offers forgiveness and a better way forward. I pray that you can know that place ... and get there quickly but without speeding!

Revd Matthew Lawson

What shall I do with all my money!!?

As the cost of living crisis continues the foodbank is stretched, many households are struggling to make ends meet, and families are under enormous pressure. The discussions at local and political levels about 'Broken Britain' will continue. I pray that in time some vision and hope can be restored.

In such a context I am at risk of being hugely insensitive



writing the below ... and am also at risk of writing clumsily because I'm in a hurry to meet a deadline! But I have been made aware that people across the country are still being generous by donating the charities in their wills. In fact, because inheritance tax does not apply to charitable legacies, often substantial amounts can be donated to charity with relatively little impact to the main beneficiaries of a will. There are numerous national charities that do very well out of this and we wish them well.

This however is a request that you do consider leaving a legacy to your local church in your will. Here in Suffolk the rich history of each village is interwoven with the beautiful medieval church buildings, many of which require enormous sums to maintain. For example, here in Shimpling we need to find approximately £25k to restore the magnificent east window, and we have many other 'big ticket' items too. It is possible to specify donations toward building upkeep alone, or indeed to consider supporting our more general costs as we seek to support community, and as we try to restore some of the wholesome Christian values that our country seems to have lost over the years.

Thankyou for your consideration. Rev Lawson

Donations can be made to 'Alpheton and Shimpling PCC' Sort Code 60-04-16; Acc No 56293658. Enquiries can be made to cracknell451@btinternet.com

Church Services

Sept

Sun 3 rd	9.00am	Alpheton	Communion
	6.30pm	Melford	Choral Evensong



THE PARISH OF ALPHETON AND SHIMPLINGTHORNE

Sun 10 th	4.00pm	Lawshall	Messy Church #
Sun 17 th	9.00am	Shimpling	Harvest Comm'n
	4.00pm	Wild Church	Melford Country Park #
Sun 24 th	4.00pm	Melford	Shine Informal Worship #
	6.30pm	Lawshall	Evening Comm'n
Sat 30 th	Evening	Alpheton	Harvest Supper <i>(details soon)</i>
Oct			
Sun 1 nd	9.00am	Alpheton	Communion
	10.30am	Melford	Family Harvest
	6.30pm	Melford	Choral Evensong
Sun 8 th	4.00pm	Lawshall	All Age Harvest
Sun 15 th	9.00am	Shimpling	Communion
	4.00pm	Melford	Shine Informal Worship #
Sun 22 nd	4.00pm	TBC	TBC #
Sun 29 th	4.00pm	Melford	Fireworks&Firepit #
	6.30pm	Lawshall	Evening Comm'
Nov			
Sun 5 th	9.00am	Alpheton	Communion
	6.30pm	Melford	All Souls Evensong
Sun 12 th	9.00am	Shimpling	Remembrance
	10.30am	Lawshall	Remembrance
Sun 12 th	10.50am	Melford	Remembrance



THE PARISH OF ALPHETON AND SHIMPLINGTHORNE

Sun 19 th	9.00am	Shimpling	Communion
	4.00pm	Melford	Shine Informal Worship #
Sat 25 th	12pm on	Melford Fayre	Messy Church #
Sun 26 th	6.30pm	Lawshall	Evening Prayer

... and at Holy Trinity Long Melford every Sunday at 10.30am (Google 'Holy Trinity Long Melford Facebook' for livestream)

For our 4 o'clock community with family friendly services and events most Sundays at 4.00pm, contact Nicky on chadbrooklightwave@gmail.com or 07938 681 319

For our toddler and youth groups, please contact Pam on 07890 880 976 or melfordfamilyworker@gmail.com.

For more details or info on any changes please call 07804 558160 or see www.alpheton&shimplingchurches.org.uk or www.longmelfordchurch.com

For details / enquiries please contact chadbrookoffice@gmail.com or call 07804 558 160

Rector: Rev'd Matthew Lawson 01787 310845

Churchwarden: Vacant

Church Contact : Charlotte Blyth 01284 828544
07939 194233

Thank you to the Alpheton and Shimpling Village Hall committees for organising the Rock and Roll Evening . It was a great success (even for those who didn't dance). Thanks to Hans from Rabbits at The Bush for kindly donating prizes for the raffle and a final thanks to the Pawseys for the use of their wonderful venue .



Christian Aid Week Collection.



Thank you to those in Shimpling who donated £118.15 in this May's Christian Aid charity week collection. £222.05 was donated in Long Melford. All together £3,110.00 was donated in the Sudbury area. Nationally over £2 million has been donated in this year's Christian Aid week collection to fund aid and development projects in the world's poorest countries. Thank you, Richard Blyth



It doesn't seem possible that we are heading into the last half term of the year! Always an incredibly busy half term , getting our leavers for their move up into 'Big School', Healthy eating week, promoting making healthy choices, oral health keeping those pearly whites, nice and clean (I feel the making of another set of giant teeth on the horizon!) celebrating Father's Day with a special treat for all those dads, spending lots of time in our garden and enjoying our special Lawshallbury Festival, filling our garden with all the fun of a festival! And our Graduation party for this year's leavers! Like I said so much to squeeze into this half term.

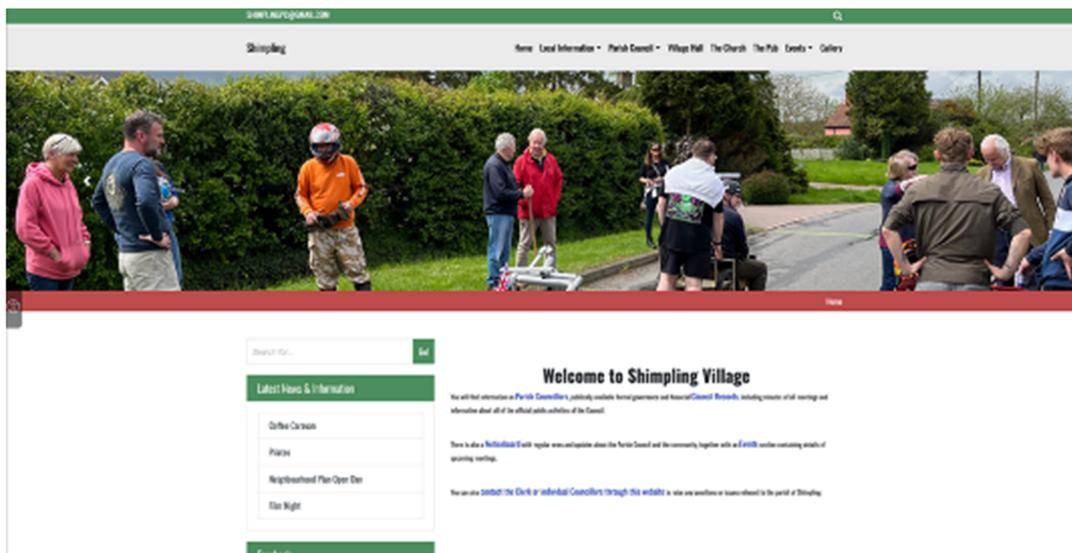
Are you interested in a place for your little one to start in September? Why not give us a ring and come down and visit, we can't wait to meet you so you can join in all the fun too!

If you would like any further information about the Pre-School, please contact us on 01284 827588 (please leave us a message if we are having too much fun to hear the phone) or e-mail us on lawshallpreschool@hotmail.co.uk

Village Website

The PC are currently updating the Shimpling PC website to make it more of a community website, the Shimpling community. What that means is it will change its focus from being about PC matters and expand its scope to provide up-to-date information about what is going on in Shimpling, and in some cases, the surrounds. We want the website to be relevant to villagers, so, we welcome help to let us know what information would be of interest.

The initial version of the new website will be available from 15th September which will give examples of the information we think people might find useful. This version won't have everything included, but hopefully it will show enough for villagers to be able to see its value. The new website, we hope, will significantly add to the information already available through this Newsletter, the Shimpling Neighbour Group on WhatsApp, the Village Round Robin system, the Shimpling Community Facebook page, the Shimpling X (Twitter) page and of course, the five noticeboards around the village. Below is a sample page from the new website.



SHIMPLING AND ALPHETON WI



Report from 11th July Meeting.

Marion Argent, President, introduced the Speaker for the evening, Linda Gasgoigne who brought along a wonderful display of wild flowers and various leaves and proceeded to give us all a very interesting and informative talk on Wild Flowers and Wild Flower Gardening. Linda spoke of various moths and caterpillars that she has in her garden and how beneficial these “sometimes called pests” actually are very useful in the garden.

Wild flowers are invariably seen on the side of railway lines, quarries and around the edges of farmers fields. The reason being they self seed by being disturbed during ploughing of fields and excavation work in quarries. Roadsides are also a common ground for a wide variety of wild flowers. They are now part of a replanting scheme and it is illegal to cut or dig up wild flowers without the permission of the landowner. Linda showed us photo's of some wild orchids and spoke of the danger to some species due to lack of care.

Surprisingly, wild flowers and herbs have been used down the generations as medical cures and even to this day Pharmaceutical Companies produce products used in medical treatments. Also, cosmetics rely on the use of various berries and flowers i.e. evening primrose and deadly night shade, among others.

Linda rounded off the evening by talking about how to cultivate wild flowers and what is best for the wild life in our gardens. Everyone really enjoyed the evening and were able

to purchase pots of wild flowers on show. Thanks to Linda for a very interesting talk was given by Sue Tatum.

Jean Treharne
WI Committee Member

SHIMPLING AND ALPHETON

WOMAN'S INSTITUTE

Meetings are held on the second Tuesday of each month at either Shimpling Village Hall or Alpheton Village Hall starting at 7:30 pm

September 12th - Shimpling Village Hall

Paige Pope will be talking on

“The Dogs Trust”

October 10th - Alpheton Village Hall

Mandi Cox-Osborne will be talking on

“Royal British Legion”

November 14th - Shimpling Village Hall

A member of the Suffolk Accident & Rescue Services will give us a talk on their varied and busy schedule

Come along as a guest and have a taste of what the WI can offer you.

For more information phone: Marion Argent, President
on 01284 827074

Shimpling Village Hall Committee - Report for the Autumn Newsletter

The Village Hall Committee meets every 8 weeks, to manage the hall and arrange events. Meeting minutes are available to read on the Village website <http://shimplingpc.onesuffolk.net/village-hall/>

You are welcome to join us and if willing to be a helping hand when we need it, please contact **Nathalie Brown** - Chair - email: nbshimpling@gmail.com or phone: 07961 947497 or **Carol Squire** - Secretary - email: cksquire2020@gmail.com or phone: 07855 762812

COMING EVENTS: Take a look at what is planned for 2023 in the village magazine, on our page on the “Your Hall” website <https://yourhall.co.uk/hall/shimpling-village-hall/> or look at the posters on the notice boards around the village – these are updated regularly to provide the latest information.

If you have ideas about what events you would like to be held in the hall or films you would like to see – please let us know by emailing shimplingvh@gmail.com or texting 07855872812 or post a note in the village hall post box.

The May Coronation weekend was a great success and raised £160 at the quiz night for the upkeep of the village defibrillator (at The Bush) and another £170 for local dementia and cancer charities. **A big thank you to everyone.** The money has been donated to the chosen charities and a lovely email from the My WiSH Charity Head of Fundraising received - see below.

“On behalf of My WiSH Charity I would like to thank you all so much for your extremely kind donation of £170 made by BACS payment.

As requested, we have split it between our Forget Me Not Dementia appeal and our Love Your Nodes appeal. Thanks to the generosity of people like yourselves we are able to make a huge difference to enhance the care of patients supported by these appeals, and for this we are most grateful.

We cannot thank you enough for supporting My WiSH Charity.

Best wishes,

Sue Smith

Head of Fundraising”

*****HOT PRESS *****

**The Annual Shimpling Celebrates Fun Day
will be on the 27th May 2024**

Start thinking about building those carts ready for the cart race and dust off the trainers for the road race. The Tug of War will also be back by popular demand.

Children’s activities planned: bouncy castle, climbing wall, axe throwing and archery, arts and crafts area, welly wanging – plenty to keep everyone entertained.

Refreshments will also be available.

****SAVE THE DATE****

SHIMPLING VILLAGE HALL EVENTS CALENDAR 2023

Regular Sessions

Pilates sessions on Mondays at 9.30am and again at 11.00am in term times - mats are available from the tutor.

Dance Club is held on Wednesdays 6-7pm – learn some steps used on Strictly Come Dancing!

Zumba Gold sessions are held on Fridays at 1pm – fun while dancing your way to fitness.

Rural Coffee Caravan – every 4th Thursday of the month – free refreshments and valuable information & advice from a great charity

Additional Events in 2023

We are planning to hold monthly events where possible at the hall or jointly with Alpheton Village Hall so watch out for the notifications and posters.

These include:

7th October – Silver Ring Workshop – Shimpling Village Hall (see poster)

28th October - Quiz Night - Shimpling Village Hall (see poster)

Annual Winter Pantomime – Robin Hood

Copy for the Winter 2023 edition is required by 22nd November 2023 (A4 WORD or .PDF file please)

Sarah Smith—slsconsulting21@outlook.com

07774 116128

When advertising events please ensure there is a contact name with a landline number.

Please remember not everyone is on the Internet !!

HARTEST AND DISTRICT GARDENING CLUB



We had a couple of interesting visits in June and July. The first was to Pulham Cottage in Wetherden, which was not the easiest to find, but well worth the journey if you spot it is opening for the NGS. The second was to Sunshine & Green in Cavendish, supplier of organic veg boxes and Farmers Market retailer, which made us all appreciate the effort that goes in to these products. In August we were back at the Institute, and had a photographer speaking, not a gardener, which was a fascinating change, and saw some new faces in the audience, who were very welcome.

We have a very busy September coming up! On Monday 4th we have a talk about “Peonies, Wild & Tame”, when we will hear all about the unique qualities of these beautiful flowers and how best to grow them.

The meeting will, as usual, start at 7.30pm in the Institute. Entry is £2.50 for members and £5 for visitors. Anybody is welcome to come along!

Next comes the Annual Show, again at the Institute. **EVERYONE** is welcome to enter, there really is a class that will suit you all. There are vegetable, fruit, flowers, arrangements, craft, preserves and baking sections. We will happily take entries on Friday 8th, between 6pm and 7pm, or on the Saturday morning between 9.30am and 11am. So right up to the wire! After judging, we open up again at 2.30pm for public viewing and to hand out the trophies.

Schedules will be available at the meeting on the 4th, and are also on our website: <http://hartestgardeningclub.onesuffolk.net/show/>.

Then on Saturday September 30th we are really lucky to have

got Fergus Garrett from Great Dixter to come and talk to us on “Succession Planting for a Long Season”. He is a world-renowned speaker and gardener who has been awarded the RHS’s highest accolade, the Victoria Medal of Honour. He will be using the famous Long Border at Great Dixter as a great example of how to build a long season border. The talk is really excellent value at £10 for members and £15 for non-members, including refreshments, priced so that we can get the Institute nice and full for him, and open to absolutely everyone. Tickets can be bought at the meeting on the 4th, or at the Show, but must be paid for with cash or cheque. Online payments can also be made, please email me on gross7702@gmail.com.

There is no October meeting, the Fergus Garrett talk has replaced this, in November we have Jenni Baker, a Floral Arranger coming, who will tell us her tales of “Going for Gold, the Chelsea Story”. She plans to do three arrangements, one of which will be donated to our raffle. Our AGM will be included in this meeting, so entry is free!

Geraldine Ross

The Alpheton Film night is on the 2nd **Monday** of each month.

Sept. Monday 11th 'The Phantom of the Open'.
(true drama).

Oct. Monday 9th 'Elvis' (musical drama).

Nov. Monday 13th 'Where the Crawdads Sing' (book drama)

Dec. Monday 11th 'Downton Abbey, A New Era' (period drama)

Doors open 7pm for 7.30pm start. Admission price is £4 including tea/coffee & biscuits. The Bar will be open.



Mark's Follow The Sun Bike Ride.

Mark's bike ride raised a brilliant £620 for our village AED, which means we are in a healthier position to meet ongoing costs for insurance and new pads, both of which are due in November, plus enough to pay for new pads, in the event of the current ones being used. This amount is in addition to the £160 raised at the quiz, over the Coronation weekend. The ride set off from the Isle of Sheppey, on the east coast, at 4.45am with the aim of arriving at Weston Super Mare, on the west coast, by 9.30pm - sunrise to sunset. A distance of 205 miles. The route took in Kent, South London, Surrey, Berkshire, Hampshire, Wiltshire and Somerset. It was slow going around London, stopping for lunch after about 100 miles, in beautiful countryside.

The pace and terrain were good, until Wiltshire, which Mark described as 'lumpy', when after 165 miles, it started to hurt! However, the last 20 miles into Weston were downhill, with a descent into the beautiful Cheddar Gorge as the sun was going down.

Mark would like to thank all those kind enough to donate, helping to keep our defibrillator operational for some time to come. In turn, on behalf of us all, I would like to say a huge Thanks to Mark for his great effort in doing the ride to raise the funds. Well done Mark and hope you enjoyed the ride and weren't too saddle sore at the end of it all! Well done!

Marian Peck
SAVE

SAVE

(Shimpling AED Village Enterprise)

As most people are aware the village has an AED located in a locked cabinet outside The Bush. The device is registered with the East of England Ambulance Service, who have the access code details.

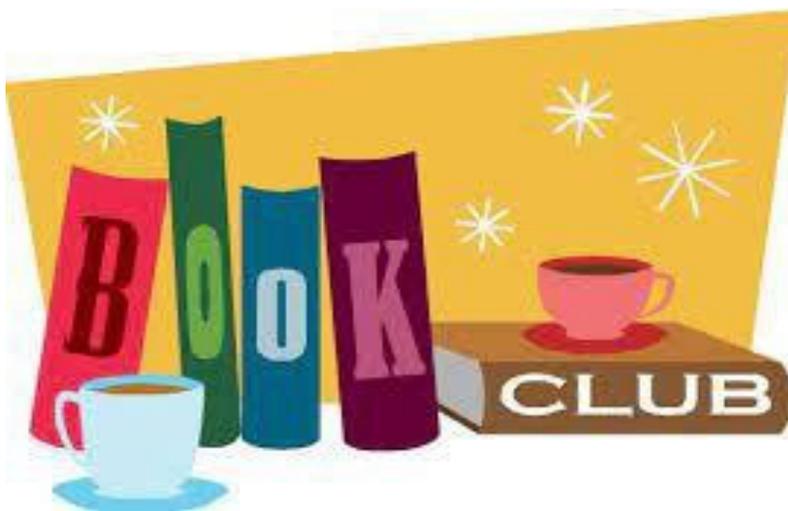


In the event of an emergency, the precise location of the AED would need to be given, to enable the Ambulance Service to give the code. The location is

The Bush, The Street, Shimpling IP29 4HU

Please make a note of these details, as it could save time in gaining access.

If you require any further details, please contact me
Marian Peck Chair, SAVE 01284 828187



Do you love reading, do you know that there is a Shimpling Book Group ?

Please come and join us for fun laughter &

lively discussion

3rd Wednesday of the month at 7.30pm currently held at members houses

For more details please contact

Gill- 01284 827085 or 07807 777110

gillygilly46@gmail.com



for naturally balanced health

Do you suffer from any of the following?

- Tired all the time
- Frequent infections / illnesses
- Digestive issues / problems
- Irritable Bowel Syndrome
- Hormonal or fertility issues
- Skin issues (eczema, rashes, psoriasis)
- Headaches / migraines
- Neck and back pain
- Joint pain
- Anxiety and depression
- Fears and phobias

Kinesiology can help address the above and much more...

Message me or ring me to book in for a chat or a treatment.

Kerry Cook 07852 222 594

The Balance Project

www.thebalanceproject.co.uk

could you foster?



we urgently need foster carers in your area



We can help you to provide a young person with a stable, secure home.

Call us on 0800 389 0143

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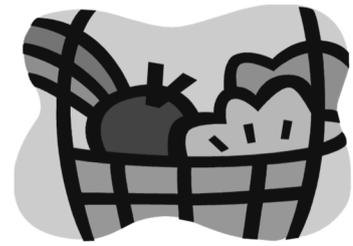
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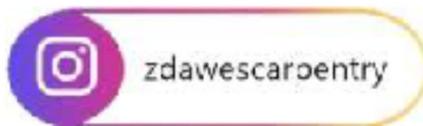
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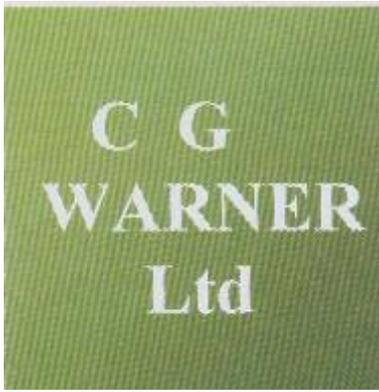
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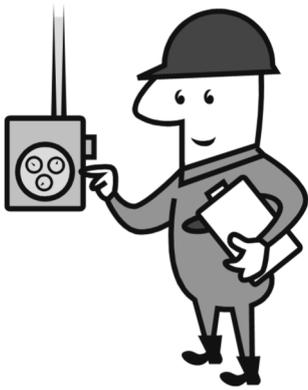
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