

Shimpling News

Summer 2023

Issue 133



Shimpling Coronation Celebrations !



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 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 10th July 2023

Monday 11th September 2023

Monday 13th November 2023

Monday 8th January 2024

Please note that these meetings will be held at the Village Hall.

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 Cllr Haselhurst, summarised by Chair, David Dunkley, at the meeting held on the 13th March:

The Chair reported;

It has been a quiet period in the Parish.

There has been lots ideas and initiatives which require discussion, all of which will be on this agenda.

Thank you to our District Councilors and Richard Kemp's Locality Grant for the donations towards the village gazebos which have arrived. A group of us gathered to have a trial run which was successful, and they will be well used during

the forthcoming events in the village.

The much-anticipated goal post, which was voted for by children in the village, will be installed on 30 March. Thank you to Richard Kemp for the donation towards this goal post from the Locality Grant.

A big thank you to Natasha, our Clerk, who as always is working very hard behind the scenes, keeping us informed of local enterprises and grants and giving us sage advice at every step. We are so grateful.

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:

- Donated money to the VHC for the Family fun day and coronation mugs for all children in the Village

- Received the plaque for the Queens Platinum Jubilee

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

- There is a new football goal with basketball hoop installed in the playground

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

- Created a communications working party to ensure smooth communications for the Village

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.

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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Application	Shimpling PC Comments	Planning Authority Decision
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	Did not comment	Awaiting decision
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	Did not comment	Awaiting decision
DC/23/00095 - Laburinthos Cottage Bury Road Shimpling (part In The Parish Of Alpheton) Bury St Edmunds Suffolk IP30 0JJ - Full Application - Erection of detached annex for family members (following demolition of outbuilding/s) - Withdrawn	Did not comment	Withdrawn

Application	Shimpling PC Comments	Planning Authority Decision
DC/23/00950 - Mount Farm Vineyard, Mount Farm, Blooms Hall Lane, Shimpling CO10 9BY - Application to determine if Prior Approval is required for Proposed Erection of a Building for Agricultural Use. Town and Country Planning (General Permitted Development) (England) Order 2015 (as amended) Schedule 2, Part 6 - Erection of new machinery and garage building – Decided	Did not comment	Decided
DC/23/00944 - Cherry Trees, Old Rectory Lane, Shimpling, Bury St Edmunds Suffolk IP29 4HG - Householder 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 – Awaiting decision	Did not comment	Awaiting decision
DC/23/01448 - Mount Farm Vineyard, Mount Farm, Blooms Hall Lane, Shimpling CO10 9BY - Discharge of Conditions Application for DC/22/06130 - Condition 2 (Contamination) – Granted with conditions	Did not comment	Granted with conditions
DC/23/01751 - Coppins House Blooms Hall Lane Stanstead Sudbury Suffolk CO10 9AY- Householder Application - Erection of a detached garage block and first floor annexe -Awaiting decision	Did not comment	Awaiting decision



Reflection on a forecast

I confess that my heart sank ... at last I was going to have a few days off, but BBC weather anticipated four days of gloomy drizzle ... great! So much for my plans to go to the coast, or to tidy up the garden, or to generally avoid the screen!

However the BBC, perhaps never having quite recovered its nerve after missing the hurricane in 1987, does seem to be a bit pessimistic in its forecasts. It turned out that I was able to enjoy many spells of sunshine.

There are many forecasts of doom and gloom around at the moment, and many things which we should rightly be concerned about. And yet we must not allow ourselves to be overwhelmed. I am reminded of some encouraging verses from the prophet Isaiah (Chapter 55):

‘For my thoughts are not your thoughts, neither are your ways my ways,’ declares the Lord. ‘As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.’

Let’s try to seek God’s perspective, and ask him to help us be agents of his love and hope in these pressing times.

Rev Lawson

Church Services

June

Sun 4 th	9.00am	Alpheton	Morning Worship
	6.30pm	Melford	Choral Evensong
Sun 11 th	4.00pm	Lawshall	Wild Church <i>(at Golden Wood) #</i>
Sun 18 th	9.00am	Shimpling	Communion (<i>Fathers Day</i>)



THE PARISH OF ALPHETON AND SHIMPLINGTHORNE

Sun 18th	4.00pm	Lawshall	Pub Social <i>(at the Swan) #</i>
Sun 25 th	4.00pm	Melford	Shine Informal Worship #
	6.30pm	Lawshall	Evening Communion
July			
Sun 2 nd	9.00am	Alpheton	Communion
	6.30pm	Melford	Choral Evensong
Sun 9 th	4.00pm	Lawshall	Café Church #
Sun 16 th	9.00am	Shimpling	Communion
	4.00pm	TBC	Social Picnic #
Sun 23 rd	4.00pm	Wild Church	<i>(at Foxearth Meadows) #</i>
Sun 30 th	6.30pm	Lawshall	Evening Communion
August			
Sun 6 th	9.00am	Alpheton	Communion
	6.30pm	Melford	Choral Evensong
Sun 20 th	9.00am	Shimpling	Communion
Sun 27 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

FORTHCOMING CHANGES TO THE SHIMPLING NEWS

The Parish Council want to maintain The Shimpling News as a free publication to all village residents. However, with escalating costs, the newsletter will be scaled back a little from the Autumn Edition onwards. Instead of an ever-expanding number of pages, this will become a fixed size publication, and printing will be done at a lower quality to save on expensive toners. Advertising rates and sizes will be changing and all existing advertisers will be contacted with information about the new format and charges.

We hope you understand and appreciate these changes are necessary to maintain the newsletter.



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.

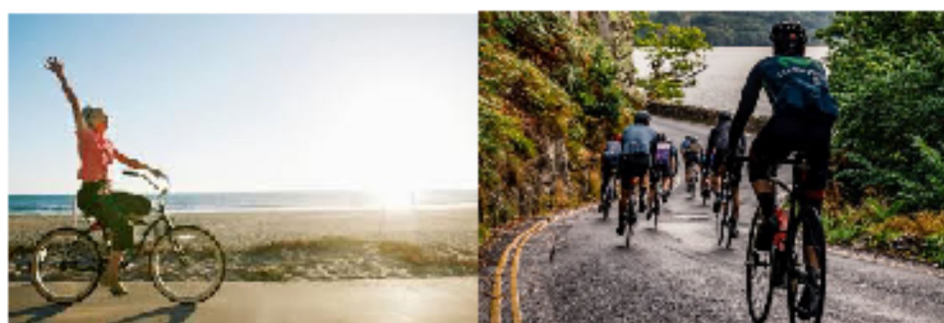
Are you interested in a place for your little one to start in September? Why not give us a ring and come down and visit, we can't wait to meet you so you can join in all the fun too!

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

SHIMPLING COMMUNITY CYCLE RIDE

SATURDAY 22nd JULY

FROM THE VILLAGE HALL AT 9.30



COME AND ENJOY THE SUFFOLK COUNTYSIDE FOR
A 14 MILE RIDE ALONG MINOR ROADS

THIS IS A SOCIAL RIDE TO SUIT ANY LEVEL OF
FITNESS AND ANY TYPE OF BIKE

THE RIDE WILL INCLUDE THE OBLIGATORY CAFÉ
STOP WITH CAKE AND COFFEE

(Maglia Rosso in Hawstead)

FINISH AT THE BUSH FOR REFRESHMENTS

HELMETS ARE COMPULSORY

CONTACT: MARK BEAVER 01284 830756

SHIMPLING AND ALPHETON WI



Meeting of 14th March 2023

Steph Eady, President, introduced Norma Howell, the speaker for the evening who came to give us a talk and slide presentation on “Medical Detection Dogs”. The Charity's biotech laboratory is based in Milton Keynes, where dogs are trained to recognise diseased cells from either breath or urine samples. There are two forms of trained dogs, Bio Detection dogs who are trained to detect the tiniest smells associated with diseases like cancer, Parkinson's, COVID-19 and bacterial infections.

Medical Alert Assistance Dogs are trained to support people with complex health conditions when they are in danger of having a potentially life-threatening medical incident. These dogs live with their human partner and can detect the faintest of changes in the smell of their human partner. It takes 1-2 years to train at a cost of £29,000. We were shown on screen what a difference these dogs make to peoples lives by alerting them before the patients symptoms become apparent. Dogs have 300 million olfactory cells in their noses which are highly sensitive to different odours with a 98% success rate. It takes 4-6 months to train each dog at a cost of £600 per month. These dogs have revolutionised patients lives and are certainly something to think on for the future. It was a very interesting evening enjoyed by all.

Meeting of 11th April 2023

Steph Eady President, welcomed us all to the meeting. She then introduced our Speaker for the evening Mr John Hewson

who proceeded to give us a very interesting talk on how to grow sweet peas successfully. Sweet peas were first introduced into Britain in 1699 by a Sicilian monk. Over the next 100 years 5 different coloured flowers were developed, one of which (painted lady) is still available today. The original flowers were much smaller and it took another 100 years to develop the flowers we know today. Unwins at Histon started in 1903 and gradually introduced new varieties. We were told how to sow sweet peas directly into the soil and into pots and also what pests and diseases they are susceptible to and how to combat them. Altogether a very interesting evening.

Jean Treharne
WI Comittee Member

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



Monday 12th June **THE DUKE (True Drama)**
starring Helen Mirren, Jim Broadbent

Monday 10th July **TOP GUN, MAVERICK**
(Drama) starring Tom Cruise

Monday 14th August **OPERATION MINCEMEAT (True Drama)**
starring Colin Firth, Matthew McFadyen

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

HARTEST AND DISTRICT GARDENING CLUB

We have had a real variety of talks at the Gardening Club over the last three months. A sudden change of speaker in March turned out so



well, as we found Chris Wiley, a young enthusiastic gardener who told us all about Hellebores. Jim Paine gave a fascinating talk in April, the title was "The Secret Life of Plants", tantalising, and so informative. And in May, Zsuzsa Serer from Spicesotic Plants confirmed to us that Orchids are the most beautiful plants, but also so challenging! Our Plant Sale was the most successful ever, thanks partly to a sudden change in the weather to glorious sun and also to the whole community, firstly donating some stunning plants and then for coming and buying as well. If you weren't able to come, there were some leftovers, which will be available at the Hartest Farmers Market on June 3rd.

We are now exchanging our meetings in the Institute for summer garden visits. The first will be on June 5th, and is to Pulham Cottage in Wetherden, IP14 3LQ, which opens for the National Gardens Scheme, entry to this is £8 per person, including refreshments. On July 3rd we are going to Sunshine & Green in Cavendish, CO10 8BS, who sell their organic produce at Hartest Farmers Market. We will meet at 7pm at both of these sites, to make the most of the evenings.

In August we will be back at the Institute on the 7th for a talk by a renowned photographer on "Nature & Landscape", and let me give you advance notice that our Annual Show is on September 9th – schedules are on our website, www.hartestgardeningclub.info.

There is a class for everyone, please take a look!

If you have any questions about the club, please contact me, either via email on gross7702@gmail.com, or by phone on 01787 280134.

Geraldine Ross

Village Litter Pick !

Thank you to everyone who turned out or the litter pick and for all of you who pick litter on a regular basis.



SAVE Shimpling AED Village Enterprise

On behalf of the SAVE Committee, a very big Thank You for the money raised over the Coronation weekend for the village AED.

In November it will be 5 years since we first installed it and the pads, which, fortunately, have not been used – although the AED has been out of the cabinet a number of times – will need replacing. They last for five years if not used, but can only be used once if used for an emergency. They cost £140 and just under £300 is paid for annual insurance, theft, damage and liability. Batteries last for ten years.

We have been very fortunate that our initial fundraising has allowed us to meet the costs over the first five years, but we are mindful that we will need to continue fundraising for any ongoing costs. If the pads were used in an emergency, at any time, even if they had just been replaced, we would have to pay to replace them before the unit could be used again. At one time I believe this was free, but with the large number of units being installed, this is obviously no longer viable for companies producing them.

Marian Peck
Chair SAVE MC
01284 828187.

Dance Club

Shimpling Village Hall, The Street, Shimpling

EVERY Wednesday 6-7pm

Love to dance?

Come along and give it a go!

A dance class for anyone who enjoys dancing for the joy of it



Fun easy dance routines to some great music
Leave the class with a smile on your face knowing you have had a wonderful workout without stepping foot in the gym

Dance Club – a low impact dance workout class for adults who love to dance.

No partner needed

All types of dancing - easy to learn short sequences from the Charleston to the Sloss & everything in between.



No booking required - £5 per person

If you have a favourite dance style let me know

Email danceclubfitness@aol.com and Mobile 07917333712

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.

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

**Copy for the Autumn 2023 edition is required by
22nd August 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 !!**

Daughter-to-Daughter

This is a service for all those people who would love to be there for all their parent's/loved ones needs, but are finding it increasingly difficult and would like some support. I can assist with light chores; helping to get up and ready for the day (washing, dressing etc.) and prepare meals. Taking and staying for appointments, enabling them to do their own shopping, visiting friends and loved ones or simply companionship. I can provide transport where necessary with the relevant insurance. Booking is flexible whether that be on a regular, occasional or one off basis.



Basic rate: £20 per hour, £12.50 half an hour

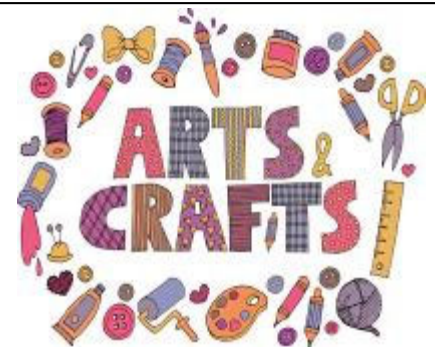
These rates will depend on location

DBS checked

Please email kerryd2dd@aol.com or call 07734441288

CRAFT AFTERNOON held the last Friday of the month (except December) in Alpheton Village Hall from 2pm to 4pm. Bring along your craft or learn one, or just come along for a chat. Entrance fee £3 to cover hall hire and refreshments.

All enquiries - Ali Hughes, 01787 248302.



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SUFFOLK SILVER RING WORKSHOPS

WITH BRITISH SILVERSMITH DON SANKEY

Following an initial demonstration based around both of the following materials, you will then be free to design and make a personalised ring from SILVER WIRE or SILVER SHEET. This can be as basic or complex as you wish, given the time allowed and your own level of experience



The following rings were made using **SILVER WIRE**. Shown to illustrate how this material can be used



The following rings were made using **SILVER SHEET**. Shown to illustrate how this material can be used



SKILLS COVERED INCLUDE –

- ACCURATE MEASURING AND SIZING (BRING SIZE IF THE RING IS NOT FOR YOU!)
- CUTTING, FILING AND SHAPING
- SOLDERING
- POLISHING & FINISHING

LEARN NEW SKILLS IN A FUN, SOCIAL AND FRIENDLY ENVIRONMENT
OPEN TO ALL ABILITIES. NO PREVIOUS EXPERIENCE REQUIRED
ALL MATERIALS, TOOLS AND EQUIPMENT WILL BE PROVIDED

CONTACT THE VILLAGE HALL SECRETARY CAROL SQUIRE EMAIL: shimplingvh@gmail.com OR
NATHALIE BROWN CHAIR IF INTERESTED IN A ONE OFF WORKSHOP OR CLASSES

SHIMPLING VILLAGE HALL FILM NIGHTS

3rd TUESDAY OF THE MONTH
7pm for 7.30 start

**COME AND WATCH NEW AND
FAVOURITE FILMS ON THE BIG
SCREEN**



COMING NEXT

20 th June	OPERATION MINCEMEAT
18 th July	TICKET TO PARADISE
15 th Aug	THE LOST KING
19 th Sept	GLASS ONION- Knives Out Mystery
17 th Oct	TBC
21 st Nov	TBC
19 th Dec	"CHRISTMAS FILM"

PUT THE DATES IN YOUR DIARY

**REFRESHMENTS £4.50 PER
PERSON**

**SWEETS AND POPCORN
ALSO FOR SALE**



SHIMPLING & CHADACRE RESIDENTS



**DO YOU HAVE IDEAS AND ENTHUSIASM
TO HELP OUR VILLAGE BE
A GREAT PLACE TO LIVE?**

THERE ARE NOW VACANCIES ON THE VILLAGE HALL
COMMITTEE AND PARISH COUNCIL AND WE
WOULD LOVE TO HEAR FROM INTERESTED PEOPLE.

**FOR MORE INFORMATION CONTACT
NATHALIE BROWN**

CHAIR OF THE VILLAGE HALL COMMITTEE

EMAIL: nb.shimpling@gmail.com

OR

FOR PARISH COUNCIL VACANCIES -

CLERK OF THE PARISH COUNCIL

EMAIL: shimplingpc@gmail.com

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

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 needed for the dance

Zumba Gold sessions are held on Fridays at 1pm

We hope to have an evening Pilates class start for those who are busy during the day and if there is demand, Chair Pilates – let us know if you would come along.

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

SHIMPLING VILLAGE HALL COMMITTEE

The Village Hall Committee meets every 6-8 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: 07961947497 or **Carol Squire** - Secretary - email: cksquire2020@gmail.com or phone: 07855762812

Take a look at what is planned for 2023 on our page on the “Your Hall” website.

<https://yourhall.co.uk/hall/shimpling-village-hall/>

If you have ideas about what you would like to be held in the hall– please let us know.

KINGS CORONATION WEEKEND

As well as our regular sessions the committee organised a weekend of Kings Coronation events, held over the 6-8th May and these were generally well attended.

The quiz night at the Bush proved to be very popular and so a quiz night at the hall is being organised for the autumn.

The Shimpling cart race on Slough Hill was as popular as ever with lots of spectators cheering on the competitors. It was won by Stuart Campan, so next year he is the one to beat.





The live screening of the Coronation and the big lunch in the hall were also great times to meet up and chat to friends and neighbours over quiche and cake.



On the Monday the family fun day went down a storm - it was great to see so many families enjoying the wide range of activities on offer at Halifax Place and Jordey's ice-cream van was a great hit – we will be inviting him back!



Village Hall Hire Charges

Shimpling Residents and concession groups —£8 per hour, £10 per hour for other hirers.

Hire Enquiries – Contact Nathalie on 07961 947497, shimplingvh@gmail.com

THERE IS NOW A PAPER & CARD BANK WHICH IS EMPTIED BY BABERGH - PLEASE DO NOT PUT CARDBOARD IN IT!

CLOTHING BANK

Shimpling has a Clothing & Shoes Bank alongside the Bottle Bank, please make sure that you bag your items in a bag that fits the chute !

BOTTLE BANK

By placing your empty bottles in the bins provided near The Bush Pub, we receive money for the village community. Keep these telephone numbers handy so that if the Banks are full you can help by phoning and having them emptied.

BOTTLE BANK— 0344 880 7700
CLOTHING BANK—08000 902 321

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

Visit us at www.nexusfostering.co.uk

Keeping in touch...

If you wish to receive email communication about what is going on in the village please email lizbrunwin@hotmail.co.uk who will add you to the circulation list.



STEVEN KENT M.A.
Fine Artist

Tel: 01284 828836

Mob: 07815 455 268

Email: skart@hotmail.co.uk

www.stevenkentartist.com



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tool-den@hotmail.co.uk

EST. OVER 30 YEARS

Hartest Farm and Craft Market



Saturday 3rd June
10-12.30—Hartest Institute

Local produce & Crafts. Light Refreshments available !

For more information contact Judy Stevens
01284 830551 judystevens25@gmail.com

PEST PROBLEMS SOLVED BY LOCAL SPECIALIST

Anglia DOMESTIC • COMMERCIAL • AGRICULTURAL
PEST MANAGEMENT



insects✓ birds✓ moles✓ rabbits✓ rats✓

- 24hr call out / 7 days a week
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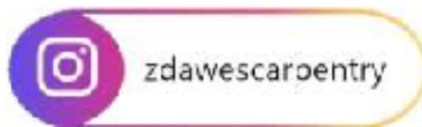
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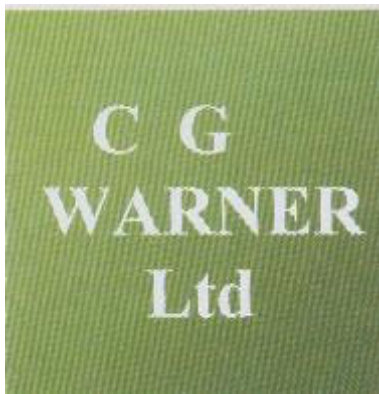
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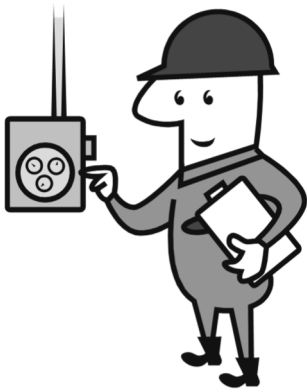


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