

## Hinderclay Newsletter September 2022

If you have anything you would like to include in future newsletters, please send to [familykerslake@gmail.com](mailto:familykerslake@gmail.com) or phone Rowena on 07808772197



As she is moving, Rowena will stop doing the newsletter after the October one is produced. This will be sadly missed by lots of people, as it is full of useful information about our village. If someone can type it up, it only takes a couple of hours each month; Kate Rose kindly prints it, with Val Forge organising the delivery, done by volunteers each month. Please do speak to Rowena if you think you might be able to do this for the village—she can tell you what is involved in more detail!

**BINGO** – Do join us at the Village Hall on Friday 9 September for our Cash Bingo session. Doors open at 7 – eyes down at 7.30pm.



### HINDERCLAY HARVEST SUPPER

will be held in Hinderclay Village Hall on Saturday 17th September – 7pm for

7.30pm. There will be a quiz and a raffle, but no bar so please bring your own drinks. To reserve a seat or a table please call Kate 01379 898562 or Linda 01379 898512 – tickets are £7.50 for adults and £3.50 for children ages 11years or under.

### HINDERCLAY COFFEE MORNING

The next coffee morning will be on September 7 at the Village Hall, starting at 10.30am Everyone is welcome!



Len Parsall 01379 898867

### Hinderclay Little Ernie Winners for August

**1st 123 David Thorrold**  
**2nd 218 Mrs Sarah Parker**  
**3rd 225 Mr N Allsworth**  
**4th 253 Loretta Self**

If you would like to support our Village Hall and have the chance to win cash prizes every month, please contact: **Linda Aves on 01379 898512**

### Sept/Oct 2022 Bin Collection

Mo	Tu	We	Th	Fr	Sa	Su	
				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	1	2	
3	4	5	6	7	8	9	

### ST MARY'S CHURCH - SERVICES

Rector : Rev Cathy Bladen – 01359 250239 – [revcathybladen@gmail.com](mailto:revcathybladen@gmail.com)

Church Warden: Kate Rose – 01379 898562

### CHURCH SERVICES FOR SEPTEMBER

**11 September 2022** – Village Service and Baptism – 9.30am – Rev Cathy Bladen and Rev John Fulton

**18 September 2022** – Harvest Festival – 4.30pm – Rev Cathy Bladen – we welcome back the Castleton Brass Band.

**HARVEST FESTIVAL** – for the week before our Harvest Festival Service there will be a basket/box in the first box pew to collect any offerings that will be collected by Rev Cathy and handed to our local food bank.



## GREEN FINGERS GARDEN CLUB

On Wednesday 21 September, at 7.30pm, there will be a talk about 'Hostas' by Melanie Collins from Micklefield Hostas.



It is also the month to renew your membership (£15 this year) or join for the first time. We would love to welcome new members to our friendly club.

As always, there will be a raffle, plants for sale and refreshments. Contact Val Forge on 01379 898270

### Transport Needed?

#### The Rickinghall & District Community Bus

is available for hire. Typical journeys include shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits. 50p per mile for the bus, not the person! Door to door service, wheelchairs no problem.



Please telephone Gordon on 01379 897109 (24/7 ansaphone).

This year's **Suffolk Historic Churches Ride and Stride** takes place on Saturday 10th September, with most churches and chapels opening between 9am and 5pm. If you have never taken part before, the event is open to all and you can visit as many churches as you wish between the opening times. Refreshments are served at many venues and are free in Hinderclay. Any sponsorship raised is split equally between The Suffolk Historic Churches Trust and the other half goes directly to St Mary's. **Sponsorship forms and lists of churches open are available from Karen Calton, 01379 898949 or karencalton@hotmail.co.uk.**

### Botesdale PPG—SWIMMING

Five Reasons to go for a swim - which is not only a Summer activity.

- Swimming is a full body workout - using all your muscles
- Whilst in the water your body is supported, making swimming a great exercise for those with arthritis.
- Swimming is one of the best exercises for burning calories fast. Half an hour in the water would burn 200 calories
- It can help reduce stress, anxiety and improve your sleep.
- Swimming will boost energy levels and your metabolic rate.



## HINDERCLAY PARISH COUNCIL

The next full Meeting will be on 8 September, 7.30pm at the Village Hall.

### Village Hall Bookings

**Brownies:** Tuesdays in term time 5.30—7pm Contact Clare Brinkley 01379 890709

**Yoga:** Wednesday mornings weekly 9—10.30am Contact Alyze 07542463363

**Coffee Morning:** Thursday monthly from 10.30am Contact Len Parsall 01379 898867

**Garden Club:** Wednesday evenings monthly 7.30pm Contact Val Forge 01379 898270

**Bingo:** Fridays monthly 7 for 7.30 start. Future dates in newsletter and posters around the village

**Kenninghall Morris:** Thursday evenings 7.30pm Contact Jackie Eaton 01379 652349

### Do you need help or support?

These people are happy to help if they can!



<b>Karen</b>	<b>01379 898949</b>	<b>Roger</b>	<b>01379 890257</b>
<b>Kate</b>	<b>01379 898562</b>	<b>Chris</b>	<b>07841 016384</b>
<b>Ken</b>	<b>01379 898776</b>	<b>Rowena</b>	<b>07808 772197</b>
<b>Richard</b>	<b>07939 241550</b>	<b>Julia</b>	<b>07931 327004</b>