

# Hinderclay Newsletter June 2024

If you have anything for the July newsletter, please email [liz.channell59@gmail.com](mailto:liz.channell59@gmail.com)

## Hinderclay Little Ernie Winners for April

- 1st 75 Julia Kenyon (£15)  
2nd 245 Mr. Jeffrey Parker (£12)  
3rd 86 James Pratt (£10)  
4th 78 Andrew Aves (£8)

Congratulations to the winners!

If you would like to be in with a chance to win cash prizes every month and support our Village Hall, please contact

**Linda Aves on 01379 898512**

Tickets are 40p each per month

## Hinderclay Coffee Morning

The next coffee morning will be held on  
**Thursday 13th June**

and every second Thursday in the month, at  
**The Village Hall in Hinderclay from 10.30am**

**Everyone is welcome and you can enjoy a coffee/tea and a chat.**

**Further enquiries from Len on 01379 898867**



## Free NHS funded Online Mindfulness Course

Are you over 65 or a caregiver? Join a specially designed online mindfulness course, led by a clinical psychologist from the comfort of your home. The course begins on 6th June on Thursdays, 1-3pm for 6 weeks and is led by a clinical psychologist. Places are free but limited to 15 per course. Bookings can be made via The Mindful Life Group website.

Further information:

<https://the-mindful-life.com/>

Olivia Hinchley and a variety of students across the Health and Social Sciences department, are Walking 31 Miles each in May for Dementia UK.

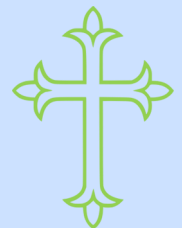
Our Very own Jasmine Batrum is one of those students and as of 17th May, has already exceeded this target and is already up to 78 miles. You have probably seen her on one of her walks, and if you would like to sponsor this very worthy cause, her details can be found at <https://gofund.me/65275fef> or you can contact Megan (Jasmine's mum) on 07904081566. Well done Jasmine - a brilliant achievement!



## ST. MARY'S CHURCH SERVICES

Sunday 9th June 2024- Family Service - 9.30am - Mr. Ken Smith

Sunday 23rd June 2024 - Holy Communion - 9.30am - Rev Cathy Bladen



**Wedding of Deborah Ashford to Shaun Clarke:** On Saturday 11th May the bells rang out as we welcomed the friends and family of Debbie and Shaun for their wedding service. The hymns chosen were all memories from school days and the poem "I will be here", "Winnie the Pooh" and a Bible reading from the Song of Solomon Chapter 2, naturally centred around the topic of love. After the register was signed and photographs taken, the happy couple left for the Oaksmere Hotel where they arrived in a horse drawn carriage. We know they will find happiness together.



## HINDERCLAY DEFIBRILLATOR

It is the Yellow box located by the main door of the Village Hall. Remember to take your mobile phone - give the 999 operator these 3 words and it will give them the location of the defibrillator box.

**UNLOADS - CABS - FIZZLE** the postcode is IP22 1HX



Our next Bingo session will be on **Friday 7th June** at the Village Hall. Come and join us for a fun evening and a chance to win cash prizes! Doors open at 7pm, 'Eyes Down' at 7.30pm There will be refreshments and a raffle. See you there!

June/July 2024 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



## Essex and Suffolk Elective Orthopaedic Centre (ESEOC): Colchester

Have your say as this could impact you..... The NHS in Suffolk is seeking public feedback on its proposal to relocate the majority of adult elective orthopaedic procedures to new state-of-the-art facilities in Colchester. The NHS in Suffolk also seeks to understand the impact this would have on patients across West Suffolk who may need to travel further. From May 20th 2024, several engagement activities are taking place across West Suffolk for six weeks.

To find out more or to complete a survey, please visit

<https://suffolkandnortheastessex.icb.nhs.uk/elective>

Paper copies or translated survey formats are available on request. Please email

Healthwatch Suffolk at:

[info@healthwatchesuffolk.co.uk](mailto:info@healthwatchesuffolk.co.uk)

or call 0800 448 8234.

A pop-up stand, hosted by the West Suffolk Hospital, will be available locally at:

Botesdale's Health Centre on Wednesday May 29th 2024 between 10.00 and 13.00hrs

Ixworth Library Friday 7th June 2024, 9.00am-11.00am

Online event (see website for further information)

Wednesday 5th June 2024, 5pm

Saturday 15th June 2024, 10am

## Village Hall Bookings

**Brownies:** Tuesdays in term time 5.30—7pm Contact Clare Brinkley 01379 890 709

**Yoga:** Wednesday mornings weekly 9—10.30am and Saturday morning 9.00—10.30am Contact Alyze 07518 262697

**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

**Kenninghall Morris:** Thursday evenings 7.30 Contact Vicki 07476 762125

**Yoga:** Monday evenings 6—7pm Contact Abigail Jackson 07557 794928

## Do you need help or support?

These people are happy to help if they can!

Karen	01379 898949	Roger	01379 890257
Kate	01379 898562	Chris	07841 016384
Ken	01379 898776	Peter	01379 898906
Richard	07939 241550	Julia	07931 327004