

Hinderclay Newsletter February 2024

If you have anything for the March newsletter, please email liz.channell59@gmail.com

Hinderclay Coffee Morning

The next coffee morning will be held on Thursday 8th of February and every second Thursday in the month, at The Village Hall Hinderclay from 10.30am. Everyone is welcome and you can enjoy a coffee/tea and a chat.



Further enquiries from Len on 01379 898867



Feb/Mar 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	1	2	3
4	5	6	7	8	9	10

Hinderclay Little Ernie Winners for January

- 1st 181 Alayna Guest
2nd 43 Steve Shrubsole
3rd 90 Megan Batram
4th 44 Megan Batram

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



News from Botesdale Health Centre

Electronic Prescription Service

The Botesdale Health Centre will, at the beginning of February 2024 commence an Electronic Prescription Service.

This will mean your prescription can be sent electronically to any Dispensary of your choice.

Please be advised that this will mean that your chosen elected Prescription Provider will undertake ALL your prescriptions from the date you have informed us.

When you visit the Doctor, your prescription will be sent electronically to your chosen Dispensary – one is NOT able to chop and change.

A Patient will need to attend that chosen Dispensary at all times for every prescription need.

This situation has been drawn to your attention to ensure that you do not believe you will get a prescription from a GP after a consultation which can be dispensed by Botesdale if you have opted for electronic prescriptions to be sent elsewhere.

Social Prescriber

The PPG would like to remind patients that they can self refer to Sophie Gower, our Social Prescriber, whose role is to assist patients with all concerns, which are not clinical, which patients are worried about. Sophie has a wealth of information to enable her to give time to a patients social problems and enlighten patients on the way forward with their concern.

Sophie's contact: sophie.gowers5@nhs.net

And 01379 898 295 or 01359 251 192

If you, as a patient have any comments you would like the PPG to be aware of, please contact on botesdaleppg@gmail.com or 07787 148 947. Your comments as a patient are of immense importance to us.

St. Mary's Church Services for February

11th February - Family Service - 9.30am - Mr. Ken Smith

25th February - Holy Communion - 9.30 - Rev Cathy Bladen

Ash Wednesday HC Service - 7pm on 14th February

On Monday 22nd January at Thelnetham Church, a service of thanksgiving was held for Mrs. Ros Nunn. Ros had for many years been our organist at St. Mary's and was a truly inspirational lady.

Our condolences, prayers and thoughts are with her family at this time.



Our February meeting of the Garden Club, is on **Wednesday 21st February at 7.30pm** in Hinderclay Village Hall.

We will have a talk by Tim Fuller from the Plantsmans Preference, called 'Good Companions', which is about planting perennial combinations.

There will be plants for sale. We will have refreshments, our usual raffle and our bring and buy table. We look forward to seeing you there.

Val Forge 01379 898270



Our next Bingo session will be on **Friday 9th February** 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!



Heritage Circle Talks

Wednesday February 28th at 7.30 at Rickinghall
Village Hall

A talk by Tony Diamond on 'Mona Lisa'.

New members and visitors always welcome. Single

Meeting £5.00 for non-members.

Valentine's Day is a holiday observed on February 14th in several countries worldwide. Saint Valentine, a Christian martyr who lived in the third century, is remembered on this day. It is a day when individuals express their love and affection for one another via the exchange of cards, presents, and love notes. Hearts, flowers, and Cupid, a character from Roman mythology who is commonly represented as a winged baby with a bow and arrow, are the most common Valentine's Day symbols. Valentine's Day is generally celebrated by romantic couples, but it is also a day when people express their love and appreciation for their friends and family members. While the holiday's beginnings are founded in Christian tradition, Valentine's Day has evolved into a secular event celebrated by people of many other cultures and beliefs.

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 07542 463363

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