

# Hinderclay Newsletter April 2023

If you have anything to go into the May Newsletter please email [liz.channell59@gmail.com](mailto:liz.channell59@gmail.com)



A huge thank you to everyone who came and supported the Hinderclay Race Night!

The evening was a great success and very enjoyable and it raised a fantastic £1,153 for the Village Hall.

Special thanks to all those who helped to make it an evening to remember, and especially Dave Ireland for organising it.

## Bingo Night

Our next Bingo Session will be Friday 14th April in the Village Hall.

Come and join us for a fun evening and a chance to win cash prizes!

Doors open at 7pm and 'Eyes Down' at 7.30.

Refreshments and a Raffle

## GREEN HINDERCLAY



Firstly a huge thanks to those who turned up on a cool but sunny morning to pick litter around the village. All in all we collected about 6 bags, some of which could be recycled. We hope to repeat this exercise every couple of months.

Finally we have been given permission to rewild the rough grassy area behind the Village Hall. We hope to enhance it for wildlife and invite you to join us on Saturday 1st April at 9.30 on site, to put forward and exchange ideas on how we can enhance the site.

If you would like to join Green Hinderclay, please email

[burhins56@greenhinderclay@gmail.com](mailto:burhins56@greenhinderclay@gmail.com)

## Hinderclay Parish Council

The current Parish Council retires on 9th May. Elections are on 4th May. It is likely there will be two vacancies. Anyone wishing to join the Council, must download nomination papers.

[www.electoralcommission.org.uk](http://www.electoralcommission.org.uk) and take them to Endeavour House in Ipswich by 4pm on 4th April.

If fewer than 7 residents are nominated, then the Council can follow its procedure for co-option. Anyone who might be interested can obtain an information pack from the Clerk by using the website. <https://hinderclay.onesuffolk.net/>

## Walk your way to better health.

Are you recovering from illness, isolation at home or want to improve your mental and/or physical health, or just want to socially walk with others for a chat?

Organised free short local walks are suitable for all ages and abilities. The circular walk leaves the Park View Chapel, Botesdale at 10 am every Tuesday.

Refreshments at the end of the walk. Once a month the Walk goes into Redgrave Park. All walks are supported by friendly trained volunteers. If you would like to walk with us we would love your company. Just turn up on the day.

Botesdale Patient Participation Group in conjunction with OneLife and Botesdale Health Centre Social Prescriber.

For more information please contact [botesdaleppg@gmail.com](mailto:botesdaleppg@gmail.com) or 07787 148947



Apr/May 2023 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

## Hinderclay Little Ernie Results for March

1st 250 Joan Wilby  
 2nd 193 K. Trumpess  
 3rd 247 Debbie Ashford  
 4th 12 Mrs. J.Clark

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:

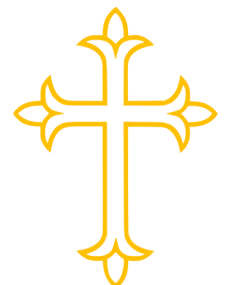
Linda Aves on 01379 898512



## St. Mary's Church Services for April

**NOTE - EASTER SUNDAY** - There is no service at St. Mary's, but there will be communion services at Hepworth (9.30am), Barningham (11am) Market Weston (11am) and Stanton (11am)

23rd April- Holy Communion 9.30. Rev. Cathy Bladen



## FLOWER FESTIVAL 24th and 25th June

Thank you everyone who has come forward so far, to get involved. The chosen theme this year is 'Patron Saints' (who knew there were so many). Please contact me if you would like to do an arrangement, there are still a couple of spaces available.

Kate **01379 898562**



To celebrate the coronation of our new monarch **KING CHARLES III**, we invite you all to the Village Hall on Monday 8th May at 3pm for 'Tea and Cake' - more details in the May newsletter, so please 'save the date'.

### Churchyard Clear Up

**Saturday 8th April. 10am - 12.**

Due to the high winds, our churchyard is scattered with fallen twigs and tree 'bits'. We welcome volunteers to help with the clear up, ready for grass cutting season. Please bring your own tools and remember some strong gloves!

### Hinderclay Coffee Morning

The next coffee morning will be held on **Thursday 13th April** at the Village Hall from 10.30am and every second Thursday of the month.

We do hope you'll be able to join us for a cup of coffee/tea and a chat. Everyone is welcome and we look forward to seeing you.

For any further information please contact Len on 01379 898867



**Thelnetham windmill**, which is a working mill built in 1819, will be open to the public on **Easter Monday, 10th April from 11am to 4 pm**. You can have a guided tour of the mill, see the restored Ruston Hornsby 4YHR engine operate, and watch a video of the restoration of the mill. On April 10th, there will also be the added attraction of Model steam engines and a street organ.

Guided tours adults over 15, £5.00 per person. 15's and under free.

Or just come along and watch the sails turn while you enjoy a cream tea or other refreshment.

Unfortunately we can only accept cash.

For more information on open days throughout the year please go to <https://thelnethamwindmill.org.uk/>

### PAIN MANAGEMENT WORKSHOP

Saturday 22nd April - Rickingham Village Hall

Secure one of the few remaining Workshop places available for Patients with long term illness/conditions who experience daily pain of any form.

The workshop, organised by Peter Moore, a renowned member of the Expert Patient Scheme, and organiser of International Conferences with Health Professionals, will assist with strategies for self management of pain.

Morning workshop from 9.30am to 11.am

Afternoon workshop from 11.30am to 1pm.

To reserve a place on a workshop, please contact [botesdaleppg@gmail.com](mailto:botesdaleppg@gmail.com) or Janet Russell on 07787 148947

**CELIA PEARMAN** - It is with great sadness that we hear of the death of Celia. Her daughter Sally, has invited anyone who wishes, to attend her funeral at St. Mary's on Wednesday 5th April at 2pm.



### 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 9.15—10.45am Contact Alyze 07542 463363

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

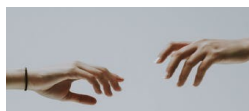
**Garden Club:** Wednesday evenings monthly 7.30pm Contact Val Forge 01379 898270

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

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

**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	Liz	07900 603594
Richard	07939 241550	Julia	07931 327004