

COMMUNITY NEWSLETTER

COVERING BATTISFORD, COMBS, LITTLE
FINBOROUGH AND MOATS TYE

MARCH 2024



Dear Residents,

We're thrilled to present the inaugural edition of our new Community Newsletter!

After many years of service, Anthea has decided to step back from the Barclif – we would like to extend a big thank you to Anthea for all her hardwork.

With this news, comes change and we're embracing it with open arms. After recognising that both the Barclif and Combs Parish Council newsletters were finding their way to many of the same households, the brilliant idea emerged to merge them into one community newsletter.

We are excited to introduce Suzanne, who has been the force behind the Combs Parish Council newsletter for nearly three years. Suzanne is now taking the helm, working closely with our local residents, charities, and organisations to curate content that is not only informative but also incredibly engaging and interesting.

As we embark on this new chapter, we invite you to share your stories, achievements, and local news with us. Together, we can make this newsletter a true reflection of our beloved community.

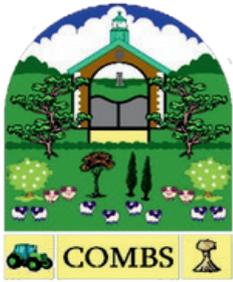
CONTENTS :

- Updates from your Parish Councils
 - Social events and clubs
 - Annual litter pick
 - Events calendar
 - D-Day celebrations
 - Village Hall update
- And much more!

Don't forget to put your clocks and watches forward an hour on Sunday 31st March for the start of British Summer Time



EMAIL: COMMUNITYNEWSLETTER@BTINTERNET.COM



COMBS PARISH COUNCIL

Dear Residents

We're well into 2024 now but I'd still like to offer you all my best wishes for the new year. It is a special year in that it marks the 80th anniversary of D-Day and we are planning to mark it: see the article on page 10 for further information.

We've been blessed to have two new councillors, Kevin Archer and Hannah Larsen, helping us with these arrangements with energy and imagination. Kevin and Hannah introduce themselves on page 3. As chair, I'm delighted that they have put their hands up in the service of the parish: their appointments take us up to 5 positions filled out of an available 7 and lessens considerably the risk of us being inquorate. $7-5 = 2$. . . so if there are a couple of parishioners also interested in joining do please give Tony Bamber our Clerk a call on 01449 613255 or an email combsparishcouncil@gmail.com

Residents of Moats Tye will be pleased to learn that we've installed the post and fittings for a Speed Indicator Device (SID) near the Cricket Club. This will encourage slower driving but also provide us with hard data with which we can lobby for improvements as necessary. We expect this to be up and running in the first quarter of this year.

Our annual litter pick is taking place on Sunday 24th March, meeting at 9am. This is a great way of helping our village, more details can be found on page 3.

We have established our budget for this coming financial year and as in the last few years have lowered the impact on residents by drawing on reserves. We can't do this indefinitely of course but want to try to help. After three years of zero increase to the precept (the part of the Council Tax bill that comes to the parish council) we'll be asking for an extra couple of quid per Band D household – or 17p/month. This will help us keep the parish safely lit at night, allow the cemetery and churchyard to be kept neat and tidy and dog bins emptied as well as allowing for spend here and there on community projects.

See you in May!

Tony Kitson

Tel: 07711 380597

Meet your new Combs Parish Councillors



Hello , I'm Hannah Larsen and I moved to Combs one year ago after living in Stowmarket for just over a year.

I'm a primary school teacher having worked both in the UK and abroad.

My interests include travelling, exploring my new home of Suffolk, painting and spending time with my beautiful rescue cat. I look forward to getting involved with the Combs community and meeting you all soon.

Hello, I'm Kevin Archer a retired family man who has recently moved to Combs having been a long-term resident and elected Town councillor for Kesgrave. I served eight years as a councillor gaining experience in Planning, Youth Services and Sport and recreation. My interests are varied but gardening, DIY and travel feature heavily with music, photography and meeting people coming a close second, I hope qualities like these will benefit all the residents of Combs and I look forward to meeting you all at future events and meetings



SPRING LITTER PICK

Sunday 24th March @ 9am



Meet up to join at either
the Tannery car park to cover Combs/Moat Tye
or Battisford Village Green to cover Battisford

Come and help for 1 - 1.5 hours. It's great fun; you get to meet new people and it makes a huge difference to our villages.

On arrival, you will be given a location to clear along with bags and a grabber.

Please wear a high visibility jacket if you have one, otherwise one will be provided but we have limited supplies.



Battisford Parish Council

After an extremely soggy start to 2024 (following an extremely soggy end to 2023!) there are early signs that Spring is emerging. Hopefully, the fields, roads, footpaths, and our gardens, will become less waterlogged and much less muddy very soon.

It has been a challenging winter for Suffolk County Highways, but their remedial work on the B1078 at Barking seems to have resolved the long-standing flooding issues on that road. There do remain many potholes on our highways which we can all notify directly and easily to SCC Highways through their reporting tool, found at <https://highwaysreporting.suffolk.gov.uk/>

Thanks are due to County Councillor Kay Oakes for persevering on our behalf to rectify highways issues and also for providing additional road warning signage at Battisford village green, supporting our efforts to reduce speeding in our village.

Spring will herald the start of renewed activity in the parish, starting with a Litter Pick (see page 3 within this publication) on March 24, followed by cleaning and remedial works at the village green play area later in the year. As ever, volunteers are always very welcome at these events; if you can spare a couple of hours, please come along, meet new people, and help improve our village environment!

The Jubilee trees planted last year are thriving and we hope, with the support of the Mid Suffolk DC Biodiversity Project Manager, to have in place a village green Woodland Management Plan by the end of the year.

Our budget for this coming financial year has been set and sees a 2.98% increase in precept, marginally increasing the funding available to BPC from £13,893 last year, to £14,307 for 2024/25. This pays for, amongst many other things; the cemetery and village green to be kept well-maintained and tidy, for investment and remedial works at the play area, for dog and litter bins to be emptied, defibrillators maintained, and allows us to support wider community projects and institutions through grant funding and donations.

I wish to close by thanking all who donate, often unseen, their time, skills and efforts to maintaining and improving our community; THANK YOU!

Jon Cook

Chair, Battisford Parish Council

Tel: 07592 775059

Battisford Village Hall News

Battisford Village Hall has reopened after a comprehensive energy efficiency upgrade. Work has included the insulation of external walls, the fitting of energy efficient lighting, and the replacement of draughty doors and windows. The hall now feels a warm and welcoming place and looks fantastic due to a full redecoration of the main hall, kitchen, snooker room and committee room.

Work started in earnest just before Christmas, and thanks to the hard work of Craig Skinner and his team, we were able to reopen in time for our first party booking in early January. The final touch was the fitting of the new arched kitchen door by Nick Oxbrook.

A special thanks goes to Stan Winter who was there, working alongside the builders almost every day and practically single handedly repainted all the main rooms in record time. We would also like to thank our regular hall users (Gardening Club, Snooker Club and the yoga group) for their understanding and flexibility during the upgrade.

We hope to hold a special event in the spring to show off the renovations and the facilities we offer, so keep an eye out for our upcoming event boards, which are dotted around the villages of Combs and Battisford.

We wish to take this opportunity to thank all the individuals, too numerous to mention, who contributed to our fundraising efforts. We would also like to thank the following organisations, councillors and government bodies for their contributions.

- Combs and Battisford Parish Councils who both awarded grants;
- Daniel Pratt (Mid Suffolk District Councillor) for the grant from his locality budget;
- Kay Oaks (Suffolk County Councillor) for the grant from her locality budget;
- Mid Suffolk Council for awarding the project a Capital Grant.

Finally we would like to acknowledge that this project was made possible thanks to the Suffolk Climate Action Community Match Fund, which was provided by Suffolk's public sector organisations, as part of the wider work to address the climate emergency. Find out more about the Community Match Fund and the Suffolk Climate Emergency Plan here: www.greensuffolk.org".

Recent Events

A big thank you to everyone who joined us for the wreath making or Supper with Santa events during December.



Keep a look out for future events on either public notice boards or our website.

Booking Enquiries: E-mail: battisfordvhmc@gmail.com Call: 01449 674852

Battisford Village Hall



REGULAR HALL HIRE NOW AVAILABLE

Battisford Village Hall is fully open and available for private hire daytimes and evenings, in addition to private hire, we have a number of regular clubs that use the hall.

If you would like to find out more about hall availability then please contact us on 01449 674852

If you would like to join any of the clubs, then please visit our website below, which will provide you with their contact details.

Regular Groups & Clubs

Snooker Club Wednesday @7pm

Contact Brian Smith 01449 775363 or Bob Hicks 01449 672765

Yoga Classes Thursday 6.30 - 7.30

Contact Sarah Jennings 07736 832560

More information is available on our website www.battisfordvillagehall.co.uk

Clubs

Snooker Club
Yoga
Gardening Club
Indoor Bowls

Facilities

1 large function room
Kitchen
Outside area
Internet
Projector
Stage, Chairs & Tables
Holds 80 max capacity

Available for hire Monday > Sunday

Private Parties
Weddings, Christenings &
Funerals
Clubs
Meetings
Training

To join our events
mailing list, just
send a message to
07594667018

Battisford Village Hall
Straight Road
Battisford
Suffolk
IP14 2HP

01449 674852

battisfordvhmc@gmail.com

www.battisfordvillagehall.co.uk

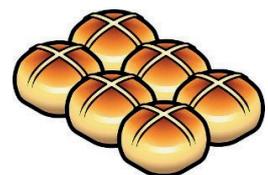
Easter this year comes early. We will experience a whole gamut of emotions in a single week, all of which will be celebrated and remembered in services taking place across all seven churches in our benefice. We will also be holding a Messy Easter event on Saturday, 23rd March in Trinity Hall, Onehouse – please see the poster below for further details. I do hope you'll be able to join us at one or more of these gatherings and if you'd like to know more about any of them then please do get in contact by email revdsarahjenkins@gmail.com or by phone 01449 676065. You will be most welcome as we move through this final period of Lent, into Holy Week and the joy of Easter.

During this month we will be experiencing the joy of Palm Sunday when Jesus was cheered as he entered Jerusalem on a donkey, through the hollowness of Holy Week when the crowds began turning on Jesus to Maundy Thursday with the celebration of the Last Supper, a celebration repeated every week in one or more of our churches as the Eucharist or Holy Communion. And then the darkness and misery of Good Friday when Jesus was crucified on the cross and descended into the depths of Sheol, the depths of the dead. Holy Saturday is a day of quietness and reflection as we prepare for the joyful and triumphant resurrection of Jesus on Easter Day

May I take this opportunity to wish you all a blessed Easter and to offer my continued prayers for a hopeful and peaceful resolution to those areas of the world where war is being waged, in particular we remember Ukraine, Israel and Gaza. May God bless you all.

Revd Sarah

COMBS AND FINBOROUGH GROUP  THE CHURCH OF ENGLAND



Messy Easter!!
Trinity Hall, Onehouse

Saturday 23 March 10.30am to 11.45am

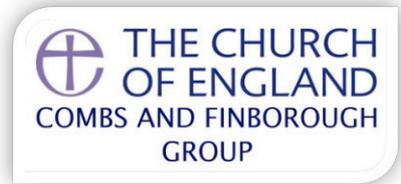


Crafts, Stories, Songs and Food
All ages welcome, primary age
children and younger welcome with
their parents/carers



Places must be booked by emailing
revdsarahjenkins@gmail.com

St.Mary's Church
Little
Finborough



Easter Egg Hunt

SATURDAY 23 MARCH 2024

10 am to 12 noon

In the churchyard at
Little Finborough Church
Entry £3.50 per hunter

Refreshments and
Children's Activities

Children must be accompanied by responsible adults



Proceeds for church funds

St Mary's Church, Battisford

The date of this issue inevitably means we look back to Christmas and forward to a fast-approaching Easter at the same time! Many thanks to everyone who ordered wreaths in aid of church funds....or contributed greenery to make them. Although a few families were away, we had a wonderfully full church on Christmas Eve as we sang our way through the Christmas story by candlelight, in the words of familiar carols.

Our service pattern at Battisford is:

1st Sunday Morning Service 11.00 a.m.

2nd Sunday Holy Communion 11.15 a.m.

This March the second Sunday, 10th. March, will be Mothering Sunday, so do bring your Mother, to thank her for all she does with a posy of flowers.

24th March, Palm Sunday, sees services at Somersham at 10.00 a.m. and Offton at 3.00 p.m., with Communion services at 9.00 a.m. for Gt. Bricett and 11.00 a.m. for Barking.

For Holy Week services are similarly shared with the other seven churches in our benefice:

28th March Maundy Thursday, Holy Communion, Ringshall 7.00p.m.

29th March Good Friday, Willisham, "Hour by the Cross" 2.00p.m.

31st March Easter Day, Flowton, Holy communion, 10.00a.m.

The church magazine for Battisford, Barking, Gt. Bricett and Ringshall is published monthly, so if you wish to advertise or announce anything between additions of this newsletter and need to reach our communities, the editor is Helen Nunn who can be contacted on: 01473 658572 or helen.nunn1@gmail.com

A quick Easter reflection....is the Easter Bunny really a hare?.....

I thought I'd share with you a legend I came across in Ireland which gave food for thought!

The Venerable Bede suggested that the name of the Christian festival of Easter was adapted from that of the Anglo-Saxon goddess Eostre (sometimes also called Ushas, the Sanskrit for dawn). April was often labelled Eosture month, or Dawn month, after her, as days grew brighter earlier.

Eostre's favourite creature was the hare. As the Goddess of Dawn, responsible for returning light to the world each day, she used hares to carry her illumination across the heavens. Her leaping hares of sunrise became symbols of love, growth and fertility and were often depicted silhouetted against the sun (or sometimes, the moon..... the Saxon moon god, incidentally, had hare's ears.)

Many European countries, including Ireland, had stories of hares laying eggs ---indeed, German emigrants to America took these tales with them in the 1700's. They seem to have arisen from a coincidence of nature. Leverets are left by mother hares in their "form" (merely a shallow scrape in the grass) with only one visit a day. In just such areas, ground nesting birds like lapwings have their own simple nests, and on occasion a young hare has been found, quietly crouched beside the clutch of eggs, awaiting its mother's return. Thus, it would seem, the folklore of the hare's nest of eggs evolved.

In 1682 the written story was embellished, with the hare now bringing eggs to good children at Easter. Gradually the hare, particularly in the American version, became a rabbit, and then the Easter Bunny, bearing chocolate eggs. Even these remain an appropriate Easter symbol, representing re-birth and the empty tomb --- and hope --- much needed in our troubled world.

D-Day 80 Anniversary

On the 6th June 1944, the liberation of France from Axis military forces began as Allied forces launched the largest seaborne invasion in history. This assault on the beaches of Normandy, codenamed 'Operation Neptune' was the first stage of the overarching 'Operation Overlord', the Battle of Normandy itself. It now resounds through our national history as 'D-Day' and this year marks the 80th anniversary of that famous day.



There will be a nationwide commemoration involving lighting of beacons across the country at 9:15pm in tribute to all those who were involved. Combs Parish Council intends to join in and our beacon will be one of 80 across the county lighting the night sky.

The date is, this year only, also National Fish and Chip Day! It does seem a little odd to put the two together but it's above our pay grade to quibble. To that end we will publishing an online D-Day Quiz with a free Fish and Chip meal for four people for the lucky winners. Details will be published in a special D-Day 80 edition of this newsletter which will be hitting your doormats in May. If you don't have internet access then let us know: we'll work around it.

Finally, we'd love to hear any stories residents have about the actual D-Day, or events leading up to it, in 1944. Do you know of any family or friends who participated in some way? Do please share your memories or friends and family connections and we'll pull them together in the next newsletter.



Combs Green IP14 2NP
from 10am – 12 noon
on the 2nd Thursday of each month

Next visits are
14th March
11th April
9th May
13th June

For further info, call the HQ on 01379 855338 or Diana on 07494 572153
or see the website www.ruralcoffeecaravan.org.uk

We would like to offer you the opportunity for a catch up with your neighbours! Simply come for some company and we'll put the kettle on for you, providing free tea, coffee, biscuits or cake, and plenty of cheer. Or come and chat with us to see if there are any concerns we might be able to help you find answers to. We have access to a raft of information on local activities, services and organisations to help you stay happy, healthy, independent at home, and more connected to others in your area. All Welcome! We look forward to seeing you.



Orchard Barn News

Why using woodland materials for building is better for our planet

At Orchard Barn we use building methods that put the environment first, ensuring that the building materials we use do not add carbon emissions to the atmosphere by their production, but actively absorb and lock up carbon that would otherwise have been emitted.



- By using local coppiced wood as the building material for our new teaching space, the trees are cut in a traditional way and regrow again and again. Our coppiced trees lock up 2-3 times the carbon of a standard tree.
- Our hand-made wooden roof tiles (shingles), which we make on site, lock up the carbon stored in the wood for the lifetime of the roof, whereas if we had opted for clay tiles, their production would have caused just over 3 tonnes of carbon to have been emitted into the atmosphere.



- We have used local straw and clay mixed with rainwater collected on our site for insulation, which has locked up around 7 tonnes of carbon. If we had used a conventional modern insulation board, their production would have caused 23 tonnes of carbon to be emitted into the environment.
- Did you know that the carbon footprint of a typical UK resident is about 11 tonnes of carbon per year?
- Our wall insulation alone has offset the carbon footprint of 3 people for one year.
- Our use of environmentally friendly building materials will have benefitted the environment by locking up more than 30 tonnes of carbon.

To find out more about us, what we do, or to volunteer with us, take a look at our website <http://www.orchardbarn.org.uk>, call Sarah on 07766 054042 or email sarah.orchardbarn@gmail.com
Orchard Barn, Ringshall, Stowmarket, IP14 2LY - Learning from the past how to build a greener future



Mobile Post Office
Outside the Punchbowl
Inn every Friday 12.45—
13.45

It provides all the
facilities of a general
post office



Ipswich Mobile Library
Outside St Mary's Church,
Church Rd, Batisford
11.35—11.55, every 4
weeks

Next visits are 21st
March, 18th April, 16th
May and 13th June
Further details can be
found on [suffolklibraries
.co.uk](http://suffolklibraries.co.uk)

Combs & Battsiford Fete



Well, we are now in full swing organizing this year's fete which will fall on the weekend of the 28th/29th June 2024. Friday night we are hoping to have our ever-popular pig race with jacket potato supper. This was a total sell out last year and was enjoyed by all. Saturday will see the return of the fete with stalls, arena acts, dog show, bbq, bar and of course our wonderful gardening show. Saturday evening, we will be having an old skool 80s disco. This will be a free event with dressing up as optional.

The Punchbowl will be supplying pre ordered bar snacks at a cost (more details to follow). We would love to see as many of you there as possible supporting this wonderful event.

As always, we are only able to do these events with the help and support of the local community. We are very grateful that we have had a marquee kindly donated to us for the weekend of the fete this year. We are overwhelmed with their generosity and it has helped us out tremendously with cutting this year's cost. We are also thankful to Trudy Mudd for taking responsibly of the bar this year. It takes a lot of man power to run the bar over the weekend and I believe she has managed to rally round quite a lot of you already. Massive thank you to you all for giving up a few hours in your day to help. Leading on from this as always, we are looking out for people to help in all aspects of the fete so if your able to donate a couple of hours of your time, please don't hesitate in contacting me on rachie.finn@googlemail.com

We are currently in the process of sorting our posters /chalk boards and banners so please keep an eye out for these with further details over the coming weeks and months.

Combs and Battsiford fete committee



Monday afternoon tea at the Punchbowl



We have been meeting once a month on the second Monday with around 20 people enjoying delicious home-made sausage rolls, scones and cakes, with hot drinks served in vintage china. All ages are welcome from the four villages of Battsiford, Combs, Lt Finborough and Moats Tye. There is plenty of chat and laughter. Come along from 3.00 pm to around 4.00 pm for hot drinks and home-made treats. A donation towards costs is appreciated.. Lifts can be arranged as necessary. We look forward to seeing you soon.

PLANT SALE SATURDAY 11TH MAY



Looking forward to the Summer and enjoying time in your garden? You may be interested in coming along to a Plant Sale at Orchard House, Battsiford on Saturday 11th May from 10 -2.

There will be a huge variety of vegetable and flower plants for sale, as well as herbs and shrubs – perfect for filling those borders and raised beds! We would also welcome donations of any plants or cuttings you may have which are surplus to your requirements. Or perhaps you would like to grow some plants for us to sell?

Light refreshments will be available. In aid of St Mary's Church Little Finborough.

Further details contact Kym Denny on 07799 661509.

WORLD'S BIGGEST COFFEE MORNING



We held a Macmillan Coffee Morning in Battsford Village Hall on Saturday 7th October and raised an amazing amount of £1,418.28. I know Macmillan will be thrilled and very grateful for this huge sum of money.



Huge thanks to those people who:
Came along and made it such an enjoyable morning
Made cakes/scones/sausage rolls
Served cakes, did the raffle and made teas/coffees
Helped set up and cleared away
Donated raffle prizes
Gave monetary donations and couldn't be with us on the day
Helped with flyers/notices/boards
Helped with flowers



I would also like to thank The Village Hall Committee for letting us have the use of the hall and Sally and Stan for cleaning it.

(I have a raffle prize that I cannot 'find a home for'. The winning ticket is green, number 405 – Sylvia – 01449 740683. Unfortunately, this number is unobtainable so if you think it is your number, please give me a call on 01449 613920 to claim your prize}

Many, many thanks, once again and see you next year

Marion Davey

All in aid of Macmillan Cancer Support

A message from Santa



Following my trips around Combs and Battiford just before Christmas, I would like to thank everyone for their generosity with gifts of food and other goodies for the Stowmarket Foodbank.

It was all greatly appreciated and does make a huge difference to many local families.

My elves are already getting excited about visiting you all next Christmas but are currently taking a well earned rest!

If you wish to support the foodbank during the year, more details can be found on their website www.livingit.org.uk or on Facebook Stowmarket & area foodbank.



Oaks Meadow Update

Have you noticed the season starting to change? The darkest night and shortest day have been and gone. The days from here become lighter and brighter. Small signs of spring are slowly presenting themselves if you look closely. But for now, this season signifies 'wintering' – a time to slow down, to keep warm and perhaps hibernate a little.

The pond has been filled with a thin film of ice. The grass has been gently dusted with frost and the air is feeling fresh and crisp. The leaves have fallen, the trees are now bare. It's part of the cycle where things die in nature to allow for new growth – perhaps nature's reminder of the importance of seasons and when we need to slow down and withdraw. This time of year, it all feels somewhat quiet out here on the meadow. But before long, we'll be back out creating a community space with our community support.

We're always looking for more hands to help with creating this beautiful space and welcome you to join us, children are of course welcome too, grandparents, aunties, uncles and friends. We'll be restarting our Sunday themed working parties once things start to thaw out. Keep up to date through local posters, our website and Facebook page.

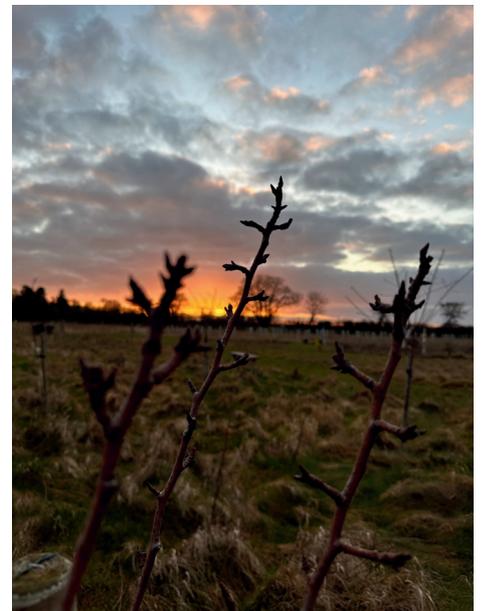
If you would like to donate towards this project, please get in touch. All proceeds go towards the development of this project.

Oaks Meadow is open as usual for all to enjoy. For the moment, parking is required outside the front of the gate due to the ground being waterlogged, the gates will be open once it is feasible.

We look forward to seeing you soon. If you have any questions, comments or ideas you would like to share with us, please get in touch.

Website: www.oaksmeadow.org.uk

Email: oaksmeadow@gmail.com



The Oaks Meadow Project is a registered charity no. 192200

Oaks Meadow, Bildeston Road, Little Finborough IP14 2LA
A community green space with woodland, wildlife pond, gardens and playground



Battisford & District Cricket Club

So when is it time for the cricket season to resume ? Well if the rain stopped and the sun starts to shine then there is a chance that the ground will be ready for the first home game of the season on 27th April. 1pm start. We will hold about 35 home games during the course of the season, both juniors, seniors and T20s (usually mid week) so if you want to come along and watch you are very welcome. Social membership is only £15 a head so good value particularly when we have our own bar.

We have been holding winter indoor training for both our juniors and seniors and outdoor training will start in mid / late April. If you or your family members want to join the club we are always looking for new members. We have both men's and ladies teams and encourage players with all abilities. Our junior section has 4 teams from under 7s to under 13s and we hold family friendly coaching on Fridays 5.30-6.30.

Over the winter we have held some social events and the club, and our marquees, are available to hire. Our curry and quiz evening and the 1920s murder mystery New Year's Eve event followed by fireworks were both great successes. Look out for more events on our Facebook pages.

We are keen to promote local businesses and we have a number of sponsor boards around the ground, however there is always space if you wish to advertise.

For more information please use any of the medium below

Website

<https://battisforddistrict.play-cricket.com/>

X @BattisforDCC

Facebook @BattisfordAndDistrictCricketClub

Or contact Julia Stephens-Row secretary@battisfordcricket.co.uk





Punchbowl Community Inn

Another few months have passed and what a busy time it has been! Sincerest thanks to all who supported the Punch Bowl over Christmas, New Year and well in to 2024. January is notoriously slow for pubs and we have seen yet more sad news about local inns shutting down due to finances. This makes us even more grateful to see our faithful regulars still coming through the doors. In a continued attempt to provide our community with the best possible offer, we have made some changes to the times we serve food and launched a new menu:

THE PUNCHBOWL INN
MENU

- Cracknell's prime selected 12oz Sirloin Steak**
Served with a choice of Pepper or Stilton sauce with Fries and Salad - £24.50
- Traditionally battered Catch of the Day, or Scampi**
Served with Fries, Peas and Tartare sauce - £13.95
- Thai Red Curry with tender slivers of Chicken Breast**
Served in a Thai Sauce with Noodles, Water Cress, and Fresh Coriander - £14.95
Also available without Chicken but with vegetables (v)
- House Beef Burger stack**
With Cheddar cheese, Rocket, Pickled Veg, Dill, and Salad served with a choice of Fries or Waffle Fries - £12.95
- Tender Ragout of Veal**
Slow cooked with Peppers, Silverskin Onions and Plum Tomatoes and served with a Creamy Mash - £15.50
- Mixed Beans and Tomato chili**
Slow cooked mixed beans in a delicious chilli and tomato sauce served with Rice and fresh Coriander - £12.50 (vg)
- Pan-fried Calf's Liver with Crispy Onions**
Cooked to perfection and served with Sautéed Potatoes and Broccoli Stems - £14.95
- Pan-fried Gammon Steak served in a Cream & Cider sauce**
Tender gammon served with Mash and Peas - £13.95
- Grilled Hot Smoked Salmon steaks**
Served on a spicy Mojo Sauce in a Pretzel Bun with Fries and Salad - £15.95
- Please see chalk boards for Starter and Dessert selection

NEW food service hours:

Thursday 6-9pm
Friday 12-9pm
Saturday 12-9pm
Sunday 12-7pm

These changes came into effect towards the end of February and we have already received some positive feedback from families who are pleased they can bring the kids in for some dinner after school on a Friday. We truly hope that all our loyal customers agree. If you haven't been down for a meal lately, please do check us out - to book call 01449 771646 or message us back on Facebook or Instagram.

In March we will be showing the remainder of the six nations games - watch it with friends over a pint at the pub. We will also be serving some delicious guest ciders and welcoming back our favourite solo artist - Adam Thomas on 30th March from 8pm.

Tell the kids to look out for the Punch Bowl Easter competition where a variety of prizes are up for grabs.

Interested in volunteering at the Bowl? We'd love to hear from you! Please get in touch if you'd like to offer your time towards helping out. This could be behind the bar, stock management, in the garden or general maintenance. We are always so grateful for offers of help.

The Punch Bowl wishes all of you a very happy Easter and we look forward to seeing you soon!

Facebook: Punch Bowl Battsford Community Inn

Instagram: the_punchbowlinn

Call: 01449 771646

Visit: punchbowlinn.co.uk

Email: info@punchbowlinn.co.uk

01449 771646

www.punchbowlinn.co.uk



Battsford & District Gardening Club

Our annual wreath making on 2nd December was another happy morning, with some beautiful wreaths made to display on front doors around the villages. George's marvellous Christmas Garden Quiz was held in the Punchbowl on 4th December after an unexpected last-minute change of venue and a great time was had by all. The 10th January talk about choosing the right compost, was cancelled because of the Hall renovations, but the talk has been moved to 4th March. (See programme) The 5th February talk is on "Getting the best out of your roses" by Ian Limmer.

If you would like to find out more about the club and become a member, please drop Denis an email to denis@wicking.me. We have a variety of talks and outings to enjoy. You will be made very welcome at this friendly and informal club.

Battsford and District Gardening Club programme March to June

Monday 04 March 2024 – start time 7.30pm "Choosing the right compost to ensure you plants grow successfully" – Paul Hansord Paul's talk will cover how composts have changed since John Innes was developed and the effects of the Government banning peat, the importance of air porosity and how modern fertilisers have helped in creating the perfect compost. In the last 5 years, Paul has used over 70 different composts. If you buy compost, you can't afford to miss it!

Friday 22 March 2024 £5.00 for BDGC members & £10.00 for guests – Booking Essential (limited tickets available). "The future role of the Royal Horticultural Society" – by the new RHS Director General, Clare Matterson Clare took up the role of Director General of the RHS in June 2022. A unique opportunity to hear about the new strategy of the RHS, its visions for the future and the implementation of their aim to support all gardeners from all backgrounds, at every stage of their gardening journey." Please contact Jane Pope 07885175078 or jdspope@gmail.com to book tickets.

Monday 08 April 2024 – start time 7.30pm "Around the world in 80 plants" – Jaime Blake A look at the wide range of plants we can grow in this country and where they originate in the world. The vast majority are Herbaceous plants...as grown in the Dell Garden at Bressingham which Jaime has been tending for 25 years. Come and enjoy his vast knowledge on herbaceous plants.

Tuesday 07 May 2024 – 10.00am meeting at the Village Hall for car sharing. £12.00 per head. Day trip to Beth Chatto's Garden. Beth Chatto transformed an overgrown wasteland which was deemed unfit for fruit farming, into a series of informal gardens. The conditions within the garden vary widely; five distinct areas have been created providing examples of working with nature to find the right plant for the right place.

Monday 03 June 2024 – 6.30pm meeting at the Village Hall for car sharing. £10.00 per head which includes tea, coffee and homemade cake. Trip to Holm House Garden, Drinkstone IP30 9FT

Saturday 29th June – Combs and Battsford Fete - Horticultural Show. Have fun entering your garden produce in the Show. See Show schedule for details.



Combs has it's very own Personal Training Gym!

Last August Infinite Potential Fitness moved into the Combs Tannery, specifically the Glover's building in the centre of the Tannery site. Having worked in other gyms locally and at Stowmarket Rugby Club for the past 6 years we were in search of a home for our fantastic community.

Community is at the heart of everything we do at Infinite Potential Fitness, bringing people together through health and fitness and providing them the best facilities in the Stowmarket area is something we pride ourselves on.

We are a bit different to your usual gym, every membership we offer is delivered directly by us the coaches. Whether you are after 1-1 Personal Training, Small Group Personal Training or Large Group Bootcamp/Hyrox sessions everything is supported through experienced coaches working with you personally to ensure you move well, challenge yourself appropriately and enjoy building your fitness.

With years of experience programming and coaching, an established community and an incredible facility, we have come a long way but we also feel like we are just getting started in our mission of helping provide members of the local community a place where you can learn, build confidence, develop skills and most importantly thrive!

The best way to find out more about what we do is to take a look through our Instagram at [infinitepotential_fitness](#) or Facebook at Infinite Potential Fitness or you can email us directly on info@infinitepotentialfitness.com

Beth and Sam





Mid Suffolk

Damp and mould is building up in our house as the weather gets colder. Our living room is the worst and there's a strong smell, so we've stopped having friends round. We're also concerned about our health. We've reported it to our landlord, but they haven't done anything. With six months left on the tenancy agreement, we're running out of options. What should we do?

You've done the right thing by bringing this to your landlord. To work out if they are responsible, you'll need to find the cause of the damp and mould. This can take time unless there's a clear cause, like bad insulation or a leaking roof.

Damp is when an area of your property doesn't dry out, often because it's cold. The main types are rising, penetrating, construction, and condensation damp. It can lead to mould, which is a fungus that grows in areas where warm damp air condenses on cold surfaces, like window frames. Information on our website can help you work out what type of damp you have, who is responsible and what you can do. Go to citizensadvice.org.uk and search damp for more information.

You should check your tenancy agreement for mentions of repairs and damp. Your landlord is responsible for fixing a damp problem if it's making your home unsafe to live in. For example, this could be if it's affecting your health or the health of those you live with. Your landlord will also be responsible if the damp is related to repairs they should have carried out, like if the window frames are rotting.

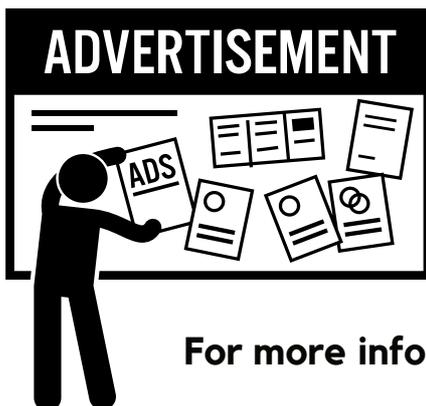
Condensation is a key cause of damp we're all familiar with. You should try and reduce extra moisture in your home, this will make it easier to show that your landlord is responsible for the damp. Extra moisture can come from portable gas or paraffin heaters, drying wet clothes or using a tumble dryer with no outside vent.

You may reach the point where you just want to get out of your tenancy agreement early, but remember this can be tricky and there might be things you haven't tried yet.

For example, you could get support from Safe Suffolk Renters, a Suffolk wide project to help improve relationships between landlords and private tenants. Contact them via their website safesuffolkrenters.org. As a private renter, if you've got evidence from a health professional that damp is making you ill, you may be able to get free legal advice through Legal Aid.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships.

You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.



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Domestic abuse, also known as domestic violence, can happen to anyone. Sometimes the most unlikely people are experiencing it and their public persona may not give any indicators to what is going on behind closed doors while they are at home.

Domestic abuse has no boundaries – it has no regard for your gender, sexuality, wealth, educational level, status, race, religion, age, geography or disability. It is not only the stereotypical person who experiences domestic abuse.

One in four women and one in six men will be affected in their lifetimes, so statistically, the chances are that we all know someone who has or is affected by it.

Many of you may be aware of physical and verbal domestic abuse but domestic abuse also includes emotional, psychological, sexual, financial and coercive control.

Coercive control is not a new phenomenon but became a criminal offence in 2015 and is an act or pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish or frighten their victim. The effect is to shrink the victim's world which normalizes the abuser's behaviour and restricts access to help and support for the victim. Some examples may include:

- Taking control over aspects of a person's body is everyday life e.g. where they go, who they see, what they wear, what they eat and when they can sleep
- Isolating you from family and friends
- Controlling how much money you have and how you spend it
- And many more behaviours on a spectrum of control

The motivation behind coercively controlling behaviour is power and control over the individual and this also helps us understand why it is so extremely difficult to leave an abusive relationship and sometimes the person who is being controlled does not even realise that they are experiencing abuse.

If you would like advice or support, please make contact with the services below.

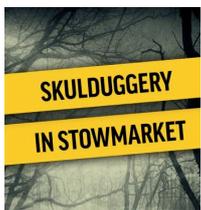
Lighthouse Advice Line: 01473 228270 – or self refer via our website. www.lighthousewa.org.uk

National Domestic Abuse Helpline: 0808 2000 247 - 24 hours 7 days a week

Mankind – 01823 334244 www.mankind.org.uk

Respect men's advice line : 0808 801 0327 <https://mensadvice.org.uk>

Stowmarket Library's Skulduggery team is excited to announce this year's fast-approaching literary crime festival event.



Join us at Stowmarket Library on Saturday 27th and meet our guest authors: Susi Holliday, Lauren North,

Tim Sullivan, Vaseem Khan, Olivia Kiernan, & Victoria Selman.

Tickets are £5 per author, or £15 for all-day Saturday. Light refreshments are available throughout the day

Book your place:

www.suffolklibraries.co.uk/whats-on/festival/skulduggery-in-stowmarket



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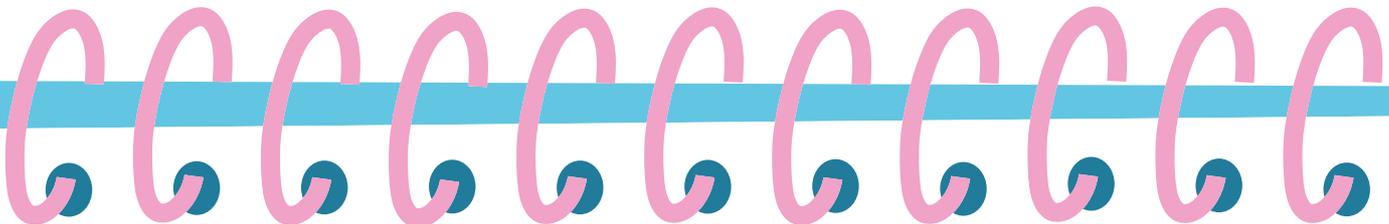
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DATES FOR YOUR DIARY

further details can be found inside this newsletter

Every Wednesday	Snooker Club at Battisford Village Hall
Every Thursday	Yoga in Battisford Village Hall 6.30pm - 7.30pm
Every Friday	Mobile Post Office outside The Punchbowl
MARCH	
Sunday 3rd	Morning Service at St Mary's Church Battisford 10am
Monday 4th	Gardening Club - "Behind the Scenes of Bury in Bloom"
Sunday 10th	Holy Communion at St Mary's Church Battisford 11.15am
Monday 11th	Afternoon Tea at The Punchbowl
Monday 11th	Combs Parish Council meeting
Thursday 14th	Rural Coffee Caravan , Combs Green
Tuesday 19th	Battisford Parish Council Meeting
Thursday 21st	Mobile Library, outside St Mary's Church, Church Road
Friday 22nd	Gardening Club - "The future role of the Royal Horticultural Society" Messy Easter @ Trinity Hall, Onehouse
Saturday 23rd	Easter Egg Hunt, St Mary's Church, Little Finborough
Sunday 24th	Litterpick - Combs and Battisford
Saturday 30th	Live Music with Adam Thomas at The Punchbowl
Sunday 31st	Start of BST - clock spring forward an hour!
APRIL	
Monday 1st	Gardening Club - "Around the world in 80 plants"
Sunday 7th	Morning Service at St Mary's Church Battisford 10am
Monday 8th	Afternoon Tea at The Punchbowl
Monday 8th	Combs Parish Council meeting
Thursday 11th	Rural Coffee Caravan , Combs Green
Sunday 14th	Holy Communion at St Mary's Church Battisford 11.15am
Tuesday 16th	Battisford Parish Council Meeting
Thursday 18th	Mobile Library, outside St Mary's Church, Church Road
Saturday 27th	Skulduggery at Stowmarket Library
MAY	
Sunday 5th	Morning Service at St Mary's Church Battisford 10am
Tuesday 7th	Gardening Club - Day trip to Beth Chatto's garden CO7 7BD
Thursday 9th	Rural Coffee Caravan , Combs Green
Saturday 11th	Plant Sale, Orchard House, Battisford
Sunday 12th	Holy Communion at St Mary's Church Battisford 11.15am
Monday 13th	Afternoon Tea at The Punchbowl
Monday 13th	Combs Parish Council meeting
Thursday 16th	Mobile Library, outside St Mary's Church, Church Road
Tuesday 21st	Battisford Parish Council Meeting
JUNE	
Sunday 2nd	Morning Service at St Mary's Church Battisford 10am
Monday 3rd	Gardening Club - Day trip to Holm House Garden Drinkstone
Thursday 6th	D-Day Beacon at Combs Cemetary
Sunday 9th	Holy Communion at St Mary's Church Battisford 11.15am
Monday 10th	Afternoon Tea at The Punchbowl
Monday 10th	Combs Parish Council meeting
Thursday 13th	Mobile Library, outside St Mary's Church, Church Road
Thursday 13th	Rural Coffee Caravan , Combs Green
Tuesday 18th	Battisford Parish Council Meeting
Friday 28th	Annual Pig Race
Saturday 29th	Combs & Battisford Fete followed by evening entertainment
Saturday 29th	Combs & Battisford Fete Horticultural Show