

THE
LITTLE CORNARD
MAGAZINE



Christmas 2025



SERVICES at ALL SAINTS

Currently services are held on the
2nd and 4th Sundays of each month at 10.30 am

Special services are as follows

Sunday 14th December Morning Worship at 10.30 am

Sunday 21st December Carol Service at 6.30 pm

Thursday 25th December Christmas Day Service at 10.30 am
followed by Holy Communion

Sunday 28th December Holy Communion for the Benefice
at 10.30 am

Sunday 11th January Plough Sunday Service at 10.30 am

**Updates will be posted on the church notice
board and on the website
www.littlecornardchurch.org.uk**

From All Saints Registers

BAPTISM

Ettie Marie Minns

Cover photo: Pixabay

Vicar's Letter Christmas 2025

Dear Friends

Have you ever tried to foretell the future? How did you do (if you're not still waiting to find out)? Sure, it's not too hard to make general predictions about things that follow a natural pattern. For instance, "In a few weeks' time mince pies will disappear from the supermarket shelves and be replaced by Easter eggs." But what about correctly forecasting very unusual events, years, or even centuries before they take place?

I've heard of a rise of people visiting a "medium" or seeking out fortune telling. We might be keen to know our future, but did you know that God has told us that trying to in these sorts of ways can only be bad for us?



You see, God has reserved the power of foretelling the future to show himself. Who could possibly accurately predict 700 years ahead? It's not surprising really, that only God can do that after all, he did create space and time. So, 700 years before Christ, God spoke to the prophet Isaiah, talking about a man who would be "God-on-Earth". This man would die in our place. Then he would live again!

Isaiah himself must have been astounded by these predictions he was told to give. But they all came true! Interested? Then watch my Advent Calendar videos on Isaiah. I'll release one each day on the @stmarysbures YouTube Channel. There'll be plenty to enjoy in our churches this Christmas too. Why not come and join in?

May you have a joyful Christmas and happy 2026.

Daniel

Wise Words

Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is no such thing as bad weather, only different kinds of good weather.

John Ruskin 1819 -1900

Churchwardens Notes Christmas 2025

There are so many people to thank for the success of the Harvest Fair. From the folk who put up the tents and set out the stalls and cleared them away afterwards, to the ladies who created the beautiful flower arrangements inside the church, the bakers of cakes and makers of preserves, those who donated books, bric-a-brac and tombola prizes, those who manned the stalls over the two day event and the visitors who came to enjoy and support, all played their part. Thank you to you all!

On September 7th Rev'd Daniel baptised Ettie Marie Minns in a church filled with her family and friends. We welcome her.

On Sunday 9th November we stood silently around the churchyard War Memorial for our Act of Remembrance of the fallen in the two World Wars. Stuart Mathieson sounded the Last Post and Reveille on the cornet, Marian Turner laid a wreath on behalf of us all and we heard the names of the Little Cornard residents who gave their lives, read by Nigel Monk. We Will Remember Them.

We have some amazing people in Little Cornard who recently met challenges to raise money for their chosen charities. They are Anne Johnson and Nigel Monk, and you can read their own accounts further on in this magazine. If you know of someone who deserves a mention in a future issue please contact our editor, Rosemary Bullen.

The year moves on and we can now look ahead to our candle-lit Carol Service on Sunday 21st December at 6.30 pm and Christmas Day Service at 10.30 am. You will find a full list of services for the Christmas season inside the front cover of this magazine. We hope to see you there.

Brenda Pentney

Macmillan Coffee Morning

On Friday 26th September we held our second Macmillan Coffee Morning in the village hall.

We would like to thank all of you that attended and donated to this very worthwhile charity. Thank you to those of you that made the cakes. The event was very well attended and was a great chance to catch up with everyone.

We raised a total of £294.10

Mark Smith



*Left to right Anne Johnson, Helene Savage, Sue Irwin,
Karen Clarke and Liz Smith*

First Tuesday Open Church and Cafe

On the first Tuesday of each month, other than January, the Schoolroom is open from 10.00 am until 3.00 pm for tea, coffee and biscuits. Everyone is welcome to call in for chat and friendship.

A freshly prepared lunch is served at 1.00 pm. In recent months we have welcomed some first timers to the 1.00 pm lunch and these folks have now become regulars.

To help with catering, if you are planning to come for the first time or if you are a regular, it would be helpful if you could phone either Brenda on 01787 227615 or Glyn on 01787 312580 a few days in advance. You do not have to phone but it is helpful.

Dates for Winter and Spring are December 2nd, February 3rd, March 3rd and April 7th. **Please note that we do not meet in January.**

The church is open on these days giving a quiet space for thoughts and reflection. For access to the church at other times please speak to Brenda or Jeremy (see Who's Who in our Parish for contact details).

Brenda Pentney

What a clanger...

Churches and castles were extremely dangerous buildings during thunderstorms in the days before the lightning rod was invented. Being so tall they were highly vulnerable to lightning strikes: hundreds of bell ringers across Europe were killed over the centuries because of the mistaken belief that ringing the bells would ward off lightning. An even greater hazard was the habit of storing gunpowder in castles and church vaults.

Decorating the Church

Many thanks to all the ladies who, once again, helped to decorate the church for the Harvest Festival. It looked amazing as always: well done everyone.

We are now looking forward to decorating the church ready for the Christmas Carol Service which will be on Sunday 21st December at 6.30 pm and will be setting up the flower arrangements on Friday 19th December at 9.30 am.

Glyn and I would be delighted if you will join us to make it another memorable display. We look forward to meeting you all again. Many thanks for your time and flower donations which are so much appreciated.

Glyn Donnelly and Marian Turner

Suffolk Mobile Library Service

The mobile library calls at Workhouse Green, Little Cornard every fourth Saturday between 2.30 and 2.50. Regular library users please note the new time! The last visit of 2025 by the library to Little Cornard is Saturday 29th November. 2026 dates were not available at the time of going to press but expected to continue the current pattern.

To join the mobile library complete the online joining form or visit any Suffolk Mobile Library with proof of identity. The service is free to use. More information is available at www.suffolklibraries.co.uk or you can contact the library service by telephoning 01473 351249 or email help@suffolklibraries.co.uk

Village Hall Update

Village Hall refurbishment project - Leaway Developments Limited will commence refurbishment works from Monday 8th December. The completion date is anticipated to be from mid to late January 2026. During this period the hall will be closed for private functions but may still be accessible for evening events such as the model railway club meetings, table tennis and parish council meetings. Access will only be permitted if it is safe to do so.

Fund raising events - the Autumn Quiz was very well supported, and a good night was enjoyed by all, especially the Little Cornard Clangers who secured first place, and not for the first time. A total of £285 was raised and will be put towards the refurb project. The village hall management committee would also like to express their thanks to the Parochial Church Council who have kindly contributed £300 towards the village hall funds, following the successful Harvest Fair. We are also grateful to James Finch, County Councillor, who has contributed £500 towards village hall funds. The last social event of the season will be a Fun Casino Night to be held on November 22nd and this will conclude the fund-raising events for the year.

On behalf of the management committee, I would like to thank everyone who has supported our social events throughout the year. Your enthusiasm, generosity and community spirit have played a vital role in making each occasion such a success. Thanks to your continued involvement, whether through attending, volunteering, donating or helping behind the scenes, we have raised much needed funds to support the planned improvements to our village hall. These enhancements will help ensure the hall remains a welcoming and well-equipped space for everyone to enjoy for years to come. Your support truly makes a difference, and we are very grateful.

As always, the committee welcomes any feedback, thoughts or ideas for future social events.

Mark Irwin markirwin777@gmail.com



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The Bell Tower Report

Our Wednesday practice evenings and Sunday Service ringing continue, and here we are with another Christmas season looming. Where do the years go?

Our two new learners, James and Dotty, are settling in very well and will soon be service ringing with us. They proved very handy at the village quiz night, helping to take our 'Clangers' team to a win! Its social stuff too, not all about bell ringing.

We welcome anyone who would like to learn how to ring the bells or learn more about it. If you would like to talk about it first, feel free to ring me on 01787 227259 or just come along on any Wednesday evening at 7.00 pm.

The Heritage outreach work, including the schools' visits earlier this year went well – so well that we have been invited back and the bug hotel, built in the churchyard by the children of Bures and Wells Hall schools, is now labelled and welcoming some guests.

The Wartime and Bells exhibitions received lots of interest at the Harvest Fair weekend in September. Folk who tried out the bells at the event all enjoyed the experience.

The Sudbury Christmas Lights Switch On and Fair, when we ring the bells at St Peters (Sudbury Arts Centre) will take place on Friday 28th November from 5.00 pm to 9.00 pm. We will also ring the bells at St Marys for the lights switch on at Bures.

The Sudbury Christmas Tree Festival at St Peters will be open to visitors from 3rd to 7th December. Our tree will be decorated with bells to represent our local churches and bellringers. We are hoping to do some ringing there when the festival opens.

Remembrance Day Services and Carol Services at Little Cornard and those at Sudbury, Bures and Acton will be calls for us to ring. The Carol Services are very enjoyable events with Little Cornard's being candle lit. A great start to Christmas, so do join us.

All Saints hosted the SW Suffolk bell ringers striking competition on July 26th. We surrendered our title to St Gregorys in Sudbury, so well done to them – we will get them back next year!

We provide ringers for wedding services at St Gregory's in Sudbury, Bures, Nayland, Acton Churches and our own at Little Cornard.

Joining us is good exercise, gets you out among very friendly groups of people all over the district and maintains an ancient traditional art. We welcome anyone who would like to learn this traditional skill so do come along or call me for any further information. There must be more Little Cornard folk who would like to learn!

WISHING A VERY HAPPY CHRISTMAS AND HEALTHY AND PROSPEROUS NEW YEAR TO YOU ALL.

Gerald Bird



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Ride and Stride 2025

This year's Ride & Stride, the annual fundraising event for the Suffolk Historic Churches Trust, took place on Saturday 13 September, the weekend of our Flower Festival, as is usually the case. Six riders and one strider called in to the tea room to have their forms signed and be offered a drink and biscuits, fewer than in recent years, perhaps the changeable weather was to blame.

Half the money raised by riders and striders goes to the work of the Trust, and the other half is returned to the place of worship nominated by the participant. The PCC would like to thank those who nominated All Saints Little Cornard to receive half of their donations. Jonathan House took part for the first time this year and raised a creditable £110 having visited 10 churches. He said "I had a lovely day, and I hope to do many more years".

Dr Susan Sills and her son Oliver have participated for a number of years, and this year really excelled themselves, visiting 38 churches and raising the phenomenal sum of £2,500. We are very fortunate to benefit from this support, thank you so much, Susan and Oliver.

Clare Lodge

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Little Cornard Parish Council website

<https://e-voice.org.uk/littlecornardpc>

Little Cornard Village Hall -

Mark Irwin

07545 543729

markirwin777@gmail.com

All Saints Church Wardens -

Jeremy Apter

Brenda Pentney

07813 717659

01787 227615

MAGGIE'S LONDON NIGHT HIKE

It was Friday, 26th September 2025 and I was at Maggie's, West London. The Centre is within Charing Cross Hospital, Hammersmith. It was 17.45, in good time for registration for our start time of 18.15. I was booked in and given my number – 13 along with a T shirt and Bandana. Hmm, I thought, not a good start (13!!). I was in Wave 1, Green Group, accompanied by my sister, Alison, who had expressed an interest in joining me when I mentioned to her that I was doing the walk. Ahead of us was a 15 mile walk to St Bartholomew's Hospital - Barts - near St Pauls Cathedral. There were approximately 25 walkers within the wave plus a team leader and rearguard to ensure everyone kept up and did not encounter any problems, which was the case as we all finished. The pace was set at 3 miles per hour.

We set off on time and headed South and then East, passing Stamford Bridge, Chelsea FC stadium, which I have not seen before, not being a football fan. We then continued East along the North embankment of the Thames until we were opposite Battersea Power Station, well, it used to be, taking in the sight of Chelsea Bridge, lit up and stunning in the dark. We then headed North to the Wellington Hotel, checkpoint 1, where there were drinks, snacks and loos. We had walked approximately five miles. Fifteen minutes later we were off again heading North past the front of Buckingham Palace. The flag was flying so Charles was in, but he didn't come out to cheer us along as other people were doing when we walked past pubs and general pedestrians. Lots of horn blowing from traffic as well which was fun and generated some banter. Then through Green Park, Mayfair, North of St James Park and down into Trafalgar Square. Lots of photo opportunities. The City was buzzing and it was great to see the iconic buildings lit up, the red buses, taxis and general bustle of London's night life. We continued down Whitehall, past Downing Street and into Parliament Street, then cut through Commissioner's Yard and doubled back to cross the Thames via Westminster Bridge. Again, iconic views of the city and Southbank from the bridge. On crossing the bridge our route took a left turn and followed the Thames on the Southbank until we reached the Millenium Bridge which we duly crossed, with St Pauls directly ahead. The route turned East on Queen Victoria Street and followed into Canon Street to then head South over London Bridge. We then proceeded East following the Thames and re-crossed the river on Tower Bridge. We then passed north of the Tower before turning right to arrive at checkpoint 2 at the Apex Hotel. This was supposedly the 10 mile marker but on reflection I feel it was more like 12 miles under the belt. Snacks and drinks enjoyed, and the walk continued after 15 minutes resting. Retracing our steps back to Byward Street, we headed West to the Monument - have you climbed it? My grandfather took me to the top 59 years ago, ouch, am I really that old?! From the Monument we took an anticlockwise route round the City to Cheapside which we followed to St Pauls Cathedral. We left St Pauls and walked north on Ludgate and turning left up the Old Bailey this took us in the direction of Barts. We were led to Maggie's centre within the hospital, the first 15-mile group to arrive, it was just past midnight. Other participants were already celebrating and arrived before us as they took the shorter 8-mile walk.

Rising Hope Rooms

Rising Hope is a small community working on permaculture and Christian spirituality on a little wild farm in Little Cornard. We love to welcome visitors and have a comfortable double room available for overnight stays or retreats.

Please call Sara or visit
<https://lightwave.community/hubs/rising-hope>
for more details and pictures!



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2025



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On arrival, great celebrations, medals were presented to us and soft drinks and Prosecco were available. I asked one of the organisers if there were hot drinks, which was negative but, she very kindly made me the best mug of black coffee. Much more my kind of drink as most people who know me are aware! A photographer took individual pictures with a Maggie's backdrop. We finished our drinks and as the centre was rapidly filling up with other waves of walkers arriving, we said our goodbyes and proceeded to partially retrace our footsteps and walk the 2 miles to St Catherines Dock where my car was parked. It felt like we had walked past St Pauls ten times and we definitely passed the Tower 4 times as we had walked past it on the way to the tube in the afternoon. It was an uneventful drive home via Colchester to drop off Alison and then home: in bed by 3.30am; asleep in minutes.

If you are still reading this and managed to stay awake you may be wondering, why Maggie's and why the walk.

Well, Patricia and I have been attending a Kidney Cancer support group hosted by Maggie's at Addenbrookes Hospital for the last two years. We both find the group sessions very useful. The staff and volunteers are so helpful and provide excellent support for cancer patients. Everyone in the group who attends looks forward to the meetings and the support offered. At a meeting in the summer, I picked up a flyer advertising the Night Hike and thought immediately that, as I like walking, I could hopefully raise some funds for the organisation, so I signed up for it when we got home. Consequently, in conversation with Alison, my sister, she said she would like to walk with me. The scene was set; we just had to work out how we were going to get home from Barts after the last train from Liverpool Street had left for the night. The only option available was to drive if we did not want to hotel it.

The next task was to raise some interest in sponsorship. Maggie's recommended setting a target of £350 for the 15 mile walk and I decided I would adopt that figure. Well, the support I have received from friends, family and the wonderful residents of our village and surrounding area has been phenomenal. As I write this, I have achieved £1610 with a further £308.75 in gift aid. Alison met her target of £350 with a further £70 in gift aid, FANTASTIC!

To conclude I would like to use this opportunity to thank everyone who has supported our cause, I am truly overwhelmed by the support and generosity from everyone who contributed. I have responded through the Maggie's fundraising page to everyone who contributed. I have tried to personally thank everyone who donated and as there are so many, if I haven't thanked, then please accept my apologies, it is not intentional. Please accept my thanks here.

If you want to learn more about what support Maggie's provides here is the link for their website. <https://www.maggies.org/>

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Nigel Monk

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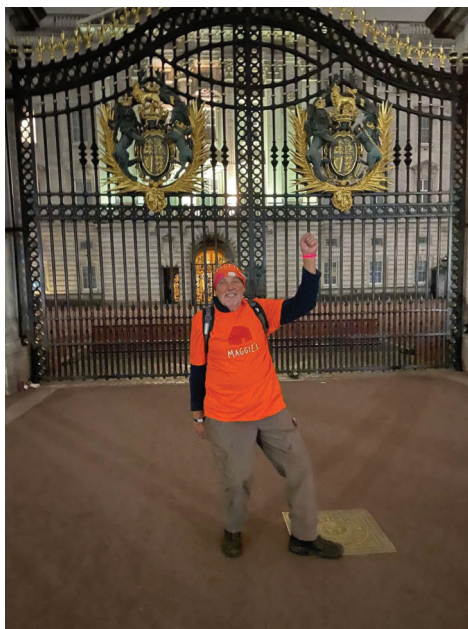
Anne Johnson upon arrival at Robin Hoods Bay



Anne Johnson part way through her C2C walk



Nigel and Alison at the start of the Night Hike



Nigel outside the gates of Buckingham Palace

Wainwright's Coast to Coast Walk

Walking the Wainwright's Coast to Coast path was a challenge I was keen and determined to accomplish. Having shared the idea with my youngest son, Matthew, we discussed how we could use the event to raise funds for Epilepsy Action. Epilepsy is a condition he had suffered from since the age of thirteen. Matt wanted to join me on this trek, but with the 2020 Covid lockdown and Matt tragically losing his life to SUDEP (sudden unexpected death in epilepsy), sadly it didn't happen. As a family we were completely devastated and broken. My one relief from such overwhelming grief, was walking and I did a lot of it! In January 2025, I decided I would tackle the C2C walk on my own, in his memory, and started training.

On Monday 23rd June Clive and I drove the 334 miles to St Bees, on the Cumbrian Coastline of the Irish Sea, for the start of our adventure. On arrival I thought I'd walk the headland of St Bees and thus shorten the next day's walk by 6 miles. I picked up the obligatory stones (one for Matt, one for myself) and set off in a hoolie of a wind.

Day 1 - St Bees to Ennerdale (10 miles)

It was a wet start with persistent rain. Walking across very boggy water meadows, I sank to the top of my boots, and a kind farmer helped me out and redirected me to a drier path. Squelching damply, I was diverted twice and got lost once, but made it to Ennerdale Bridge - wet, muddy and cold, but happy the first walk was in the bag.

Day 2 - Ennerdale Bridge to Rosthwaite (16 miles)

A brighter day with temperatures of 16c. It was a beautiful walk beside Ennerdale Water, with some rocky, steep climbs and no one else in sight. At the mid-section of the walk, I found Black Sail youth hostel, where you could make yourself a welcome cup of tea and a sandwich. I joined a couple I'd previously met, and we decided to travel onwards together.

We had two tough climbs up Loft Beck and Innominate Tarn, before descending to Honister Slate Mine and a strong cup of coffee, followed by some wobbly river crossings giving me wet feet, but safe arrival in Rosthwaite.

Day 3 - Rosthwaite to Grasmere (11.5 miles)

Heavy rain slowed progress: paths resembled streams and the waterfall crossings were turbulent, slippery and very difficult to cross. Several walkers fell, gave up and returned to their digs. We were determined to complete this stretch and with boots full of water, ploughed on, scrambling up Eagle Crag and Lining Crag on all fours, as the ground was so wet and slippery, once more returning home soggy and muddy.

Day 4 - Grasmere to Patterdale (9 miles)

We woke to torrential rain and gale force winds of 46-55 mph. Setting off at 8.00 am we climbed Grisdale Tarn, with poor visibility, then dropped down to the Grisdale

Valley route. While clambering over rocky outcrops, winds caught me off balance and I fell several metres onto loose rocks. My left leg suffered cuts and puncture holes. Diane and I managed to get a crepe bandage wrapped around it – a difficult process, with high winds ripping everything out of our hands!

We continued our four-hour descent into Patterdale, soaked to the skin, boots once more full of water and shivering with cold. Clive took me to Penrith hospital for a stitching up job! An eventful day!

Day 5 - Patterdale to Shap (15 miles)

Having been advised to rest my leg, I thought I'd just do the last 6 miles of this walk with Jill Apter, who kindly gave up a day of her holiday to walk with me. We met between Mile Craggs and Burnbanks and enjoyed walking across rolling farmland, over streams, several stiles and stone walls to Shap Abbey and on to Shap village.

Day 6 - Shap to Orton (9.5 miles)

My friend Kevin from Carlisle joined me on this leg of my trek. A flat, easy walk on tracks, pasture and wet grassland where we saw a small flock of lapwings – such pretty birds.

It was a warm, sunny day and the skies seemed huge after leaving the mountains behind. We reached the quaint village of Orton by 2.00 pm in time for a cold beer at the George and a trip to the famous chocolate shop!

Day 7 - Orton to Kirkby Stephen (13.5 miles)

A solo walk of rolling countryside and bleak moors. Leaving the Lake District well behind, I navigated around black, squelchy bogland and exposed moorland, spotting a couple of curlews en route. I then wound my way down into Kirkby Stephen and Smardale Fell, passing the impressive Smardale viaduct where I met our friends from Hartley, with whom Clive and I were staying for the next two nights

Day 8 - Kirkby Stephen to Keld (15 miles)

Our lovely neighbours and great friends Nigel and Patricia Monk had driven North the night before, with Nigel joining me on this walk. It was a misty, murky, damp day as we climbed (494m) to the Nine Standards to cross the Pennines. On this walk we crossed from Cumbria into Yorkshire and passed Ravenseat Farm - home of the Yorkshire Shepherdess, of TV fame. We met Clive and Patricia in Keld for a cup of tea, after their hard day of testing cakes and cream teas in the local vicinity!!

Day 9 - Keld to Reeth (13.5 miles)

After a second night staying with our friends in Hartley we drove to Keld and my friend, Jillie, joined us on this hike, through the beautiful, scenic Swaledale Valley. We followed the River Swale, crossing over several times on slippery stepping stones, continuing across open moorlands, before dropping down into Reeth.

Day 10 - Reeth to Richmond (15 miles)

A hike on flattish woodland trails, that in places were overgrown and difficult to get

through - we all got our fair share of nettle stings and scratches from brambles! Picturesque rolling farmland full of sheep and cattle, made a beautiful tableau in the sunshine. In a completely isolated spot, we saw a cream tea sign, walked an extra mile and a half for the most delicious scones any of us had ever tasted - definitely worth the extra three miles!

Day 11- Richmond to Ingleby Cross (23 miles)

My great friend Ginny, from Uni days, drove up from Sheffield to walk this long stretch with me. We set off at 7.30 am to complete it in daylight hours! Worryingly we took several wrong turnings, as the Way Signs were poor, which added an extra 3 miles to our already long journey. It was a fairly flat route following the River Swale, then across farmland, through woods to Bolton-on-Swale, where we stopped for refreshments in the village church - such consideration for us walkers. The trickiest bit was trying to cross the A19 dual carriageway - with heavy traffic travelling at speed, it was like a game of "chicken."

Day 12- Ingleby Cross to Great Broughton (13 miles)

I was back on my own for this hike, through Arncliffe Wood - so peaceful and pretty. Then on to tackle five big climbs, which certainly got the calf muscles pumping! Once on top of the moors I had my first glimpse of the North Sea. My last climb was up to the Wain Stones, where the view was glorious and then a long walk on stone slabs which had been laid to protect the moorland. This had been done in several areas along the C2C due to high foot fall eroding the land. A friendly herd of Belted Galloway cows were grazing at this point, and one decided to accompany me for the next half a mile!

Day 13 - Great Broughton to Blakey Ridge (8.5 miles)

Met some of our wonderful Little Cornard bell ringers - Ray and Jenny Filby and Gerry and Cheryl Bird. Gerry, Ray, and I climbed 238m to Urra Moor's summit, then walked easily along the old Farndale Railway track despite light rain. We spotted lots of grouse as we made our way to the end of the day's walk at the Lion Inn, Blakey Ridge.

Day 14 - Blakey Ridge to Egton Bridge (12.5 miles)

Setting off once again on my own in strong winds, it was a rather pleasant downhill trek, with stunning views of the North York Moors and the highest climb being only 115m. I dropped down into the Esk Valley on rocky tracks, moorland and minor roads, only seeing three other walkers! It was strange thinking this was my penultimate walk of the C2C.

Day 15 - Egton Bridge to Robin Hood's Bay (23 miles)

Well, this was it, the final walk to Robin Hood's Bay and the end of the C2C trek.

Accompanied by John and Diane Kent - new, best friends made along the trail, we set off in high spirits. It was a hot, sunny day and we knew the road ahead was going to be long and tough. We walked beside the River Esk to Grosmont, famous

for its historic, Victorian railway station and steam trains. The savage ascent out of Grosmont was a pretty gruelling 1 ½ mile long, steep climb up Sleights Moor. At the top with weary legs, we still had 16 miles to go! We took a footpath through Little Beck Wood, enjoying the shade of the trees and found Falling Foss Tea Garden, where we met Clive for coffee and a cream tea.

Onward to Low Hawsker and High Hawsker, then the long walk round the headland of Robin Hood's Bay, finally arriving at 5.15 pm - tired, footsore, but elated. What an incredible journey it had been and at the end, contradictory emotions, of tears and smiles. It was good to see Clive waiting at the bay. I threw my two stones (for Matt and myself) into the North Sea and had a paddle. Then it was off to the Victoria Hotel, where Clive had managed to get an upgrade to a suite and I enjoyed a leisurely bath, champagne, followed by dinner with John and Diane.

Day 16 - Robin Hood's Bay to Little Cornard (261 miles)

After a delicious breakfast, farewell to friends and a wander in Whitby, we headed for home. Made good time and arrived at Oak Lodge around 5.00 pm to a most unexpected welcome from friends and neighbours, who had decorated around our house with flags and bunting. Mark had brought champagne and we sat in the garden to drink a glass or two!! Their kindness and thoughtfulness were quite overwhelming and much appreciated – so many thanks to Patricia, Sue, Mark, Liz, Thom and Karen. Also, my sincere gratitude and thanks to my lovely husband, Clive, who gave up two weeks to be my amazing back-up and support throughout my long walk. He was nothing short of amazing!

I think we are so fortunate to live in such a wonderful village of caring, supportive people who rally behind you - whether it was walking with me, sponsoring me, or just giving much needed support and encouragement. I couldn't have done it without you all. I raised £4,350 for SUDEP and Matt was with me every step of the way. I'd like to give a big heartfelt THANK YOU to all my generous sponsors.

With the C2C walk in the bag, I'm already thinking about next year's walking challenge!!

Anne Johnson

One hundred and sixty years ago...

In 1865, Nottingham born evangelist William Booth, founder and first general of the Salvation Army, and his wife, Catherine, set out to reach "the desperate poor and unchurched" by conducting open-air meetings with lively music; preaching in theatres, bars, and jails; and creating large-scale plans to relieve poverty. His organization launched what became one of the most successful religious revivals in the modern era.

CEWG Walk in Twinstead Woods

Twinstead Woods is being slowly restored to its former glory – that of native woodland. It was levelled by the Forestry Commission in the 1960s, and the planting of fast-growing conifers began. Thankfully, only a small portion of the wood had been replanted when it was realised that small scale timber production was not suitable for the Forestry Commission, and the area was left unmanaged. It was bought by Patrick McKenna thirteen years ago and he is bringing about its habitat restoration whilst also managing it for commercial value. He invited the Cornard Environment and Wildlife Group to visit and, on a sunny Saturday a few weeks ago, he was our guide, teacher and entertainer!

Regeneration The Forestry Commission conifers are gradually being felled and that space recolonised naturally by species from the area not planted by the FC. Dormant seeds/plants are coming to life, including golden male fern, wood anemone, bramble, violet and bluebell. Small-leaved lime, sweet chestnut, ash, hazel, oak, hornbeam, and hawthorn were present in the ancient wood, and these are being replanted to help accelerate habitat regeneration and for commercial use. The increasing area and maturity of the woodland, and dead wood left to decay, is attracting a greater diversity of species. Among the less common are slow worm, dormouse, nightingale, white throat, nine bat species, wood warblers, lesser spotted woodpecker, polecat and stag beetle. Several ponds had been filled in or overgrown, and a network of ditches had silted up. The clearing and digging out of these has restored the habitat and allowed life to return. Water violet and bog bean have appeared, frogs, great crested newts, smooth newts, dragonflies and many more species, have moved in. Some of the ponds are spring-fed and do not dry up, others rely on rainfall and the ditches. None were completely dry after this hot summer; as one very muddy foot, demonstrated!

Coppicing Coppicing is the cutting of the trunk or stem of certain species of young trees, to cause the tree to grow a new stem. Each time regrowth occurs the tree produces more stems. The cut stems have many uses, from fencing to table legs. The oldest trees in the wood are small leaved lime, which have clearly once been coppiced. When coppicing ceased the stems grew unchecked, and their appearance now is of a tight cluster of trees. Their 'stools' – the trunk beneath the harvested stems, and from where the new stems grow - are many feet across and now hidden below ground level. The girth of some of these stools suggests they may be as much as six hundred years old.

Small leaved lime was used for bobbins and shuttles in the weaving of wool and silk. It was a very valuable commodity at a time when trade in wool was creating huge wealth in this area, followed by the silk industry. The wood of small leaf lime has no smell and leaves no residue or stain on the thread or woven material. Demand was such that the usual period of eighteen years between coppicing was reduced to ten years.

Ash, hazel, sweet chestnut and hornbeam were also coppiced at Twinstead Wood. Ash was coppiced at about eighteen years. Its flexible and shock absorbent qualities made it ideal for flooring, furniture and tool handles. Musical instruments were also made with ash as,

being flexible, it has excellent resonance and also responds well in the steam bending process of making of an instrument. Hazel, unlike ash, is more resistant to water and does not quickly decay when exposed to the elements. Coppiced every five to ten years, it was used for wattle and daub, thatch spars and fencing. Fencing for sheep was particularly important in this area. Hazel panels, now popular for garden fences, were used to create sheep pens or “folds”. Hazel panels are very strong but relatively light which allowed for the practice of ‘sheep folding’ – moving sheep in the fold. Before land was enclosed, sheep could be moved across an area to fresh grazing, within the fold, fertilising as they went! They were safe within the fold, especially during lambing.

New areas of hazel coppice, called coups, have been planted for commercial use. Initially brambles and nettles will grow among the young hazels. If protected from grazing deer, the hazel stems, at about five years old, will create sufficient canopy to shade out competing plants. Coppiced hazel provides the perfect habitat for dormice. Apart from their fondness for hazel nuts, the dense stems of coppiced hazel trees provide a safe place for dormice to build their nests of grass and leaves. Patrick has observed these nests where the dormice spend much of the day asleep, and where they may also hibernate. Dormice are largely nocturnal and at night will climb high into surrounding trees in search of insects and berries.

Sweet chestnut has the habit of twisting as it grows into a mature tree, but when coppiced, the young stems are very straight and used for poles. The sweet chestnut trunk twists with age, the grain spirals and it becomes unsuitable for fence posts, table legs etc. This twisting however, creates wood that can withstand great impact, which made it perfect for wheel centres and butcher’s blocks. Once the grain has twisted it is no longer possible for it to be ‘riven’. Riving is the splitting of wood along the grain, sometimes by hand. Riven wood has immense strength, as the fibres of the grain have not been cut.

Deer are a problem. In times past, they would have been extensively hunted for food and other uses, now they are managed by culling. Their appetite for young plants adds significantly to the challenges of coppicing. Woodlands and coppices were often protected by the use of ‘wood banks’. There is an ancient wood bank along the edge of Twinstead

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Woods. It was made by laying lengths of wood and branches along a boundary then digging a ditch, perhaps 3 metres deep alongside them. Soil from the ditch was piled up on to the branches, creating a substantial barrier, even for deer.

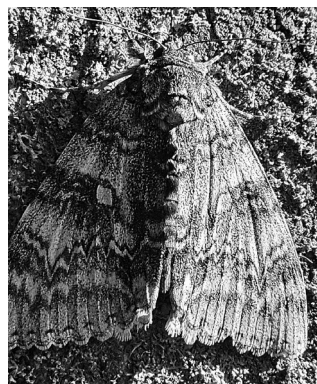
Sustainability It is from coppicing that Patrick can realise some income. Effective fencing must be installed and maintained, and deer culled. Other streams of income from the woodland are logs and charcoal. Many types of wood are suitable for making charcoal. The charcoal process is called pyrolysis – the heating of organic material with limited oxygen. Hazel takes about sixteen hours to become charcoal. The wood is stacked tightly and sealed into a charcoal kiln or retort. The kiln is then heated and the oxygen levels controlled, in this case, using metal pipes.

A fenced tree nursery is near completion, where tree seeds will be planted, nurtured, and the young trees transferred to the woods. The seeds will be gathered in Twinstead Woods. It is good practice when regenerating woodland, to use seeds gathered from the location where the young trees will eventually be planted. The first batch to be gathered for the nursery are acorns. Other tree species will follow. Seeds of the future.

Sarah Davies – Cornard Environment and Wildlife Group

News from Cornard Mere

A few days after writing the “News from Cornard Mere” entry for the Harvest edition I made my way to the cross ditch near the entrance to the reserve. As I was experiencing the pleasing fragrance of water mint with each foot fall a streak of brilliant orange lifted into the air from a nearby flower head. It was a Painted Lady. I was immediately reminded of a previous Summer when millions of these spectacular butterflies arrived on our shores from North Africa. I will never forget the morning, whilst walking along the public footpath, being overtaken by a seemingly never ending stream of Painted Ladies.



Clifden Nonpareil Moth

The Painted Lady was not the only foreign visitor to pass through the reserve in 2025. During September, A Clifden Nonpareil moth (see photo provided by Sue Nash), sometimes known as a Blue Underwing, was discovered by my neighbour clinging to a tree trunk close to the Lombardy Poplar that separates private gardens from the Mere. She described the moth as being the size of a Wren, occasionally spreading its forewings to reveal a flash of blue. This moth feeds on Aspen in its native Scandinavia but, in favourable weather, is able to cross the North Sea and find landfall close to related species of its food plant. Once regarded as a rare vagrant to the East Coast of Britain a number of sightings of this impressive insect have been reported this Autumn.

Robin Ford - Suffolk Wildlife Trust Voluntary Warden



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Storehouse Foodbank

The Storehouse Foodbank is a compassion ministry affiliated to the Stour Valley Vineyard Church. The aim of the teams of volunteers is to help local families and individuals in crisis. There are donation points at Sudbury branches of Waitrose, Sainsbury's and at East of England Co-op shops in Great Cornard, Lavenham and Long Melford. Dry stores foods only please as they do not have refrigeration facilities. More information, including if you would like to volunteer your help, and a list of the most needed items can be found at

<https://stourvalleyvineyard.org/storehouse>

Please note that Tesco no longer has a Foodbank collection point.

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Christmas & New Year Bin Collections

Each year Babergh Council issues a Christmas and New Year bin collection calendar. At the time of going to press the 2025/26 version had yet to be issued. Go to <https://www.babergh.gov.uk>collection-schedule-calendars> for updated version which should be available by the time you read this.



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All meetings start at 7pm and members of the public or press may attend.

Minutes from Parish Council meetings are available on:

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Clerk to the Parish Council - Kevin B. Money

Office Hours 9.00am - 12.00noon Monday, Tuesday, Thursday, Friday

Telephone: 07810 781509 email: clerk@littlecornard-pc.gov.uk

Parish Council meeting dates

Meeting dates for 2026 were not available at the time of going to press. For details please check Parish Council website.



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Neighbourhood Watch Report



As we look forward to celebrating the holidays I would like to remind everyone to make their homes less attractive to burglars. Homes are targeted because they may be empty when people travel or they contain new valuable items like electronics or jewellery under the tree.

Burglars will use a variety of ways to avoid being noticed. They do not want to be seen or heard by a neighbour or a passer-by. Distraction burglars will pretend to be someone they are not. Simple measures like locking all doors and windows and improving

lighting can help make your home appear occupied. Use timer switches to turn on lights, ensure side gates, sheds and garages are locked. Consider installing security lights, a burglar alarm or security cameras. Do not leave valuables in your vehicles or tools in work vans and make sure you always lock your vehicles.

Other crimes that see a rise at this time of year are thefts, shoplifting, drink/drug driving, assaults, domestic violence and fraud or cybercrime. Festive gatherings, often fuelled by alcohol can lead to a rise in assaults and the stress of the holidays can lead to an increase in domestic violence, disputes and altercations. Parties and celebrations can lead to an increase in people driving under the influence of alcohol or other substances.

Loneliness can make people more vulnerable to crime. It is not always easy to spot if someone is lonely as not everyone who is alone feels lonely. It affects people of all ages and is often triggered by life events such as bereavement, divorce, retirement or declining health. Loneliness can increase the risk for older people of falling victim to scams. The prospect of making conversation with another person can make them more willing to open the door to a stranger or engage in a phone conversation with an unknown caller or respond to emails or letters.

Neighbourhood Watch has a comprehensive online information pack with advice on how to raise awareness of this type of fraud, doorstep traders, telephone scams, email and online scams and romance scams. We must remain vigilant, support our families, neighbours and each other.

If you see anything suspicious - call 999. For non-emergencies please report it on-line, via 101 or the new chat service.

If you would like to join Neighbourhood Watch, please sign up to www.ourwatch.org.uk

I wish you all Happy Holidays and a Happy New Year.

Mark Smith

Suffolk Neighbourhood Watch Association Area Coordinator.

Advent Cake

Ingredients:

- 4½ oz (125g) Soft Margarine
- 4½ oz (125g) Golden Caster Sugar
- 2 Eggs (Beaten)
- 4 oz (115g) Self Raising Flour
- 1 oz (30g) Ground Almonds
- 1 tsp (5ml) Ground Cinnamon
- 3 oz (85g) Golden Raisins
- 1 medium Cooking Apple or 1 Dessert Apple
(Peeled, cored and diced)



Method:

- Grease and base line a 6½ or 7inch (17cm) cake tin.
- Sift together the Flour and Cinnamon and set aside.
- In a mixing bowl, beat together the Margarine and Sugar until light and fluffy.
- Gradually add the beaten Eggs, plus a little of the Flour if the mixture looks like curdling.
- Using a spoon or spatula, fold in the remaining Flour and the Ground Almonds.
- Fold in the chopped Apple and Golden Raisins.
- Place the mixture in the prepared tin and smooth the top.
- Bake for about 40 minutes at Fan 160°/Gas 3 until the cake is well risen and springy on top.
- Leave in the tin to cool for 5 minutes before turning out onto a wire rack until cold.

This is a nice, easy cake to make at this time of year when there is so much else to do in the kitchen. I have also baked it in a Lakeland 'Star' cake tin, which gives a nice seasonal look.

Recipe devised by Avril Gardiner

MAGAZINE CONTRIBUTIONS

If you have any matter of interest or news item you would like included in the next issue of the Little Cornard Magazine, please contact:-

Rosemary Bullen

bullenrosemary@gmail.com • Tel: 01787 379890

**All material for the Easter 2026 magazine to be received by
Tuesday 3rd February**

This is the Little Cornard Magazine which reports on all areas of interest in the parish. The Parish Council and the Village Hall Committee assist the Church with the finance of this magazine.

Who's Who in our Parish

www.littlecornardchurch.org.uk

Clergy:	Reverend Daniel Whiffin vicar@parishchurch.co.uk Reverend Mary Cantacuzene Reverend Simon White Reverend Tricia Box	07309 947039 07932 033019 07572 418555 07747 124592
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Parochial Church Council:	Lucy Baker, Paul Baker, Rosemary Bullen, Glyn Donnelly, Phyllida Hallidie, Clare Lodge, Marian Turner	
PCC Secretary & Electoral Roll:	Clare Lodge	312494
Treasurer:	Paul Baker	07929 005620
Deanery Synod Reps:	Clare Lodge, Jeremy Apter	
Church Flowers & Cleaning:	Marian Turner Glyn Donnelly	377889 312580

The Black Brook

Some additional thoughts

May I say a personal "thank you" to the author of the article about the Black Brook, (Little Cornard Magazine Harvest edition) with which I have been involved many times over the years. I found the article very interesting. The writer left The Black Brook draining into The Mere, whereas it does not end there. I believe, without a lot of hard evidence, that before it was diverted by The River Board, in probably the late 1950s or early 1960s, it flowed along the boundary between Brook House, on the Bures Road, and the site adjoining where the two new houses have been built.

I think it then crossed the road to a gulley covered by a concrete slab, and then across the meadow adjoining Brook House Farm, to a brick culvert under the railway, and then on to join the River Stour. When it dried up, Amos Layzell probably filled in the ditches, but, when Peter Layzell dug out a small pond near the culvert, it soon filled with water.

So, what happens to the Black Brook, now? There is, I am told, a pipe from The Mere by Stone Farm, under the road, to a ditch between No.4 Mere Cottages and what has become known as Danny's landing strip, to a brick culvert under the railway, and then follows round the sewage works in Shalford Meadow (was it "Sharpfight Meadow?") and joins up with a ditch to the Stour that takes the effluent from the sewage works.

At one time, there was a second ditch to the river, but Peter Layzell filled it in to help dilute the effluent from the sewage works. I believe the current tenant of Shalford Meadow, Sam Morgan, has reinstated that ditch. More about Shalford Meadow, and it's owners, The Layzell Bures Charity in a later article!"

Michael Crawford

Bures Station Highly Commended

Sadly, Bures station was once again edged out in the National Rail awards Best Small Station category. Last year Wemyss Bay in Scotland picked up the top prize, this year Penrith in Cumbria took the accolade.

Bures, as consolation, was Highly Commended which usually means you were very close, but the rival had a small edge. Effectively this means Bures was second as none of the other four nominees, including Chappel and Wakes Colne, received the "Highly Commended" designation.

Ron Davies

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