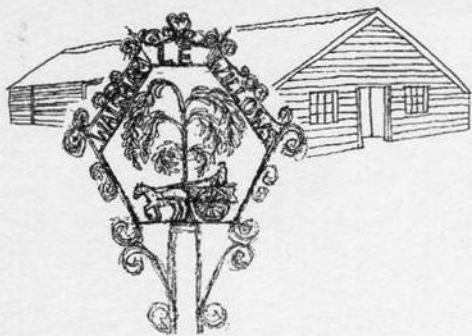


WALSHAM OBSERVER

**Horticultural Show
Details Pull-out
Inside**



JULY 2026



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Memorial Village Hall

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or email

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Automated External DEFfibrillator (AED)

Located in the refurbished red telephone kiosk outside the Memorial Hall this AED has been registered with the East of England Ambulance Service and can be accessed via a digital keypad. The access code can be obtained by simply dialling 999 and asking the Ambulance Service. For reference purposes the location postcode is IP31 3AA.



THE WALSHAM OBSERVER

JULY 2026

No 678

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EDITOR Mr I R Toulson

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THE MOBILE POST OFFICE

The Mobile Post Office will still be coming to the
Village Hall Car Park on Thursday mornings
from 11:00am till Noon till further notice.

The Priory Room

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is available to hire for private functions.

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EDITORIAL

Firstly the bad news, or maybe some will think it the good news! I have decided that after a further seven years as editor of the Observer, having, in the first month's of 2020, agreed to do the job for a year, that it is time for me to make way for a new person to take charge and keep the village informed as to what has happened and will happen in the wonderful village that we live in. I will be stopping at the end of this year!

If you should be interested in taking on the task do please contact the Community Council, via Ian Bartholomew. Of course, I would be happy to let people know how I have faced the task and would be quite prepared to lend a helping hand at the start, but it is the Community Council who pay the bills and they who have to take the final decision.

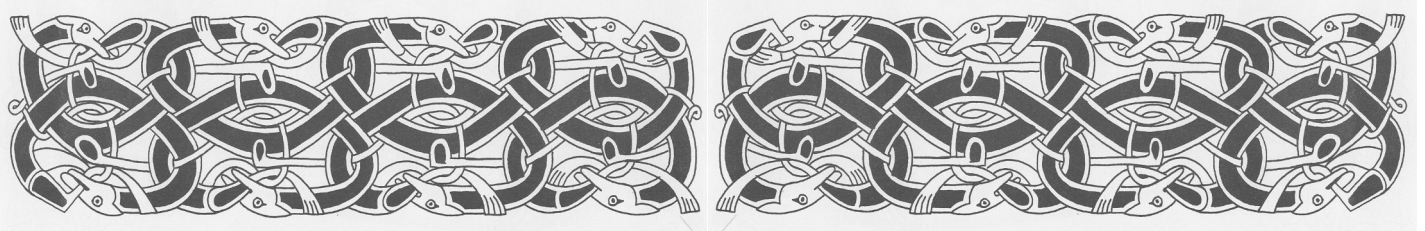
Another who will not be gracing these pages is Angie Bennington who has provided some wonderful articles over the past few years, but now finds that with greater demands on her with her pet service she no longer has the time to concentrate upon her articles. I only hope that someone else will feel able to pass on their wildlife knowledge and enthusiasm through these pages.

Another departure is that of the Portlocks from their very capable running of the Art Show during Gardens Weekend. It has always been very popular and raises much needed money during the Gardens Weekend. Do take a look at page 17 and see if you could take on this duty.

With the amount of house building going on in the area, and the possibility of Walsham having to provide land for housebuilding, you might care to attend the Old Town Trust meeting in The Memorial Hall on Thursday 16th July at 7.00pm. There is also a drop-in session from 5.30pm when you can raise your own questions about future plans.

You will have noticed that there is a pull-out section for the Horticultural Show, so you can now get practicing on the various cookery classes, as well as the creative classes.

Maybe the fact that the World Cup will be coming to its climax during this month - for those interested, don't forget that the Sports Club will be showing some of the matches on the big screen - but there is a History Group meeting on Wednesday 15th at 7.30pm in The Priory Room, when the talk will be the impact of the First World War on the people of Suffolk.



MEMORIAL VILLAGE HALL

You will all have seen that the Memorial Village Hall is presently undergoing a facelift and subject to weather we hope the external decoration will be completed in a few weeks.

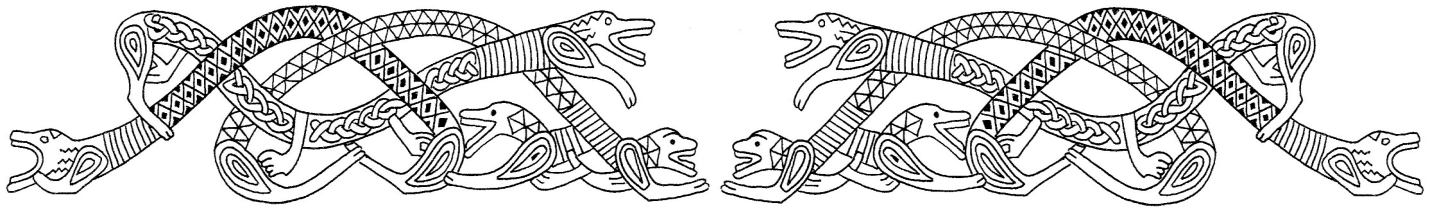
It seems that our regular Thursday coffee mornings are attracting visitors from far and wide which creates a great atmosphere in the Hall with new faces showing up almost every week. As we mentioned before our garden remains a focal point and is looking beautiful but we are still looking for a volunteer gardener to take over from Gordon at the end of summer when he retires so if interested please get in touch.

The Community Lunch on Monday 8th June was again well attended though the menu was a cold buffet in anticipation of good weather which sadly let us down but even so the lunch was still a great success. The next lunch will be on 13th July please book early.

By now our AGM held on Wednesday 24th June will have been over and your new committee appointed anything of interest will be mentioned in next month's comment.

All our regular activities continue and the Hall remains busy but it's worth mentioning that the hall is usually free to hire on a Tuesday and also a Friday morning so if there is any interest please let us know.

Rob Matthews



OLD TOWN TRUST CIO

Summer Meeting.

Thursday 16th of July 2026 (change in previous advertised date)
Memorial Village Hall

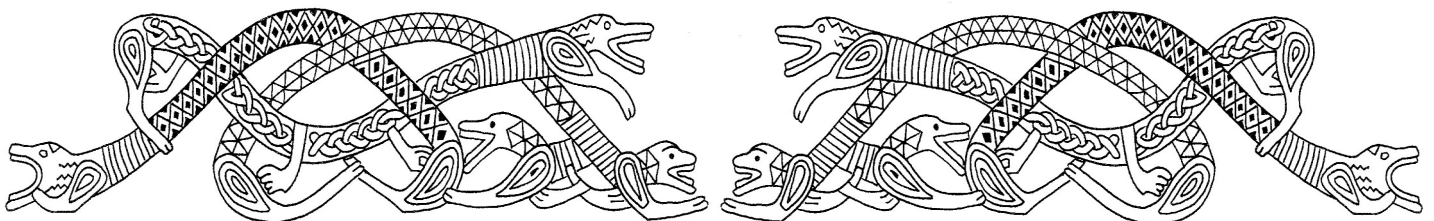
The meeting will be split into two sections; a Drop-In Session starting at 5.30pm followed by a Presentation at 7pm.

If you have specific questions regarding the Trust please come along to the Drop-in session for a longer conversation.

The Slide Presentation is an opportunity for the trustees to update the community on the current status of the trust, the assets it holds and the potential future opportunities, including the Trust's response to the Mid Suffolk District Council's call for sites.

If you would to know more about the Old Town Trust please come along.

Nick Mecrow



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Who were sisters Emily, Charlotte and Anne?



WALSHAM-LE-WILLOWS CEVC PRIMARY SCHOOL



These past few weeks have been incredibly busy in school.

The children had an exciting opportunity to take part in an African drumming workshop. Throughout the day, each class learned about the history and cultural significance of African drumming before having the chance to play a variety of rhythms themselves.

We have also had the opportunity to take part in a special Pray Space Day. The hall was transformed into a series of reflective zones, each designed to encourage the children to pause, think, pray, and explore different themes in a calm and meaningful way. Our sincere thanks to Tony, Ruth and Jo who gave up their time to set it all up and lead us in our spirituality.

The children enjoyed a fantastic carousel sports morning taking part in a wide range of fun and engaging activities. Moving between different stations, they had the opportunity to develop their teamwork, coordination, resilience, and sporting skills while trying a variety of challenges. A huge well done to all of the children for their positive attitude and excellent sportsmanship throughout the event. We are incredibly proud of the way they participated and represented the school.

The children also enjoyed a special church visit to explore the story of Pentecost through a range of interactive prayer and reflection stations. The children learned about how Christians believe the Holy Spirit came to Jesus' disciples, bringing courage, peace and joy.

Throughout the church, pupils took part in activities linked to the Pentecost story, including creating doves of peace, exploring different languages from around the world, reflecting in a peaceful prayer space and learning about symbols connected to Pentecost.

The visit gave children a wonderful opportunity to reflect, ask thoughtful questions and experience the church in a creative and meaningful way. We were incredibly proud of the respect, curiosity and enthusiasm shown by all pupils during the visit. A big thank you to Vicar Cat and Mrs Gorzelak for putting all the ideas together and to the volunteers at the church who gave up their whole day.

Our theme for Collective Worship for this half term is Forgiveness and Vicar Cat continues to visit us weekly which the children look forward to.

If you wish to make an appointment to visit or would like more information about our school, please contact Mrs McGarr or Mrs Pascoe, on 01359 259319 or by e-mail admin@walsham-le-willows.suffolk.sch.uk We would love to hear from you!

Maxine McGarr



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I've recently had to give up work due to a back injury and I'm worried about how I'm going to cope with the drop in income. I'm not sure what benefits I can get - where should I start?

Lots of people miss out on benefits they're entitled to, so it's worth checking what you can get.

Claiming benefits also means you can get access to other financial help like cost-of-living payments and discounts on energy and transport.

To get started, you can use an online benefits calculator. For the most accurate answer, you'll need information about your savings, income, pension, childcare payments and any existing benefits for you and your partner, if you have one. You can use the Entitledto benefits calculator (<https://www.entitledto.co.uk/>) or Policy in Practice version (<https://www.betteroffcalculator.co.uk/login>) for a detailed overview. The Turn2us online tool (<https://benefits-calculator.turn2us.org.uk/>) can provide a quick idea of what benefits and other financial help you might be eligible for.

The main benefit available for most people of working age is Universal Credit. You should check if you can get Universal Credit if you're over 18 and under State Pension age you can check your State Pension age on the government website (<https://www.gov.uk/state-pension-age>), and if you have less than £16,000 in savings or other investments. You can check if you're eligible on the Citizens Advice website.

If you're finding it difficult to work because of your injury, you might get more Universal Credit or not have to look for work. You'll need to inform the Department for Work and Pensions that you have a health condition when you claim Universal Credit and, if possible, submit a fit note. You can find out more on the Citizens Advice website.

You might be entitled to other benefits depending on your situation, like your age, if you're disabled or if you have a child. Some people can claim more than one benefit - for example, disability benefits such as Personal Independence Payment (if you're under pension age) or Attendance Allowance (if you're over pension age) and Universal Credit. These disability benefits aren't means-tested and can often be claimed in addition to other benefits like Universal Credit. Look at our website for more details.

If your medical condition makes it difficult to work, you may also be entitled to the new-style Employment and Support Allowance (ESA). Check if you can claim ESA on our website.

If you pay council tax, you might be able to get a reduction in your bill. You can check if you can pay less council tax on the Citizens Advice website.

There is also help available if you don't have enough money to live on. You might be able to get extra money from the government, your local council or a charity. Find out more about the support you can get with the cost of living on the Citizens Advice website.

if you're still not sure, remember you don't have to face this alone. Our advisers can help to check what benefits and financial support you might be entitled to and help you find a way forward.

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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COMMUNITY EMERGENCY PLANNING

Staying safe around water

As the school summer holidays beckon many of you and your children will be tempted to take a cool dip as the temperatures rise. Tragically during the last hot spell several fatalities made the national news headlines. According to the Environment Agency water claims the lives of more than 50 children a year in the UK.

Drowning is among the leading causes of accidental death. Underestimating the dangers of water can have tragic consequences. You may be able to swim well in a warm indoor pool, but that does not mean you will be able to swim in cold water. The key to staying safe is making the right choices to avoid getting into difficulty in the first place.

These are the Environment Agency's top tips for staying safe around water:

- Take notice of safety information, warning signs and flags.
- Younger children may not recognise the dangers, and need to be supervised by an adult.
- Do not jump or dive into rivers.
- Quick entry into cold water can cause your body to go into shock. Also it's difficult to judge the depth just by looking, there can be submerged dangers such as weed or rubbish.
- Be aware of strong currents and don't go into water near locks, weirs, sluices, bridges and pipes as these structures are often linked with strong currents.
- The water in rivers and lakes can be colder than you expect at any time of the year. Cold water shock will affect your ability to swim, look after yourself, or rescue others. It's a key reason why many people drown.
- Get trained in lifesaving and resuscitation techniques. Know what to do in an emergency.
- Airbeds, inner tubes and other flotation devices can easily be carried or blown in to deep water and may not keep you afloat.
- Consuming alcohol will impair your ability and judgement in and around water.

Walsham le Willows Parish Council



COMMUNITY LUNCH



So good to have the decent weather here again, let's hope it lasts.

The Memorial Village Hall will be open from 12.30pm on Monday 13th July 2026. Lunch will be BBQ coated chicken thighs, sausages, onion rings – Cajun wedges, corn/ tomato/ cucumber/ avocado salsa, crunchy green salad, deli coleslaw.

Served at 1pm, followed by Apple pie.

We look forward to seeing you there.

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10



WALSHAM LE WILLOWS AND DISTRICT W.I. REPORT



June: Trip to Pakenham Watermill

The June meeting was our educational outing to Pakenham Watermill. Brian Aket gave us a fascinating evening as we learnt about the intricacies of the still working mill. It is on or near the one which stood in Pakenham at the time of the Domesday Book. The most recent mill was built in 1814 and it still operates every Thursday. We then saw part of the Miller's House which dates back to 1600 and enjoyed tea and cakes in the tea-room. Several members bought Spelt Flour from the shop after learning that it is naturally lower in gluten.

The next meeting is on **Wednesday 8th July** at 7.00pm. A Bring and Share Garden Supper with croquet. Members only.

The August Meeting will be on **Tuesday 11th August**. Pétanque taster session at The Sports Club.

Judith Harlow

New members are always very welcome to come along and visit.



STANTON AND DISTRICT BRANCH ROYAL BRITISH LEGION



At a recent fish and chip supper the raffle raised £100.00 for branch funds.

A recent D Day memorial service was held at the memorial in the Rose Garden in the Abbey Gardens, Bury St Edmunds. Ivor Bowden paraded the branch standard.

"C" Group will be holding a meeting in the Cock Inn Stanton, 2nd July 2026 at 8pm. It is hoped members from the 7 local branches will attend.

The branch will be holding our annual dinner on Tuesday 18th August at the Cock Inn Stanton 7- 7.30pm.

At the Runnymede memorial, Surrey, Chief of the Air Staff ACM Sir Harvey Smyth led tributes to the 20,263-wartime aircrew killed in action during WW11 who have no known grave. One of them being my father's friend Sgt Eric Lucas RNZAF. The crew were shot down over Holland 11th May 1941. The pilot was laid to rest at the time but the remains of the other 6 crew members were not recovered until 2003 when the crash site was excavated. They were laid to rest in the Commonwealth War Grave cemetery in Bergen, Holland on 11th May 2004, 63 years to the day since being shot down. Eric's signet ring was also recovered and returned to his family.

At the time of going to press branch funds totalled £2340.63p

The next branch meeting will be held on Tuesday 14th July in the Cock Inn Stanton at 8pm.

Hubby Frost

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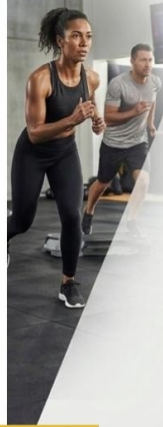
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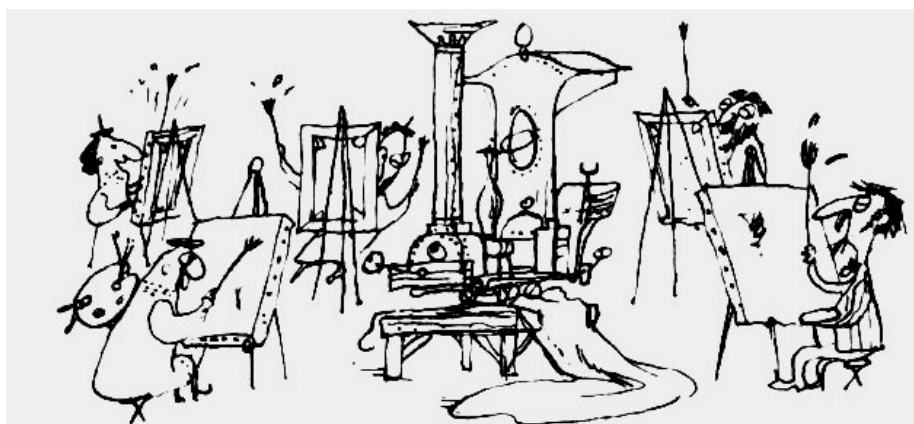
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- **GP ST2/ST3** – Doctors in their final one or two years of speciality GP training;
- **Trainee Nursing Associate** – Trainee Nursing Associates on their way to becoming a Registered Nursing Associate;
- **Trainee Practice Nurse** – Healthcare Assistants or Nursing Associates completing their training to become a Registered Nurse;
- **Pre-registration Pharmacist** – Trainee Pharmacists in their final year of training;
- **Independent Prescribing Pharmacist** – Fully qualified Pharmacists completing additional training in order to prescribe medication;
- **Medicine Counter Assistant** – Counter Assistants undergoing training to give basic advice and sell over the counter medicines;
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- **Non-clinical apprenticeships**, such as Institute of Leadership and Management Level 5 in Leadership & Management and Mary Seacole programmes.

You may be seen by any of the healthcare professionals in training listed above. Occasionally, there will be a fully qualified member of the training profession sitting in on the appointment to assess consultation skills. Similarly, early in trainee rotations, the trainee may sit in on consultations with their mentor to gain experience and understand our practice.

Patients will always be notified if another person is due to be present within their consultation and invited to provide their consent.

Samantha Rushton



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WALSHAM OPEN GARDENS

Forty-Four Year

August Bank Holiday Sunday 30th and Monday 31st

The weekend is fast approaching and yet another plea for help AND for newcomers this really is a great way to meet people and get involved with the event and it really is a lot of FUN....!!! "How do I get involved" I hear you asking... so here are some suggestions:

- First and foremost, can you **open your garden ??** Without the gardens, we wouldn't have the event. If you want your garden to be included then contact **Alison Findlay** at **opengardens@walsham-le-willows.org** or contact me.
- Frances Jenner needs lots of **help in the Village Hall** and you can reach her at **frances.jenner@hotmail.com** or **01359 259242**
- Similarly, Judith Harlow needs help at the **Priory Room** and she can be reached at **judithharlow@outlook.com** or on **01359 258251**
- If you can help with the **Art in the Church** then its me to come to.
- If you are a **flower arranger** then contact Cheryl **bartholomewcj@aol.com** or phone **01359 258349**
- To help with the **car parking** contact Grant. **grant.robinson163@gmail.com** or phone **07733 014284**
- If you can help with **setting up** and, just as importantly, **taking down** contact me by **john@architectatwork.co.uk** or phone **07831 325610**

Since the early 1980's hundreds of thousands of pounds has been raised for the village, half of which has been spent on the upkeep of St Mary's and the rest has supported lots of the organisations that go towards making Walsham the wonderful place that it is. Please get involved and I repeat that it really is FUN....!!

John Stebbing

Secretary to the Walsham le Willows Open Gardens Trust

john@architectatwork.co.uk 07831 325610

<https://www.walsham-le-willows.org/annual-events/open-gardens/>



OSCAR AND FLO DIXON.

The family of Oscar (ex village policeman at Walsham) and Flo Dixon will be commemorating their life on 26th July at the Sports Club from 12 noon. Any villagers who can remember them are invited to the club to share memories. Their ashes will be spread on the sportsfield for the many happy times spent there.

Mike Powles



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WALSHAM OPEN GARDENS WEEKEND

30th and 31st August 2026 the 44th Year
A SMALL CRY FOR HELP..!!!



Plans for this year's event are well in hand and the committee meets regularly to bring things together in time for the bells to chime as the visitors walk up the meadow in their hundreds (we hope) on the first day. As in previous OBSERVER articles I have put out a general call to arms and thanks to those who have responded over recent weeks and we know Walsham will come together to make it another great weekend.

We have a small problem which I am hoping we can resolve with some more specific help. The **ART IN THE CHURCH** has gradually become quite an important part of the weekend, most recently under the guiding hand of Graham and Jenny Portlock and they made it their own over recent times. They have retired from the frontline and we need help to enable it to continue.

We have the artists willing to exhibit their work but we are struggling to get someone from the village to take the lead, opening up in the morning, closing things up at night and generally keeping an eye on things. Some of the artists will work in a rota to serve the visitors but we also need people to volunteer for a couple of hours as well.

So in order to keep this element of the event, which locals and visitors enjoy so much we....

NEED YOUR HELP

Please make contact if you can spare some time

John Stebbing

john@architectatwork.co.uk

07831 325610



WALSHAM OBSERVER SUDOKU

6		4		9				
	8	3					4	
			6				7	5
			7	1	9		5	
		5				2		
	7		5	4	2			
9	6				3			
	4					5	8	
				8		4		3

For the uninitiated, the rules of Sudoku are very simple.

Each row, column and large square must contain the numbers 1 to 9 inclusive.

It's as simple as that, but you must apply logic to find which number goes where.

So, beginner or expert, happy hunting!

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WALSHAM HISTORY GROUP TALK

‘Suffolk on the Home Front’

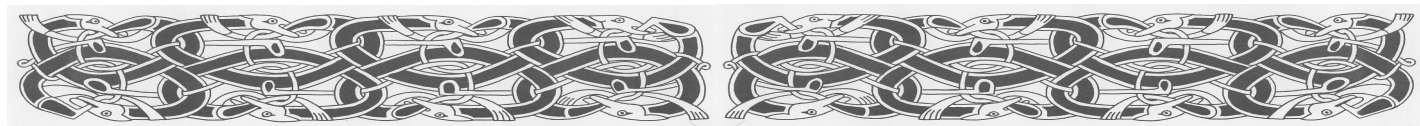
This month we welcome back Sarah Doig, who has delivered some excellent talks to us in the past. The most memorable being her talk on ‘The Real Basil Brown’. On that particular evening the Priory Room was packed to the rafters, with every seat and windowsill taken. Some of us even had to endure sitting on the floor. Sarah wonderful portrayal of the humble, self-taught archaeologist made all the pain and discomfort worthwhile. Sarah now returns to speak about the impact of World War I on the people of Suffolk, where the loss of so many young men to war profoundly affected the county’s farming communities and many other areas of life.

Come along to the Priory Room on Wed 15th July at 7.30pm to find out more.

Members: Free Visitors: £5.00

For further details contact:

frances.jenner@hotmail.com
01359 259242



WALSHAM HISTORY GROUP

Piping In The Great War

Our June meeting was a fascinating insight into the history and use of bagpipes, thanks to Walsham’s very own Doug Grant.

Simple bag and pipe reed instruments were known at least as far back as ancient Greece and Rome, perhaps even earlier in the Middle East. In the UK the first documentation is of them in England in the late 13th century. The first known use of them in Scotland was in the 14th century, but it is in the highlands of Scotland that they really made their name and became synonymous with Highland Life.

During the clan wars of the 17th and 18th centuries the piper became a respected and admired member of any militia. They took over the role of bard. Their tunes were associated with past battles and folk lore. Every man knew what stories he was telling when the piper struck up a tune. They would play to boost morale, galvanise the troops and encourage them onwards during conflict, often putting themselves at huge risk. And the noise of the pipes would travel across the glens.

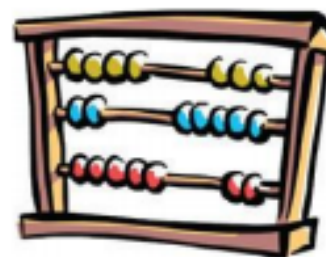
At the start of WWI the Scottish battalions still had their pipers, and hence pipers were deployed to the battlefields in northern France and Flanders. The pipers would pipe their fellow soldiers into battle, over the tops of the trenches and into the battlefields. 70% of pipers were killed or injured, a pretty risky occupation. It wasn’t until after WWII that the life of a piper returned to one of peace, taking their places in marching bands, ceremonies and spinning a reel at dances.

They noise they make is pretty loud. Doug managed to fill the church with his music. It’s not difficult to see how they became adopted by a country where their sound could travel from one isolated glen to another.

Alison Martin

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DIARY OF EVENTS

JULY					
Wed 8th	W.I. Members Party		Wed 16th	History Group	Priory Room 7.30pm
	The Rookery	7.00pm		Priory Room	7.30pm
Wed 15th	History Group		Sun 20th	Alistair Bleay Pupils	
	Priory Room	7.30pm		St Mary's	2.00pm
Thur 16th	Old Farm Trust Meeting		Wed 23rd	The Shantu Folk	
	Village Hall	7.00pm		St Mary's	12.30pm
Sun 28th	Carol Kellman Students		OCTOBER		
	St Mary's	2.00pm	Wed 14th	Peter Creswell	
AUGUST				St Mary's	12.30pm
Sat 8th	Horticultural Show		Wed 14th	W.I. Burlesque Talk	
	Village Hall	2.30pm		Priory Room	7.30pm
Tue 11th	W.I. Petanque Taster		Wed 21st	History Group	
	Sports Club	7.30pm		Priory Group	7.30pm
Sun 30th	Open Gardens	All	NOVEMBER		
Mon 31st	Weekend	Day	Sat 7th	Kirbye Voices	
				St Mary's	7.30pm
SEPTEMBER			Wed 1th	W.I. Jigsaw Challenge	
Wed 9th	W.I. Dad's Army Talk				



**WALSHAM LE WILLOWS
HORTICULTURAL SHOW**

SATURDAY 8TH AUGUST 2026

WALSHAM MEMORIAL VILLAGE HALL

Show Open from 2 till 4 pm

Entrance Fee 50p Children Free
Refreshments & Raffle

WALSHAM-LE-WILLOWS HORTICULTURAL SHOW

PROGRAMME

Saturday 8th August 2026

Show opens at 2.00pm Prize-Giving 3.45pm
Entry 50p Children Free Refreshments Raffle

ENTRY FORMS: Thurs 6th August 10.30–12noon at the Memorial Hall Coffee Shop or 6-8pm at The Six Bells. **No late entry forms please.** Forms are at the back of this programme, and on the village website.

ENTRIES: Saturday 8th August: All Entries should be brought to the Memorial Village Hall for staging between 8.00am and 10.00am. The Hall will be closed promptly at 10.00am for judging.

All plated entries in the domestic classes should be presented on firm plates as the judge needs to handle them, and paper plates are too flimsy.

Trophies: *WALSHAM FLOWER CUP, CHALLENGE CUP, FOLKARD CHALLENGE CUP, FOTHERGILL'S SHIELD, DOMESTIC CLASS CUP, W.I. CUP, DECORATIVE CLASS CUP, BUDDING ROSE CUP, WILLIAMSON PHOTOGRAPHIC CUP, RAY FREEBORN SUNFLOWER CUP, HANGING BASKET TROPHY, NOVICE SHIELD, OVERALL SHOW WINNER AWARD.*

PRIZES These will be as follows:

£10 - Overall Show Winner Award, Walsham Flower Cup, Folkard Challenge Cup and Domestic Class Cup.

£5 – Challenge Cup, Fothergill's Shield, WI Cup, Decorative Class Cup, Budding Rose Cup, Williamson Photographic Cup, Ray Freeborn Sunflower Cup, Hanging Basket Trophy and Novice Shield.

Method of scoring: 3 points for 1st prize, 2 points for 2nd prize, 1 point for 3rd prize.

NB Next Year's Show will be on Saturday 14th August 2027

Recipe for Class 73: SNICKERDOODLE BISCUITS

INGREDIENTS

250g plain flour
½ tsp ground nutmeg
¾ tsp baking powder
½ tsp salt
125g butter, at room temperature
100g plus 2 tbs caster sugar
1 large egg
1 tsp vanilla extract
1 tablespoon cinnamon

METHOD

1. Preheat oven to 180C/Gas 4. Line 2 baking sheets with greaseproof paper.
In a large bowl cream the butter with the 100g of caster sugar until light in texture. Beat in the egg and vanilla. Combine flour, nutmeg, baking powder and salt then stir into the mixture.
2. Spoon the remaining sugar and cinnamon onto a plate. Then with your fingers squidge out pieces of dough and roll between your hands into walnut-sized balls. Roll each ball in the cinnamon-sugar mixture and arrange on prepared baking sheets.
3. Bake for about 15 minutes until they are golden brown. Take out of the oven and leave to rest on the baking sheets for 1 minute before transferring them to a wire rack to cool.

Sunflower Competition: Class 90

and

Hanging Basket Competition: Class 91

Please let us know you wish to enter by completing one of the forms for Class 90 or 91, judging of the hanging baskets and measuring of the sunflowers will take place on Friday 8th August.

NB Sunflowers will be measured where they are growing; hopefully they should provide food for the birds in the Autumn.

Recipe for Class 77: HAM & CHEESE MUFFINS

INGREDIENTS

9oz/275g plain flour
1tbsp baking powder
1 tsp caster sugar
4oz/125g mature cheddar cheese, grated
4oz/125g cooked ham, chopped
7 sundried tomatoes in oil, drained and chopped
2 tbsp chives, freshly snipped
½ tsp salt
2 medium eggs
200ml (7floz) buttermilk or semi-skimmed milk
90ml (3½floz) sunflower oil

METHOD

1. Preheat the oven to gas 5, 190°C, fan 170°C. Line a muffin tin with 12 paper muffin cases. Sift together the flour and baking powder in a large bowl.
2. Mix in the sugar, ½ tsp salt, 75g (3oz) cheese, ham, sundried tomatoes and chives. In another bowl, beat together the eggs, buttermilk (or milk) and oil and pour over the dry ingredients.
3. Stir until just combined, fill the muffin cases and sprinkle the tops with the remaining cheese. Bake for 20-25mins until risen.

Recipe for Class 82: BEETROOT AND APPLE

The recipe was in the February Observer and is on the Walsham le Willows website. To enter in the show the chutney must be at least three months old.

Knitting Pattern for Class 96: DOG COAT

The pattern for the Dog coat is on the Walsham le Willows website or can be obtained from Debbie Licata on 259686

HORTICULTURAL SHOW

CLASSES 2026

FLORAL CLASS

1. PANSY or VIOLA One flower in a vase.
2. CLEMATIS One flower in a vase.
3. SWEET PEAS (Annual) Six stalks in a vase
4. ROSES Hybrid tea with own foliage – one bloom in a vase.
5. ROSES Spray – one stem in a vase.
6. HERBS Two or more culinary varieties, five stalks in a vase.
7. MIXED ANNUALS Two or more varieties – five stalks in one vase.
8. PERENNIALS Two or more varieties – five stems in one vase.
9. DAHLIAS Ball or Pompom – any size – five blooms in a vase.
10. DAHLIAS Cactus and/or semi-cactus. Small or large, assorted or same variety – three blooms in a vase.
11. DAHLIAS Other, small or large, assorted or same variety. Three blooms in a vase.
12. LILIES One stem.
13. GLADIOLI Giant, large or medium flowers assorted or same variety. Three stalks in a vase.
14. HYDRANGEAS Three heads in a vase.
15. HOUSE PLANT Flower type – any variety in a pot. (Max 12² pot)
16. HOUSE PLANT Foliage type – any variety in a pot. (Max 12² pot)
17. CACTI or SUCCULENTS (Max 8² pot)
18. FLOWERING TREE OR SHRUB Three sprays of flowering tree or shrub in a vase – assorted or same variety, other than Hydrangeas.
19. GERANIUM or PELARGONIUM One plant in a pot. (Max 10² pot)
20. FUCHSIA Upright – any variety. (max 10² pot)
21. FUCHSIA Trailing – any variety. (max 10² pot)
22. HOSTA One plant in a pot (max 12" pot)
23. FRAGRANCE - A Fragrant flower, single stem (any variety)

FRUIT AND VEGETABLE CLASS

30. BEANS Dwarf French – five on a plate.
31. BEANS Runner – five on a plate.

32. PEAS - Five pods on a plate
33. BEETROOT Red - three on a plate
34. CABBAGE Any variety - three on a plate
35. CARROTS Three, (tops cut off) - three on a plate individually)
36. COURGETTES Long type - three on a plate.
37. CUCUMBER Outdoor Gherkin - three on a plate
38. CUCUMBER Grown under glass - one only.
39. LETTUCE Any variety - three on a plate
40. MARROW Any variety - three on a plate
41. SQUASH Any variety with leaves - three on a plate
42. ONIONS: LARGE (over 100g) - three on a plate - tops tied.
43. ONIONS: SMALL (under 100g) - three on a plate - tops tied.
44. SHALLOTS Any type - three on a plate
45. GARLIC Any variety - three on a plate - roots
46. POTATOES White - one on a plate
47. POTATOES Coloured - one on a plate
48. TOMATOES Red - any variety - three on a plate
49. TOMATOES Other than Red - three on a plate
50. TOMATOES Cherry - red - three on a small plate.
51. PEPPERS Any variety - three on a plate
52. ANY OTHER VEGETABLE Any variety - three on a plate - vegetable not otherwise included
53. APPLES Eating - three on a plate
54. APPLES Cooking - three on a plate
55. BERRIES Nine on a small plate - raspberries. One or more varieties
56. PLUMS or GAGES Any variety - three on a plate.
57. RASPBERRIES Nine on a small plate
58. ANY OTHER FRUIT Any variety - three on a plate - not on schedule, three on a plate
59. TRAY OF VEGETABLES Any variety - arranged decoratively with leaves - tray selected from classes 30-58 *class 59)*

DECORATIVE CLASS Flower and foliage arranged by arranger. No height limit

60. EXHIBIT: Arrangement

late.

round. (tops on and tied)

- one cabbage 3" stalk.

cut to 4" and tied

pe, any colour less than 8" –

rown, any variety, one only

der protection, any variety,

- one on a plate.

- one only.

nter or summer – one only

8oz) Any variety – three only

r 8oz) Any variety – three

six only – tops tied.

three only, 3" stem, remove

variety – five only.

one variety – five only.

variety, five on a plate.

red, five on a plate.

d or coloured, seven on a

three on a plate

BLE Matching pair of any

n schedule.

on a plate.

e on a plate.

all plate – other than

varieties.

one variety – five on a small

a small plate.

y fruit not otherwise on

or grapes one bunch.

S Four varieties of vegetables

thin an 18"x12" box or tea

s 30 – 51 (**Double points for**

vers do not have to be grown

mits. Table depth 65cm.

in a child's wellie (up to

30cm width).

61. EXHIBIT: Sunrise and Sunset (*up to 60cm width*)

DOMESTIC CLASS

70. FRUIT SCONES - Six on plate - own recipe.

71. SWISS ROLL – own recipe.

72. SODA BREAD - own recipe.

73. SNICKERDOODLE BISCUITS - six on a plate -
Recipe given.

74. APPLE & ALMOND CAKE – **Recipe given.**

75. QUICHE LORRAINE 8"/20cm – own recipe.

76. MARBLE CAKE – own recipe.

77. SAVOURY CLASS – HAM & CHEESE MUFFINS –
6 on a plate – **Recipe given.**

78. EGGS - Six displayed in a plain egg carton.

79. FRUIT MARMALADE - One Jar.

80. FRUIT JELLY - One Jar.

81. FRUIT JAM - One Jar.

82. CHUTNEY – Beetroot & Apple - One Jar (minimum 3
months old). **Recipe given**

83. HONEY – One Jar.

84. LEMON CURD – One Jar.

No points awarded for the following classes

90. **SUNFLOWER CUP** For the tallest sunflower growing
in Walsham: measured *in situ* the week of the show.
Open to all ages.

91. HANGING BASKET / GARDEN TUB

COMPETITION for the best display in a single
container viewed *in situ* the week of the show.

PHOTOGRAPHIC CLASSES - *No larger than 5"x 7", a
small mount is permitted; all photos must be taken in
the Walsham area.*

92. SPIDER'S WEB

93. CLOUDS

94. REFLECTIONS

CREATIVE CLASSES

96. KNITTING – Dog Coat. Pattern available from Debbie
Licata (259686) also on the village website.

97. ART – Drawing or Watercolour of a building in
Walsham (A4 size)

NOVELTY CLASSES

99. Longest Carrot.

100. Children's class – a Lego garden.

Recipe for Class 74: APPLE AND ALMOND CAKE

INGREDIENTS

225g (8oz) SR flour
1 tsp baking powder
225g (8oz) caster sugar
2 large eggs
1 tsp almond extract
25g (1oz) flaked almonds
150g (5oz) melted butter, plus extra for greasing
350g (12oz) cooking apples, peeled, cored and sliced (225g/8oz prepared weight)
20cm (8in) deep, loose-bottomed cake tin.

METHOD

1. Preheat the oven to 160°C /Gas 3. Grease the base of a 20cm (8in) deep, loose-bottomed cake tin and line with non-stick baking paper.
2. Measure the flour, baking powder and sugar into a bowl. Stir in the eggs, almond extract and butter. Beat well with an electric hand whisk until smooth.
3. Spoon half the mixture into the base of the prepared tin. Arrange the apple slices on top in a neat pattern – overlap the slices and pile them up slightly in the centre. Spoon over the remaining cake mixture, then level the surface. Sprinkle the top of the cake with the flaked almonds and bake in the preheated oven for about 1½ hours, until pale golden brown and shrinking away from the sides of the tin. The centre of the cake may have a slight dip, depending on the variety of apples used. Remove from the oven and release from the sides of the tin. Leave to cool in the tin for about 15 minutes.

TEAS

Refreshments will be available from 2.00pm onwards, if you have not been to the show before why not come along for a cup of tea and something delicious and enjoy looking at all the exhibits.

The committee would like to thank all the ladies who provided cakes and helped serve the refreshments, we are very grateful to them for their help.

Walsham le Willows Horticultural Show Rules

Rules can be very tedious, but these are our simple rules. They have evolved over many years, to answer queries, to make things fair for the entrants, to make things simpler for the judges and to make things clear for all.

1. All judging will be done by RHS rules. Judges for the Floral, Domestic and Fruit & Vegetable Classes are professional, independent and from outside the village.
2. Entrants must be resident in the parish of Walsham le Willows (their grandchildren are eligible), or a pupil at Walsham le Willows school.
3. Only one entry per exhibitor per class.
4. Pot plants must have been in the exhibitor's possession for at least three months.
5. Fuchsia Classes: NB blocks may be used for Trailing Fuchsias only.
6. Flowerpot sizes: NB measurement is across the inside of the top of the pot.
7. Tray of Vegetables: Nothing should overhang the edges of the tray.
8. Please make sure all food entries are covered with cling film or a polythene bag.
9. Please check tin sizes in the domestic classes.
10. All plated entries in the Domestic class should be presented on firm plates, as the judge needs to handle them and paper plates are too flimsy.
11. In the Domestic classes jam jars and lids should not have any commercial names on them.
12. Decorative class exhibits should be brought to the Show ready assembled.
13. Children's classes are open to those who have not reached their twelfth birthday by the date of the show.

For more information about the Show, and to download the recipes or the entry form please go to the Walsham le Willows website <https://www.walsham-le-willows.org/>

ENTRY FORM

Entry forms with fee should be brought to the Coffee Shop from 10.30am – 12 noon in the Memorial Hall on Thursday 7th August or 6.00pm - 8.00pm at The Six Bells. No late entries please!

PLEASE NOTE THAT THE MEMORIAL VILLAGE HALL WILL BE OPEN FOR STAGING ENTRIES FROM 8.00am to 10.00am on SATURDAY 9th AUGUST.

Any Queries: Debbie Licata, Telephone 259686

HORTICULTURAL SHOW ENTRY FORM 2025

Fee: 30p per entry

Name -----

Address -----

Phone no: _____

Class Nos:

[illegible]

WALSHAM History Group presents



SUFFOLK ON THE HOME FRONT

The effect of the First World War on the people of Suffolk. A talk by historian and author Sarah Doig.

WED 15TH JULY AT 7.30PM

PRIORY ROOM, WALSHAM-LE-WILLOWS

Members Free Visitors £5.00 Refreshments



WHAT'S ON IN JULY

★ AT WALSHAM LE WILLOWS SPORTS CLUB ★



 CRICKET		 LIVE FOOTBALL		 SOCIAL EVENTS		GREAT SPORT • COLD DRINKS • GOOD COMPANY	
Sun 5th	Bingo from 6.00pm Bar open from 1pm	Wed 1st	Last 32 World Cup Match 5pm				
Fri 10th	Junior Cricket Hardball Training	Fri 3rd	Last 32 World Cup Match				
Sun 12th	Bar open from 1pm Sky Sports on Big Screen!	Mon 6th	Lat 16 World Cup Match 8pm				
Fri 17th	Junior Cricket Hardball Training	Fri 10th	Possible Quarter Finals World Cup 8pm				
Sun 19th	Darts KO Championship 2—7pm	Sat 11th	Possible Quarter Finals World Cup 10pm				
Fri 24th	Junior Cricket Hardball Training	Tue 14th	Possible Semi Finals World Cup 8pm				
Sun 26th	Bar open from 1pm Sky Sports on Big Screen!	Wed 15th	Possible Semi Finals World Cup 8pm				
Fri 31st	Junior Cricket Hardball Training	Sun 19th	World Cup Final 8pm				

 **LIVE SPORT** 
 Shown live in the clubhouse
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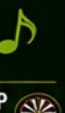

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SOCIAL EVENTS


BINGO
 5 JULY from 6pm
 26 JULY from 6pm


DARTS KO CHAMPIONSHIP
 19 JULY 2-7pm

Your Club. Your Community. Your Home for Sport.

★ SUPPORTING SPORT • BUILDING COMMUNITY • MAKING MEMORIES ★

Which race meeting was instituted by Queen Anne in 1711?



WALSHAM LE WILLOWS PARISH COUNCIL MINUTES

of the meeting held on Wednesday 10th June 2026 commencing at 7.00 p.m. in the Memorial Hall.

[Informally approved. Formal approval, at the next meeting with any corrections]

PRESENT: Parish Cllrs. Belson, Brookes, Mecrow, Tuck and Winch.

ALSO PRESENT: District Cllr. Winch & County Cllr. Bains

1. OPENING STATEMENT (if any required) & MEMBER'S APOLOGIES
 - a. Cllr Bartholomew, urgent matter to attend to and Cllr Roberts, detained by work.
 - b. Consents were granted.
2. DECLARATIONS of Pecuniary & Non-Pecuniary Interests
 - a. No declarations were received.
 - b. No dispensations were needed.
3. MINUTES - To Receive and consider the minutes of the following meetings (as previously circulated)
 - a. Minutes of the ANNUAL meeting on 13th May 2026 were approved as true and accurate record of the meeting for signature with addition that minute 10a R1 should have specified the Clerk's pay increment awarded and approved as follows: "Award of Annual increment SCP 15 to SCP 16, £15.82 per hour plus 12.07% holiday pay allowance = £17.73 per hour."
 - b. There were no outstanding actions from last meeting that were not in hand. Cllr Belson did raise the issue of the how to deal with the damage to the play area picnic bench. It was decided that the Clerk would ask a local volunteer if they could repair in situ. Cllr Brookes to send images to Clerk.
4. PUBLIC OPEN FORUM (POF) – To receive questions and matters of concern from members of the public in attendance with regard to items on the agenda and any other matters. No members of the public were present.
5. DISTRICT & COUNTY REPORTS FOR INFORMATION & QUESTIONS
 - a. County Councillor Bains
 - Cllr J Winch apologised for postponement of on-site meeting to look at road safety measures. CC Bains will let the clerk know when he is available so that a meeting date can be finalised. Cllr Bain advised that he has a meeting with Sophie Farringdon this week and will enquire as to the status on the decision on proposed changes to speed limits.
 - Cllr Mecrow enquired as to the basis for the SCC decision to review existing net zero strategy. Cllr Bain advised that this would be carried out by officers of the council and the decision would be guided by climate science rather than political imperatives.
 - b. District Councillor Winch
 - DC Winch proposed that Council approve an application to his Locality Grant Fund for finger post signage for footpaths from Wattisfield Rd to Sports Club and Elmside Lee for 'no cycling' signage because the CIL award for the main

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structural works cannot be used to cover signage. This was approved for the sum of £822.50. Clerk to submit application. Cllr. Brookes thanked District Cllr. Winch for the funding for the 'no cycling' signage for Elmside Lee.

- At this point in the meeting, Cllr Mecrow raised issue that is minuted under minute 12b.

6. REPORTS FROM WORKING GROUPS & ACTION LOG REVIEWS

a. **Traffic Group** – Update/report was noted with following proposals:

P1 The proposals for discussion from Cllr J. Winch for purchase of 3 speed indicator devices (cost £7,000 excl vat) for the three new locations as approved by SCC was discussed. It was decided that this would be deferred until the next meeting when there will be more information on the decision and final costs of the speed limit reduction measures, as well as the amount of funding that Cllr Bains may be able to contribute.

There was also a discussion on the question of designating the footpath path distance on the signage in yards or meters. It was decided by majority vote that these would be converted to meters. Cllr J. Winch agreed to do this.

b. **CEP Group** – No report this month. Cllr Brooks noted that the CEP is being updated for circulation before the next meeting, at latest by 3rd July, for approval at July meeting.

c. **Flood Mitigation Group** – No report this month.

7. PLANNING APPLICATIONS, LICENCING, ENFORCEMENT & RELATED MATTERS

a. Standing item to consider changes to neighbourhood plan to be documented for next review in light of recently published 'Call for sites' consultation. Cllr Belson has previously noted that the Parish Council could not proceed until more information was received from MSDC on sites that would be preferred and information relating to intended build density appropriate to each.

b. APPLICATION FOR PLANNING PERMISSION WITHOUT COMPLIANCE OF CONDITION(S) -DC/26/02047 Proposal: Application under Section 73 of The Town and Country Planning Act for DC/23/01951 (2no dwellings) for the variation of Condition 2 (Approved plans and documents) - revised plans submitted for approval. Location: Maltings, Palmer Street, Walsham Le Willows, IP31 3BZ **The Parish Council Made No Comment.**

c. APPLICATION FOR WORKS TO TREE(S) IN A CONSERVATION AREA - DC/26/02407 Proposal: Notification of works to trees in a Conservation Area - (T1) American Oak - To remove 2 low hanging limbs Location: The Beeches, Grove Road, Walsham Le Willows, Bury St Edmunds Suffolk IP31 3AD **The Parish Council Made No Comment.**

d. Report from Clerk on call from MSDC planning re Linton House, was noted for future reference.

9. PLANNING OUTCOMES (decided by Mid Suffolk District Council, Planning Authority – to be noted)

APPLICATION FOR WORKS TO TREE(S) IN A CONSERVATION AREA – DC/26/01750 Proposal: Notification of works to Trees in a Conservation Area – Fell 2 No. Thuja (T1 and T2), Reduce 1 No. Cedar (T3) by approximately 1/3, Fell



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1 No. Cedar (T4) and Fell 1 No. Silver Birch (T5) Location: Hall Farm House, Summer Road, Walsham Le Willows, Bury St Edmunds Suffolk IP31 3AH **MSDC Raised No Objection.**

10. FINANCE & AUDIT & COUNCIL ADMIN

- a. Bank statements & budget reports for period ending 31st May 2026 were approved for signature.
- b. Accounts awaiting payment summary and invoices for payment were approved for authorisation. (Appendix 1).
- c. A grant funding bid for £2,620 was approved for repair of footbridges on permissive paths. Clerk to complete and submit to MSDC.
- d. Parish Council Objectives for 2026/27 were discussed. The following objectives were proposed and approved:
 - i. To revise the plan to ensure alignment of objectives and policies.
 - ii. To monitor, review and maintain engagement of the public and volunteers with the Community Emergency Plan.
 - iii. To review plans for Shepherd's Grove and feedback to the community.
 - iv. To review flood mitigation measures and feedback to the community.
 - v. Intention to purchase up to another 3 Speed Indicator devices (depending on budgets and funding) to support traffic calming measures.
 - vi. Completion of speed limit changes alongside other measures.
 - vii. The establishment of a Community Speedwatch group.

11. CLERK ACTION LOG, COUNCILLOR REPORTS & CORRESPONDENCE (if not dealt with elsewhere)

- a. Clerk's action log was reviewed. Nothing outstanding that is not in hand.
- b. The reply from PC Gedney re attendance at meetings was noted.
- c. Cllr Roberts has circulated email about the report on 'fallen tree' at The Pound and was of the opinion that there was no real issue to be actioned.

12. OTHER MATTERS OF CONCERN/NOTE FOR NEXT AGENDA

- a. Next Parish Council meeting - 8th July 2026 7pm – Memorial Hall - **Clerk needs agenda items by June 18th.**
- b. Cllr Mecrow raised issue of human waste and toilet paper being found on the public footpaths around the sports club. It is speculated that people intending to use the sports club toilets and finding them closed, then use the public footpaths. Cllr Mecrow will contact Sports Club to enquire as to the availability of the toilets there.
- c. Meeting Closed at 20:07

Searching For Words

B	A	R
R	E	T
I	N	G

Starting with any letter and moving horizontally, vertically or diagonally, see how many words of three letters or more you can find, using each letter only once in each word. There should be one nine letter word which is well worth a trade - maybe!!.

Get 60 words and you are doing well.

APPENDIX 1 Payments for Approval JUNE 2026

#	Payments & Transfers OUT	Amount	Description
1	Nurture Landscapes	£499.24	Grounds maintenance (based 1/12 annual contract value for 12 visits pa)
2	Suffolk Assn. Local Councils	£348.00	Internal Audit
3	Clarkes of Walsham	£12.79	Material for minor repairs & maintenance
4	Memorial Village Hall	£27.00	Hall hire monthly meeting
5	Office Expenses	£8.26	Stationery supplies
6	Parish Council Employee	£762.45	Salary
7	Starboard systems (Direct Debit)	£37.20	Scribe Accounting software subs
8	Unity Trust Bank	£7.00	Bank service charge
	TOTAL	£1701.94	



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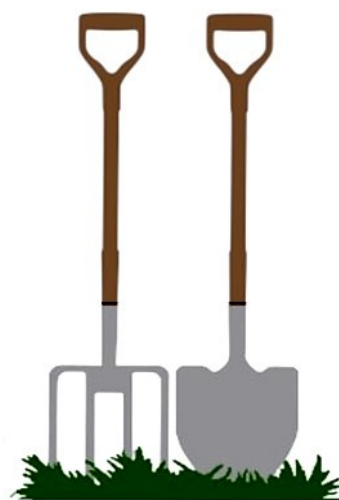
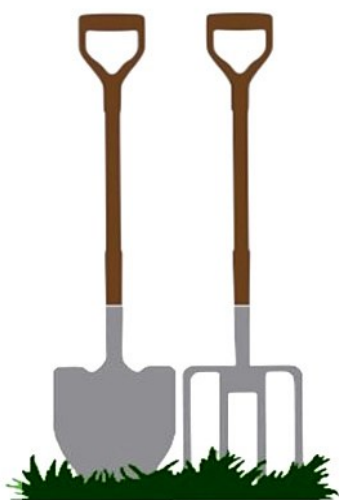
Graveside Maintenance

Vegetable Tending

Leaf Clearing

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FROM ST MARY'S

"This is the day that the Lord has made; let us rejoice and be glad in it" (Psalm 118:24)

As we move into July, the Church continues through what is known as *Ordinary Time*. At first hearing, that may sound rather uninspiring. The word "ordinary" can suggest something routine, uneventful, or even dull. Yet in the life of the Church, Ordinary Time is anything but ordinary.

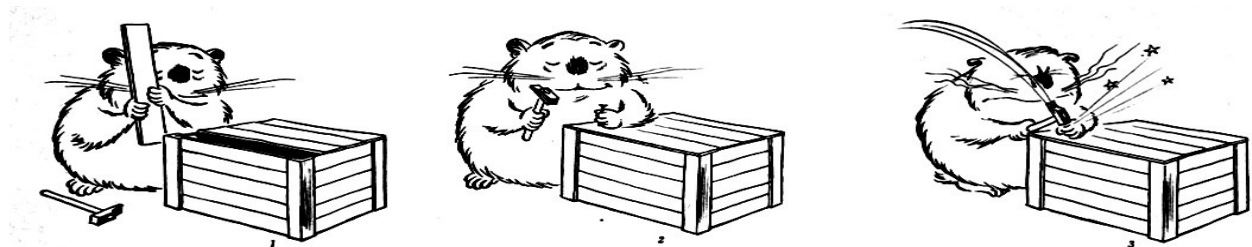
Rather than focusing on the great festivals of Christmas, Easter, or Pentecost, Ordinary Time is the season when we reflect on Jesus' teaching and consider how faith is lived out in everyday life. It reminds us that God is present not only in the extraordinary moments but also in the ordinary rhythms of our days.

And what a rich season this is. Across our churches we are blessed with weddings, where couples make lifelong promises before God; baptisms, where we welcome new members into the family of faith; and gatherings that bring communities together. We enjoy the gift of longer, light-filled days, gardens in bloom, and opportunities to spend time with family and friends. For many, summer also offers a welcome break from normal routines, a chance to rest, recharge, and see God's creation afresh.

These moments may seem commonplace, yet they are often where we experience God's grace most clearly. A conversation shared over a garden fence, the laughter of children playing, a family celebration, or a quiet walk on a summer evening can all become reminders of God's presence among us.

As we enjoy all that July brings, may we discover that Ordinary Time is not ordinary at all, but a season filled with opportunities to recognise God's blessings in the everyday moments of life.

*With every blessing,
Revd Catriona*



CHURCH FLOWERS AT ST MARYS

Over the years we have been lucky to have a dedicated group of ladies who have decorated the Church with some wonderful flower displays for various occasions from Weekly Displays, Church Celebrations and Gardens Weekend.

However, we are beginning to see a decline in the number of people available to help and I am therefore asking if there is anyone in the village who would be interested in joining our small group of volunteers.

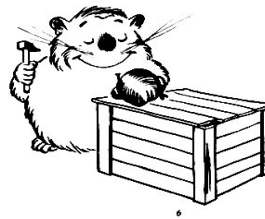
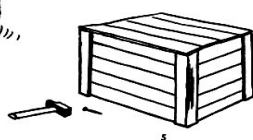
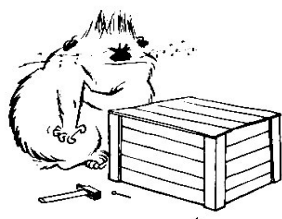
Enthusiasm and an interest in flower arranging is the only criteria required **experience is not necessary**. Although some of the team have many years experience behind them, some are novices who have picked up the art by helping out.

With Gardens Weekend fast approaching if anyone would like to help please contact me on 07850448013 or email me on bartholomewcj@aol.com and I will be happy to answer any questions you may have.

Cheryl Bartholomew

JULY CHURCH SERVICES

Date	Service	Church
5th July	5th after Trinity	
8:00am	BCP Holy Communion	Walsham
9:30am	Holy Communion	Langham
10:00am	Roots & Shoots	Walsham
11:00am	Family Service	Walsham
12th July	6th after Trinity	
8:00am	BCP Holy Communion	Walsham
9:30am	Holy Communion	Westhorpe
11:00am	Songs of Praise	Walsham
19th July	7th after Trinity	
8:00am	BCP Holy Communion	Walsham
9:30am	Holy Communion	Finningham
11:00am	Holy Communion and Benefice Picnic	Langham
26th July	8th after Trinity	
9:30am	Holy Communion	Badwell Ash
11:00am	Holy Communion	Wattisfield
6:00pm	Evensong	Westhorpe
2nd August	9th after Trinity	
8:00am	BCP Holy Communion	Walsham
9:30am	Holy Communion	Langham
10:00am	Roots & Shoots	Walsham
11:00am	Family Service	Walsham



ST MARY'S CHURCH ACTIVITIES

Tue 14th July
9am till 10.30am

TEA AND TOAST TUESDAYS
IN THE PRIORY ROOM

Roots and Shoots

Sun 5th July
10am till 11am

For more information please contact Revd Catriona on 07525920307
or revcatrionabrinkley@outlook.com

GREEN DILEMMAS

“Plug-in solar”

The government is about to change the regulations around “plug-in solar”. The idea is that by the end of this year you will be able to go to a supermarket or other retailer and buy a plug-in solar kit, take it home, plug it in and start generating electricity straight away which will supplement the power you are using in your home.

These systems are already common in parts of Europe. For example, in Germany where it is called balcony solar there are already over 1 million households using the technology.

A plug-in solar system normally consists of one or two solar panels and a microinverter. Solar panels generate DC electricity from sunlight, and the kit needs a microinverter which converts solar DC into usable AC electricity for your home. You plug the solar panels into the microinverter and then plug the microinverter into a normal 3 pin socket. The solar panels can be on the ground, on a fence, on a shed roof whatever is easiest for the particular household.

Safety is a major issue here and in order for this to happen wiring and grid connection regulations need changing and all plug-in solar products need to go through a certification process.

The amount of power you get from a plug-in solar system would typically be enough to run a few basic things like lights, TV, computer etc. but would not be sufficient for anything that uses quite a lot of power such as ovens or kettles. Also, for safety reasons it is likely that the maximum power you will be allowed to your home via the inverter will be limited to 800W which is the standard in Europe.

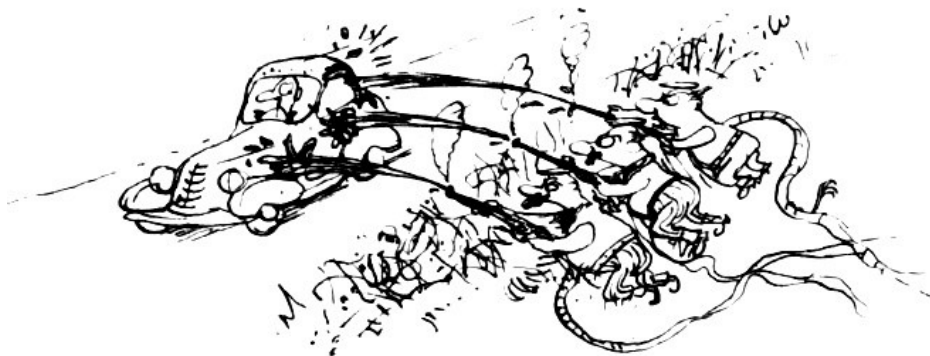
The likely savings are anticipated to be c. £150-£200 per year at current electricity prices so whether it makes financial sense depends on the pricing of the plug-in solar kits. It's likely to be a few years before you would get your money back but then of course you have an on-going annual saving.

Plug-in solar will be an easy to install system that will be accessible to people for whom solar power is difficult at the moment such as people living in flats or renters or anyone who would like to generate some electricity themselves but can't afford a full-blown roof top solar system.

The other important element is that this technology is likely to improve and become more price competitive.

There are a lot of longer-term arguments in favour of us all being able to create more of our own electricity. It's clean energy and the price isn't impacted by international events. Plug-in solar could be an important element in this debate.

Richard Winch
richard@winchmail.net





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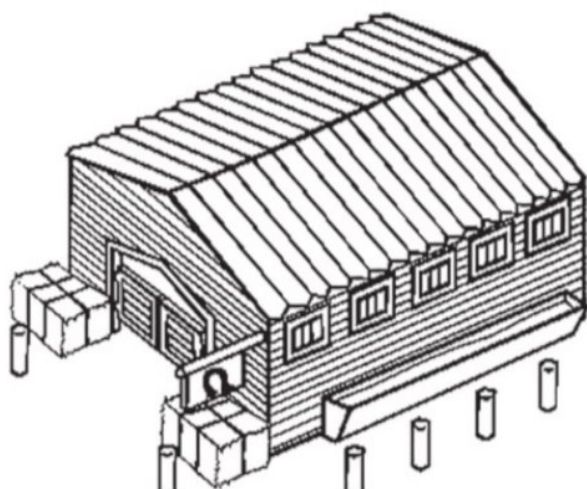


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WILDLIFE IN JULY

In boggy places such as streamside's, ditches and damp verges, you may catch the mouth watering aroma of marzipan this month. The scent is from Meadowsweet, a classic wildflower of high summer that does its best to remind us of the good times. It's a tall plant, with beautiful cream sprays of frothy flowers, and is usually buzzing with a variety of Hoverflies and other insects. Intriguingly, not only were the flowers once used to used to flavour mead, but they were also harvested as a hangover cure!

If you take a trip to the seaside in the coming months look out for the Periwinkles. They are a group of small and very pretty sea snails, whose shells litter many British and Irish coasts. Some beaches consist almost entirely of these and other shells. In life, the flat periwinkle is best looked for among the brown seaweed on which it grazes. You might spot it moving slowly with its tentacles out, as it rasps the salty fronds. Its shell is smooth, glossy and (as its name suggests) rather flat. Being bright yellow or orange, it tends to stand out, though there is also a well-camouflaged green form.

Hot and sticky weather in July and August sees one of the great wildlife spectacles, as millions of black Ants pour from their nests and take to the skies. These are sexually mature winged adults, known as alates, mostly males, but with a few larger virgin queens among them. Often the first sign that such a swarming event is underway is the swooping Gulls, Starlings, House Martins and Swifts, taking advantage of the abundant but short-lived feast. These swarms can often occur simultaneously across quite a wide area.

The long, warm summer evenings are an ideal time to look for bats. Two of the most common in the UK are the Common Pipistrelle and Soprano Pipistrelle. Once thought to be the same species, these can be told apart by the frequency at which they call, with Sopranos being the higher pitched of the pair, although you will need a Bat detector to determine this. Watch for bats around sunset, as it is around this time that they emerge from their roosts in search of flies and other insects to eat. Both are often seen near rivers or ponds, where insects are found in abundance.

I have very much enjoying writing for the magazine's Wildlife section for around 4 and half years, were has the time gone! Unfortunately I am finding it increasingly difficult to have the time to write this piece. My Guinea pig and Rabbit boarding business is busier than ever and with fostering for the Suffolk Hedgehog/Wildlife hospital I am not finding much time during the days and usually into the evenings to write this piece. Is their anybody who would like to take over from me? Please contact Mr Toulson on the contacts list in the magazine.

Angie Bennington

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The greater and less signs indicate the relative size of adjacent numbers.

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HEYHOE SILVERWARE

History records its triumphs largely in the deeds of men, but cricket — for all its blazered conservatism — owes more to triumphant women than the honours boards generally admit. Long before Lord's deigned to admit women as members, two girls from Surrey took guard on Gosden Common in 1745 and played out what is believed to be the first recorded women's match, watched by a crowd "all dressed in white." A century later, Christina Willes found her underarm bowling action thwarted by the fashionable hooped skirts of the day, and so swung her arm round instead — round-arm bowling, the precursor to everything we now call "proper" bowling, owes its existence to a woman working around her wardrobe. Her brother John took the method to Lord's and claimed the credit, which feels rather familiar. And it was Rachael Heyhoe Flint who, in 1973, captained England to victory in the first ever Cricket World Cup — two years before the men got round to having one of their own — and later became the first woman admitted to membership of the MCC, prising open a door that had been jammed shut by tradition for two centuries.

It seems fitting, then, that this has been the month Walsham's own Girls' section took centre stage — quite literally, on the twenty-foot screen bolted to the front of the clubhouse. On the Friday evening that England began the defence of the home summer against Sri Lanka, around 300 people descended on Summer Road for the first-ever Walsham Festival: a four-team Under-12 girls' tournament involving the hosts, Melton St Audry's, Mildenhall and Woolpit, run alongside a Watch Party for England's opening assault on the 2026 Women's T20 World Cup.

Out on the square, June continued in typically mixed Walsham fashion. The Saturday 1st XI suffered a battling defeat to Copford, undone for 185 chasing 215, while the 2nd XI's clash with Woodbridge fell foul of the weather gods and was abandoned without a ball bowled — leaving them a creditable 5th in Division Eight B with their promotion chase still alive. The Sunday XI, by contrast, did rather better, seeing off Cavendish in a canter, chasing down 87 for the loss of a single wicket.

It was the juniors, though, who provided the month's other real cause for celebration. The Under 13s, who sit proudly top of their pool, put on a clinic against Stowmarket, chasing down 124 with a commanding 197 for 6. The Under 15s, themselves running away with their own division on 18 points from a possible 18, saw off Bardwell at home, 162 for 6 to 158 for 7. The Under 11s endured a tougher evening against Woolpit, falling to 104 for 7 chasing 158 — a reminder that not every triumph announces itself in the scorebook, and that the longer arc, much like Heyhoe Flint's own career, is usually the one that counts.

So here's to the women of cricket's past, who bowled round their skirts and captained World Cups before the men thought to hold one — and here's to Walsham's own girls, three hundred strong on a Friday evening in June, watching history being made on a screen their own club helped build.

James French



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BOWLS CLUB REPORT

The Bowls season continues with numerous matches and competitions contested since the last edition with recent results as follows.

Date	Opponent	Result
Wed 20/05/26	Combs (a)	Lost 71-84
Thu 21/05/26	West Row (h)	Won 71-70
Wed 27/05/26	Needham Market (h)	Lost 56-90
Thu 28/05/26	Hengrave (a)	Lost 51-126
Fri 29/05/26	Combs (h) Thurlow Shield	Won 46-34
Mon 01/06/26	Thornham (a)	Won 77-72
Wed 03/06/26	Bildeston (a)	Lost 39-78
Thu 04/06/26	Brandon (a)	Lost 44-108
Fri 04/06/26	Hengrave (h) Junior Cup	Lost 70-84
Mon 08/06/26	Woodfield (h)	Won 70-63
Tue 09/06/26	Needham Limes (a)	Won 53-17
Wed 10/06/26	Haughley (h)	Lost 59-65
Mon 15/06/26	Great Barton (h)	Won 76-66
Tue 16/06/26	Great Barton (h)	Won 36-31
Wed 17/06/26	Thornham (a)	Lost 56-59
Thu 18/06/26	Old Newton (h)	Won 76-59

A reminder that the social roll ups continue (weather permitting) on Friday nights 6pm and Saturday mornings 11am to 1pm with members new and old or those wishing to have a go for the first time all welcome.

Forthcoming home fixtures are as follows:

Thursday 2/7 vs Great Barton 6.45pm Tuesday 7/7 vs Botesdale 2pm
 Wednesday 8/7 vs Wortham 6.45pm Tuesday 14/7 vs Haughley 2pm
 Monday 20/7 vs Thornham 6.45pm Wednesday 22/7 vs Bildeston 6.45pm

On Friday 19th June we had the pleasure of hosting a large contingent from the Bowls Club's main Sponsor, Clarkes of Walsham, for a thoroughly entertaining evening enjoyed by all in attendance.

It was great to see a packed green as well as several spectators enjoying the evening sunshine which all in all created a superb atmosphere so a huge thankyou to those involved in pulling this together as it really was a great success.

You can look out for further announcements via our Facebook page or contact either of the below with any queries you may have:

Adie Cole - Treasurer email adiecole35@gmail.com Mobile: 07908 170238
 Angela Whiting - Secretary email angelawhiting5@gmail.com Mobile: 07498 283503

Adie Cole

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 Janette: 07841 430026 Jacky: 07725 172174

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for information on therapies & prices

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Contact Robert Rushbrook

Email: rushbrookschimneysweep@hotmail.com

Telephone: 07581 352772 or 01449 612296



FOOTBALL REPORT

At the recent presentation afternoon Reece Lanchester was the First teams player of the season award. George Bugg we on the managers award and Ollie McKenzie Vince was the supporters player of the season. Ethan Deeks won the young player and most improved player award.

Logan Freer won the under 23s players player of the season and Callum Chapman won the managers player of the season award.

The under 18s awards were won by Logan Freer and Luke Johnson.

Graham Nobby Styles xx

First team friendly home fixtures for July

Tuesday 7th July v Mulbarton Wanderers 7.45pm kick off

Friday 17th July v Needham Market 7.45 kick off

Tuesday 21st July v Long Melford

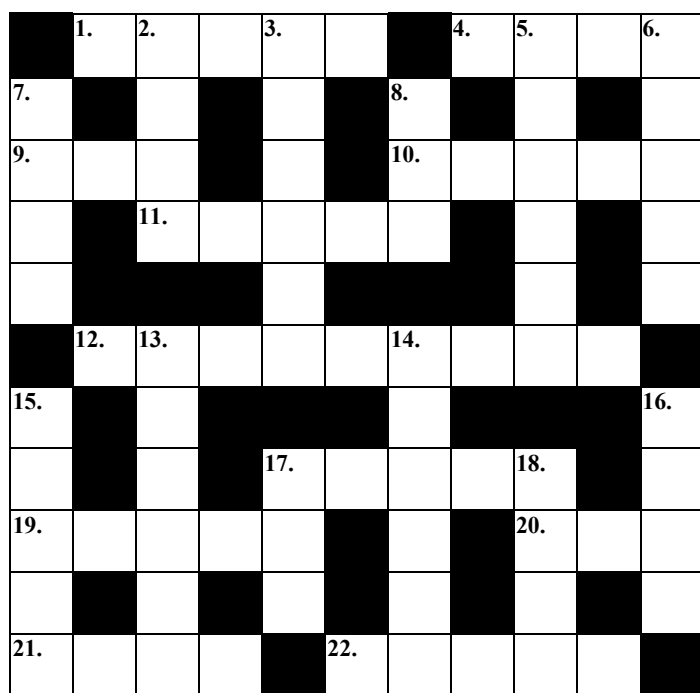
7.45pm kick off

Wednesday 15th July under 23s v Haughley 7.45pm kick off..

Gordon Ross



WALSHAM OBSERVER CROSSWORD



17. Have faith in the modified strut. (5)

19. Is it the right kind of wood for policemen? (5)

20. Maybe an alternative method for powering a boat. (3)

21. Go west to make this dish. (4)

22. Just joke about the afternoon snack, possibly. (5)

Down

2. Communicate with written work. (4)

3. Remember how to become a caller. (6)

5. Battled for the stronghold we hear. (6)

6. Just a player in the factory party. (5)

7. Briefly get ready for homework. (4)

8. It's simplicity itself to find the little devil. (3)

13. Elapse

14. Move sedately across the sea. (6)

15. Gets rid of the bags. (5)

16. Does the cost of the ticket seem reasonable? (4)

17. Just the cuppa for the golfer? (3)

18. Go back to spot the highest points. (4)

Across

1. Look fixedly as the rates change. (5)

4. Maybe put in a bid for the king. (4)

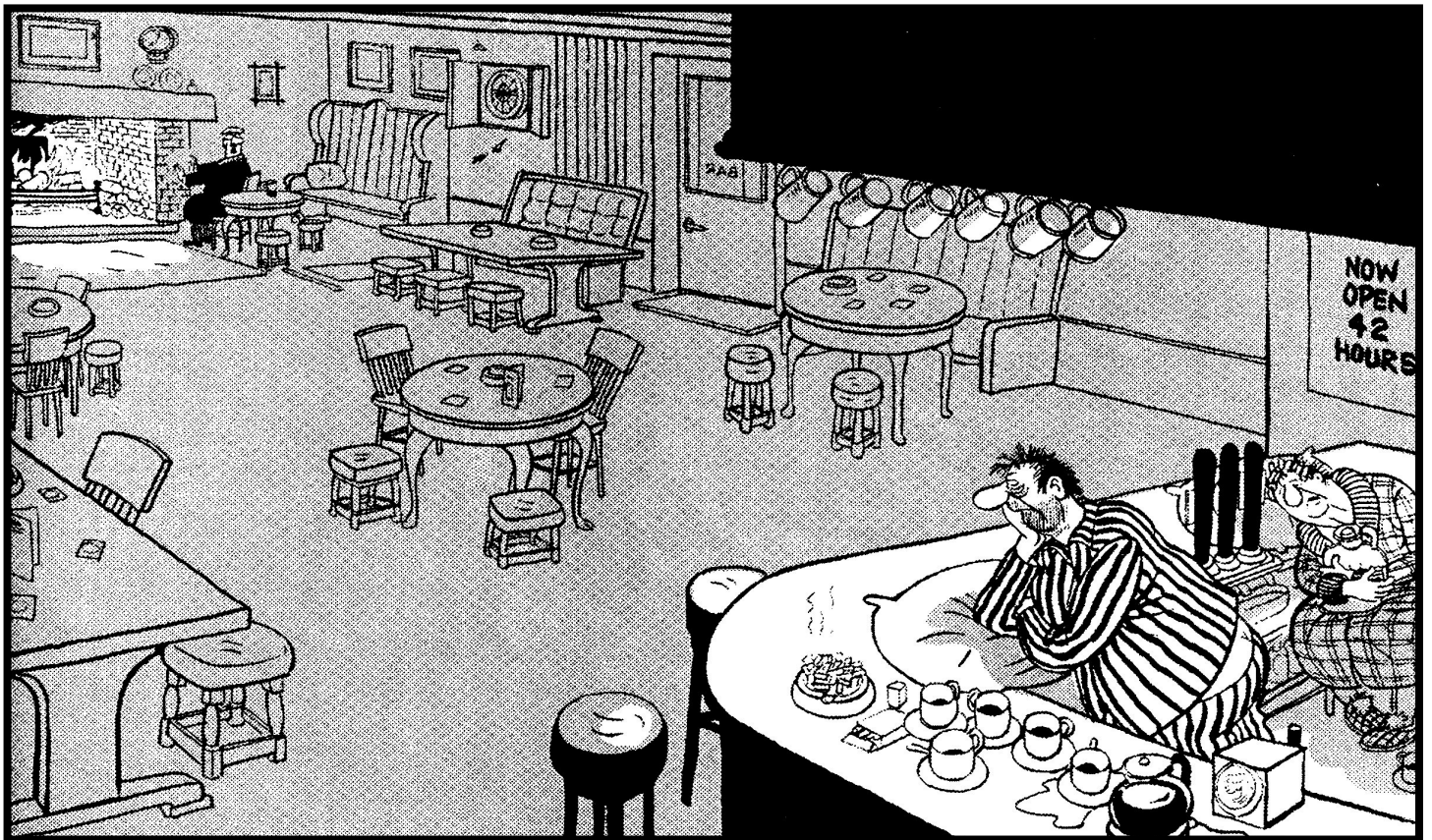
9. Upsets the king quite possibly. (3)

10. Climb on the small mountain. (5)

11. Plod along like a hobo! (5)

12. Copy the late price change. (9)

SPOT THE DIFFERENCE



There are ten differences between these two pictures, see if you can find the all before 'mein host' wakes up and finds all the customers gone!

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REGULAR

MONDAY

Community Lunch Village Hall
2nd Monday 12:45pm
Simply Hatha Yoga Priory Room
7:30pm till 8:45pm
Walking Football Sports Club
8:00pm till 9:00pm

TUESDAY

Walking Netball Sports Club
10:00am till 11:00am
Pilates Class Village Hall
1:30pm till 2:30pm
Walking Football Sports Club
2:00pm till 3:00pm

WEDNESDAY

Pilates Classes Village Hall
9:00am till 10:00am
10.15am till 11.15am
Yoga Sports Club
10:00am till 11:30am
Positive Steps Sports Club
11:30am till 12:30pm
Wednesday Wanders Sports Club
11:30am till 12:30pm
Carpet Bowls Sports Club
2:30pm till 4:00pm
WI Meeting Priory Room
7:30pm Second Wed of the Month
Parish Council Village Hall
(Public Meeting)
7.00pm Second Wed of the Month

EVENTS

THURSDAY

Coffee Shop Village Hall
10:30am till 12.30pm
Post Office Van Village Hall
11:00am till Noon
Yoga Sports Club
1:15 pm till 2:15pm
Walking Football Sports Club
2:00pm till 3:00pm
Pétanque Sports Club
2.00pm till Bouled Out
Walking Netball Sports Club
6:00pm till 7:00pm

FRIDAY

Cardio Tennis Sports Club
12noon till 1:00pm

SATURDAY

SUNDAY



How is T. E. Lawrence popularly known?

ALL THE ANSWERS

Page Bottom Quiz

1. Auntie Mame, 2. Canals, 3. Marzipan, 4. The Brontes, 8. Manfred Richtofen, 6. Aerodrome,
7. A fish, 8. Mali, 9. K. Gillette, 10. My struggle, 11. The mosquito, 12. Alaska, 13. Pices of eight,
14. The Atacama Desert, 15. Part of the eye, 16. Alexander Pope, 17. Acetic acid (Vinegar),
18. The raven, 19. U.S.A., 20. Cornwall, 21. King of Spain's beard, 22. Ascot 23. Fanny Craddock,
24. African elephant, 25. Monaco, 26. Queen of Spades, 27. Duke of Norfolk, 28. The Oval,
29. Duke of Bedford, 30. Tito, 31. Violet, 32. 75 miles, 33. Empty-handed, 34. Tea, 35. Eighteen,
36. Bath & Wells, 37. Denmark, 38. Greek, 39. Ireland, 40. Shakespeare, 41. Battle,
42. Lawrence of Arabia, 43. Gold, 44. Shakespeare, 45. Two

Sudoku

6	5	4	8	9	7	1	3	2
7	8	3	1	2	5	9	4	6
2	1	9	6	3	4	8	7	5
8	3	2	7	1	9	6	5	4
4	9	5	3	6	8	2	1	7
1	7	6	5	4	2	3	9	8
9	6	8	4	5	3	7	2	1
3	4	1	2	7	6	5	8	9
5	2	7	9	8	1	4	6	3

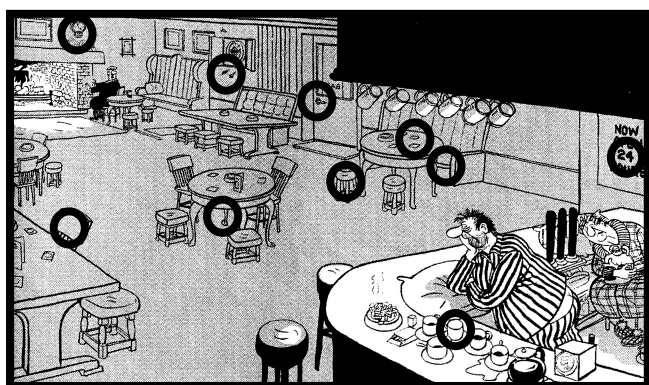
Crossword

	S	T	A	R	E		O	F	F	A
P		E		E		I		O		C
R	E	X		C		M	O	U	N	T
E		T	R	A	M	P		G		O
P				L				H		R
	R	E	P	L	I	C	A	T	E	
S		L				R				F
A		A		T	R	U	S	T		A
C	O	P	S	E		I		O	A	R
K		S		E		S		P		E
S	T	E	W			T	E	A	S	E

More or Less

3	1	2	5	4
2	5	4	1	3
1	2	3	4	5
4	3	5	2	1
5	4	1	3	2

Spot the Difference



Searching for Words

Abet	Are	Art	Ate	Bar
Bare	Baring	Barn	Barter	Bat
Bate	Bater	Bear	Bearing	Beat
Beg	Being	Ben	BentBet	Beta
Bra	Brae	Brat	Brie	Brine
Bring	Ear	Eat	Era	Eta
Gear	Gen	Geni	Get	Inert
Inter	Irate	Ire	Near	Neat
Net	Rare	Raring	Rat	Rate
Rear	Rearing	Rein	Rent	Ret
Ring	Tab	Tar	Tare	Tarn
Tea	Tear	Tea	Tear	Tearing
Ten	Tern	Bartering (64)		

USEFUL TELEPHONE NUMBERS

Community Council Secretary
Rob Matthews 07564 906848

Police
Suffolk Police 01473-613500
Stowmarket 01473-383400

Neighbourhood Watch

Rev. Catriona Brinkley 07525920307

Anglian Water
Emergencies (24hr) 08457-145145
Accounts 0800-919155

UK Power Networks 0800-0294285

British Telecom
Customer Service 150
Line Faults 151

Surgeries
Ixworth 01359-230252
Stanton 01359-251192
Botesdale 01379-898295
Woolpit 01359-240298

Parish Council Chair
Richard Belson 01359-258868
richardbelson@
btinternet.com

Parish Council Clerk
Kevin Boardley
clerk@walshamlewillowsparish.gov.uk

District Councillor
Richard Winch 07931709486

County Councillor
Mrs Jessica Flemming 01449-711065

Suffolk County Council 03456-066067

Member of Parliament
Adrian Ramsey 017534 933356
adrian@waveneyvalley.greenparty.org.uk

VILLAGE ORGANISATION CONTACTS

Allotments Group
The Steering Group
walshamallotments@gmail.com

History Group
Frances Jenner 01359-259242
frances.jenner@hotmail.com

Horticultural Show
Debbie Licata 01359 259686
debbielicata33@gmail.com

Sports Club
Mike Powles 07379089890
mike.powles@btconnect.com

Walsham Wild Wood
Rachel Robinson (Chair)
walshamwildwoods@gmail.com'

Women's Institute
Fern Wakeham 01359 252153
f.wakeham@eyeprimary.org.uk

Pétanque
Graham Portlock
graham.portlock@pm.me



WALSHAM LE WILLOWS VILLAGE HALL

The Community Council committee
welcome you to the

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From a time of 10.30am to 12.30pm
The Post Office van is there
From 11:00am till 12:00pm

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