



The Broadsheet

The newsletter for Badwell Ash, Badwell Green and Long Thurlow

Issue 111 June / July 2026



Caroline Runs The London Marathon 2026

A year ago, if you had told Caroline, a resident of Badwell Ash, that she would be standing on the start line of the 2026 London Marathon, she probably would not have believed you.

In fact, there was a time not so long ago when she actively disliked running.

Like many people, the thought of early morning runs, aching legs and voluntarily running for miles on end seemed completely baffling. But what started with the occasional park run and a few local 5Ks slowly turned into something much bigger.

Soon came 10Ks, half marathons and longer training runs as the miles steadily increased in preparation for the big day in London.

But behind the humour and the muddy trainers sits a genuinely important story about determination, confidence and community.

In April this year, Caroline completed the London Marathon as a guide runner for VICTA, helping support children and young adults who are blind or partially sighted. Along the way, she and her supporters also raised a significant amount of money for the charity,

helping support the incredible work VICTA carries out for young people and families across the UK.

Taking part in one of the world's most iconic races was already an incredible achievement, but doing it in support of others made the experience even more meaningful.

Anyone who has completed a marathon will understand the physical and mental commitment involved. The months of training, the dark winter evenings, the early starts, the injuries, the self doubt and the constant battle with the weather all become part of the journey. For everyone who has ever crossed a marathon finish line, there is huge respect from the wider village community because it is something very few people ever achieve.

A major part of Caroline's journey has been the support and encouragement of the Badwell Ash Run Club.

What began as a simple idea by a group of villagers wanting to encourage people to become more active has grown into something genuinely special for the community. The club now has more than 200 members and regularly brings

people together on weekday evenings and over the weekend to run, jog or walk at all levels of experience and ability.

Over the past year, the club has organised charity runs, encouraged people to try something new and helped build friendships and confidence across the village. For many people it is not really about running at all. It is about community, support and turning up together, whether you are training for a marathon or simply trying to get around your first 5K without stopping halfway.

For Caroline, the club became far more than just a running group. It gave her the confidence to keep going on the difficult days, the encouragement to attempt challenges she never thought possible and the belief that ordinary people can achieve extraordinary things when surrounded by the right people.

From someone who once disliked running, to completing the London Marathon for charity just one year later, it has been an incredible journey and one that proves it is never too late to start something new.

Badwell Ash Run Club

BAPC Community News

The green in front of St Mary's Crescent has been having a revamp. The two new benches have now been joined by a new trug. A big thank you to the volunteer who has stepped forward offering to look after it for us.



The new clerk for Badwell Ash parish council is now installed. Alison Martin has been living just down the road in Walsham for 14 years. As well as her interest in local life, Alison is a keen walker, so you'll probably see her walking her dog around Badwell Ash. There is a new contact email for the parish council. All emails should now be sent to clerk@badwellashparishcouncil.gov.uk



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Next issue copy deadline: 10th July 2026

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The views within the newsletter are not necessarily those held by the Parish Council.

badwellashparishcouncil.gov.uk/newsletter

Check out the issue online



The Litter Pick



In the middle of April 12 people set out to clear Badwell Ash and Long Thurlow of litter. 6 Parish Council members and 6 members of the public. 6 full bags of rubbish were picked up. All stuff which could be toxic or death traps for small creatures and an eyesore for the rest of us.

Thanks to everyone who participated.

Bill Woodhall

A Huge Thank You and Fond Farewell to Tavid Dobson!

The Badwell Ash Parish Council would like to share a heartfelt "thank you" to Tavid Dobson as he prepares for his upcoming move.

Serving as the Clerk to the Parish Council, Tavid has shown incredible dedication and hard work. We are so grateful for the way he has helped steer the Council forward, modernising our processes and structures and keeping us all on the right track.

Beyond his professional commitment, Tavid's lively sense of humour always brightened our meetings, and he will be truly missed by the whole team.

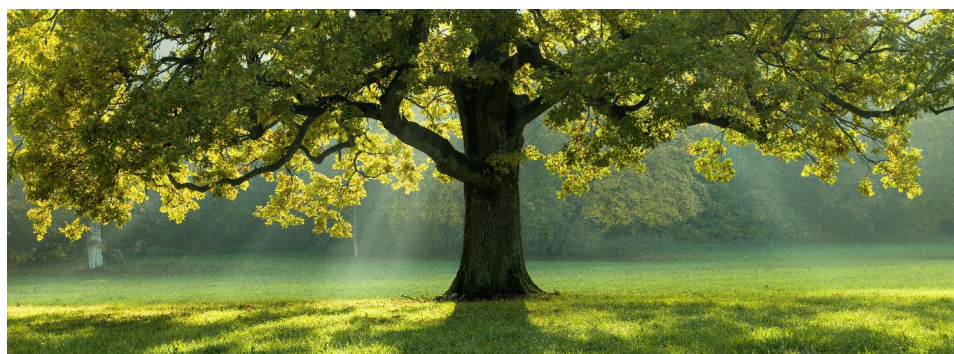
Badwell Ash Parish Council sends Tavid the very best of luck with his move and his next exciting chapter.



Notes for the Diary

- 1st June – New recycling bins come into use
 - Grey food caddy - leftovers, peelings and bones, every week
 - Blue – plastics, glass, cans, tetrapaks and foil every 3 weeks starting week beginning 1st June
 - Black – non-recyclables, polystyrene, used nappies, tissues every 3 weeks starting week beginning 8th June
 - Green – cardboard, paper and newspapers every 3 weeks starting week beginning 15th June
- 11th June – Great Ashfield and Badwell Ash WI – talk on Corsets, crinolines and camisoles, Lord Thurlow Hall, Great Ashfield 7.30pm
- 28th June – Holy Communion at St Mary's Church 9.30am
- 9th July - Great Ashfield and Badwell Ash WI visit to Porter's Lodge Garden, Cavenham
- 24th July - Quiz Night at the village hall, doors open 6.45pm, Quiz starts 7.30pm
- 26th July – Holy Communion at St Mary's Church 9.30am
- 13th August - Great Ashfield and Badwell Ash WI members garden meeting, venue TBC
- 16th August – Classic Car Show and fete in aid of Cancer Research, Badwell Ash Hall

From Little Acorns, Mighty Oaks Grow



Mid Suffolk District Council is keen to plant more trees to increase our tree canopy.

There are huge benefits

- Providing a food source and habitat for wildlife
- Helping to clean the air
- Moderating temperature – cooling the area around them in summer and helping to retain warmth in winter
- Reducing wind speed
- Storing rainwater – the surface area of a tree is huge in comparison with the ground beneath its canopy, so it can act like a giant sponge
- Screening views
- Carbon storage
- Increasing property values – houses in areas with good tree cover sell for more than equivalent houses in areas with low or no tree cover

- Health and well-being – having trees nearby makes people feel better.
- They inspire us

Can you think of anywhere in the parish on public land that we could plant some trees that would add to the beauty and amenities of our village and wouldn't annoy the neighbours?

If you can think of somewhere let us know clerk@badwellashparishcouncil.gov.uk and we can find out if it will be suitable.

We're especially looking at planting

- Native species, as these are best at supporting our local wildlife and suited to the climate like hawthorn, blackthorn, field maple,
- Large-growing, long-lived species, as these will provide the greatest benefits for the longest time like oak
- Fruit trees, particularly those of local origin, as these benefit local wildlife, look attractive, and they can provide free fruit for all of us

Badwell Ash BioBlitz

Exciting News - **Green**

ConneXions will be conducting a **BioBlitz** at the Badwell Ash (Le Grice) Playing Field on Saturday 18th July in conjunction with Suffolk Wildlife.

What is a BioBlitz you may ask?

It is an event that focuses on finding and identifying as many species as possible in a specific area over a short period of time. The primary goal of a **BioBlitz** is to get an overall count of the plants, animals, fungi, and other organisms that live in a place.

BioBlitzes focus on areas that are connected to residential, urban, and industrial areas.

A **BioBlitz** will help to promote and improve local natural spaces by empowering citizens to better understand and protect biodiversity.

Our Event will run from 10.00hrs until 14.00hrs. We will meet in the Small Hall of the Village Hall. There will be a indoor session to help us with the identification process. Then we will be outside on the Le Grice Playing Field.

Community involvement is wanted. Places are limited on a 'first come first served' basis. Accompanied children are welcome but they must be over 10yrs old. Places can be booked by contacting GreenconneXions-bap@outlook.com

Green ConneXions will feedback the results in a future edition of the **Broadsheet**.

See you on the 18th July 'Fellow Blitzers'

Planning Update

Call for Sites

As some of you will know, Mid Suffolk District Council (MSDC) launched a Call for Sites exercise from October last year to early January this year. This is a process whereby landowners can put forward land that they own and that they may wish to see developed at some point in the future.

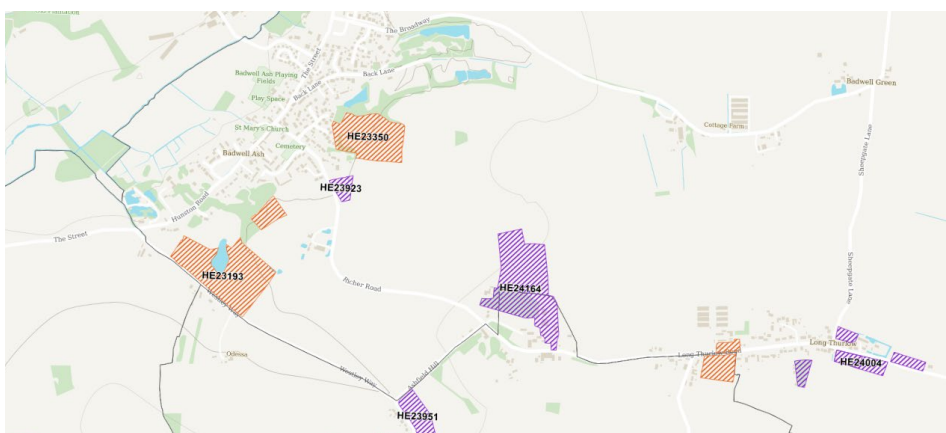
According to MSDC, this is a “standard part of preparing a Local Plan and all councils will, as part of their Plan making, be required to do the same”. The new local Plan for Mid Suffolk will be looking at land-use through to 2044.

The results of the Call for Sites have now been published as an interactive map and can be found here:

www.midsuffolk.gov.uk/w/call-for-sites

The map includes sites from the prior Call for Sites in 2024 (orange) together with the most recent exercise (purple). You will be able to see that there are a number of sites in Badwell Ash and Long Thurlow. Click on each site to see what the landowner proposes it is to be used for.

The next stage is for MSDC to assess each site for its suitability for



development. Just because a landowner has put forward a piece of land through the Call for Sites exercise it does not mean it will, or can, be developed. MSDC say they will publish the result of their analysis of the sites in “Spring 2026”. The resulting document that MSDC will publish is called a Strategic Housing and Economic Land Availability Assessment or SHELAA.

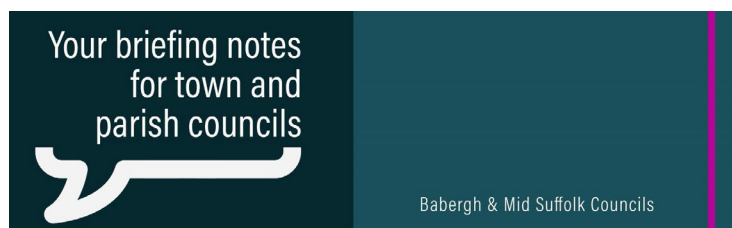
MSDC say the reason for publishing the Call for Sites is because “we want to be completely open and transparent”. They go on to say that “whilst we realise this may lead to some discussion in our communities it allows everyone to see openly what land has been submitted before our technical assessment begins”. MSDC reiterate that none of the submitted sites “have any formal status”.

There will be a process for individuals to comment formally on the suggested site allocations laid out in the SHELAA when MSDC publish their draft Local Plan. Currently the first draft of the new Joint Local Plan [with Babergh District Council] will be published for public consultation sometime between August 2026 and March 2027. We do not know how the impending local government re-organisation will impact on these timings or, indeed, the development of the Plan.

Neighbourhood Plan

Meanwhile the draft Badwell Ash and Long Thurlow Neighbourhood Plan which has been completed is subject to a Judicial Review. We have no time frame for how long that is going to take. We will update you once there is news to share.

Town & Parish Briefing Notes



New Recycling Collections in Suffolk begin June 1st

You can find digital versions of the information packs on the Suffolk Recycles website and attached to this email. We are continuing to promote Better Recycling across our social media channels.

Port One Legacy Biodiversity Enhancement Fund

The deadline for Mid Suffolk District Council's Port One Legacy Biodiversity Enhancement Fund has been extended until the end of June.

Community groups that apply for the fund can use it for projects that enhance biodiversity, improve habitats, support community gardens and much more.

If you know of an organisation that would benefit from this funding, encourage them to visit the community funding page of the Mid Suffolk District Council website.

Game On! Update for our New MUGA

We have some fantastic news to share regarding the **Badwell Ash Multi-Use Games Area (MUGA)**! As many of you know from previous updates, the Parish Council successfully secured planning permission for a double-court facility on the playing field.

Listening to our community

Following our recent Community Survey feedback sessions, we've been listening closely to your thoughts. To ensure the new space works perfectly for everyone, the Council has decided to refine the plans. We are now looking to create a slightly more compact version—reducing the footprint by 50%—and tucking it into the **north corner** of the playing field. This new spot is the furthest point from the houses on The Street, keeping things quiet and comfortable for our neighbours.

What's next?

A revised planning application is already with the **MSDC Planning Department**, and we expect to hear the final result very soon.

Don't worry—the MUGA is coming!

There's no need to worry about losing this great new community asset. Since we already have permission for the larger double court, we are in a great position to move forward regardless of the outcome of this tweak.

We can't wait to see the community enjoying this new space soon!



All Change at the Village Hall

Village Hall AGMs are not renowned for their surprises so you can imagine how we felt when no less than six spectators turned up. Thank you all!

Not only that, but we simultaneously lost the services of **Clive Hawkins** our Chair, **Mike Smith** our Treasurer, **Pat Cooper** our Secretary and **Janet de Vries** our bookings administrator – all in one go.

All four had given the village a great deal of their time and left the Village Hall in excellent shape - but it left us with significant gaps to fill. However, we have bounced back and have found people to do just that.

We now have a new Chair (**Ed Walsh**), a Vice Chair and interim Secretary (**Pete Dixon**), Treasurer (**Sharon Phillips**), Events and social media manager (**Chloe Foreman**) and Operations manager (**Richard Lock**). We also welcomed one brand new Trustee in **Tracie Gray** and we have the promise of a couple of other new faces in the coming weeks.

So far so good, but now for the challenges.

There are the obvious ones of keeping our charges down despite facing sharply increasing costs; encouraging more people to use the hall and

making sure our facilities match the changing expectations of the community.

Steps we have already taken include:

- **Discounted deals for children's birthday parties,**
- **Reduced booking deposits**
- **Easier access to the halls using key safes**
- **Emergency lighting and external lighting** now fully compliant (thanks to a grant from the Parish Council).
- **CCTV lines of sight restricted to avoid any video content of activities in either hall** while still keeping an eye on the exterior of the halls and common internal areas. At the same time the outside of the halls will be **better lit** as you arrive and leave.

We are already seeing signs that these are starting to have an effect, but there is more to do.

Our immediate priorities are to increase the range of events and activities on offer while at the same time doing more of the things that people already enjoy; to make the hall easier to use and to draw in people from a wider area than we do to date.

The MUGA (Multi Use Games Area) is already going through the planning approval process. If approved, it will make our playing field much more versatile and, when the field drainage has been sorted, a little less soggy!

Looking even further forward we are already working closely with the Parish Council to plan a new extension to our hall. This would allow us to offer a wider choice of spaces including indoor sports.

This is where you come in. Tucked away in our Parish is a wealth of experience that people don't blow their trumpets about and we don't know about. We don't want to force people onto a committee if that's not their thing – but we would really value knowing that there was expertise we could call on for advice - when we need it.

If you have a strength in events management; professional catering (to help us specify catering areas); sports management (what works best?); publicity (how do we get our message out there?); QS so we deliver value for money or just good old fashioned common sense - please get in touch with us at clerk@badwellashparishcouncil.gov.uk

A Job Well Done

At the Village Hall AGM held in mid-April, we said goodbye to four Trustees who between them have played a major role not only in running the village hall but in bringing it back up to scratch.

During their tenure the kitchen was enhanced; the outdoor terrace built; the heating system renovated; the external cladding replaced; the walls insulated and both halls completely redecorated – leaving it in a far better state than when they first came.

Clive Hawkins, the outgoing Chair of Trustees first came to the village in 2012 and had already served the village as a Parish Councillor and, ultimately, as Chair of the Parish Council. He told us "We achieved everything we set out to do and have left the hall as a tremendous asset for the village. But, as always, none of this could have been done without the efforts of whole committee for whom I

give my unstinting thanks."

Mike Smith, another relative newcomer to the village joined as a Trustee in 2022 as Treasurer. He said "It's one thing to want to make improvements but it's another thing to find the money to do them!" Mike became expert at hunting down grants; generating bids; negotiating tariffs and generally keeping the wolf from the door at a time when costs were rapidly rising. "We have managed to keep our charges unchanged for the last two years but it won't be possible to keep them down for ever".

Pat Cooper, the outgoing Secretary is well known to many in the village and has a vast range of interests – not least having faithfully kept a record of countless meetings of the Village Hall Committee in her long tenure. Pat says "I've got a lot of irons in the fire and I think it's time to slim them down a bit".



Janet de Vries has been responsible for the crucial job not only of securing bookings for the hall but also for all the little aggravations that go with it, not least keeping the hall secure. She was a familiar sight trudging down Back Lane with a large bundle of keys. Janet says "I've got to the age where wandering down Back Lane on dark evenings has lost its magic!"

To all of you – our thanks and our promise to keep your good work going.

Ed Walsh, Chair of Village Hall Trustees

Dogs And Their Mess!



We love them whatever shape or size they come in, and we want them to have fun and be happy. But please, please, please, if you take them to the playground, keep them on leads and **PICK UP THEIR MESS**. There's a doggy bin next to the village hall just for that purpose.

Services at St Mary's

28th June Holy Communion at 9:30am

26th July Holy Communion at 9:30am

Everyone is welcome!

Following on from the successful Santa Dash organised by the Badwell Running Group and the wonderful donations given for Stowmarket Foodbank we now have a permanent donation point in church. Donations of food items and toiletries can be dropped off when the church is open and will be collected weekly and taken to the Foodbank. All items should be sealed and in date. Thank you for your continued support!

Jungle Gym Recipe – Breakfast Tarts

Hi everyone, Jungle Gym here.

In the jungle, every day is a test of endurance. To stay sharp, you need a breakfast that delivers real staying power. That's why I kick off the day with two of my hearty breakfast tarts. When you're battling the elements, one is never enough.

Ingredients:

2x Portobello mushrooms

65g Diced chorizo sausage pieces

8x Cherry Tomatoes

2x Eggs

Sprinkling of grated Mozzarella Cheese

Dusting of dried Basil

Method

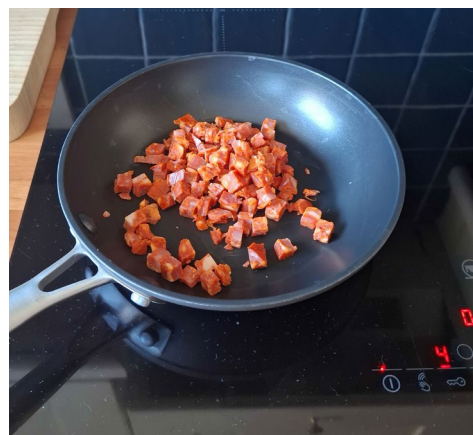
- Preheat your oven to **200°C**—a steady, reliable heat source is essential, whether it's a camp stove or a jungle fire.
- Fry the chorizo pieces until they turn golden. This gives you the fat and flavour you'll need for long-lasting energy. Set them aside.
- Clean the portobello mushrooms with kitchen towel and carefully remove the centre stalk and scrape out the spines with a teaspoon. Out in the wild, every part you prep needs to be deliberate.
- Set the mushrooms on a baking tray lined with greaseproof paper to keep everything controlled and contained.
- Slice the cherry tomatoes in half and arrange them in a tight circle inside each mushroom—this helps

them cook evenly and release their moisture slowly.

- Place the cooked chorizo pieces in the centre. That's your protein core, the part that keeps you going when conditions get tough.
- Beat the eggs and pour them gently around the fillings. Think of this as sealing the whole structure together. *(use a teaspoon as a prop to help keep the mushroom level - so the egg mixture doesn't run out everywhere!)*
- Dust with dried basil and top with mozzarella. Even in survival mode, flavour matters.
- Cook for **about 20 minutes**, or until the cheese has melted and browned. When it looks like something that could carry you through a full day in the jungle, it's ready.

Enjoy!

Jungle Gym



Great Ashfield & Badwell Ash WI



Midge Hawkins – President

At last we have enjoyed some warmer weather, but unfortunately some very cold nights. It is also lovely to have longer daylight hours to be able to get out into the gardens.

Our April meeting was an Open Meeting when we invite members of the public to join us. Our speaker Sophie from The Suffolk Constabulary gave us a talk on the Rural, Heritage and Wildlife. She is a member of the team of 3 police officers who look after the whole of Suffolk. We started off with a short quiz and then she told us what they do in order to protect wildlife and our heritage. Rural crime is an issue for large areas of the country and much goes unreported. It can impact on insurance premiums food prices and damage local communities

Our May meeting was our Annual General Meeting when we give reports on the previous year and we vote for our President and committee. Unfortunately this article goes for print before our meeting.

Our next three meetings – all listed below, are to be held in the Lord Thurlow Hall at Great Ashfield at 7.30pm unless otherwise stated. Our meetings are held on the second Thursday of each month. Afternoon

meetings are held in the months of – December, January and February each year and are 2.30 to 4.30pm.

11th June 2026 – Evening Meeting at 7.30pm. Our speaker is Fran Saltmarsh with a talk on Corsets, Crinolines & Camisoles.

9th July 2026 – We are visiting Porters Lodge Gardens in Cavenham. It is a haven of tranquillity where beautifully designed gardens meet the warmth of a country tearoom. Guest of WI Members will be welcome and the cost is £10 to £15 which will be non-refundable upon booking.

13th August 2026 – This is our Members Garden Meeting, with a Bring & Buy Sale. Location to be confirmed.

We would welcome any new members to join us. We are not a huge group but a very friendly one and we invite you to come and see what we are all about. All new visitors have 1 free meeting and then pay £3 for each of the next 2 meetings before deciding whether or not to join. This includes a raffle ticket and refreshments. Please feel free to ring me for any further information on 01359 259399.

With my best wishes
Midge Hawkins - President

CARPET BOWLS

Clive Hawkins

Badwell Ash Carpet Bowls Club was founded over 35 years ago with the membership varying from high to low over the years, with a founder member still playing. Currently our membership, to be honest, is on the low side and we are therefore looking for new members to join us.

Carpet Bowls is a game for all ages, developing a skill whilst giving light exercise at the same time. Add to this the comradeship, meeting new acquaintances, the socialising and you have evenings to savour. With the lighter evenings now with us, why not stroll down to the village hall on a Tuesday evening and give carpet bowls a try. There is no charge for the first three sessions and if you have not played before the regular members will be on hand to instruct you on the “do’s and don’ts” of the game. It’s worth a go as it could be the game for you.

Call in and give it a go, Tuesday evenings 7.30 pm until 9.30 pm. Any questions call Clive on 01359 259399 or email clive@agenthawkins.plus.com

The Pits of Badwell Ash: Part of Our Village Story

Maureen Lock – info@badwellashheritage.co.uk

If you’ve spent any time in Badwell Ash, you’ll probably have noticed the many pits scattered around the village. Some are tucked away behind hedgerows, others more visible as you walk or drive past—but all of them are part of what makes our village unique.

These pits were originally dug for sand and gravel, once a thriving local industry. For many years, quarrying played a big role in village life, shaping both the landscape and the local economy. But what’s particularly fascinating is that these sites have revealed much more than just raw materials. Over time, they’ve also produced some remarkable archaeological finds, including an Iron Age trough and fragments of medieval pottery. These discoveries remind us that people have been living, working

and shaping this land for thousands of years.

The importance of quarrying to Badwell Ash is even captured on the village sign, where an excavator features as a reminder of those busy industrial days. While the machinery has long since gone, the legacy of that work is still very much with us. Today, many of the old pits have been transformed into something quite different. Around Back Lane and near Shackerland Hall, several have become peaceful fishing lakes or havens for wildlife, adding a quieter kind of beauty to the area.

If you head out of the village towards Hunston, you’ll come across the Badwell Ash Holiday Lodges and Fishery on your right. This is a perfect example of how these former workings have been given a new lease of life.

The three lakes there—Main Lake, Kingfisher Lake and Mill Lake—were once gravel pits, later filled naturally by underground springs after the quarrying stopped. Interestingly, during the drought of the 1920s, these same springs are thought to have provided an important source of water for the village, showing just how closely tied these features are to local life.

The deeper pits along Back Lane are still used today for a variety of activities, including four-wheel driving, clay pigeon shooting and fishing (with permission). They remain lively, well-used spaces—but they also come with a note of caution. In April 2014, a young girl playing in one of the pits used for off-road driving slipped into mud at the bottom of the

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pit and became stuck waist-deep. Thankfully, the fire brigade were able to rescue her after about 30 minutes, but it was a sobering reminder that these places can be unpredictable and potentially dangerous.

There is even more history hidden beneath the surface. Excavations at Donards, along Back Lane, uncovered evidence not only of gravel extraction but also of Roman industrial activity dating from AD 43–410. Archaeologists found ovens, waste pits and workshop areas, suggesting this was once a place of industry long before modern quarrying began. Other discoveries across the village point to even earlier use, from the late Bronze Age through to the Iron Age.

Quarrying continued to be a major part of village life well into the 20th century. Sadly, it also led to the loss of one of Badwell Ash's most recognisable landmarks—the windmill, which was demolished in 1930 after standing for around 140 years. Its absence is still felt by those who value the village's heritage.

Today, the pits of Badwell Ash are quiet reminders of all that has come before. Whether they are home to wildlife, used for recreation, or simply passed by on a daily walk, they remain an important part of our shared story—linking past and present in a way that is uniquely Badwell Ash.

Badwell Ash History Society is a group of people interested in the history of our village. If you, too, are interested and would like to find out more, please come along to our next meeting on Tuesday, 14 April 2026 at the White Horse at 7pm

FREE GUIDE • PLAN AHEAD BEFORE THE RUSH



The PSTN Switch-Off Checklist

The UK's landline network is being switched off. Don't wait to be contacted. Here's what to do now, in plain English.

- ☐ **STEP 01 Don't wait. Start planning now**
Your provider should write to you before your line is switched, but letters can come late, get missed, or not arrive at all. We've heard from people whose lines stopped working with no warning. Acting early gives you choice and avoids the rush.
- ☐ **STEP 02 Ask your provider when your area is scheduled**
The switch-off is rolling out area by area across the UK. Call your provider and ask directly. Don't wait for a letter. Knowing your date helps you sort everything else in good time.
- ☐ **STEP 03 Check if your home phone will still work**
Most older corded phones that plug directly into the wall socket will not work on the new digital network without an adapter. Check with your provider. Many will supply one free of charge, or replace your handset.
- ☐ **STEP 04 Check any personal or medical alarm**
If you or someone in your home uses a telecare device, such as a lifeline pendant alarm, fall detector, or emergency call button, contact the alarm provider before anything changes. These devices often rely on the phone line and may need replacing or reconfiguring.
- ☐ **STEP 05 Check your home burglar alarm**
Many home alarm systems use the phone line to contact a monitoring centre if they're triggered. Contact your alarm company to ask if your system is switch-off ready.
- ☐ **STEP 06 Know what happens if the power or internet goes down**
Unlike a traditional landline, your new digital phone needs your broadband router switched on and working. If the power goes out or your internet drops, it won't work. **The Phonely app** means you can still make and receive calls from your mobile using mobile data, so you're never left without a phone.
- ☐ **STEP 07 Ask your broadband provider about emergency call backup**
Your broadband provider is required by Ofcom to offer you a way to call 999 during a power cut, usually a battery backup unit for your router, free of charge if you rely on your landline and don't have another device, such as a mobile phone. Contact them directly to find out more about battery backups.
- ☐ **STEP 08 Write down your key phone numbers today**
In case of any disruption during the switch, keep a few important numbers written down somewhere easy to find: your doctor's surgery, a family member, and your provider's customer service number.
- ☐ **STEP 09 Ask for help, sooner rather than later**
You don't have to figure this out alone. Your provider must offer assisted migration support, and charities like Age UK can help. The earlier you ask, the more time there is to get it right.

Phonely • The PSTN Switch-Off Checklist

phonely.co.uk

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MOT CLASSES 4 & 7



- CLUTCHES
- BATTERIES
- CAMBELTS/TIMING CHAIN
- SERVICING
- TRACKING
- WHEEL BALANCING

Mkautosmotcentreld@gmail.com



MOT: 01359 241158/244421

REPAIRS: 01359 245998



The workshop
Grove lane
Elmswell
IP30 9HN

Please note as of February
2023 D A Bevan has been
taken over by MK Autos



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Facebook.

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Better Recycling - A Summary of What to Do With Your Recycling from June 2026

See www.suffolkrecycling.org.uk for further details.

Item	What should I do with it?	
Food waste	Use your food caddy and food waste bin which will be collected weekly. All food waste including bones. You may be composting in conjunction with this.	
Paper, card, newspapers	Put in your green lid recycling bin This can now go straight to a paper merchant.	
Aerosols	Put in your blue lid recycling bin . They should be empty and not squashed. Remove lids. If lid > 4cm put in blue lid recycling bin.	
Drink cans / aluminium trays	Put in your blue lid recycling bin	
Glass	Put in your blue lid recycling bin (used to not be allowed)	
Plastic film	Put in your blue lid recycling bin (used to not be allowed)	
Plastic bottles, tubs and food containers	Put in your blue lid recycling bin . Clean, squash and put tops back on.	
Tetrapaks / Cartons	Put in your blue lid recycling bin (used to not be allowed). Clean, squash and put tops back on.	
Tin foil	Wash and put in your blue lid recycling bin <i>Note: the items that can be put in this bin will be expanded over time</i>	
Nappies and wipes	Put in your black rubbish bin .	
Clinical waste (dressings, incontinence pads)		
Polystyrene, plastic netting, toothpaste tubes, disposable razors, used tissues and cotton wool		
Disposable coffee cups	Put in black rubbish bin (they can't be recycled!)	
Dog and cat waste	Use dog waste bins or double bag and put in your black rubbish bin	
Garden waste	Put in your Brown bin .	

Other recycling not currently collected from your house

Batteries / light bulbs	Take to a Recycling Centre . Batteries / light bulbs should be put in the designated container. Electrical items with sealed batteries put in the Small Appliances container. If you are not sure, check due to fire risk.	
Bulky items e.g. washing machines etc / furniture.	Take to Recycle Centre, charity shop or use District Council bulky waste collection (see website for charges)	
E-cigarettes (vapes)	Take to Recycling Centre or supermarket collection point	
Printer cartridges	Use services available on internet or take to Recycling Centre	
Textiles	Take to Recycling Centre or clothing bank .	
Hazardous waste (e.g. chemicals, liquid paint)	Hazardous waste collections - can be booked directly with Biffa (see website for charges)	
Hard plastics	Hard plastics are not accepted for recycling in your kerbside recycling collection or at recycling centres	

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Our Specialist Healthcare Professionals

Within our Health Centre, we have a number of healthcare professionals, each with distinct roles and specialist skills. When you contact us with a medical request, we will assign you to the person best suited to help you.

Medicines Management Team

Clinical Pharmacists

Clinical pharmacists work directly with patients. They use their expert knowledge of medicines to assess and treat conditions. They have completed training to become independent prescribers.

They work in the general practice team, supporting patients with long-term conditions and undertaking structured medication reviews with patients on multiple medications and complex health needs.

Pharmacy Technicians

Pharmacy Technicians complement the work of clinical pharmacists, applying their knowledge of medicines in tasks such as audits, prescription

management support, medication reviews, new patient reviews and medication changes after hospital discharge or referral.

First Contact Physiotherapists (FCPs)

Muscle and joint problems are very common, and a major reason people visit their GP. FCPs can help patients with musculoskeletal issues such as back, neck and joint pain by:

Assessing and diagnosing problems.

Giving advice on how to manage pain and improve movement.

Referring them onto specialist services if necessary.

Quicker access to diagnosis and treatment, helps patients manage their conditions more effectively and recover faster, so they can get back to normal



life quickly. Our FCPs help to reduce GP workload and reduce the need for onward referrals.

Social Prescribing Link Worker

Our Social Prescribing Link Worker helps with non-clinical needs, helping people improve their wellbeing. They connect people to community groups and services for practical and emotional support.



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