

A Word from The Editors.....

Welcome to our June Signpost. We hope very much that you and your loved ones are keeping safe and well at this difficult time.

Thank you all for your feedback on our first online edition of The Signpost. Please do continue to send us your jokes, recipes or articles or anything else that you would like to see in our next magazine. To register to receive The Signpost via email each month, during Covid19, please email Amy bakergirl174@gmail.com and Angela and amtrelor@btinternet.com

News of the Carlford Churches and details of online Worship can be found on the website carlfordchurches.org and within the Mini Grapevine. If you would like to receive the Mini-Grapevine weekly via email, please register via the website carlfordchurches.org or with Mark Cresswell – mark@cresswell.onl. There are links on the Carlford Churches website to the Facebook page, Mini-Grapevine and The Signpost. The Carlford Churches Facebook page can be accessed directly <http://facebook.com/carlfordchurches>.

Please continue to be safe & take care, Amy and Angela



Saying goodbye

After serving as our Parish priest for the past six years, it is time to say farewell to Clare as she prepares to start her new life with her family, in Shropshire.

Clare has been the Rector in Grundisburgh for the past fifteen years, combining her duties with that of Rural Dean. She joined us when our four parishes were merged with the greater Grundisburgh benefice.

She will be greatly missed by us all. Her humanity, organisational skills, and dedication to all aspects of her ministry have been outstanding and she has sympathetically touched many lives in our communities, sharing in our pain, laughter and joy.

Thank you, Clare, for all you have done. We wish you, Mark and Tom every happiness as you continue life's journey in your new home.

The Sign-Post

By Edward Thomas

The dim sea glints chill. The white sun is shy,
And the skeleton weeds and the never-dry,
Rough, long grasses keep white with frost
At the hilltop by the finger-post;
The smoke of the traveller's-joy is puffed
Over hawthorn berry and hazel tuft.
I read the sign. Which way shall I go?
A voice says: You would not have doubted so
At twenty. Another voice gentle with scorn
Says: At twenty you wished you had never been born.



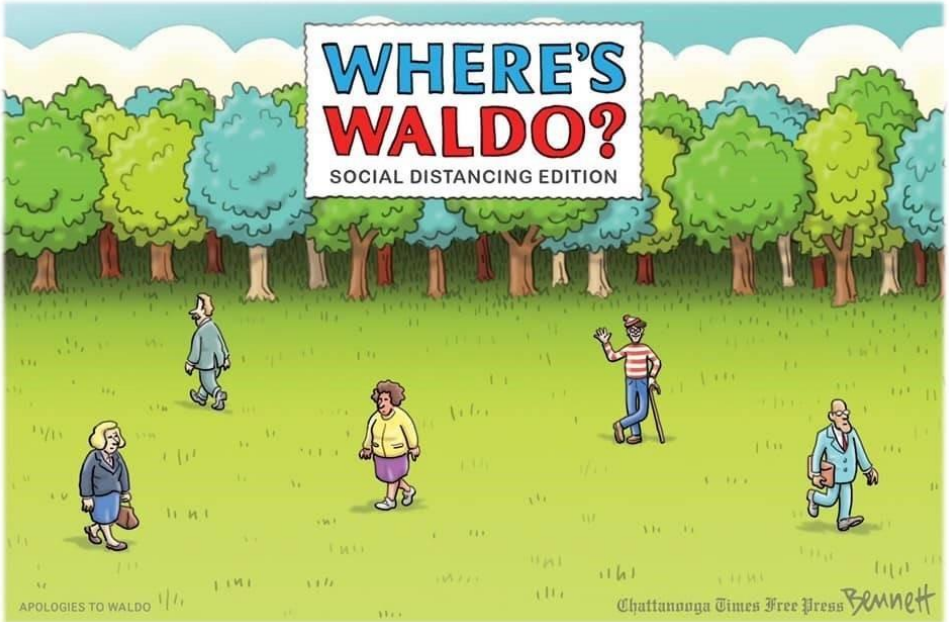
One hazel lost a leaf of gold
From a tuft at the tip, when the first voice told
The other he wished to know what 'twould be
To be sixty by this same post. "You shall see,"
He laughed—and I had to join his laughter—
"You shall see; but either before or after,
Whatever happens, it must befall,
A mouthful of earth to remedy all
Regrets and wishes shall freely be given;
And if there be a flaw in that heaven
'Twill be freedom to wish, and your wish may be
To be here or anywhere talking to me,
No matter what the weather, on earth,
At any age between death and birth,
To see what day or night can be,
The sun and the frost, the land and the sea,
Summer, Autumn, Winter, Spring,—
With a poor man of any sort, down to a king,
Standing upright out in the air
Wondering where he shall journey, O where?"



Weather April 2020

The end of March was dry with plenty of sun and this continued into April resulting in some very dry topsoil. It remained like this apart from .30 inches of rain on the 13th April until the end of the month when we had some welcome rain in the last few days. The records show that it has been the sunniest April since 1942. Total rainfall for the month was 1.15 inches.

Russell Ling



22nd June - St Alban, helping a stranger in need

Alban should be the patron saint of anyone who impulsively offers to help a stranger in need... and finds their own life turned upside down as a result.

The story goes that Alban was a Roman citizen quietly living in England in the third century. Then, miles away in Rome, the emperor, Diocletian ordered a persecution of the Christians. Nothing to do with Alban... except that suddenly he found a desperate priest on his doorstep, being hunted down by local soldiers.

Alban decided to give the priest shelter, and within days was converted to Christianity himself, and then baptised.

As if this was not brave enough, when the soldiers arrived, Alban decided to take the priest's place. He dressed up in the priest's clothes to enable the priest to escape. Not surprisingly, the soldiers then arrested Alban himself. Now a Christian, Alban refused to offer sacrifice to the Roman gods, and so was condemned to death.

But the story doesn't end there, for Alban went to his execution with such holiness and serenity that one of the executioners was converted, and the other executioner's eyes fell out (or so the story goes). Alban was buried nearby, and the shrine built to his memory was soon known for its healing powers. Alban's cult extended all over England, and nine ancient English churches were dedicated to him.

St David's Cathedral



I wrote about St David, Patron Saint of Wales, two years ago. Now I write a short piece about his cathedral, St David's Cathedral in Pembrokeshire.

The Cathedral was built in the 12th century but before the present cathedral was built there was a monastic community on the site. This community was attacked many times by raiders including the Vikings even though the monastic buildings were on low ground out of sight of invaders from the sea. A cathedral building was started in 1115 and this was followed by the building of the present cathedral in 1181. The Pope at that time bestowed a papal privilege upon St David's, making it the centre of pilgrimage for the Western world. He decreed that two pilgrimages to St David's was equal to one to Rome, and three pilgrimages to one to Jerusalem. It may be of interest to those who like choral music to know that St David's Cathedral Choir was the first cathedral choir in the UK to have girls and men as the main choir rather than boys and men.

There are both Welsh and English services on Sunday and during the week. Betty and I attended an English evensong this February as we were in St David's for a week. The service was special for us as it was the first time we had attended a

service in the Cathedral. It was all special for another reason. The service included the formal appointment of the Cathedral's verger to her role, which is a busy and important role in the life of the Cathedral. This includes the upkeep of the building, furnishings and ancient relics. The verger has also a prominent role 'behind the scenes' with service preparation.

A service from St David's Cathedral has been on TV on two of the Sunday mornings since the start of the lockdown. The hymns chosen for this service included hymns from a Songs & Praise service held in the Cathedral in July last year. The nave of the Cathedral was full for that service but in our evening service, held in the part known as the Quire, the congregation was very much less, about 40 including the choir. We recognised a number of the Cathedral clergy who took part in the TV service at the evening service which we attended including the Dean, the Very Reverend Dr Sarah Rowland Jones who took the service. Since that service I have noted that she graduated from Cambridge with a degree in mathematics. I cannot mention the Dean without mentioning the Bishop of St David's, the Right Reverend Dr Joanna Penberthy and as it happens, she also graduated from Cambridge at the same Cambridge college with, I believe, a degree in physics. I write this because one of her interests is studying quantum physics. She has also received a PhD from the University of Nottingham. I myself have some things in common with these two Welsh ladies, a mathematics degree, a physics degree, and the same degree from the University of Nottingham. I am also Welsh, but I did not go to Cambridge!

Philip David



Captains Wood Sudbourne

“Oh, Roses are fair to see,
but the wild bluebell
is the flower for me.”

NEWS FROM OUR CHURCHES

ASHBOCKING

Well, here we are again, a whole month gone by and into June and still at home. I expect that for some of you the time has been trying, perhaps with things beginning to ease it will help the situation. I know a lot of people, including myself have found it an experience which has given us time to relax and reflect and to do all those things that normally we don't have time to do. I have gardened, cleaned, sorted out cupboards, knitted, sewn and painted, with a good amount of cooking thrown in!



For once I have had time to chat on the phone and to relax with a book or magazine. It makes me wonder when a new sort of normal will resume, it certainly will not be the same as before I think. I am certainly looking forward to a time when I can see family again and resuming the regular meetings with friends. Strangely I have no desire to go travelling across continents on holiday.

My garden has been my solace, and I feel deeply sorry for people who do not have this luxury, or indeed any outside space to be in.

My garden has never looked so good at this stage in the year and I am pleased to report that the shrub which was so infested with vine weevil has responded to treatment and is doing well. Some other plants are not so lucky!

The latest challenge has been the number of Lily Beetles infesting the Fritillaries, laying their eggs, before moving on to the lilies. They have been dealt with!

It is a delight every day to see something else bursting into life, bringing a plethora of colour, and that with the birds in record numbers delivering their serenade does give us hope.



Whilst gardening, I was thinking what else I could do with my Rhubarb, apart from jam, wine, (too much messing about with demi johns) and the obvious crumbles. I then stumbled across this BBC website recipe for an easy (sounded good) Rhubarb cake.

Now, having made it, I can thoroughly recommend it. It does make a large cake as it kept the three of us going for four days, with a decent slice each time.

Easy Rhubarb Cake

You will need, a spring-form tin,
approx 9ins diameter, greased



7oz/200g of butter, softened to room temperature, not melted.

7oz/200g castor sugar plus 3 tablespoonfuls for the topping.

7oz/200g ground almonds

7oz self raising flour. I use Gluten free SR flour instead and it works perfectly

1tsp Vanilla or almond essence,

1tsp baking powder

3 large eggs

10 ½ oz tender young rhubarb cut into ¾ inch lengths.

Preheat oven to 180deg/ 160deg fan, or Gas mark 4

This is the easy bit, put all dry ingredients into a large bowl add the essence and eggs and mix into a batter, then spoon into the prepared tin and smooth. Sprinkle all the rhubarb over the top and finish by sprinkling the reserved sugar over the top.

Bake in the oven for 1hr 25mins until a skewer comes out clean. If it looks to be browning too much before it is done loosely lay a sheet of foil over the top.

Cool for at least 20mins before releasing the tin.

You can enjoy this recipe hot or cold, as a dessert or as cake with a cup of tea or coffee.

It goes well with custard, crème fraiche, cream or ice cream.

Do try it and I hope you enjoy it.

Although lock down is easing I expect lots of you are still staying at home as I am for 12 weeks minimum, keep cheerful, keep active and keep chatting, with family and friends.

Linda Pollard



If a person gets his attitude towards money straight, it will help straighten out almost every other area in his life.

Billy Graham

CLOPTON



We are so privileged to live in Suffolk during these difficult times of Covid 19 and lockdown. We have the beautiful countryside and the weather has been wonderful too. The lack of traffic rushing through the village on the B1078 and B1079 has been a bonus as well.

In Clopton, people seem to be keeping busy - several are busy sewing scrubs for the hospital, whilst others are making scrub bags or crocheting mask extenders.

Numerous people have offered to shop for those confined to their houses and are also making sure that vulnerable people living alone are kept in touch by telephone.

The village email informs people of what is going on and where to find supplies like fresh vegetables etc.



The Hobbies Group now has a 'Whats App' Group and a Zoom meeting has been started by Della in place of our regular Coffee Morning.

It is certainly a steep learning curve for some of us who are not very computer literate!

The weekly Church Service is great and I recommend everyone to watch it.

Clare's last service will be on Whit Sunday 31st May and will be online.

Keep safe everyone.

Doris Main

Lock down Hair Days!!!



OTLEY

When I walked out one Spring morning

We have had some beautiful weather in April and I have enjoyed taking advantage of it by walking the field boundaries. There are some wonderful walks around Otley and the local farmers keep the footpaths in good order.

My favourite walk is around Alan Mayhews fields which go up to Helmingham. Alan keeps his fields and paths in excellent condition and if we chance upon one another when he is working, we always give each other a friendly wave.



It has been a good year for cowslips and dandelions which line the hedgerows along with yarrow, cow parsley and bluebells to name a few. The familiar strong scent of the hawthorn blossom mingles in the air with the sounds of the buzzing of bees and flies, and if fortunate, I would spot a hawk hovering overhead looking for a tasty meal of field voles.



One day I was especially blessed to see a large male hare bounding across the field with terrific speed only to halt now and then to raise itself up and sniff the air. On some of these walks I have spotted stones which have been beautifully decorated and left by the wayside for others to enjoy in these uneasy times. I took some photos of them for you.

People have always liked to decorate pebbles and stones with words as well as pictures and leave them for others to see as an act of inspiration and reassurance. I was reminded of the Bible story of David and Goliath and the choosing of five smooth stones from the stream, which were Comfort, Hope, Trust, Strength and Faith.



They say the stone that killed Goliath was 'Faith'

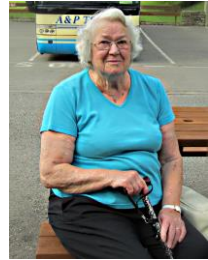
Keep well and safe, Angela Treloar

“In memory of our good friend and neighbour Peter Rogerson, who died recently after a long but bravely born illness. He was a man of faith and integrity”.

SWILLAND

Swilland has been very quiet during lockdown. Even on VE Day I only saw one couple from Swilland cycling by and was able to have a chat at a suitable distance. No doubt more were cycling and walking along the High Road. Here we flew the Union Jack, but it was so high up on our makeshift flagpole and the lack of wind meant it hung limply for most of the day, so I am not sure it was noticed. Perhaps we shall all be able to celebrate the 76th Anniversary of VE Day.

We were very sad to hear that Margaret Stennett died recently in Ipswich Hospital. She was 88 and had been suffering from Dementia for some time. She had been wonderfully cared for at home by the family, particularly Christopher and Richard, we send them all our sympathy. Margaret had lived in Swilland for all her married life. Her husband, Ralph, died 30 years ago. She had cared for several people in their later years and she will be greatly missed. There will be a Thanksgiving Service later when we are all free to mix again.



The countryside and gardens are looking magnificent - the blossom everywhere has been outstanding. We shall have an abundance of fruit this year. I just wish we could all visit each other and admire everyone's gardens which have had so much attention while we are confined to home.

I would like to thank Mark, Clare and the Ministry Team for the excellent services on Facebook each Sunday. The wonders of modern technology! I also tuned in to Messy Church and particularly liked Clare's story of the lost sheep.

Stay safe and look forward to when we are able to meet in church and in each other's houses and gardens.

**'My soul melts from heaviness;
strengthen me according to Your word.'**

Psalm 19:28



Marigolds

The little orange and yellow flowers everybody grows because everybody can grow them!

Their tolerance for less-than-perfect soil conditions, their ability to thrive in all but the coldest and harshest of climates, and their naturally forgiving nature when it comes to care makes them a favourite of gardeners throughout the world.



The name ‘marigold’ means Mary’s Gold, and comes from one of the oldest-known species of marigolds — the calendula (or pot marigold). Other species of marigolds include the common marigold, tree marigold, Mexican marigold, corn marigold and the French marigold.

In the warmest regions the plants thrive year round, while in colder zones, they act as self-seeding annuals if you deadhead the blooms and drop them onto the ground. Marigolds can be started indoors in early spring to be ready to transplant into the ground or larger pots when weather permits, or the seed can be sown directly into the soil after all danger of frost is past.

Marigolds are not only attractive, they’re useful as well.

Did you know....

1. Marigolds are proven nectar sources for butterflies, making them a popular pick for butterfly gardens.
2. The pigments in their bold colours are approved in Europe for use in the colouring of many food items.
3. Marigolds are a natural repellent of nematodes and other garden pests. Planting marigolds in and around your tomato, eggplant, pepper and potato plants will result in healthier plants and produce.
4. The pungent smell of marigolds will also keep rabbits, deer and rodents from eating your plants.
5. Marigolds have medicinal purposes. Some species of marigolds are used antiseptically to treat athlete’s foot, bites and stings.

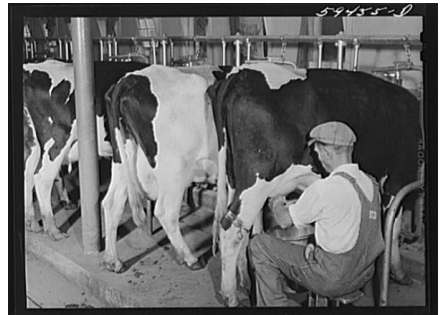
Another reason for the popularity of the marigold is its ability to bloom and bloom and bloom. You are still able to purchase all sorts of seeds online from Thompson & Morgan. <https://www.thompson-morgan.com/seeds>

RUSSELL LING REPORTS

Farm animals in the horse era

Keeping livestock in the first half of the twentieth century was very different to what it is today. It depended very much on the soil type and whether it was hilly land also where the farm was situated. I am only going to describe how it was when I was a boy and the early years when I was farming full time in Otley.

Before WW2 there were six farmers in Otley who had small herds of cows which were all milked by hand. The milk was put into churns which were then taken to the roadside and placed on a stand the height of a flatbed lorry. The churns were later collected and conveyed to a local milk depot for distribution in the immediate area. Some of the farmers sold milk direct to the village inhabitants who would take a container to the farm to be filled as there was no doorstep milk delivery in villages at that time. Otley milk deliveries began in 1935 by Ben Thorpe an Otley resident who also supplied neighbouring villages, milk at this time was not pasteurised as this took place after WW2.



Those farmers who didn't have a herd usually kept two house cows to supply milk, cream, butter and possible cheese in the summer time. The cows would be milked by hand and brought into the house, the milk would then be tipped into bowls through a filter and left for twelve hours for the cream to rise to the top. A skimmer would be used to take the cream off the milk and put into an earthenware jug. Once a week the cream would be made into butter using a butter churn which would be turned over end to end by hand until the butter separated from the buttermilk. When making butter the cream had to be warmed to room temperature 68c otherwise it wouldn't separate this could vary between ten minutes to half an

hour depending on the time of year. The butter had to be worked with butter pats to get the remaining buttermilk out before adding salt and finishing off into packs.



Milk cheese could be made in the summer by adding rennet to the warm milk and allowing it to curdle. It was then put into a cheese cloth and hung up to allow the whey to drip out after which it was divided up and put into smaller cheesecloths, these were then placed into round moulds with holes in the

bottom. A flat piece of wood to fit the mould would then be placed on the top with a weight to press the remaining whey out. After this the resulting cheese would be taken from the mould and allow to dry on a windowsill in the sun.

Russell Ling

Please remember that our local Foodbanks need our support more than ever, you can donate goods by leaving them in the back of Grundisburgh Church or Otley Village Stores. Any donation would be gratefully received.



Don't forget to wash your hands



The Courageous Canary

There was this canary
that found NOTHING scary,
who one day happened upon a bear:
"I'm yellow but not a coward,
nor afraid of being devoured.
Gobble me up if you even dare!"
The big bear just blinked,
as if trying to think,
what a brave and courageous fellow.
"I eat berries and fruit,"
the bear said with a toot.
"but today I think I'll try something yellow."



SMILE LINES Time for us girls



I'm normally a social girl, I love to meet my mates
But lately with the virus here, We can't go out the gates.
You see, we are the 'oldies' now, We need to stay inside
If they haven't seen us for a while, They'll think we've upped and died.
They'll never know the things we did, Before we got this old
There wasn't any Facebook, So not everything was told.
We may seem sweet old ladies, Who would never be uncouth
But we grew up in the 60s - If you only knew the truth!
There was sex and drugs and rock 'n roll, The pill and miniskirts
We smoked, we drank, we partied, And were quite outrageous flirts.
Then we settled down, got married, And turned into someone's mum,
Somebody's wife, then nana, Who on earth did we become?
We didn't mind the change of pace, Because our lives were full
But to bury us before we're dead, Is like a red rag to a bull!
So here you find me stuck inside, For 4 weeks, maybe more
I finally found myself again, Then I had to close the door!
It didnt really bother me, I'd while away the hour
I'd bake for all the family, But I've got no flaming flour!
Now Netflix is just wonderful, I like a gutsy thriller
I'm swooning over Idris, Or some random sexy killer.
At least I've got a stash of booze, For when I'm being idle
There's wine and whiskey, even gin, If I'm feeling suicidal!
So let's all drink to lockdown, To recovery and health
And hope this awful virus, Doesn't decimate our wealth.
We'll all get through the crisis, And be back to join our mates,
Just hoping I'm not far too wide, To fit through the flaming gates!



Pam Ayres

The following are actual call centre conversations...



Customer: "I've been ringing you on 0700 2300 for two days.

Why didn't you answer?"

Travel agent: "Where did you get that number from, sir?"

Customer: "It's there on the door to your Travel Centre."

Operator: "Sir, they are our opening hours."

Caller (enquiring about legal requirements while travelling in France): "If I register my car in France, do I have to change the steering wheel to the other side of the car?"

Then there was the caller who asked for a knitwear company in Woven.

Operator: "Woven? Are you sure?"

Caller: "Yes, of course. That's what it says on the label; Woven in Scotland."

What it says on the sign

At a towing company: "We don't charge an arm and a leg. We want your tows instead."

On a maternity room door: "Push. Push. Push."

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."



In a podiatrist's office: "Time wounds all heels."

Outside a muffler shop: "No appointment necessary. We hear you coming."

In a veterinarian's waiting room: "Be back in five minutes. Sit! Stay!"

At the electric company: "We would be de-lighted if you pay your bill. However, if you don't, you will be."

In a restaurant window: "Don't stand there and be hungry. Come on in and get fed up."

CHILDREN'S CORNER



3 Activities to do in your garden

1. Recycle old food tins, tie them up with some string and then throw balls, bean bags into them.
2. Crayon Rubbings – Find a blank piece of paper, some wax crayons. Lay the paper onto an interesting surface and rub the crayon over it & there you have your first piece of artwork.
3. Noughts and crosses - Draw a grid on the patio with chalk, or collect twigs and branches to build your own, then find things hidden around the garden to be your game pieces such as stones, feathers or shells.



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