





Caring for you and your loved ones

KRG Healthcare provide friendly and comfortable residential & nursing care for older people on the Suffolk/Norfolk border.



Manor Farm Care Home

Manor Farm Care Home is located in Kessingland, just four miles south of Lowestoft. This former fishing village boasts wonderful stretches of rural beach and is now one of the most famous holiday destinations in Eastern England.

The home strives towards a better quality of life, in the service it provides, through Short Breaks, Respite or long term care packages, adopting a systematic approach to the requirements of the individual, focusing upon the 5 Core KRG values of care, these being: Dignity, Choice, Candour, Compassion and Empathy.

Lound Hall Nursing Home

Lound Hall has been established as a Nursing Home since 1994 providing both long term and short term residential and nursing care, palliative/end of life care and continuing care for the older person. Lound Hall Nursing Home also provides some respite and post operative care.

Set in 2.5 acres of countryside this former manor house offers accommodation for up to forty three residents in twenty-nine single and seven double rooms with thirty rooms containing en-suite facilities.



Contact us via email: info@krghealthcare.com f in alternatively visit our website: www.krghealthcare.com

Dignity

Choice



Compassion



The Grapevine

OCTOBER 2024 EDITION



BECCLES PARISH BECCLES, WORLINGHAM, NORTH COVE & BARNBY

Why wait until Sunday?

You can receive the Beccles Parish Weekly Bulletin and The Grapevine by email just as soon as they are published.

Simply scan the QR code and complete the form.

You can also find the form by following the Weekly Bulletin link on the Beccles Parish Website: https://becclesparish.org.uk

You can unsubscribe at any time by following the link in Bulletin and Grapevine emails.



Please Note:

All inclusions to be sent to Kellie at grapevineitems@btinternet.com

Closing Dates:

14th October for November

11th November for December 9th December for January

We cannot guarantee including any articles arriving late.









Your Local Independent Agent FREE Sales, Auction & Rental Valuations Always COMPETITIVE Fees

01502 558538

askme@livingproperty.co www.livingproperty.co

DO YOU FIND IT DIFFICULT TO LEAVE A FAMILY MEMBER AT HOME ALONE?



Ros's companion support services are on hand to help you on a regular or when required basis to sit with your family member whilst you are out.

€ 07584 629180 or 01502 219755 rosasplen23@gmail.com f Roscompanionsupportservices



Benefice of Beccles, Worlingham, Barnby & North Cove

Beccles Parish Office: Rector: (716370) email: becclesparish@gmail.com Revd Dimitri Theulings Revd Phil Cudmore (Associate Priest) Revd Doreen Page (Curate) Revd Alix Taylor (Curate)

Churchwardens:

Worlingham Barnby & North Cove

Benefice secretary:

North Cove & Barnby

Treasurer: Worlingham Lynda Knights (07368590286) Charles Detheridge (476346) Ben Blower (07771 802643) Karen Hall (715716)

Mark Lowther (01986 511039) Judy Thacker (475183)

Fortrey Heap Village Hall, North Cove

Andrew Hamp (07853 866863) email: Fortreyheapvillagehall@gmail.com

Parish Councils Barnby:

barnby.

North Cove:

Worlingham:

Chairman: Mr Ian Bond Parish Clerk, Jayne Evans (476035) 3 The Street, Barnby NR34 7QB *email: barnbyparishcouncil@btinternet.com* Meetings: 1st Monday of odd numbered months.

Fortrey Heap Hall at 7.30pm Chairman: Joan Pryce (716537) 21 Upper Grange Road, Beccles, NR34 9NU *email: northcoveparishcouncil2017@gmail.com* northcoveparishcouncil.weebly.com Meetings: 1st Wednesday of odd numbered months, Fortrey Heap Hall at 7.00pm

Chairman: Wendy Summerfield; Parish Clerk, Mrs Lesley Beevor, 4 The Spinney, Beccles (717102) Meetings: Worlingham Middle School at 7.00pm



CELEBRATING OUR 30 YEAR ANNIVERSARY • 1994 - 2024



Bespoke quality at a competitive price Visit our website to find out more, and to look at our previous projects

01502 714512 | 48 Puddingmoor, Beccles, NR34 9PL www.quayside-conservatories.co.uk

MICHAELS JEWELLERY



We Sell Gold, Silver, Watches & Giftware

We also buy and sell pre-owned jewellery and scrap gold and silver.

Jewellery and watch repair services and bespoke designs.

T Find us on Facebook

Beccles Branch 4 Market Street, Beccles, 01502 711921.

Hellesdon Branch Dixon Centre, 157-159 Reepham Road, Hellesdon, 01603 407546.



Help at Home Care

We are a home help service providing care and support in a way that works for you

We can help with personal care, cooking, cleaning, shopping, medication, pet walking, companionship and respite care.

We can also help you to go out or take you to appointments.

Help at Home Care is CQC registered, fully insured and DBS checked.

Please get in touch for further information of how we can help you.

www.helpathomecare.co.uk

01502 452337 - 07342 183957





BECCLES, WORLINGHAM, NORTH COVE & BARNBY PARISH CHURCHES

SERVICES FOR OCTOBER

ALL ARE WELCOME

October 6 th		19th Sunday after Trinity	
Beccles St Michaels	9.00 am	Harvest Communion (BCP)	Rev Doreen Page
Beccles St Lukes	9.30 am	Harvest Festival	Rev Dimitri Theulings
North Cove	10.30 am	Harvest Festival	Rev Alix Taylor
Beccles St Michaels *	10.30 am	Choral Harvest Festival	Faith Darch
Worlingham	2.30 pm	Wild Church	Ministry Team
October 13 th		20th Sunday after Trinity	
Beccles St Michaels	9.00 am	Holy Communion (BCP)	Rev Phil Cudmdore
Beccles St Lukes	9.30 am	Morning Worship & Baptism	Rev Alix Taylor
Beccles St Michaels *	10.30	Holy Communion	Rev Phil Cudmdore
Barnby	3.30 pm	Evening Prayer	Rev Doreen Page
Beccles St Lukes	7.00 pm	lgnite	Ministry Team
October 20 th		21 st Sunday of Trinity	
October 20 th Beccles St Michaels	9.00 am	21 st Sunday of Trinity Holy Communion (BCP)	Rev Dimitri Theulings
	9.00 am 9.30 am		Rev Dimitri Theulings Rev Phil Cudmore
Beccles St Michaels		Holy Communion (BCP)	-
Beccles St Michaels Beccles St Lukes	9.30 am	Holy Communion (BCP) Holy Communion	Rev Phil Cudmore
Beccles St Michaels Beccles St Lukes Beccles St Michaels*	9.30 am 10.30am	Holy Communion (BCP) Holy Communion Morning Worship Civic Service	Rev Phil Cudmore Rev Dimitri Theulings
Beccles St Michaels Beccles St Lukes Beccles St Michaels* North Cove	9.30 am 10.30am 10.30 am	Holy Communion (BCP) Holy Communion Morning Worship Civic Service Morning Worship	Rev Phil Cudmore Rev Dimitri Theulings Rev Alix Taylor Rev Canon Susannah
Beccles St Michaels Beccles St Lukes Beccles St Michaels* North Cove Beccles St Michaels	9.30 am 10.30am 10.30 am	Holy Communion (BCP) Holy Communion Morning Worship Civic Service Morning Worship STILL	Rev Phil Cudmore Rev Dimitri Theulings Rev Alix Taylor Rev Canon Susannah
Beccles St Michaels Beccles St Lukes Beccles St Michaels* North Cove Beccles St Michaels October 27 th	9.30 am 10.30am 10.30 am 5.00pm	Holy Communion (BCP) Holy Communion Morning Worship Civic Service Morning Worship STILL 22 nd Sunday after Trinity	Rev Phil Cudmore Rev Dimitri Theulings Rev Alix Taylor Rev Canon Susannah & Izzard Paul Lawrence
Beccles St Michaels Beccles St Lukes Beccles St Michaels* North Cove Beccles St Michaels October 27 th Beccles St Michaels	9.30 am 10.30 am 10.30 am 5.00pm 9.00 am	Holy Communion (BCP) Holy Communion Morning Worship Civic Service Morning Worship STILL 22 nd Sunday after Trinity Holy Communion (BCP)	Rev Phil Cudmore Rev Dimitri Theulings Rev Alix Taylor Rev Canon Susannah & Izzard Paul Lawrence Rev Dimitri Theulings

November 3 rd		4 th Sunday before Advent	
Beccles St Michaels	9.00 am	Holy Communion (BCP)	ТВА
Beccles St Lukes	9.30 am	Holy Communion	ТВА
North Cove	10.30 am	Holy Communion	ТВА
Beccles St Michaels*	10.30 am	GATHER	ТВА
Worlingham	2.30 pm	Wild Church	ТВА

* Please Note NEW TIME

MID WEEK SERVICES



8.30 am	Morning Prayer
8.30 am	Morning Prayer
10.00 am	Holy Communion
0/	
4.30 pm	Evening Prayer
-1(
8.30 am	Morning Prayer
8.30 am	Morning Prayer
10.00 am	Holy Communion
	8.30 am 10.00 am 4.30 pm 8.30 am

** These services are available on ZOOM Login 985 0957 8510 Pass code 405454

Wednesday 16th October



St Lukes

Messy Church



Healthcare Homes

Our friendly team truly care for your family like they would their own - providing compassion, respect, and dignity.

With a deep commitment to meeting residents' individual needs, whether it's residential, dementia or respite care, The White House is your perfect choice.

Call us 01502 447366 healthcarehomes.co.uk

nspected and rated Good

> Care Quality Commission





MOVING HOUSE?

We offer an efficient and friendly service by our experienced Solicitors at competitive rates.

Call Stephen Holland on

Tel: 01502 713131 Fax: 01502 718040

E-mail: srh@chamberlins.co.uk

3, Ballygate, Beccles, Suffolk, NR34 9NB

No matter what size your budget

Our compassion is constant



A LETTER FROM YOUR MINISTRY TEAM

As the children are now back at school and the summer bargains are sold, shops are turning now to Halloween. I noticed a whole aisle the other day in a local shop dedicated to all things spooky! But shops are also recognising that not everyone wants a spooky decoration, some would rather have an autumnal wreath or a decorative pumpkin together with a friendly gonk/gnome type character sitting atop!

Whether you love Halloween or can't stand autumn in general, there is still beauty to admire in the changing colours of the season. My dear old dad didn't like autumn – to him it foretold of cold winters and reminded him of hard times in his youth. But even he would grudgingly agree that the colours were rather spectacular! My mum's view of autumn is the opposite; she loves the bright oranges and deep reds on display in the autumn, often pointing them out when we're driving, and I have to remind her I need my eyes on the road!

Now, us Brits are well known for politely discussing the weather, of course, but this time of year there is also a lot of 'the nights are drawing in' and 'isn't it getting dark early!' muttered as indeed the evenings are getting darker and the lights are going on much sooner. And all jokes aside, it can be a tricky time for some. But with electric lights and the expected pace of life and work, we forget that, for thousands of years, this was a time for slowing down, resting and restoring ready for the spring and the business of growing. So, it can feel like a slog to keep going through the darker months and therefore the celebrations on the calendar can act as milestones and things to look forward to in the dark of winter.

Halloween is the first of these milestones. Much excitement amongst the children as to what their costume will be this time, where they are going trick or treating and the fun that will be had along the way. Halloween was, traditionally in the church, the eve of All Saint's Day, which is celebrated on 1st November. It was a time of fasting and praying and preparation for the feast day ahead. Yet in modern culture it has become a time to celebrate witches and ghoulies and things that go 'bump' in the night: far darker that it was ever intended to be!

Therefore, we are holding our 'Shimmer and Shine' light party at All Saints Church, Worlingham again this year on 31st October. Whether you're out and about trick or treating or want an alternative, do pop along and join in the sparkly fun, warm up with a cup of hot

chocolate and take away a sweet treat or two. And though the evening may be cold and dark, share in the light and love of Jesus! We look forward to seeing you there!

Kate Cracknell

Youth and Young Adults Minister





JOHN COOK "Home & Garden Maintenance"

For all Your General DIY

No Job Too Small - Free Estimates

For a Trustworthy, Reliable & Friendly Service

Norfolk

Member

Call 01502 470112 Mobile 07904 728448

johnd.cook@btinternet.com





Louise Cartwright (M.Ost), Professional Osteopath

Registered with The General Osteopathic Council, Insured with the Institute of Osteopathy and Federation of Holistic Therapists.

For the treatment of Neck, Back and Joint pain, Sports injuries and Rehabilitation

Rookery Park Golf Club, Beccles Rd, Carlton Colville, NR33 8HJ Wednesday and Friday

Please book online at amyholmesosteopath.co.uk 07876255168 | louisec214@msn.com

WAVENEY STOVES, FIREPLACES & RANGE COOKERS

Multifuel, Woodburning & Electric Stoves, Electric Fires, Gas Fires, Fireplace Surrounds, Range Cookers; Oil, Electric, Gas & Woodfired.

01508 518863 www.waveneystoves.co.uk 123a Old Yarmouth Road, Ellingham, NR35 2PG



HERE IS A PICTURE FOR YOU TO COLOUR

EACH OCTOBER WE CELEBRATE THE HARVEST AND EVERYTHING THE FARMERS DO FOR US



A farmer uses a tractor to harvest his crops

DL FULLER Ltd ROOFING

- Tiled Roofs
- Slate Roofs
- Flat Roofs
- Complete Re-Roofs
- Repairs
- Period Roofs Renovated
- Chimney Repairs
- Re-Pointing
- Eaves Felt Replaced
- Shed Roofs
- Roofing Supplies

Beccles 01502 714226 Mobile 07941 052641



Industrial, Commercial, Agricultural & Domestic





01502 677784

www.mflastelectrical.co.uk



 O1502 471861 / 07506544360 gillearlyyears@gmail.com

We are situated behind Gillingham Village Hall and open from 8.30 - 4 Mon - Thurs and 9 - 1 Fri term time, for 2-5 year olds. We offer inclusive indoor / outdoor early years education and play in happy, relaxed, natural, and friendly atmosphere. Please give us a call or email to arrange a visit!



OPEN 7 days a week Wheatacre Hall Farm Pantry We stock a large range of local products from Norfolk and Suffolk, including our own milk from our dairy herd. Gifts, homewares, cards plus a great range of Free From products. 01502 677208 www.wheatacrehallbarns.co.uk

FROM THE REGISTERS

FUNERAL

We extend our sympathy to the families of



LINDA ANN McKERNAN

Interment of ashes in North Cove Churchyard on 5th September

PARISH NEWS

Wild Church

Wild Church got off to a flying start in August, looking at the story of the Good Samaritan and creating our own floral printed bandages/ bandanas!

September saw us exploring the parable of the talents, whilst celebrating the sparkle and shine of natural treasures such as water and the wonders of bubbles!

Join us at All Saints Church on the first Sunday of each month to explore creation in the wonderful setting of the churchyard (*and inside if it's really wet!*).

Fun, friendship and faith for all ages!

Meting with God in and through our connection with the natural world. First Sunday afterno every month All Saints Church, Worlingham 2.38pm





Dell House Residential Care Home, Beccles...



.. raising standards in care for the elderly.



Swan & Cygnet Care RESIDENTIAL CARE Dell House 5 Nelson Way, Beccles, Suffolk NR34 9PH 01986 894200

help@cygnet.care www.swanandcygnet.care Our other care homes are in Poringland, Earsham and Blofield.

A Positive Approach to Residential Care

Applying over 50 years of family experience in care home management, Dell House is purpose-designed to provide long and short-term residential care in a life-enhancing, safe and supportive environment.

We've created a wonderful home here, with happy, like-minded people enjoying the social interaction and companionship of small-group living. Creature comforts include our café, cinema, wellness room, family and activities rooms, salon and first-floor garden terraces – all designed to connect to the outdoors.

Dell House cares for residents with varying needs and has a separate facility for dementia care. Our dedicated staff are trained in all aspects of care and help to create a loving, community feel.

If you are considering residential care, please feel free to call in for a coffee and an informal chat about how we can help.

Follow us on Facebook

f

CHRIS CALVER GARDEN & PROPERTY MAINTENANCE SERVICES

Grass cutting & hedge trimming Fences and sheds painted & repaired All garden & tree work undertaken Painting & Decorating work Garden machinery serviced & repaired Friendly & Reliable. Fully Insured

c.calver76@gmail.com | 07703486427 thehandymanchris.co.uk



Unit 9B, Ellough Industrial Estate, Benacre Road, Beccles, Suffolk, NR34 7TD

BECCLES AUCTIONS LTD



Do you have any items you would like to enter into one of our auctions? If so, please get in touch!

We are a family run business auctioneering a wide range of items via Timed Online Auctions on easyliveauction.com/becclesauctions

01502 800937 | 07707 881936 **F** info@becclesauctions.com | www.becclesauctions.com



KITCHENSENSE of Harleston

62 London Road, Harleston, IP20 9BZ

Quality & Service at a realistic price

Fitted Kitchen Specialists

01379 852592

staff@kitchen-sense.co.uk www.kitchen-sense.co.uk

PARISH NEWS

Grand Christmas Draw

This year we are again holding a Grand Christmas Draw to raise money for the five churches in the Beccles Parish.



We are therefore appealing for cash donations so that we can buy some worthwhile prizes.

These will include a £50 voucher from Seppings, a voucher for Afternoon Tea for two in Twyfords and Christmas Hampers etc.

If you would like to contribute please see Judy or give your donation to a member of the ministry team.

The tickets will be on sale from the end of October and the draw will take place after the 10.30 Service in St Michael's church in Beccles on 8th December 2024.

Thank you for your support



Monday 5.30pm & 7pm Wednesday 9.30am The New Community Centre

BECCLES Tuesday 9am & 10.30am St Lukes

LODDON

Wednesday 5.30pm & 7pm St Johns Church, George Lane

Sharon 07877814176 www.slimmingworld.co.uk



CLARE CLARKE COUNSELLING

Registered Member of the BACP (British Association for Counselling and Psychotherapy).



Fully Qualified and insured counsellor, with experience working at Mind, in the NHS and in palliative care alongside private practice work. I offer face to face sessions in Beccles and also online and telephone counselling.

I offer a free initial telephone call to discuss working together.

Get in touch for more details or to book: 07942 040771 | clarecontact1101@gmail.com www.clareclarkecounselling.com





BECCLESMOT

mot@becclesmotcentre.co.uk

01502 711118



I: 01502 719677 M: 07810 303198 E: smithd94@sky.com



20 YRS VAUXHALL TRAINED TECHNICIAN

T: 01502 711118 E: servicing@mandpautos.co.uk

www.mandpautos.co.uk

All REPAIRS UNDERTAKEN

ALL MAKES & MODELS

SERVICING MOTS ARRANGED DIAGNOSTICS –

WORLINGHAM NEWS

News from Worlingham CEVC Primary School

We have enjoyed welcoming both new and existing families back to school for the start of the new academic year. The children have settled well into their new routines and have enjoyed seeing their friends.

Last week, our Year 6 pupils loved their residential visit to Kingswood in North Norfolk, where they took part in a range of outdoor activities and challenges. The children all behaved very well and had a super time. This is often a key memory that children frequently talk about when they reflect upon their time at our school. Thank you to all the staff who accompanied the children on this adventure and well done to the children for all that they achieved too.

Whilst Year 6 were out of school, the Year 5 pupils enjoyed another day working in our outdoor environmental area with some of our school staff and Vicky from Suffolk Wildlife Trust. We are continuing to look at how we can further improve our wildlife area.

This year, the overall theme of our Collective Worship will be 'Our Wild World' and this half term we will be thinking about 'Our Land'. This will also link with the 'Wild Church' sessions that are being planned at All Saints Church in Worlingham on the first Sunday of each month. It has been lovely to welcome the Ministry Team in to support us with this theme and this week we enjoyed hearing the Creation Story.

We are looking forward to another busy term with lots of exciting events.

Kind regards, Holly Marchand, Headteacher



@IJABschoolofperformingarts Please contact us for more information: 07394985137 Ijabschoolofperformingarts@gmail.com LEWIS Electrical ALL THINGS ELECTRICAL? WE GOT YOU COVERED! COMMERCIAL • DOMESTIC INDUSTRIAL • AGRICULTURAL SOLAR PV AND BATTERIES

Contact Kellie on

kellie@angliaprint.co.uk

QDVERTISE

here

01986 781282 | 07833 250439 www.leelewiselectrical.co.uk

TRUSTMARK



Towing & Touring Accessories / Toilet Chemicals Visit our comprehensive Click & Collect websit www.thecarshopbeccles.co.uk

Quality grooming at an affe able price!



Handstripping, De-Shedding, Puppy Introductions, Scissor Styling, 🔧 Clipping, Nail Clipping, Ear Cleaning, Ultrasonic Teeth Cleaning & much more!

07940 265766 | jaiehollis33@icloud.com www.jaiesgrooming.co.uk fØ ×.

Units From £15 / week inc VAT



- Secure indoor storage units, large and small
- Redcare alarmed, 24 hour security and CCTV
- Flexible long and short term rental
- Friendly, helpful staff in pleasant country location

Waveney Self Storage, Elms Road, Toft Monks, Beccles, Suffolk NR34 0EJ

Email: enquiries@waveneyselfstorage.co.uk Website: www.wavenevselfstorage.co.uk

Please Call 01502 679911 to arrange an appointment to come and view our facilities



Framlingham Road, Laxfield, Suffolk, IP13 8HD

WAVENEY Stogs

SEASONED FIREWOOD FROM THE ESTATES MANAGED WOODLANDS DELIVERED TO YOUR DOOR!

> Text/Call: 07930451698 Email: waveneylogs@gmail.com

Park Farm, Earsham, NR35 2AQ www.WaveneyLogs.co.uk

NORTH COVE & BARNBY NEWS

North Cove & Barnby WI



'For the Love of Cows' with Helen Reeve

Tuesday 8th October at 7.15pm Fortrey Heap Hall

Our WI meets on the second Tuesday of each month at Fortrey Heap Hall. New members are always welcome. Visitors who are considering joining our WI - £4 (including tea/coffee) To find out more about joining our W.I. and the W.I. Craft Club please contact Julia on Telephone number 077756 62972 http://northcovebarnbywi.weebly.com https://www.facebook.com/NorthCoveandBarnbyWI

North Cove & Barnby Playing Field Association



1st Prize - No. 137 - Mrs Daines - £40

2nd Prize - No. 81 - Ian Real - £20

3rd Prize - No. 24 - Alan Glenister - £15



OTHER NEWS

"I made a claim for Pension Credit and got money off my new glasses"

You might be eligible for Pension Credit if you've reached State Pension age. Pension Credit doesn't just top up your income, it comes with extra advantages:



- free NHS dental treatment, help towards the cost of glasses and transport to hospital
- help with housing costs (rent or mortgage interest)
- a free TV Licence if you are 75 or over
- Winter Fuel Payment of up to £300
- Warm Home Discount of £150
- A Cold Weather Payment of £25 per day in periods of very cold weather

• Extra money if you care for someone (up to £45.60 per week), or if you have a disability (up to £81.50 per week)

You can apply if you own your own home and may be eligible even if you have some savings. You have nothing to lose by applying. If you've previously been turned down, you can still make a new claim each year. For more information, or to apply, call 0800 99 1234 or visit www.gov.uk/pension-credit

For more help with the cost of living:

East Suffolk Council's Community Help Hub offers help with money, including Pension Credit and other benefits. We can do telephone or face to face appointments, including home visits. Call 0333 016 2000 and ask for 'help with money' or fill in our referral form: www.eastsuffolk.gov.uk/cost-of-living

Citizens Advice East Suffolk can help with budgeting, debt, Pension Credit, benefits and more. Call 0808 278 7866 (Mon-Fri, 10am-2pm), visit www.caes.org.uk or visit your local outreach drop in:

Tuesdays (weekly) 10am-12pm at Number 28, Wingfield Street, Bungay NR35 1EZ

Tuesdays (fortnightly) 10am-12pm at Halesworth Library, Bridge Street, Halesworth IP19 8AD





Nesidential New Builds, Extensions, Restorations & Alterations Bespoke Hardwood Conservatories & Orangeries Commercial Ground & Infrastructure Works Industrial & Agricultural Specialists

🖀 01502 470037 🖂 office@ovamill.co.uk 🖑 www.ovamill.co.uk





Bosch Car Service

Our Bosch trained technicians are available to maintain your car, whether it requires an MOT, diagnostic evaluation, servicing or general repairs

We offer a quality service while maintaining excellent value for money



Local support when you need it most

Designed & Printed by ANGLIA PRINT LTD - 01502 715551 - www.angliaprint.co.uk