



BEDFIELD & MONK SOHAM COMMUNITY NEWSLETTER

Newsletter 26/02

25th January 2026

Discover Suffolk through 'Wonderlust by Bus'

“Wonderlust by Bus” is a new map, featuring many popular tourist locations across the county, helping visitors to plan their journeys through passenger transport and active travel options. A play on the word Wanderlust, meaning a desire to travel, “Wonderlust by Bus” showcases all of the Wonders that can be seen when travelling across Suffolk.

The map features bus route and timetable information via SuffolkOnBoard and directs people to Good Journey, for walking and cycling routes, a cycling journey planner and discounts on entry to Good Journey destinations such as cafés and gift shops, for visitors who have travelled using sustainable transport. The interactive map can be viewed online at: www.wonderlustbybus.co.uk

Residents and visitors to Suffolk can also pick up a copy of the map from more than 900 locations across the county, including libraries, local shops, rail stations, hotels and leisure centres.

We are delighted to launch the “Wonderlust by Bus” map, which we hope will make it even easier for people to plan their journeys and discover some of the most exciting and inspiring locations Suffolk has to offer. Through Suffolk on Board and Good Journey, “Wonderlust by Bus” highlights discounts, route information, and active travel options, making travel across the county simpler, and more sustainable.

The map has been designed by Steamboat Creative, led by Reb Capper, a Felixstowe-based design studio with a deep passion for illustration and cartography - using beautifully crafted visuals to highlight key information and uncover the “wee wonders” across Suffolk and beyond.

Bedfield & Monk Soham Art & Craft Club

HAND SEWN HEART WORKSHOP

Wednesday 11th February 10 am - 12 noon

At The Hub in Bedfield

Would you like to sew a heart for your valentine, or purely for your own pleasure?

Please come and join us for a morning making your own lavender-filled fabric heart.

It will not be complicated, and materials and assistance will be provided to make your own lavender filled (of plain padded) fabric heart. It can be as simple or decorative as you like. Materials and embellishments will be provided, but please feel free to bring your own beads, buttons and bows if desired.

Members free

Non-members £15.00

Space is limited so please book your place by contacting me, Marion Harvey on 07375701048.

We look forward to seeing you.

Our Club

Wednesday 11th February 2026, 2.00 – 4.00pm

At Bedfield & Monk Soham Community Hub, (IP13 7JE)

Games, Games, Games

Join us as we play some games, Rummikub, Bingo, card games old and new, etc. There will also be jigsaw puzzle corner. As an optional extra and a bit of fun come dressed as your favourite game (look online if you need inspiration).

Afternoon tea and cake will be served.

Everyone is welcome, Our Club is open to everyone regardless of where you live.

Debbie – 07872 299490 Claire – 07444 535183

With thanks to both Mid Suffolk Council and the Community Club for their support.

New Defibrillator in Monk Soham

Monk Soham Parish Council are delighted to advise you that a defibrillator has been placed on the outer wall of the barn at The Cottage, Monk Soham Green. It is easily accessible from the lane, unlocked and available twenty-four hours a day. Hopefully it will never be needed but is reassuring to know that it is there in the event of a medical emergency.

It has been supplied by the British Heart Foundation and made possible by generous grants from the Local Amenities Funds of our county and district councillor Matthew Hicks, to whom we are very grateful.

Thanks also to Charles Bagnall for allowing the use of his barn and supply the electricity.

We hope to supply some form of instructions or training on its use in the very near future.

Please contact me for further information.

Geoff Robinson
Monk Soham Parish Clerk
clerk@monksohamparishcouncil.gov.uk
07765 538888

Defibrillator Training

In addition to the new defibrillator in Monk Soham, there is one on the wall at the Hub and another outside Jewsons. Now you can learn how to **use your Defibrillator and perform CPR, all from the comfort of your own home.**

The British Heart Foundation offers RevivR, a free, interactive, online CPR training course. In just 15 minutes, you can learn how to save a life and receive your very own CPR certificate. It covers when and how to perform CPR, how to use a defibrillator, includes real-time feedback on compressions, a simulated 999 call, and a defibrillator practice section.

It couldn't be simpler – you just need your mobile phone or tablet and a cushion to practice on. You can start learning CPR now. Just click on the link RevivR.

Events for Carers and the Cared For

The Care Café is a free service aimed at carers, the cared for, the bereaved and the lonely, meeting on the first and third Monday of every month at the Hub.

The Debenham Project provides events specifically for dementia sufferers and their carers.

Please see the flyers for more information.



Care Café
Bedfield & Monk Soham Community Hub (IP13 7JE)

Are you a Carer, Cared for, bereaved or alone?

Why not join us on the **first and third** Monday of every month from **10.30 am to 1.00 pm**?

Relax with a coffee, meet new friends, and engage in conversations. Whether you need a listening ear or simply a break to unwind, this is the perfect spot.

This event is free and welcomes people from nearby villages.

For more information, please contact Jenny Hinchey on **01728 627134** or **07710218957**.

Supported by MSDC and Bedfield Town Estate.



Are you caring for someone with memory loss and / or dementia?

Then we are here to help you.

Our Carers Club provides a carers cafe, post diagnosis support, information, advice, peer support, songs for sharing, transport and much more.

The Carers Club & Info Cafe

10th & 24th February 2026 2pm-4pm

10th & 24th March 2026 2pm - 4pm

Dove Cottage. 24 High Street. Debenham.

IP14 6QN

Just come along!

Relax and find a listening ear.

(Your loved one is most welcome)

Further Information:

The-debenham-project.org.uk

01728 862003



DANCE EAST MOVE | BE MOVED

Kindly funded by **Mid Suffolk DISTRICT** and **THE DEBENHAM PROJECT** Dementia - Caring for the Carers

Care to Dance

A dementia-friendly dance class. Share the joy of movement and music with your loved ones!

10.00am-12.00pm

Session will run from 10.30-11.30am with 30 minutes of refreshments before and after.

9 and 16 January
6 and 20 February
6 and 20 March

Dates from April onwards to be announced!

FREE!

Just turn up! For enquiries call 01473 295230.

Worlingworth Community Centre
Shop Street
Worlingworth
IP13 7HX



Help us to organise the events you want

In the last newsletter we asked for a response for the type of events you would like to see at the Hub. We provided a list of previous events, possible new events and the opportunity to suggest your own. Thank you to those who responded.

It is not too late; if you did not reply, but would still like to, that newsletter can be found by clicking on this link: [260103newsletter.pdf](#)

Regular events at the Hub

Care Café on the **first and third Monday** of every month, **10:30 a.m. to 1 p.m.** Free of charge and especially for carers and “cared for”, the bereaved and lonely.

Post Office every **Tuesday morning** from **9.15 a.m. to 11.15 a.m.** All the usual post office services including banking facilities for most banks.

Coffee Shop every Tuesday from **10.00 a.m. to 12 noon.** Scones available to eat in or take away including Gluten free.

Waveney Foodbank collection point. Their website at <https://waveney.foodbank.org.uk> lists the most wanted items. Drop off donations whenever the Hub is open.

There are **hundreds of books and DVDs** available free of charge, and the **Garden Club Seed Swap** has seeds to take away. If you choose to make a small donation, we pass it all on to the Waveney Foodbank. **This year we have passed on £82.26 as well as the food donations.**

Recycling facilities: **a fabric bank** and **bottle banks** are located on the field, and **battery** recycling facilities are available inside.

Planning a community event or have information to share?

Send any items of interest to bedfieldmonksoham@btinternet.com for inclusion in newsletters, and to Lisa at lisaj1976@gmail.com for inclusion on the websites. It's a great way to publicise your event or activity to residents of Bedfield and Monk Soham.

For all the latest information, remember to check the websites bedfieldparishcouncil.gov.uk and monksohamparishcouncil.gov.uk