

BEDFIELD & MONK SOHAM COMMUNITY NEWSLETTER

Newsletter 26/18 **October 1st 2026**

Our Club

Wednesday 14TH October
2pm to 4.30pm approx.
At Bedfield & Monk Soham Community Hub, IP13 7JE

Film – Life on the Deben

Presented by John McCarthy, "The film traces the entire length of the Deben, from the secret and disputed upper reaches near Debenham to the boatyards and bustle of Woodbridge down to the sea at Bawdsey and Felixstowe Ferry".

There will be an interval during which there will be homemade ice cream and refreshments.
Everyone is welcome. Our Club is open to everyone regardless of where you live.

For more info contact:
Debbie – 07827 299490 Claire – 07444 535183
With thanks to both Mid Suffolk Council and the Community Club for their support.

Inpost comes to Bedfield

The Inpost lockers have been installed at the Hub and are up and running.

They can be used for **sending parcels** to an address or another set of lockers, or for **receiving parcels** instead of having them left on your doorstep.

For more information, visit https://inpost.co.uk



Dates for your diary



Our popular **Chilli night** is returning on **Friday 30th October.**
At the Hub, with licensed bar open from 6 p.m.
Chilli available between 7:00 and 8:30 p.m.
Chilli served with a jacket potato for £10.
Veggie chilli also available. Bookings open **Friday 9th October** and close on Monday 26th October (unless full before).

To order, please email bedfieldmonksoham@btinternet.com or phone / text 07879 992701.



Quiz & ploughman's night: Saturday 28th November.
Teams of 4.
Bookings open Saturday 31st October and close on Monday 23rd November (unless full before).



Christmas Pop-Up Pub & nibbles: Friday 18th December.
No booking required.

Free nibbles.

Festive Frolic 2026
Needs You!

What is Festive Frolic?

This is **the** best online sale of homemade festive foods, crafts and other items that you could ever be involved in. It could solve all your festive needs in one night from the comfort of your own armchair!

How do I join in?

1. Be a maker of festive items – food and crafts
2. Be a donor - of items for hampers, experiences and creations for sale
3. Be a buyer – of all things festive
4. Best of all - Be all three!

What can I do to help this month?

1. Create your crafty items
2. Donate any unwanted, unfinished craft projects or kits for others to finish
3. Dig out any items for the hampers and offer these and/or experiences
4. Put the date in your diary
5. Contact Lin on 07743 369920 so that you can be added to the relevant WhatsApp groups or to discuss anything related to Festive Frolic.

Evening of Tuesday 1st December 2026

All funds go to support the Friends of Bedfield Heritage
Do not miss out on the frantic online fun which is Festive Frolic!

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.

Recycling. There is a fabric bank on the field at the Hub. Please bag clothes before dropping them in. There is a box for recycling batteries inside, which as accessible whenveer the Hub is open.

Inpost lockers. Drop off or collect your parcels safely.

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

These newsletters are emailed to around 150 households in the villages.

Email bedfieldmonksoham@btinternet.com to be added to the mailing list. We will deliver a hard copy to residents without internet access on request.