

WICKHAMBROOK WHAT'S ON

June

- 2** SATURDAY **FAIR TRADE COFFEE MORNINGS** the Benefice Hall, Wickhambrook 1st **Saturday** in the month 10am. You don't need to buy anything, just come along for coffee/tea and company. All welcome! Info contact Josie Wreathall 01440 783286
-
- 3** SUNDAY **SUNDAY SERVICE: Methodist Church** Sunday Services remain at 10.30am every Sunday
-
- 4** MONDAY **BOOTCAMP** Every **Monday** 930am - 1030am. Wickhambrook M.S.C Hall. £5 pay as you go (first session Free) All ages and Fitness levels welcome. Contact 07554992125 or Find Flash Sports & Fitness on Facebook.
-
- 5** TUESDAY **BOWLS CLUB** We *welcome new members - Free 'taster' session* - tel Steve/Lynda 01440 820520 or call by the Bowls Green any Tuesday morning when you see play in action. We play very friendly games, among local members only (no competitive leagues) most **Tuesday mornings from 10am** and **some Friday evenings from 6pm** (both weather permitting). Membership: £15 for 1st year, £30 a year thereafter. Members play at any time their friends/family play free of charge.
-
- FALLS PREVENTION CLASSES** Every **Tuesday** 10.30 - 11.20am at Wickhambrook Pavilion. Pay as you go, £4.00 a class.
-
- 6** WEDNESDAY **HORTICULTURAL SOCIETY** **Wednesday** All day coach trip to **Castle Ashby Gardens** Non members and other groups welcome. More details from Matthew and Audrey Lawfield on 821379
-
- MUMS & TODDLERS** **Wednesdays in term time**, at Wickhambrook United Reformed Chapel 9.45-11.45am. A chance for a chat and hot drink whilst the children play, extensive selection of toys. Just turn up £2 per family, 1st session is FREE!
-
- W.I. WALKING GROUPS** All welcome - **Wednesdays** at 10am for the longer distances and **Thursdays** at 10am for a gentler walking programme. Turn up at the WI Hall. More info from Hilary (01440 821713) or Veronica (01440 820791)
-
- WICKHAMBROOK & DISTRICT FAMILY CARERS** We are an independent Monthly Family Carer group which meet on the **first Wednesday of the month 1.30 - 3.30pm** at the MSC (Pavilion Room) Why not come along for a chat and a cuppa? For further details contact Gloria Harrison 07581712421 or Ruth Seal on 01440 820631
-
- FISH & CHIP SHOP** Every **Wednesday** at the Greyhound 5pm-8pm. *Eat In or Take Away*
-
- FAT BURNING HIIT** Every **Wednesday**. 730pm - 815pm. Wickhambrook WI Hall. £5 pay as you go (first session Free) All ages and Fitness levels welcome. Contact 07554992125 or Find Flash Sports & Fitness on Facebook.
-
- 7** THURSDAY **MEET & EAT** **Greyhound & Twenty One** **Thursdays 7th and 21st** 12pm Soup £4.50, 2 courses £12, 3 courses £16.
-
- CIRCUIT TRAINING** Every **Thursday** 630pm - 730pm. Wickhambrook M.S.C Hall. £5 pay as you go (first session Free) All ages and Fitness levels welcome. Contact 07554992125 or Find Flash Sports & Fitness on Facebook.
-
- TWENTY ONE @ THE GREYHOUND** Lunchtime Special Every **Thursday, Friday & Saturday** 2 Course £12, 3 Courses £16 **BUILD YOUR OWN BURGER FROM £7 Thursday Eve** 6pm-9pm. To book call 01440 821017
-
- 10** SUNDAY **FARMERS MARKET and Centre Cafe 10am-1pm in the MSC Hall** every second Sunday in the month the Farmers Market will be set-up as usual with the Centre Cafe alongside offering a taste of spring - all welcome!
-
- 12** TUESDAY **W.I. MEETING** **Tuesday** Members meeting when anything goes .730pm in the WI Hall
-
- 14** THURSDAY **ESTATES COMMITTEE** meeting **Thursday** 14 June 7.30 p.m. start in the pavilion next to the MSC hall,
-
- 15** FRIDAY **W.I. FRIDAY TEA PARTY** from 2pm to 4pm. Come and join us from 2pm till 4pm for Tea, Coffee and Cake £1.50. All profits to Denman Bursary and local charities. *All welcome!*
-
- 20** WEDNESDAY **HISTORY SOCIETY** **Wednesday** – Visit to **Landguard Fort, Felixstowe**, Mini Bus leaving MSC at 9am, returning 3.30pm. Price to include Entry Fee, a Guided Tour and Travel Expenses. Cost £15. For more details please contact Gillian 820052.
-
- 24** SUNDAY **ALL SAINTS' CHURCH WICKHAMBROOK** Family service with eucharist at 10am. Refreshments after the service in the Hall. All welcome. Full list of Sunday services for benefice of 7 churches go to www.bansfieldbenefice.org.uk/services/
-
- 28** THURSDAY **PARISH COUNCIL** Meeting **Thursday** 28 June, 7.30 to be held in the Meeting Room, All Saints Church
-
- 29** FRIDAY **10th W.I. LITERARY LUNCH** W.I. Hall from 11am - Morning Ali Bacon talks about her new novel "In the Blink of an Eye" set in Victorian Edinburgh and beyond. Then a WI Lunch followed by Nicci Gerard and Sean French psychological crime thriller writers. Tickets £10 from Dorothy Anderson 01440 820376 or email dorothy@btopenworld.com all welcome!

WICKHAMBROOK MSC SUPPORTERS ASSOCIATION PRIZE DRAW

APRIL Mr A Mothersole £50, Mrs Jenny Turner £25, Mrs T Farrow £5 Mr J Barton £5, Mrs J Warner £5, Mr P S Jolland £5, Mr R Sumner £5

July

- 1** **METHODIST CHURCH SERVICE** *Sunday* services at 10.30am each week *all welcome*.
SUNDAY
-
- 2** **BOOTCAMP** Every *Monday*. 930am - 10.30am. Wickhambrook M.S.C Hall. £5 pay as you go (first session Free) All ages and Fitness levels welcome. Contact 07554992125 or Find Flash Sports & Fitness on Facebook.
MONDAY
-
- 3** **FALLS PREVENTION CLASSES** Every *Tuesday* 10.30 - 11.20am at Wickhambrook Pavilion. Pay as you go, £4.00 a class.
TUESDAY
-
- 4** **WICKHAMBROOK & DISTRICT FAMILY CARERS** We are an independent Monthly Family Carer group which meet on the *first Wednesday of the month 1.30 - 3.30pm* at the MSC (Pavilion Room) Why not come along for a chat and a cuppa? For further details contact Gloria Harrison 07581712421 or Ruth Seal on 01440 820631
WEDNESDAY
-
- FISH & CHIP SHOP** Every *Wednesday* at the Greyhound 5pm-8pm. *Eat In or Take Away*
-
- W.I. WALKING GROUPS** *All welcome!* - *Wednesdays* at 10am for the longer distances and *Thursdays* at 10am for a gentler walking programme. Turn up at the WI Hall. More info from Hilary (01440 821713) or Veronica (01440 820791)
-
- 5** **TWENTY ONE @ THE GREYHOUND** Lunchtime Special Every *Thursday, Friday & Saturday* 2 Course £12, 3 Courses £16 **BUILD YOUR OWN BURGER** from £7 *Thursday Eve* 6pm-9pm. To book call 01440 821017
THURSDAY
-
- MEET & EAT** *Greyhound & Twenty One Thursdays 5th & 19th* July 12pm Soup £4.50, 2 courses £12, 3 courses £16. Come along with friends or on your own and join in the chat.
-
- CIRCUIT TRAINING** Every *Thursday* 630pm - 730pm. Wickhambrook M.S.C Hall. £5 pay as you go (first session Free) All ages and Fitness levels welcome. Contact 07554992125 or Find Flash Sports & Fitness on Facebook.
-
- 7** **FAIR TRADE COFFEE MORNINGS** the Benefice Hall, Wickhambrook 1st *Saturday* in the month 10am. You don't need to buy anything, just come along for coffee/tea and company. All welcome! Info contact Josie Wreathall 01440 783286
SATURDAY
-
- 8** **FARMERS MARKET and Centre Cafe 10am-1pm in the MSC Hall** every second *Sunday* in the month the Farmers Market will be set-up as usual with the Centre Cafe alongside offering a taste of spring - all welcome!
SUNDAY
-
- 10** **W.I. MEETING** *The Village Defibrillator* with *Martin Render* 7.30pm in the WI Hall, all ladies from the district very welcome. Information is always available from Dorothy (01440 820376) or Gillian (01440 820052)
TUESDAY
-
- 11** **WICKHAMBROOK HORTICULTURAL SOCIETY - ENTRY FORMS FOR EXHIBITS FOR THE FLOWER SHOW**
The WI Hall will be open between 3.15 and 4 pm and again at 6.30 until 8.30 p.m on Wednesday 11th July The Entry forms are in the Schedules which are available from the shop or from Jackie Fieldsend 01440 820108.
WEDNESDAY
- *****
- 14** **CARNIVAL & FLOWER SHOW from 12.30 Saturday** Wickhambrook Recreation Ground and MSC Hall • Classic Car & Bike Show • Family Dog Show • Gemma's Farm • Punch & Judy • Chedburgh Choir • Sheep Racing • Circus Workshop • Inflatables • Children's Sports • Barrow of Booze • Grand Prize Draw • Tombola • BBQ • Licensed Bar • W.I. Teas • Various Stalls further info Maggie Elers 01440 820559 or Marg 07794 355988
SATURDAY
- *****
- 18** **HISTORY SOCIETY** *Wednesday* – Visit to **100th Bomb Group Memorial Museum** at Thorpe Abbots. Mini Bus leaving at 10am, returning 3pm. Price to include Introduction Talk, Donation and Travel Expenses. Cost £13. Coffee/tea/cold drinks available to buy, but please bring a picnic. For more details please contact Gillian 820052
WEDNESDAY
-
- 20** **W.I. EQUALITEA** celebrating the Anniversary of Votes for Women with **Matt Hancock MP** and **Mary Evans, Suffolk County Councillor**. *Friday 20th July*, from 6pm in the W.I. Hall for This is an open event for all interested parties, comprising of a Debate **“Can Women have it all”** followed by refreshments. Entry £5, for further information contact Miss Hilary Bradfield 01440 821713.
FRIDAY
-
- 22** **ALL SAINTS' CHURCH** Family service with eucharist 10am. Refreshments after in the Hall. *All welcome*. Full list of Sunday services around our benefice please see website for details. <http://www.bansfieldbenefice.org.uk/services/>
SUNDAY
- Like us on Facebook. <https://www.facebook.com/bansfieldbenefice>
-
- 25** **HORTICULTURAL SOCIETY** *Wednesday* 25th July - Evening visit to **Parklands Green, Fornham St Genevieve**, £5 with refreshments More details from Matthew and Audrey Lawfield on 821379
WEDNESDAY
-
- 26** **PARISH COUNCIL** meeting *Thursday* 7.30 p.m. start in the pavilion next to the MSC hall,
THURSDAY
-
- 29** **CHURCHES TOGETHER** *Sunday* 3.00pm at Cowlinge Church led by Fr. Anthony Foreman. 3.00pm with refreshments afterwards.
SUNDAY

To put information in the What's On contact: Amanda Barrett Tel: 01440 820692
or email: whatson@wickhambrook.org **note closing date for entries now strictly by 20th of the month absolute latest.**
N.B. I will confirm receipt of your email - If your email is not confirmed within 24hrs please ring me.