

EASTON VILLAGE NEWS



The Hamilton Bloodhounds
Opening Meet 2024

January 2025

Useful Contact details

Parish Councillors:

Sue Piggott T: 01728 746622 (Chair & Highways)
Fiona Siddall T: 01728 746517 (Vice Chair & Play Area Officer)
Bob Gibbon T: 01728 746866 (Emergency Officer)
Ian Palfreyman T: 07775 652820 (Footpaths Officer)
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Dave Ladbrook T: 07730 432542 (Play Area Officer)
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Parish council website <http://easton.suffolk.cloud/>

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Elaine Bryce T: 07955 434440 E: Elaine.bryce@suffolk.gov.uk

East Suffolk District Councillors:

Owen Grey (Lib Dem) E: owen.grey@eastsuffolk.gov.uk
Vince Landon-Morris (Green) E: vince.langdon-morris@eastsuffolk.gov.uk

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Rev. Ann Kember (Priest-in-charge) T: 07369 240252
Note: Ann is not available Weds/Thurs/Fri E: annkember58@gmail.com
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Village Hall

Gerard Newnham (Bookings) E: gerard.newnham@icloud.com
Village Hall website www.yourhall.co.uk Search Easton

Village Website www.easton.onesuffolk.net

Cricket Club enquiries Tory Hughes E: easton1906@gmail.com

Bowls Club enquiries Mike Cattermole T: 01473 614845

Village News Editor

Clare Owen T: 01728 745015 E: clareelizabethowen@gmail.com

If you have something to put in the Village News, please submit it by 14th of each month.

Editor's Introduction

Happy New Year everyone. Let's hope it's a good one for us all.

January's magazine lead article is from the Hamilton Bloodhounds.

Their opening meet was quite a spectacle on the village green!

We also feature information about the new monthly Gardening

Club so, to whet your appetite, read all about it and the inter-

esting things they have planned for the future. The Christmas

activities in the village hall seem to have gone down a storm and

there's some good photos from the wreath making and bingo.

We hear from our relatively newly elected MP, Patrick Spencer,

about what his main focus areas have been.

It's that time of year again. Can I ask you to please contribute £7

for the year's subscription to the magazine. The higher amount is

due to printing costs increasing considerably. (Three changes of

printer!) I hope you consider the magazine to still be good value,

even at the higher charge.

Payment details are:-

Account No: 60191868

Sort code: 30-99-85

Account Name: C Owen

Please reference the payment with the first line of your address.

Or of course you can pay your distributor direct with cash. Please

could you make your payment before the end of January.

Many thanks.

Clare

Disclaimer. The Editor of Easton Village News produces this newsletter in good faith from articles submitted by local organisations and individuals. No responsibility can be accepted for any inaccuracies contained therein which must be taken up with the relevant organisation or individual.



Hamilton Bloodhounds Opening Meet 2024

We held our annual Opening Meet here in the village on Sunday 27th October courtesy of the Kerr, Aitchison and Fane families who we hugely appreciate. (Apologies for writing about October - I was supposed to have got this to Clare for the November edition but, with Hettie, four horses and a pack of hounds, time isn't always my friend - sorry Clare!!)

As most of you are far too aware, on 20th October 2023 the heavens opened, and didn't really let up for about six months, which hugely affected our season, cancelling or having to postpone days. We tried to rearrange the meet here last year at least three times, but sadly we never managed to as it constantly seemed to be too wet! So we were over the moon this year when it was actually dry, and sunny. Someone was looking down on us this time!

So with 52 riders (a record for us) and 19 of our bloodhounds, we rode into the village, to the green and the pub for our Opening meet. Our runners had already had a cuddle with the hounds (not a weird fetish, but a must for clean boot hunting so the bloodhounds know which people they are tracking.) The first group of runners had set off on their three mile run across the land between Easton and Hoo, armed with gravy bones to congratulate the hounds when they were found. My horn was blown at 12 noon and off we went onto our first run. The route was littered with new homemade portable jumps for the mounted field to enjoy. We started at Abbey Farm near the river, where the runners had been dropped off. With a loud baying of the hounds, who had sniffed out the runners' scent, away we went. We managed four runs in total that day, a total of 10½ miles, with a port and sausage roll stop halfway - always welcome! At ten to three we finished our last run next to Letheringham Church and with the sun still shining, I blew my horn for home and we walked in. We were greeted with our first 'Bake Off' of the season, where our followers bake delicious treats for us all, and we refresh with a good cup of tea!

It is so special for us to be able to have this showcase meet annually in the village. The support from the village, landowners and local people is always gratefully received. There is something heartwarming about meeting at home, where we have been now for over 150 years, in one form or another. Hopefully by making steps into the future, with support of followers, members, villagers and landowners, it can continue for years to come.

Tegen, Hettie and I would like to wish you all a Happy New Year!

James



52 riders took part, gathering on the Village Green beforehand.

Two of the runners



Easton and Letheringham Community Gardening Club



The first meeting was held on Friday the 29th November and there were a few themes that we felt would be useful for all gardeners and non-gardeners moving forward.

- Support and share ideas on gardening (Ornamental and Vegetable)
- Encourage wildlife to thrive in Easton and Letheringham, linking up with the objectives of Suffolk Wildlife Trust
- Take up opportunities for discounts and the benefits of sharing
- Support the school in their Triangle of Life garden.

As a result we would like to share the proposed programme for the next four meetings.

Monday 27th January 6.30—8.30 pm Village Hall

- ◆ Gardening projects for 2025
- ◆ Joining the National Allotment Society and the benefits. £3 if you wish to join and then get access to benefits such as discounted seeds
- ◆ Seed Swap (please bring last year's seeds to swap)
- ◆ Community Seed growing (we will provide packets of seeds that members can take and grow the whole packet for swapping with the group at the April meeting)
- ◆ Current top tips of the season

Monday 24th February

- ◆ Talk from Prickles Hedgehog Trust on how to protect and encourage hedgehogs in Easton and Letheringham
- ◆ Introduction to Easton Primary School's Triangle of life project, (encouraging children to engage with growing and plants) and how the village can support
- ◆ Current top tips of the season



Monday 31st March

- ◆ Talk on how to manage dry gardening
- ◆ Plant and cuttings swap

Monday 28th April

- ◆ Question time for Gardeners (a panel will answer questions from the audience, no BBC involved!)
- ◆ Seedling swap

Everyone is welcome to any of the meetings. Please come along, even if it's just for the free tea and coffee.

For more information contact:-

Sarah Castle sjcastle1@hotmail.co.uk

Claire Balcombe clairebalcombe@email.com

Gerard Newnham gerard.newnham@icloud.com

What's On in January



Village Hall

Mondays:

Yoga with Ellie 9.30—11 am

Pre-booking

E: eleanorpenlo@gmail.com

Tuesdays:

50+ Keep Fit Class 10-11 am

£7 per session (block payment per term of 6/7 weeks)

Contact Clare Hassler on

01728 621247/07769 716761

for more information

Yoga with Ellie 6.30—7.30 pm

Pre-booking

E: eleanorpenlo@gmail.com

Wednesdays:

Pilates with Kelly

Advanced 9.15 am

Beginners/Intermediate 10.30 am

Pre-booking

E: pilateswithkelly@hotmail.com

Table Tennis

6:30pm £5 per session

Contact John on 746644

Thursdays:

Rabble Chorus

8pm

E: Kirsty@rabblechorus.co.uk

Fridays:

Yoga with Ellie 9.30—11 am

Pre-booking

E: eleanorpenlo@gmail.com

Sunday Café

19th

10—11.30 am

Village Hall

Fun and Games

Tuesday 21st

2—3.30 pm

Village Hall

Parish Council Meeting

Monday 20th

7.45 pm

Village Hall

Gardening Club

Monday 27th

6.30—8.30 pm

Village Hall

**Mobile Library will stop outside The White Horse on Wednesday 8th January
between 12.25 and 12.45.**

EASTON & LETHERINGHAM VILLAGE HALL



Christmas Festivities at the Village Hall

Lots of festive fun was had at the hall on Saturday 7th December. What better way to spend a morning than being creative with greenery to make festive wreaths for the door or table display. Lead by the very talented Nikk, ably assisted by Christian, both of Honeysuckle Horticulture in Easton. They guided us step by step to create our wreaths. Wonderful results from everyone I'm sure you agree, *see pic opposite*.

On the Saturday night it was eyes down for our Christmas Bingo event with our resident Caller Martin on the Bingo machine, with bingo lingo of 'kelly's eye', 'two little ducks' or 'unlucky for some', plus so many others to get those four corners, a line or full house! Dabbers were at the ready to mark off those numbers with lots of prizes up for grabs.

We raised £55 from the wreath making event and £139 from the Bingo , both of which will go towards front garden works. Thank you so much to everyone who came along to enjoy these events.

Special thanks to Bev, Martin, Christine, Mary for helping to organise and run these events.

Please get in touch if you would like to be involved in helping to organise or help run future events at the hall, we always appreciate extra volunteers. Also if you have any ideas for future events please do let us know. Contact us at eastonvillagehall@icloud.com

Wishing you all a Happy New Year and we hope to see you at the hall and out and about in 2025.

Jenny and the Village Hall Management Committee



Completed Wreaths ready for Christmas!



Christmas Bingo night – Martin our Bingo caller is ready, dabbers at the ready!



January in the Garden

"There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues."

Hal Borland



With January comes the promise of a new year in the garden and with it all our hopes, dreams, opportunities and excitement of what is to come. Whilst the days begin to get noticeably longer, there are plenty of reasons to get outside.

Jobs for the Kitchen Garden

Sow broad beans, radishes, onions, leeks, hardy peas, swiss chard, spinach and carrots under cover.

Nearer the end of the month begin sowing tomatoes and chillies using a propagator or heated mat.

Chervil, parsley, chives, fennel and coriander can be sown and grown on under cover.

Cut down autumn fruiting raspberry canes to soil level.

Cover rhubarb crowns with an upturned bucket for pale, tender stems in the weeks to come.

Bring potted strawberries under cover for an early crop.

Harvest leeks, celery, chard, spinach, cabbage, cauliflower, sprouts, kale and parsnips.

Towards the end of the month begin to chit early seed potatoes.

Jobs for the Ornamental Garden

Now is a great time to sow sweet peas for early flowers and long stems.

Take root cuttings of perennials such as oriental poppies, echinacea, delphinium and phlox.

Keep on top of deadheading violas and pansies for prolonged flowering.

Cut back the old foliage of ornamental grasses to allow the fresh, spring growth through.

Cut back the old top growth of perennials and add to the compost heap.

Remove the leaves from Hellebores so that the flowers are on full view.

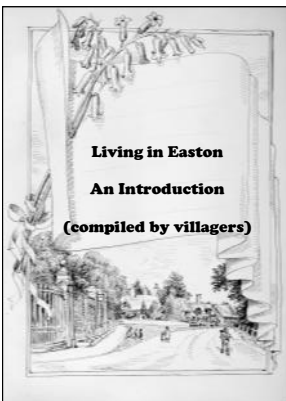
January's gardening notes from local horticulturist Nikk Slowey FdSc Hort. who along with her husband Christian are Honeysuckle Horticulture. Nikk is also a lecturer in horticulture at Suffolk Rural.



Poppy Appeal 2024

Thank you to everyone who donated to the appeal. With the door to door collection, boxes in the Easton White Horse, Easton Farm Park and Easton Primary School, we collected £274:43.

Anne Parkinson



New to Easton Village?

Please let me know if you are aware of anyone who moves into the village. We have always warmly welcomed newcomers and I am now very happily taking on this role. We can also provide the introductory booklet 'Living in Easton' which has lots of helpful information.

Peter Bennett King, 2 Black and White Cottages
T: 747370 E: thebks@btinternet.com

EASTON WHITE HORSE

BAR & RESTAURANT



OPENING HOURS

Tuesday

FOOD: 5.30PM - 8.30PM

BAR: 5.00 - 10.30

Wednesday - Thursday

FOOD: 12.00PM - 2.30PM | 5.30PM - 8.30PM

BAR: 12.00PM - 3.00PM | 5.00PM - 10.30PM

Friday - Saturday

FOOD: 12.00PM - 2.30PM | 5.00PM - 8.30PM

BAR: 12.00PM - 10.30PM

Sunday

FOOD: 12.00PM - 5.00PM

BAR: 12.00PM - 7.00PM

Monday

CLOSED

@<https://www.eastonwhitehorse.co.uk/>



A Message from Patrick Spencer, MP for Central Suffolk and North Ipswich

As we enter the new year, I want to reflect on the first six months since I was elected as your Member of Parliament for Central Suffolk and North Ipswich. It is an immense privilege to represent this incredible part of Suffolk, and I have been working hard on your behalf across a range of issues important to us here in Suffolk. From improving access to GPs to addressing rural challenges and supporting our local schools, these past months have been about laying the groundwork and making Central Suffolk and North Ipswich an even better place to live, work and visit.

Improving outcomes for children remains a key focus for me. Over recent months, I've visited local schools, including Suffolk Rural in Otley, Heath Primary School in Kesgrave, Highfields Nursery, and Claydon High School and I will continue to do all that I can to press the need for fairer funding and resources.

Another of my key priorities has been working to improve access to GP appointments. I have held productive meetings with local GP practices, including Needham Market and Cardinal, to understand the challenges they face, as well as meeting with the Integrated Care Board and Government Minister to press for a new GP surgery in North Ipswich. Ensuring that everyone in our constituency has access to the care they need and deserve is vital, and I will continue working closely with healthcare providers and NHS partners to push for long-term solutions.

I have also raised concerns about the Norwich-to-Tilbury pylons, meeting with National Grid and Government Ministers to explore alternatives that would minimise disruption to our beautiful countryside. Flood resilience is still a top priority too, and I meet with the Environment Agency regularly to hold them to account on flood management and mitigation measures. Suffolk's agricultural and rural communities deserve a strong voice in Parliament, and I will continue to advocate for them at every opportunity.

Ensuring the safety of our community is paramount. My recent discussions with police colleagues focused on tackling rural crime, increasing visibility of our hardworking police officers and ensuring that they have the resources to serve effectively. Supporting victims of crime and addressing antisocial behaviour will remain priorities this year.

Our market towns and tourism industry are vital to Suffolk's economy. Over the past months, I have visited a number of local businesses and celebrated initiatives that promote Suffolk as a destination to visit and invest in.

Over the coming year, I will continue to hold regular surgeries across Central Suffolk and North Ipswich, providing a platform for residents to share concerns and receive support with individual problems. If you would like to book an appointment, please contact my office via patrick.spencer.mp@parliament.uk

Letter from Framlingham Library

Welcome to 2025! A big thank you to everyone who has supported our fundraising efforts for the Children's Library and associated works project. We're pleased to announce that we have successfully raised the necessary funds. As I write, we are awaiting the final costings for the enabling works, and we hope to be able to share a start date soon. Please note that there may be some short-term closures once the project begins, but we will keep you updated with all the details.



We also want to extend our thanks to everyone who donated toys for Christmas. These have been passed on to the Children's Hub at Leiston, where they will support local families.

Our regular activities are ongoing, including our **Warm Welcome Conversations** on Thursdays. Why not pop in at 10:00 am for a chat and to find out what's going on at the library?

We are also excited to announce that we will be starting **Tablet/iPad courses** in February! If you're interested, please let us know. We're just awaiting confirmation of dates and times, and we'll keep you updated.

Our current art exhibition, curated by the **Framlingham Art Society**, features work from 19 talented local artists. All pieces are available for sale, with the commission benefiting Framlingham Library and supporting our ongoing initiatives.

Special Event – 'Homecoming' with Melissa Harrison

Monday, 3rd March, 7:00pm – Please book your place at the library. Join us for an inspiring evening with author Melissa Harrison. *Homecoming* is a year-long course in noticing the beauty and stories unfolding around you, wherever you are. With monthly guides, bird songs to listen out for, beautiful illustrations, checklists, and tips, *Homecoming* will help you reconnect with nature, improve your wellbeing, and tune into the rhythm of the seasons. By writing down the best thing you experience in nature each day, you'll learn how to build your own rituals and habits to carry you through the year.

We look forward to seeing you at the library soon!

All Saints Church



Church Services

The Benefice service on 5th January for Epiphany (remembering the visit of the Magi) will be at Brandeston at 11 am.

The services at Easton church will be Holy Communion on 12th January at 11 am and Morning Worship on 26th at 11 am. Please note that these services are the opposite way round to normal because of timetabling issues.

Following the success last year, on 19th January there is a Plough Sunday service at Parham followed by a ploughman's lunch.

There will be a Benefice service for Candlemas on 2nd February at Campsea Ashe at 11 am.

Discussion Group

Our topic for January is "Christmas cards" and we are due to meet on Wednesday 8th January at Bickley, Harriers Walk at 10.30 am. New members are always welcome.

Many thanks to all our supporters in 2024



The PCC would like to thank all the people who helped to keep our church running during the year. The number of helpers is getting smaller each year, so the amount of work the others do has grown in proportion! Thank you to those who have helped with cleaning, coffee, flowers, sidesperson's duties, maintenance and general tasks. We could not manage without you.



Thank you to Emma and Nancy and all the many helpers for a great May Fair. It is such a worthwhile day bringing the whole community together.

Thank you to all the teams involved in the Sunday Café and particularly the organisers, Clare and Bev. We look forward to that morning each month.

Our thanks also go to Clare for producing the Village News every month. We are fortunate indeed in Easton to have our own way of providing information and interesting news (not counting the jokes and puzzles).

Jane Woodbury-Eggins



SAVE THE DATE

MAY FAIR



Saturday 10th May 2025

A large black-bordered box containing the event information. At the top, the words 'SAVE THE DATE' are written in a blue, slanted, bold font. Below this, the words 'MAY FAIR' are displayed, with 'MAY' in large green letters and 'FAIR' in blue. A small white flower with a yellow center is positioned between 'MAY' and 'FAIR'. To the right of the text is a cartoon illustration of a girl with orange curly hair, wearing a pink top and yellow skirt, holding a green flower. At the bottom of the box, the date 'Saturday 10th May 2025' is written in a bold black font.

Church Services for January 2025

5 th	Epiphany	11am	Benefice Holy Communion	Brandeston
12 th	Baptism of Christ	11am	Holy Communion	Easton
			Morning Worship	Campsea Ashe
			Morning Prayer	Parham
		6pm	Holy Communion	Marlesford
19 th	Plough Sunday	11am	Benefice Service for Plough Sunday followed by Lunch	Parham
		6pm	Holy Communion	Kettleburgh
26 th	Epiphany 3	9.30am	Morning Worship	Brandeston
		11am	Morning Prayer	Easton
			Holy Communion	Campsea Ashe
				Parham
6.30pm	Evening Prayer	Kettleburgh		

Compline is said at Marlesford every Wednesday at 5pm

Monday Prayers are at Brandeston at 4pm

**2nd February – Benefice Service
for Candlemas at 11am at Campsea Ashe**

Sunday Café

Sunday 19th January

Village Hall

10.00 — 11.30 am

Come and blow away the Christmas/New Year cobwebs and join us for our first Café of 2025. There'll be a very warm welcome even if it is chilly outside. There's lots of home made goodies, sweet and savoury, all made by our lovely volunteers. Or how about a bacon roll made with Revetts bacon in a roll from Harvey & Co? Our specials board might catch your eye too. All food can be bought to take away and at very good prices (we aim just to cover costs and any profit we do make is sent to charities or donated to the church).

Enjoy catching up with friends, making new ones, or reading the Sunday newspapers in our lovely village hall. We've got toys for the children and a covered seating area outside if you'd like to bring your dog along.



**We will be raising money for the
RNLI.**

EVERYONE WELCOME

Sponsored by All Saints Church

A Sense of Place and Time

Mistletoe and Mistle Thrushes

When the leaves have fallen from the trees, clumps of mistletoe are more easily visible in the branches of trees. This magical plant, with its wishbone leaves and almost translucent berries is a native semi-parasite of deciduous trees, particularly associated with old orchards and parkland.

Mistletoe - *Viscum album* — favours trees with thinner bark such as poplar, lime and apple and gains its nutrients partly through photosynthesis and partly from the host tree.



The sticky white berries are a favourite of birds – particularly the so-named Mistle thrush. The birds wipe their beaks against the bark of trees to remove the sticky residue or incidentally carry the residue on their feet, so effectively ‘planting’ the seed in new locations.

Mistle thrushes are so fond of mistletoe berries, that they will often defend a particularly laden tree from other ‘would-be’ consumers. The hallmark of this defence is the very distinctive rattling call of the Mistle thrush.

Once established, mistletoe is generally long lived and persistent. This is borne out by the fact it was recorded in Parham Letheringham and Framlingham (and therefore likely Easton) in 1562 and is still found in these parishes to today. Sadly, the national population of mistletoe has declined largely due to grubbing out of traditional orchards and unsustainable picking/harvesting as Christmas decorations.

However, Easton is fortunate to have retained a good population, particularly on the parkland limes and the floodplain poplars.



Neighbourhood Watch News for January

Beware of social media and Google ads for fake holiday sites

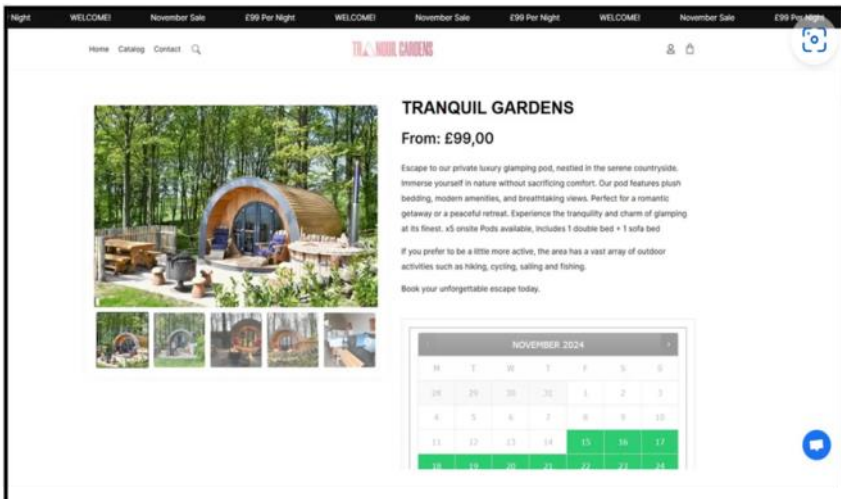
Tranquil Garden Pods (formerly known as Star Domes) is peddling a non-existent glamping site by impersonating real holiday homes.

Excited holidaymakers expecting to be 'nestled away in secluded tranquillity in the picturesque countryside of Yorkshire' are instead left cheated and without a holiday.

What's worse, some victims don't discover the accommodation isn't real until they show up at the holiday parks being impersonated in this malicious scam.

Below, we delve into how this scam operates as well as give tips on how to avoid falling victim to holiday fraud.

Fake glamping site



A scam website advertising a non-existent glamping pod holiday.

Tranquil Garden Pods has several websites. The scammers seem to launch a new website each time one is taken down.

Which? searched for Tranquil Garden Pods on Google and saw three sponsored search results for the scam company. That means the scammers paid Google for a more prominent listing.

When we clicked on the website, we were offered a '£99 a night November sale' and 'a few days' relaxation' in a pod with 'your own private, elevated decking area'.

On the website, there are several images of the pod, which we traced back to a real UK farm that offers glamping and camping accommodation in the Yorkshire Dales National Park.

We contacted this farm and it told us that it has encountered numerous issues involving Tranquil Garden Pods, with many people who have booked through the scam company showing up at their farm.

Tranquil Garden Pods uses the postcode for a street in North Yorkshire as its location. On this street there are several real private and holiday properties.

'I drove for 45 minutes and arrived to nothing'

People on social media have also reported losing hundreds of pounds. One victim we spoke to lost £99 to the scam, which he first encountered via Google.

'It was a smooth booking process,' he recalls. 'I was sent a receipt and there was a reminder sent before the arrival date.'

'I checked whether the hot tub would be on before arrival and got a response, but when I asked about a gate code and pod number I didn't hear anything,' he told Which?.

He made the 45-minute drive to where he was told the glamping pod was and 'arrived to nothing.' Eventually, he ended up at a legitimate caravan park and was told about the scam by the owner.

Google and scams

Although the sponsored ads that led to the Tranquil Garden Pods' websites are still up, the websites have been taken down. As the scam went by 'Star Domes' previously, it's likely that it will pop up again under a different name.

Avoiding and reporting holiday scams

If you're ready to book a holiday but are suspicious, you should:

- Look out for offers that sound too good to be true.
- Double check the holiday booking's web address, as scammers sometimes create copycat sites with slightly different URLs.
- Check to see when the website was registered on Who.is. If a site is brand new, or has been registered in a different country than it claims to operate in, this can be a red flag.
- Look at reviews across multiple review sites.
- Watch out for fake listings. You can check if images used on listings have been stolen through a reverse image search. To do this on Google, select the image icon on the right of the search bar and upload an image that you've taken a screenshot of from the listing.

If you've been scammed, contact your bank immediately and report the scam to Action Fraud **on 0300 123 2040**.

Courtesy of the Consumer Association

John Owen

Where in Easton is
this?
(Answer page 26)



Complete the Proverb ...



Out of the mouths of babes ...
and straight down the back of your jacket

You can't teach an old dog new ...
clear physics



Too many cooks ...
on television

Fools rush in ...
the minute McDonalds opens



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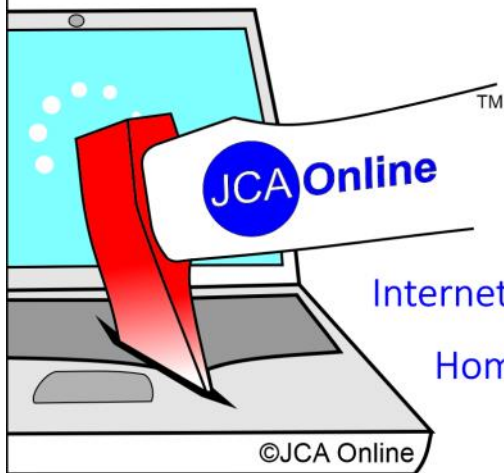
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Mobile: 07887925507

Website: www.marksmaintenance.biz
E-mail: MarksMaintenance@hotmail.co.uk

The advertisement features a light blue background with green and black text. It includes icons for a lawnmower, a person in a hard hat, crossed tools (a hammer and a wrench), and a yellow house with a green roof.



DEBEN PEST SOLUTIONS
07756 666278

Traditional mole trapping, rodents, wasps, squirrels, rabbits, insects, house fumigations

— Pleased to support Woodbridge Town F.C. —
Telephone - 07756 666278

Email: debenpestsolutions@outlook.com Web: debenpestsolutions.co.uk
Lowestoft :: Woodbridge :: Ipswich :: Bury St. Edmunds

The advertisement features a circular logo with a green insect and the text 'DPS DEBEN PEST SOLUTIONS'. It includes a photograph of a mole emerging from a hole in the ground.

PRIVATE TUITION



Heather Whiffin, B.Ed, MaST
Primary Maths and English
bespoke lessons.

Primary Maths Specialist
DBS checked

Contact: heatutor21@yahoo.com

The logo for Ground Up Suffolk, featuring the words 'Ground Up' in a large, orange, sans-serif font, with 'Suffolk' in a smaller, green, sans-serif font below it.

Here to help with gardening, odd jobs or light
maintenance. Based in Easton and covering
Framlingham, Wickham Market and Woodbridge.

Please contact Oli on 07496 517909 or
email omummary@googlemail.com

Follow on Instagram - @groundup_suffolk

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