

Athelington, Horham & Redlingfield *DIRECTORY*



**USEFUL CONTACTS &
INFORMATION 2016**

GROUPS & CLUBS

Welcome to our sixth annual directory. Every effort has been made to make this supplement accurate but we will use your regular Athelington, Horham & Redlingfield News to update you on any changes we hear about. If you want an organisation or group included in the next directory, get in touch. **Mike Ager & Evelyn Adey**

TELEPHONE NUMBERS USE THE 01379 CODE UNLESS OTHERWISE STATED.

HORHAM & ATHELINGTON COMMUNITY COUNCIL (opposite the church): Membership £10 for a family living at one address, (2 adults & children up to 16 years), £5 for a single adult, £3 for a junior 16-18 years (age must be proven). Membership runs Jan 1-Dec 31. Membership forms available from the bar staff, or Angela Wilkins, 384625. Community Centre club nights & opening hours: Wed, Fri, & Sat, 8pm-11pm (admission may be restricted when a private function is being held). Further information on membership or events from Angela Wilkins. Hall bookings via Karen Alderton, 384754. Chairman - Margaret Streeter, 384869. Personal Licence Holder - Rod Tyrrell, 388285. No fly tipping on the community centre bonfire site please & please could people not drive on the grass to deliver bottles and papers to the banks.

HORHAM OLD SCHOOL & SOCIAL CLUB (next to church): Membership only £1 per year. The club is open from 8.30pm till late on Tues & Fri year-round. Coffee mornings Wed from 10.30am till 12ish. Cafetière coffee, homemade cake and computer help/advice and tuition is available during these sessions. All ages welcome. Chairman Margaret Streeter, 384869. Secretary Judy Andrews, 384207. Hall Bookings Pip Florance, 384370.

95TH BOMB GROUP HOSPITAL MUSEUM, Shingle Hill, Denham, IP21 5EU (open last Sundays of the month May-Oct inc, 10am-4pm or by appointment). Tony Albrow: 870514, Email: tony@albrow.org, Web: www.95thbghospitalmuseum.co.uk.

95TH BOMB GROUP HERITAGE ASSOCIATION/RED FEATHER CLUB: Horham Airfield, IP21 5DG (public open days last Sundays of the month April-October inclusive, 10am-4pm). Other visiting times may be arranged by appointment. Other events throughout year.

Annual membership £12. Chairman - James Mutton, 01728 860930, Email: jamesmutton@suffolkonline.net, Web: www.95thbg-horham.com
(picture: The Red Feather Club).



FRONT-PAGE PICTURE OF SUFFOLK PUNCH BY MARTIN PETTITT FROM BURY ST EDMUNDS VIA WIKIPEDIA

AGE UK (SUFFOLK) LINK: Redlingfield representative - Jacqueline Love, Western Barn, Abbotts Meadow, Redlingfield, 678805, Email: email@davidlove.f9.co.uk. Age UK, Web: www.ageuk.org.uk.

REDLINGFIELD & OCCOLD WOMEN'S INSTITUTE: Meetings in Occold Village Hall on the first Wed of the month except Jan when they are on the second Wed. President - Lesley Hull, 678228.

ROYAL AIR FORCES ASSOCIATION - DISS AND DISTRICT RAFA BRANCH (covers this area): Meetings at the Grasmere Club, Denmark Street, Diss, Norfolk, IP22 4LE, on the fourth Monday of the month. Secretary - Marilyn Hurst, 643108, Email, ronandmarilyn@btinternet.com Web: <http://dissanddistrictrafa.onesuffolk.net>.

ROYAL BRITISH LEGION - STRADBROKE AND DISTRICT BRANCH: The branch meet at The King's Head, Laxfield (Low House), starting 11.30am on the second Thurs of the month for a meeting with speaker & lunch. Branch Secretary - Bernard Mills, 01986 798414. The branch are happy to welcome new members & provide welfare support where appropriate. Web: www.britishlegion.org.uk/ & www.stradbrokeonline.org.uk/index.php/the-royal-british-legion.

NEW REEDING WOODS GROUP, POUND LANE WOOD, Redlingfield Road, Horham: Join a working party, or become a "friend" by calling Mike Reeves, 668179. This community woodland is held in trust for the villagers of Denham, Horham & Athelington.

HOXON HUNDRED: Morris dancers & musicians practise on Wednesdays through autumn & winter at St Edmund's Hall, Hoxne, 7.15pm-10pm. Chris Gibbons, 678169, Email: enquiry@hoxonhundred.co.uk, Web: www.hoxonhundred.co.uk (xxxxx).

FRAMLINGHAM BRIDGE CLUB: Meets at the Conservative Club, Monday at 7pm for duplicate bridge. All players welcome. Improvers Class Wednesdays 2-5pm.

1ST FRESSINGFIELD SCOUT GROUP: BEAVER SCOUTS, (6 to 8 years) Mon 5-6.30pm; **TIGER CUB SCOUTS** (8 to 10 years) Mon 6.45-8.15pm; **WOLF CUB SCOUTS** (8 to 10 years) Wed 6-7.30pm; **PIONEER SCOUTS** (10 to 14 years) Tues 7-8.45pm; **ADVENTURE SCOUTS** (10 to 14 years) Fri 7.15-9pm; **EXPLORER SCOUTS** (14 to 18 years) Fri 7.15-9pm. Andrew Aalders-Dunthorne, Group Scout Leader, Scout HQ, Goodwin Hall, New Street, Fressingfield, IP21 5PG, 07908 262623, Email: andrew.aaldersdunthorne@talk21.com, Web: www.fressingfieldscoutgroup.org.uk

1ST EYE SCOUT GROUP (incorporating Beavers, Cubs & Scouts): BEAVERS, (6 to 8 years - boys & girls), Wed 5.30-7pm. **CUBS**, (8 to 10½ years), Mon 6-7.30pm. **SCOUTS**, (10½ to 14 years), Tues 7.30-9.15pm, Neil Bolger, 07850 464111. Scout Hut, Wellington Road, Eye. Group Scout Leader is Joan Norman. **Explorer Scouts**, (14 to 18 years), Tues from 7.30-9.15pm. Joan Norman, 890432, Email: joan.norman1@sky.com.

FRESSINGFIELD BROWNIES: Candice Dudley, 388308 or 07795 691051 or stradbrokeguides@yahoo.co.uk (Brownies for girls 7 & up).

THE EYE GRAMMAR SCHOOL FUND: This trust fund provides grants to young people & educational organisations serving those under 25 who live in Eye, Athelington, Bedfield & Horham. Special grants are available to cover expenses not met by the local education authority. For application form contact: the clerk, Sara Muldoon, 13-15 Church Street, Eye, Suffolk IP23 7BD, 01379 870170, Email: sara.muldoon@icloud.com.

PRE-SCHOOL, CITIZENS ADVICE, ANIMALS & VENUES

Occold Pre-School: Village Hall, Jubilee Field, Occold, IP23 7PL. For children from 2 to 5 years. Sessions Mon-Fri, 8.30am-3.30pm during term time. Linda Jay, 07790 605219, after hours 01728 628583 Email: occoldpreschool@aol.com.

Wilby C of E School Nursery: Brundish Road, Wilby IP21 5LR. Nursery open for 3 & 4 year olds Mond-Wed 8.50am to 3.15pm. 'Tea & Toys' Playgroup for ages 0 to 5 Thurs 9.30-11am - all welcome. Philippa Coleman, headteacher, 384708 Email: admin@wilby.suffolk.sch.uk Web: www.wilbyprimary.org.uk.

CITIZENS ADVICE BUREAU: Get advice online from www.citizensadvice.org.uk. Consumer helpline on 0845 4040506, 9am-5pm, Mon-Fri excluding bank holidays.

DISS, THETFORD & DISTRICT CITIZENS ADVICE BUREAU: Shelfanger Road, Diss, Norfolk, IP22 4EH. Tel: 651333, Web: www.dissandthetfordcab.org.uk, Email via web address. Open: Mon, Wed, Thurs & Fri, 10am-3pm (drop in, no appointments). Most enquiries can be answered without a face-to-face interview. If you decide to visit, you do not need an appointment for a drop-in session, but please be prepared for what may be a lengthy wait.

MID-SUFFOLK CITIZENS ADVICE BUREAU: STOWMARKET: 5 Milton Road South, Stowmarket, Suffolk, IP14 1EZ. Web: www.midsuffolkcab.org.uk, Email: advice@midsuffolkcab.org.uk, Tel: 01449 676060 & 676280. Open: Mon & Tues 9.30am-3.30pm; Thurs 9.30am-6.30pm; Fri 9.30am-12.30pm. Telephone advice and appointments only Wed.

INFORMATION CENTRE: HARLESTON INFORMATION PLUS: 8 Exchange Street, Harleston, IP20 9AB. Web: www.harleston-norfolk.org.uk, Tel: 851917, Email: hip@harleston-norfolk.org.uk. Information covering this area. Mon, Tues, Wed & Fri 9.30am-3.30pm; Thurs 9.30am-12.30pm & Sat 10am-1pm.

OAKWOOD VETERINARY GROUP: small animal, farm, agricultural & equine practice, Harleston, Norfolk, IP20 9EA & Eye branch 19 Church Street, Eye, Suffolk, IP23 7BD. Tel: 852146. Web: www.oakwoodvets.co.uk. Email: admin@oakwoodvets.co.uk.

SUFFOLK ANIMAL RESCUE: 5 Cherry Tree Lane, Debenham, Suffolk, IP14 6QT. Rescued cats, dogs, rabbits & other small animals seeking new homes. 01728 860937, Email: suffolkar@hotmail.com, Web: www.suffolkanimalrescue.org. Visitors are strictly by appointment. Other animal rescue organisations such as those specialising in bird of prey and hedgehogs are listed on the Redlingfield website www.redlingfield.suffolk.gov.uk.

DENHAM VILLAGE HALL: Charges for hiring the hall range from £35 for all-day hires by non-residents to £7 for residents' children's parties. Electricity, which includes most of the heating, is extra, paid by a 50p & £1 slot meter in the kitchen. Bookings can be made with Tina Chenery, 870797. Hall management committee chairman: Mr Alan Pettitt; secretary: Rose McMahon, 870346.

Occold Village Hall: Jubilee Field, Occold, IP23 7PL. On the village Playing Field behind The Beaconsfield Arms. It is maintained by Occold Recreational and Amenities Council & administered by the Village Hall Management Committee. It is available for hire by local & non-local organisations. Rates range from £5.50 to £12.50 per hour. To book the hall contact villagehall@occold.com, 678844 or online at <http://occold.onesuffolk.net/local-services/village-hall>. Email villagehall@occold.com.

PUBLIC TRANSPORT CONTACTS: Home-to-school transport: 0345 6066173 or via www.suffolkonboard.com/home-to-school-transport/how-to-contact-us/; Timetables: www.suffolkonboard.com & Traveline: 0871 200 2233 & www.traveline.info. General enquiries: 0345 6066171 & passenger.transport@suffolk.gov.uk. Free travel bus pass: 0345 6000659 & concessionarytravel@suffolk.gov.uk. Community Transport: www.suffolkcommunitytransport.org.uk, 01473 353006 & admin@suffolkcommunitytransport.org.uk.

SCHEDULED BUS SERVICES (HORHAM):

MONDAYS-FRIDAYS (except public holidays): Galloway European (01449 766323) Route 482 - Diss-Framlingham service: leaves Diss Bus Station 9.10am arrives Horham 9.41am then arrives Framlingham 10.15am; leaves Diss Bus Station 1.30pm arrives Horham 2.11pm then arrives Framlingham 2.45pm; leaves Diss Bus Station 4.30pm arrives Horham 5.01pm then arrives Framlingham 5.35pm. Framlingham-Diss service: leaves Framlingham 10.20am arrives Horham 10.54am then arrives Diss Bus Station 11.35am; leaves Framlingham 2.50pm arrives Horham 3.24pm then arrives Diss Bus Station 3.55pm; leaves Framlingham 5.40pm arrives Horham 6.14pm then arrives Diss Bus Station 6.45pm.

HIGH SUFFOLK COMMUNITY TRANSPORT (REDLINGFIELD): There are weekly return minibus services from Redlingfield to Diss & Stowmarket, monthly services to Ipswich & Bury St Edmunds & a twice monthly Norwich service.

STOWMARKET-THURSDAYS (Route 3): The Redlingfield-Worlingworth-Debenham-Stowmarket service leaves from the village sign at 9.31am arriving at Stowmarket Market Place, Argos Store, at 10.36am. It leaves Stowmarket at 1.10pm arriving in Redlingfield at 2.15pm.

DISS-FRIDAYS (Route 4): The Bedfield-Worlingworth-Redlingfield-Eye-Diss service leaves from opposite the village sign at 10.19am arriving at Diss Bus Station at 10.44am. It returns from Morrisons at 1.15pm arriving at Redlingfield at 1.40pm.

NORWICH-2ND SAT & 4TH WED OF THE MONTH (Routes 5 & 8): The Redlingfield-Norwich service leaves from the village sign at 9.31am arrives Norwich 11.11am. It leaves Norwich at 2.45pm arriving in Redlingfield at 4.25pm.

BURY ST EDMUNDS-3RD SAT OF THE MONTH (Route 6): The Bedingfield-Bury St. Edmunds service leaves from opposite the village sign at 9.31am arrives Bury St Edmunds 11.09am. It leaves Bury at 2.45pm arriving in Redlingfield at 4.14pm.

IPSWICH-1ST SAT OF THE MONTH (Route 7): The Bedingfield-Ipswich service leaves from opposite the village sign at 9.32am arrives Ipswich 10.46am. It leaves Ipswich at 2.30pm arriving in Redlingfield at 3.42pm.

FELIXSTOWE: During Summer Farelina's Diss-Eye-Framlingham-Woodbridge-Felixstowe service (route 170) calls at Redlingfield - see magazine & village noticeboard.

BORDERHOPPA (HORHAM): The Borderhoppa charity operates 9 mini buses, 6 of which have wheel chair lifts. They offer a door-to-door dial-a-ride service covering 60 parishes across South Norfolk and North Suffolk and serve the towns of Harleston, Diss and Long Stratton. To use the service you need to become a member. Forms are available at www.borderhoppa.org or phone 854800. Membership is £10 for 12 months or £6 for 6 months. Journeys are priced depending on distance travelled. They also hire mini buses with driver to not for profit community groups.

TRANSPORT & CHURCHES

SUFFOLK LINKS - HOXNE AREA: This bookable bus service run by Avenues East operates 7am-7pm, Mon-Sat (except Public Holidays). The bus can take you to Debenham, Eye, Framlingham, the railway station at Halesworth or any of the villages within an area roughly between Framlingham & Horham & Laxfield & Wetheringsett. Connections can be made for onwards travel to places further afield. To book call 01449 616000. Bookings taken 8.30am-2.30pm, Mon-Fri.

CHURCH OF ENGLAND: St Peter & St Paul, Hoxne; **ST ANDREW, REDLINGFIELD**, Church Road;



ST PETER, ATHELINGTON; ST MARY, HORHAM,
Information on services & history
www.redlingfield.suffolk.gov.uk. The rector is
Reverend Michael Womack, 388889 or
hoxnebenefice@gmail.com. **SERVICES & OPENING
TIMES:** check times on church/village notice
boards & in the village magazine. A monthly
Hoxne Benefice Newsletter is available in the
back of the churches. For your email copy
please email the rector. (picture: St Andrew's
church in Redlingfield).

HORHAM BAPTIST CHURCH, Chapel Lane. Pastor - Adam Blowes, Chapel Manse
Worlingworth Road, Horham IP21 5ER 01379 388008. Sec- Rosemary Frost, 6 Willow
Close, Stradbroke, Eye, IP21 5JD, 384719, Web: www.horhambaptistchurch.org.uk.

MAIN MEETINGS: Sunday: 10.45am - morning worship, Little Learners (age 3-5),
Transformers (age 5-11), Distinctive & Transitions (High School), 2.30pm - afternoon
worship: communion first Sunday in month.

FOR UNDER 18s: Sunday crèche (0-3); Childrens & Young Peoples Teaching Groups 10.45
am Sunday; Weekly Clubs Megamix (5-11); Youth Group (11-16+); Brownies; Annual
Holiday Club.

LOCAL OUTREACH & COMMUNITY ACTIVITIES: Megamix (5 to school year 5); Switch (school
year 6 onwards); Brownies; Holiday Club (3-11); parents & toddlers; Friendship Hour ;
seniors' meals; Community Home Groups ; Christianity Explored : Mens Nights ;
Ladies evenings.

THE CATHOLIC CHURCH OF ST. HENRY MORSE, Shelfanger Road, Diss, Norfolk, IP22 4DX,
Parish priest is Fr. Fr David Bagstaff, 642914, Email:

parishpriest@holytrinitydiss.plus.com, Web: <http://henrymorse.tripod.com/> (no www).

REGULAR MASS TIMES: Sunday Vigil Mass - Sat 6pm, Sun 9am; Mass in Polish is said on
the first and third Sun of the month at 4pm; Tues, Wednesday, Thurs & Fri, 9.30am,
Morning Prayer before at 9.10am; Sat 10am - The Rosary is said at 9.40am,
Confessions 10.30am. Further details online.

JUBILEE BAPTIST CHURCH: Email: jubileebaptist@occold.com. Tel: 01449 774 609. Web:
<http://occold.onesuffolk.net/> **MEETINGS - SUNDAYS:** 10.45am in Occold Village Hall; 6pm
in Occold chapel. **WEDNESDAYS:** Friends & Neighbours meeting - for ladies, second Wed
of each month at 7.30pm. A guest demonstrates a craft or speaks about their work or
travels. **THURSDAYS:** 7.30PM Prayer & Bible Study in Occold chapel. **ALTERNATE FRIDAYS**
(excluding school summer holidays): Youth Club, 7.30pm-9pm for nine-year-olds &
older & 7.30pm-10pm for 12-year-olds & older, Village Hall.

FARMERS MARKETS, VOLUNTEERING, LIBRARIES ETC

FARMERS' MARKETS ETC: EYE COUNTRY MARKET: Town Hall, Weds, 10am-11am. **DISS FARMERS' MARKET:** Marketplace, second Sat of month, 9am-1pm. **HOXNE ARTISAN MARKET:** St Edmund's Hall, second Sat (March-Dec), 10am-2pm. **RICKINGHALL FARMERS' MARKET:** Village Hall, second Sat, 9am-12.30pm. **STOWMARKET FARMERS' MARKET:** Marketplace, first Fri, 9.30am-1pm. **FRESSINGFIELD COMMUNITY PRODUCE MARKET:** third Sat (May to Oct) on the Fox and Goose Green or Sancroft Hall, 10am-noon.

HORHAM SHOP & POST OFFICE: The Street, Horham, IP21 5DY. Open: 9am-1pm, Mon-Sat; 2pm-5pm, Mon, Tue, Thurs & Fri. Open for about an hour early Sun morning.

EYE CHURCH SHOP: Mon, Wed, Thurs & Fri 11am-1pm (Feb-May); Mon-Sat 11am-1pm (Jun-Aug); Mon, Wed, Thurs, Fri & Sat 11am-1pm (Sept-Dec). Fairtrade & Church Shop contact Sue Watson 384558.

COMMUNITY ACTION SUFFOLK: Community Action Suffolk helps individuals to find suitable volunteering opportunities and provides advice and support to organisations to create and manage volunteering programmes and to find suitable volunteers for their organisation. Tel: 01473 321018, Email: volunteering@communityactionsuffolk.org.uk, web: www.communityactionsuffolk.org.uk.

RECYCLING CENTRES: The former Brome & Oakley Community Recycling Centre on Brome Industrial Estate is currently closed but it is hoped that it may re-open later this year (check the village website, local papers and village magazine for updates). In the meantime, residents wishing to dispose of household waste can take it to the free recycling centre at Stowmarket (Old Bury Road, Stowmarket, Suffolk, IP14 1JQ), which is open 9am-4pm, Mon-Sat and 10am-4pm on Sun; or to the one at Morningthorpe (north of Long Stratton; turn east off the A140 along the B1527 towards Hempnall, the site is signposted after a couple of miles or so), open 9am-4pm, Thurs, Fri, Sat and Sun.

LIBRARIES: Residents may join both Suffolk (Web: www.suffolklibraries.co.uk Email: help@suffolklibraries.co.uk, library account, library card, renewing, PIN number and eBook enquiries Tel: 01473 263838) & Norfolk (Web: www.norfolk.gov.uk Email: information@norfolk.gov.uk) public libraries.

EYE: Buckshorn Lane, Eye, IP23 7AZ, 870515. Tel: 870515. Open: Tues 9.30am-1pm; Wed 9.30am-1pm & 2pm-5.30pm; Thurs 2pm-5.30pm; Fri 9.30am-1pm & 2pm-7pm; Sat 9.30am-1pm; Sun 10am-3pm.

STRADBROKE: Court House, Queens Street, Stradbroke, IP21 5HG. Tel: 384768. Open: Mon, Tues, Thurs & Fri 2pm-5pm; Sat 9am-1pm.

DISS: Church Street, Diss IP22 4DD. Tel: 0344 800 8006. Open: Mon 9am-5pm; Tues 9am-1pm; Wed 9am-1pm & 2pm-7.30pm; Thurs 9am-5pm; Fri 9am-5pm; Sat 9am-1pm.

MOBILE LIBRARY (HORHAM & REDLINGFIELD): Saxmundham Mobile Library visits every four weeks on Tuesdays (Jan 19, Feb 16, Mar 15, April 12, May 10, June 7, July 5, Aug 2 & 30, Sept 27, Oct 25, Nov 22 & Dec 20). It stops by Horham Church, 11.55am-12.20pm & by Redlingfield post box 12.30-12.45pm. Tel: 01473 263838. Email: help@suffolklibraries.co.uk.

This directory is produced by Evelyn Adey (evelyn.adey@btinternet.com, 01728 628428, Ivy House Barn, Southolt Road, Athelington, IP21 5EL) & Mike Ager (mike@gn.apc.org, 01379 678835, Hidcote Lodge, Mill Road, Redlingfield, IP23 7QU) in conjunction with the Athelington, Horham & Redlingfield News magazine which is published four times a year.

2016 ELECTIONS: Elections on Thursday May 5 are to elect the Police and Crime Commissioner for Suffolk. Register to vote online at www.gov.uk/register-to-vote.
Redlingfield Parish Meeting elects its chair at its annual general meeting.

HORHAM & ATHELINGTON PARISH COUNCIL: Tel: 384625.

REDLINGFIELD PARISH MEETING (www.redlingfield.suffolk.gov.uk): Tel: 678835.
Email: pc@redlingfield.suffolk.gov.uk.

MID SUFFOLK DISTRICT COUNCIL (www.midsuffolk.gov.uk): General enquiries, Mid Suffolk District Council Offices, 131 High Street, Needham Market, Ipswich, Suffolk, IP6 8DL. Tel: 01473 826622. Email: customer.services@babergh.gov.uk.

SUFFOLK COUNTY COUNCIL (www.suffolk.gov.uk): Suffolk County Council, Endeavour House, 8 Russell Road, Ipswich, IP1 2BX. Mon-Fri 8.30am-6pm. Public enquiries: 03456 066 067. Payments line: 0800 090 2911.

DISTRICT COUNCILLOR: Elizabeth Gibson-Harries Tel: 384680.
Email: elizabeth.gibson-harries@midsuffolk.gov.uk.

COUNTY COUNCILLOR: Guy McGregor. Tel: 668434. Email: guy.mcgregor@suffolk.gov.uk.

MEMBER OF PARLIAMENT (www.drdanielpoulter.com): Dr Daniel Poulter. Tel: 0207 219 7038.
Email: daniel.poulter.mp@parliament.uk. Write to House of Commons, London, SW1A 0AA. He is also available via his constituency office on 01728 726 588.

POLICE: (www.suffolk.police.uk): Eye Police Station, Mid-Suffolk North Safer Neighbourhood Team, The Lodge, Castleton Way, Eye, Suffolk, IP23 7BH.
Our Community Police Officer is PC Will Wright supported by a Police Community Support Officer. Email: midsuffnorth.snt@suffolk.pnn.police.uk
The nationwide non-emergency number is 101 (you can ring 101 from any phone anywhere in the country & be put through to the force you require).
Crimestoppers: 0800 555 111.

In an emergency dial 999. You should dial 999 when life is threatened or people are injured, or if there is a crime in progress or an immediate police response is necessary. It is better to be safe than sorry.

NEIGHBOURHOOD WATCH: Horham, Hav Wilkins (384625).
Redlingfield, Chris Gibbons (678169).

NHS 111: For health advice & information, 24 hours a day, 365 days a year call 111 from any landline or mobile phone free of charge or visit www.nhs.uk. You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. Call 111 if: you need medical help fast but it's not a 999 emergency; you think you need to go to A&E or need another NHS urgent care service; you don't know who to call or you don't have a GP to call; or you need health information or reassurance about what to do next. For less urgent health needs, contact your GP or local pharmacist in the usual way

DOCTORS: Fressingfield Medical Centre, New Street, Fressingfield, IP21 5PJ – 586456, & **Stradbroke Medical Centre**, Wilby Road, Stradbroke, IP21 5JN – 388313, (www.fressingfieldmedicalcentre.co.uk). **Eye Health Centre**, Castleton Way, Eye, Suffolk, IP23 7DD – 870689 (www.eyehhealthcentre.co.uk).

OTHER USEFUL EMERGENCY PHONE NUMBERS:

ELECTRICITY (UK Power Networks): 0800 316 3105 or 0333 3232105 from mobiles.

GAS (if you smell gas call): 0800 111 999.

ANGLIAN WATER (supply & sewerage emergencies): 03457 145145; (leaks) 0800 771881.

ESSEX & SUFFOLK WATER (to report a leak): 0800 526337.

REMEMBER THAT AFTER PUBLIC HOLIDAYS RUBBISH COLLECTIONS ARE A DAY LATER THAN USUAL
