

For information about church life, please contact the Rev'd Sue Nutt: 01842 890409 / 07818 670124, suenutt@hotmail.co.uk or the Rev'd Karen Burton: 07546 491388, blackbourneteam@gmail.com. Website: <http://www.blackbourneteamministry.org>

CHURCH SERVICES

3rd December 08:00 Holy Communion BCP Barnham and fb
15:30 **Annual Christingle Service Barnham**

10th December 11:00 Carol Service Euston
15:00 Carol Service followed by mince pies and mulled wine Fakenham

17th December 18:00 Candlelit Carol Service Barnham

24th December 17:00 Christmas Crib Service Barnham
22:00 Midnight Mass Barnham

25th December 08:30 Holy Communion BCP Fakenham
10:00 Holy Communion Euston

31st December 10:00 Join Team Communion Service Ixworth Thorpe

7th January 08:00 Holy Communion BCP Barnham and fb
09:15 Church Breakfast
10:00 All age service

14th January 15:00 Songs of Praise followed by Holy Communion. Fakenham

19th January 18:30 The Annual Unity Service of Christian Unity for all denominations. The preacher this year is Bishop Tim Stevens, a former Bishop of Leicester and Bishop of Dunwich. The service is followed by a hot supper at Sue Nutt's house – and yes there will be room for all!

21st January 10:00 Parish Communion Barnham

Daily services continue on the Blackbourne Ministry Facebook page. Should you not wish to subscribe to Facebook, just enter Blackbourne Team Ministry in your browser.

The Wednesday Coffee Morning will continue in a warm house at 10.30. Queries about venue please contact Sue Nutt on 890409/07818670124

There is a quantity of **free food** just inside the church for anyone who is finding the cost of living particularly difficult. Perhaps you may know someone who does? Please feel free to take some and give away to them.

Thank you to all those who cleaned and polished the church and to our friends from the Thetford Singers who presented us with a fun filled concert in Barnham Church.

9th December. Do come along to the **Farmers Market** in the church 10am-1pm and be met by a free glass of mulled wine and the delicious smell of BBQ. All the usual stalls will be there including Edie's pork pies, local game, Artefact beer, Woosters bread and a host of other stalls and an opportunity to buy your Christmas wreath or a decorated tree. Christmas Wreaths are priced £10 for an indoor wreath and £20/£25 for a real wreath. Wreaths can be ordered in advance from Roz Wilkinson on 07943 579685

BARNHAM VILLAGE HALL – For bookings/enquiries please call (answer machine) or text 07931 104122.

www.barnhamvillagehall.org

BARNHAM COMMUNITY PUB NIGHTS

1st December 19:00-23:00 pm over 18 yrs only. Christmas special. Chilli, Mulled Wine and Mince Pies available

5th January 19:00-23:00 over 18yrs only

2nd February 19:00-23:00 over 18yrs only

TOTAL BEGINNERS YOGA COURSE AT BARNHAM VILLAGE HALL

Starts January 8th running Mondays 6-7pm (for 4 weeks) £40 total
Please contact Tracey for more information & to book 0770 205 6182

MESSAGE FROM CITIZENS ADVICE WEST SUFFOLK ABOUT SUPPORT AVAILABLE TO PEOPLE WITH LONG COVID?

Sadly, there are many people in the local area who are still affected by the symptoms of Long COVID including: extreme tiredness (fatigue); feeling short of breath; loss of smell; muscle aches; And many other symptoms that are linked to an infection of COVID-19

We are trying to tell as many people as possible about the support available to people with Long COVID through the NHS Suffolk and North East Essex Long Covid Assessment Service and Citizens Advice local offices in West Suffolk.

To access these services in the first instance, people should contact their GP and ask for a referral to the NHS Suffolk and North East Essex Long Covid Assessment Service. However, there is a lot of advice on symptom management available while they wait for an appointment at Your COVID-19 recovery.

MESSAGE FROM THE VOLUNTARY NETWORK -CONNECTING COMMUNITIES- RURAL TRANSPORT***Are you finding it difficult to use public transport?***

Connecting Communities is available for those who find it difficult to use public transport.

Our service enables passengers to travel locally, for example to visit friends and relatives, attend medical appointments or take a trip to the shops. Access education and workplaces, linking with other scheduled services.

There is a central phone number, *Booking line is open Monday to Friday 8am until 4pm. Call 01638 664304.*

BARNHAM PARISH COUNCIL

The next meeting of Barnham Parish Council will be on 9th January 2024, commencing 7.00pm in Barnham Village Hall. Residents are welcome to attend.

For more information and to read the minutes of previous meetings please visit www.barnham.onesuffolk.net email: barnhampc@btinternet.com 'phone 01359 221934.

Barnham Parish Council: Community Engagement

Parish Councillors and Clerk are looking forward to meeting residents at their 'stand' during the Farmers Christmas Market in Barnham Church on 9th December.

Thermal Imaging Project: Parish Councillors Adrian Webb and Ed Wyer will be carrying out £free thermal imaging surveys of properties 4th – 15th January. If your house seems difficult to keep warm, a thermal imaging survey might enable you find exactly where heat is escaping and give ideas about where to insulate. To book a survey or find out more email barnhampc@btinternet.com or phone the clerk on 01359 221934

Village Clock on St Gregory's Church Tower: Dial Refurbishment Project

As you pass by the church, look up and ask yourself: **"What does the Clock on St Gregory's Church Tower mean to me?"** Whilst the mechanical workings of the clock are in good working order the clock face needs refurbishment, for which the quote is c.£14,000. To obtain the significant grants needed to fund this project the parish council needs to show evidence of community support. Your answers to the question above will help to achieve this aim. Please send your thoughts to barnhampc@btinternet.com, pass details in writing to any of the parish councillors, or 'phone the clerk on 01359 221934. Visit www.barnham.onesuffolk.net for more information. Thank you.

Barnham Play Park at the Village Hall: Unfortunately, the gate from the play park into the field behind is closing too quickly and so for safety reasons it has been padlocked shut whilst awaiting repair. Access to the field remains open via the entrance from the car park (far end). The repair will be carried out soon. Thank you for your patience. If you have any questions, please contact the clerk on 01359 221934 or email barnhampc@btinternet.com

FAKENHAM MAGNA PARISH COUNCIL MEETS BI-MONTHLY. Our next meeting is scheduled for Tuesday 9th January, 2024 at Honington & Sapiston Village Hall commencing at 7:30pm. Public and Press welcome to attend.

For further information on dates and times please see the Notice Board.

Church Field, Fakenham Magna is available to use by prior arrangement with Cllr. Ray Johnston, email him at fakenhammagnapc@live.co.uk.

LOCAL TRADES PEOPLE

Edges to Eaves. Property Maintenance Services. Got a problem? Better call Paul! No job too small. No obligation – free quotes. Tel: 07576 617676 / 01842 898420.

The Hat House of Euston: Country Gifts, handmade local crafts, home décor & much more! Pop in for a **takeaway coffee and cake** whilst you browse this perfect little shop the villages needed.

Opening Hours – Tuesday- Friday 9am-2pm, Saturdays 9 am-12pm (some hours may vary from time to time). Well behaved dogs welcome. Shop small and support many of your local businesses all under one roof.

EB Beauty - Located at The Hat House of Euston. Mondays, Wednesdays and Thursdays. All beauty treatments available.

Facebook - EB Beauty Instagram - eb.beauty19 Phone Number – 07948486125

Hometyre mobile tyre fitting service. We bring the tyre centre to you at home or at work! New Tyres supplied and fitted, puncture repairs, vehicle tracking, locking wheel nut removal. Based locally 07854 599897/ www.hometyre.co.uk for fast service

The complete garden service. From trees and hedges, shrubs and lawns. Fences too. Big or small, we do it all. Tel: 01842 890075/07811 321262.

Traditional window cleaning, gutter clearing & pressure washing service. 07939966235

Sweet Stitches of Barnham. Alterations taken. Contact Angie on 07879994251 or 01842890660

Barnham Horse Rug Wash and Repair service. Contact Angie 07879994251 or 01842890660

Yoga for All every Wednesday 7-8:30pm Barnham Village Hall (£10)

Also... coming soon - Total Beginners Yoga Course. Starts January 10th running Wednesdays 6-7pm (for 4 weeks) £40 total Please contact Tracey for more information & to book 0770 205 6182

Our thanks to Barnham and Fakenham Magna Parish Councils and Euston Parish Meeting for helping with the cost of this Newsletter. Also thank you for our local advertisers.

Disclaimer : The Link takes no responsibility for the work/services advertised.

Do keep in touch – email: barnhamlink@btinternet.com with any items or contact Sue Nutt.