

MIDDLETON - CUM - FORDLEY



NEWSLETTER

September 2025

Editorial

Another busy weekend in the village - annual fete on Saturday followed by 'Folk in the Garden' at Manor House on Sunday. Both very well-attended events raising loads of money. We have a selection of photos from both – thank you to Charlie and Nigel predominantly with a couple of others sending a few in.

The front cover shows the well-deserved recipients of this year's Chairman's Plate – The Cooke Family .

(For those of you new to the village the Community Council Chairperson presents the 'plate' to someone or a group of people who have made outstanding contributions to village life).

The second photo is of the Human Fruit Machine game which caused a huge amount of hilarity on Saturday – and if the rumours are true it may return for the Autumn Fair in October. Don't forget to make an apple pie!

Sadly official summertime is drawing to a close but never fear – there are autumnal events to look forward to. If you haven't already contacted the Parish Clerk with your thoughts on the proposals for the Recreation Ground please do, there is still time. The deadline for submitting the grant application to SizewellC is not till near the end of September. There is a QR code below which will open a direct email or the address is parishclerkmiddleton@gmail.com

Contributions for the October issue can be emailed to barbara.barker.t21@btinternet.com or dropped in to 6 Meadowview, Rectory Rd by **Tuesday 23rd September please.**

Spare paper copies will be in the church porch as usual.

Also to be found on the Parish website: www.middletoncumfordley.org.uk

Please email me if you currently receive a paper copy and would be happy to receive the emailed version.

Donations may be made to:
HSBC Middleton Newsletter
sort code 40-28-33
account number 61054236

Improvements to the Recreation Ground

We are finalising our application to the Sizewell C Community fund, as was set out in last month's newsletter. Our chances of being successful will be increased substantially if we can evidence good support from the village. If you are in support of the proposed plans or have any feedback please can you write a short email expressing your support or feedback to parishclerkmiddleton@gmail.com or just point your phone's camera at the QR code and an email to the clerk should open up.



Thank you if you have already sent in comments.

The Recreation Ground Group.



Lost Bear !!!

This little bear has been left / lost at the playing field for several weeks now and lies sadly unloved. Does anyone know who it may belong to ? Perhaps it was a visiting grandchild? Maybe someone just doesn't know where they left it?

If it is not claimed perhaps it will be adopted and called 'Middleton' (in the style of Paddington!)

Middleton Community Council Young Person Bursary

Are you a young person under 18 with a hobby or interest you'd like to pursue but need a little financial boost to get started or buy a piece of equipment for instance? Perhaps we can help. Contact Gillian for more information

gillianmstacey@icloud.com

Middleton Fete

Well done Everyone,

Another successful Summer Fete and looking at the smiles on people's faces, we certainly gave everyone a wonderful time.

Thank you for all your efforts – whether committee members, friends, volunteers or those who had their arms slightly twisted - it really is a special village event. A special thank you to all the bakers in the village that donated cakes - your generosity was overwhelming, and not forgetting all of you who came to support and enjoy the afternoon – free of rain this year!!!

The total taken in on the day was £2,700.67 - not a record year but very close to. Obviously expenses will be deducted from this and unsold stock taken into account so a final figure will be forthcoming next month. Meanwhile enjoy this montage of photos – sorry I couldn't fit all of them in but hope it gives a flavour of the day!!!

MCC







Folk in the Garden 2025

(third time lucky with the weather!) raising funds for Bowel Cancer UK at Manor House Garden.

A huge thank you: to all the volunteers helping so enthusiastically, the loan of community assets, the multi-talented musicians & singers for sharing their craft with us all - making it possible for a fabulous audience (bringing an amazing variety of cakes!), to enjoy a wonderful afternoon of live music in the garden. Even our resident swallows joined in by circling us at just the right moment - all mixing together to create a beautiful community fully enjoying life together (even a talking dog!) on a warm summer's day.



We have just been able to confirm to Bowel Cancer UK that we are over-the-moon to have been able to raise a jaw-dropping £4,024 - all of which we are able to Gift Aid, so in fact the charity get to receive a phenomenal £5,030.

Thank you to the huge generosity of every single one of you who supported this event in every way, shape and form.
Mandy & Steve





MacMillan Coffee morning is back on Friday 26th September at The Middleton Bell 10-12

We look forward to seeing old friends and new at this great fundraising event in Middleton. We have been going for some years now and have raised a huge amount for this very worthwhile charity.

Please come along and support us, enjoy coffee and cake, make friends and help us raise money for those diagnosed with cancer and their families. Cancer has touched everyone of us at sometimes in our lives either directly or through a family member or close friend. It is a difficult time and MacMillan is there to make it that little bit easier and less frightening.

If you want to help in the organisation of this event please do get in touch.

Fiona Cusack
Tel 07730474004



Chamber Music in East Suffolk

Concerts at Cratfield 2025



SUNDAY 31 AUGUST 3PM

COCO TOMITA *violin*

SIMON CALLAGHAN *piano*

Schubert, Debussy, Beethoven, Arvo Pärt

SUNDAY 14 SEPTEMBER 3PM

SACCONI QUARTET

ANNA TILBROOK *piano*

Jonathan Dove, Shostakovich, Elgar

St Mary's Church, Church Road,
Cratfield, East Suffolk, IP19 0BU

www.concertsatcratfield.org

LIVE AT THE MIDDLETON BELL



NO SUCH LUCK ROCK & POP COVERS

**SUNDAY 21ST
SEPTEMBER
3.00 - 6.00 PM**

Bodgit & Leggit Promotions

BELL INN

VINYL NIGHT

Saturday 6th September



Give Yourself a DJ Name and Join In!



WI News

In August we do not have a meeting but we come together to run a WI stall at the Middleton Fete. Our members used their considerable talents in cooking, baking, preserving and gardening to fill our tables under the gazebo with lovely things to sell. We had beautifully presented cakes, cupcakes, scones and preserves. In the fresh garden produce section there were runner beans, courgettes, apples, plums, blueberries, plants and flower bouquets. This year our little "guess the weight game", which is always popular, was of freshly dug potatoes. It was nice to have many of the people attending the fete come over to have a look, chat and to make a purchase. By the end of the afternoon, helped by our member Janet using her excellent sales techniques, we had empty tables, we sold the lot! It was a very successful afternoon. We would like to thank our members for their donations and our customers for buying!

Our meetings start again in September. On the 17th at 7:15pm in the Village Hall our speaker will be Julie from Chocolate Makers in Beccles (history, testing, discount sales). All members and the public are welcome to attend.

LV



Contact Lynda to book a table:
lynda@thewhitbreadfamily.co.uk

Church Services during September

10-11.45 Pop-up Brunch . (see below)

11am Holy Communion

Please come along

Church warden





10 September – Christine and David
8 October – Val and Camilla
5 November – Trish and Graham
10 December – Rob

24 September – Christine and David
22 October – Paul and Amanda
19 November – Nicola and Margaret

Thought for the Month...

With thanks to Brian Near for sharing his heavenly knowledge
in Middleton Dark Skies each month ☺

“And all across the world they shout bad words, they shout angry words
All across the world they shout out their angry words about the end of love;
Yet the stars stand above the earth
Bright triumphant metaphors of love
Bright triumphant metaphors of love”
From Nick Cave ‘Joy’

PILATES

Body Control Pilates teacher Victoria Hayden will be hosting a taster session for Pilates specifically aimed at clients with osteopenia and osteoporosis on Friday 3rd October at 12noon at Middleton Village Hall.
12 places are available at £11.50 per person.

Exercising in the correct way can help increase bone density and reduce the risk of falls and subsequent bone breakage.

Victoria has nearly 20 years of teaching experience and holds the highest Body Control Pilates qualification for bone health.

This class may seem as if it is aimed at the more mature client but with 1 in 3 women and 1 in 12 men now being diagnosed with bone fragility it is becoming more common in the younger generations.

Women who enter the menopause early or need a hysterectomy before 45 along with patients taking steroids long term would also benefit from this class and the knowledge available.

To find out more or to register your interest then please contact Victoria on 07713277176 or email : victoriahaydenpilates@gmail.com

Victoria Hayden

Body Control Pilates Teacher

www.victoriahaydenpilates.co.uk

Tel : 01728 648171 / 07713277176

" Above all, learn how to breathe correctly" Joseph Pilates

<p>Furniture available: if anyone knows of anyone in need of any bedroom furniture, a washing machine, cooker or TV please get in touch to view. All second hand but perfectly usable. Barbara.barker.t21@btinternet.com</p>
--

September is the month that most people associate with blackberry picking, although this year because of the hot dry summer fruits started to ripen earlier than usual and on many plants not developing at all. As blackberry gatherers know that some fruits taste better than others. Some fruits are excellent eaten straight off the plant, some best in pies, others are better for jelly and many are no use at all. They also know which species have the sharpest thorns and prickliest leaves. It is often possible to tell at a glance which plants fall into which category, something which has baffled and eluded botanists for years. The term bramble is sometimes used to describe blackberries or its products, though, strictly speaking bramble refers to any impenetrable thicket, so it is best used to describe the blackberry plant rather than the fruit.

Blackberries belong to the *Rubus* genus, which also includes species such as raspberry, cloudberry and dewberry and garden hybrids such as Loganberry and Tayberry. Though, the blackberry fruit looks similar to its raspberry relatives what distinguishes the blackberry is the connection between the berry and the torus (stem). When a raspberry is picked, the torus remains on the vine. This is why there is a hollow core in the raspberry fruit. When a blackberry is picked, the torus stays with the fruit. To confuse things further the usual black fruit is not actually a berry in the botanical sense, as it is termed botanically as an aggregate fruit, composed of small drupelets.



Blackberries are very variable and in fact form an aggregate of microspecies. In Britain over 325 species of blackberry have been recognised with another 200 or more forms remaining unidentified or described. In Suffolk about 90 species have been officially recorded and there are at least 2000 species worldwide. After nettles blackberries are the most common British plant, capable of spreading rapidly into almost any habitat through bird-sown seed. Though, different micro-species are found in particular places depending on their ecological requirements. Ancient woodland is especially rich.

Growth takes the form of perennial roots giving rise to biennial stems which produce only leaves during the first year and are known as primocanes. Flowers and fruits are produced in the second year and the stems then die. Blackberries reproduce apomictically, that is they produce fertile seed without the exchange of genetic material. This produces the many microspecies that appear similar but are essentially clones. Most botanists find it very difficult to differentiate the microspecies, which are simply referred to as the *Rubus fruticosus aggregate*. Though experienced gatherers have obviously taken the first steps in identification. Characteristics such as length and distribution of prickles, arching or straight stems and colour of the undersides of leaves are some of the more obvious features used for identification.

Folklore states that blackberries should not be picked after Old Michaelmas Day (11th October) as the devil has made them unfit to eat by stepping, spitting or fouling on them. There is some value in this legend as autumn's wetter and cooler weather often allows the fruit to become infected by various moulds which give the fruit an unpleasant look and may be toxic.

Middleton Dark Skies

September Highlights

Planets on View. **Venus** still graces the pre-dawn sky, rising a couple of hours before the sun, at around 4.00 am. On the morning of the 19th, Venus will be accompanied by a waning crescent Moon. **Mars** is not visible this month, as its line of sight from the Earth brings it too close to the Sun. **Jupiter** rises at around 12.30am, shining brightly in the eastern sky until just after dawn. **Saturn** will be at its closest to the Earth this month, and therefore also at its brightest. It will be visible all night long, sitting at around 40 deg above the south eastern horizon at around 10.00 pm. Saturn's rings are almost edge on at the moment, and are best seen through a small telescope.

Constellations The winter constellations are starting to push in from the East this month with the **Pleiades** and **Taurus** rising at around 10.00pm, but some of the summer ones are still there and as the nights are drawing in fast, these are becoming easier to see. **Andromeda** and **Perseus** (covered last month) dominate the southern sky with the distinctive W shaped **Cassiopeia** almost overhead, if slightly north. **The Plough** (part of the Great Bear) is almost directly North and down towards the horizon, while **Cygnus** having been overhead for most of the summer, is now starting to slip down towards the SW. Unfortunately, the Moon makes observing difficult during the first couple of weeks of the month, but after that, and with hopefully clear skies, viewing should be as good as it gets.

The Milky Way. As with viewing the constellations, The Milky Way is best observed from the middle of the month onwards, its almost cloud like structure arching directly overhead from NE to SW.

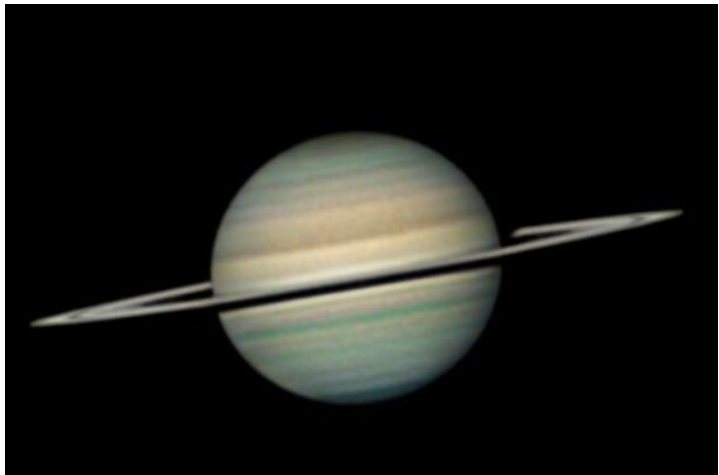
The Moon This month the Moon goes by the name of the Harvest or Corn Moon and will be full on the 7th. As it rises on the 7th, at around 7.10 pm, it will be in a total eclipse (a Blood Moon), albeit right at the end of the eclipse, and may be difficult to view in the evening twilight, particularly as the Sun will just be setting. The Moon will also potentially be dark red in colour, making it even more difficult to pick out. As the Moon rises it will quickly pass from a full eclipse to a partial one which will finish at around 9.00 pm.

Meteors and Comets. None of any note this month.

Artificial Satellites. Plenty of these to see, just stand out for 30 mins or so and you should be able to spot several moving across the sky. They usually move from the West to the East, but there are also several that move South to North. Some satellites move in small groups or in a line, so always fun to watch out for these.



Totally Eclipsed Moon (Blood Moon)



Saturn with rings almost edge on

DIARY DATES 2025

September

Thursday 4th

Saturday 6th

Wednesday 10th

Sunday 14th

Wednesday 17th

Friday 26th

"Squit Night" – live music at The Bell – from 8pm

Vinyl Night at the Bell from 6pm

Parish Council Meeting , Village Hall, 7pm

Pop-up Brunch , Holy Trinity 10-11.45 am

WI – Village Hall, Julie ~ Chocolate Makers, Beccles (History, testing , discount sales) 7.15pm

Macmillan Coffee morning, The Middleton Bell 10-12

October

Thursday 2nd

Saturday 4th

Wednesday 8th

Wednesday 15th

"Squit Night" – live music at The Bell – from 8pm

MCC Autumn Fayre

Parish Council Meeting , Village Hall, 7pm

WI – Village Hall, Barbara McElroy - Apples 'A Miscellany' 2.30pm

November

Thursday 6th

Wednesday 12th

Wednesday 19th

Saturday 23th

"Squit Night" – live music at The Bell – from 8pm

Parish Council Meeting , Village Hall, 7pm

WI – Village Hall, AGM tea & cakes 2.15pm

Christmas Craft Fayre – Village Hall

December

Thursday 4th

Saturday 6th

Saturday 6th

Wednesday 10th

Saturday 13th

Wednesday 17th

"Squit Night" – live music at The Bell – from 8pm

'Santa Boules' Festive fun at the playing field 10.00 am

Vinyl Night at the Bell from 6pm

Parish Council Meeting , Village Hall, 7pm

MCC Christmas Party

WI – Village Hall , end of year celebration. 7.1



Graham Cooke DipMIT MPTA
Piano Tuner/Technician

Tel: 01728 648900
Mob: 07812 249654
E-mail: grcooke@btinternet.com



Emmeline and Friends

Join Emmeline and Friends on their adventures and learn all about fairies, hairies and the other inhabitants of this magical and mystical world

The perfect gift for anyone in your life who believes (or wants to believe) in fairies, and ideal for children aged 4-10

Offering kindness, reassurance, some valuable life lessons and lots of fun, fairies and hairies will deliver a sprinkle of magic right to your door, or a door close to your heart!

Personalised, handwritten and colourfully illustrated letters to delight little minds

*includes a very special fairy-sized gift and story every month

£9.90/month, including story, personalisation, gift, packaging & postage

For more information you can email or call Helen Dixon; helts@emmelineandfriends.com 07905 683468

Visit www.emmelineandfriends.com to subscribe. During checkout, QUOTE FAIRY20 for an introductory 20% discount

Jo Hannon Design

Building and Interior design

Domestic extensions, kitchens, bathrooms and furniture

Jo@johannondesign.com 07815 295927



N.J. Day Builders

07946386665 (01728)648659



You can hire the Middleton Pavilion

A space to relax, party or play sports...Your choice

middletonpavilion@gmail.com

Middleton Pavilion, Suffolk

