

BENHALL & STERNFIELD NEWS

October 2026

How to use a defibrillator

An AED, or Automated External Defibrillator, is a lightweight, easy-to-use medical device designed to help in cases of sudden cardiac arrest. It checks the heart's rhythm and, if needed, sends a controlled electric shock to try to restart it. AEDs are built so that **anyone**, even without medical training, can use them in an emergency when quick action could save a life. An AED is at the Benhall Club funded by the Parish Council. AEDs are very safe, they tell you step-by-step what to do, and you don't need specific training to use one. However, many people say they would not feel confident using one in an emergency. The PC is aiming to organise a short informal, no-pressure training session designed to remove the fear and give people the confidence to act. If you would be interested in attending the training please email Katherine clerk.benhall@gmail.com.

Grit Spreading

We have many helpful residents who in the winter months actively use the grit bins to grit our roads which is much appreciated by everyone. As Highways are not undertaking the task they do provide insurance cover for any resident who spreads grit on the roads. This covers you if you should injure yourself gritting or if you should be in an incident with vehicle. To benefit from this cover you **MUST** wear high viz so you can be easily seen and register with the Parish Council who will then provide you with the high viz and ensure you are protected by the insurance. Anyone not wearing high viz or not on our register will not be covered by the Highways insurance. So, register yourself: clerk.benhall@gmail.com

Benhall and Sternfield Emergency Plan update

Our Emergency Plan has been given a 'facelift' and our new look plan will shortly be available for you to view on the B&S website. It is full of useful hints and tips should the worst happen; so please familiarise yourself with the plan to ensure you are 'Match Fit' on the day!

We have a team of volunteers who will help to execute the plan and inform the residents of any required action, but we always need more. So, if you may be able to assist in the hour of need then please contact a member of the Parish Council or email us at clerk.benhall@gmail.com

Luca's shop

Want to help the School and Pre School and get some gorgeous fresh fruit and veg? Pop down to Luca's shop at *Rowans* in the centre of Benhall Green *en route* to the ford! We're not sure yet how long into the autumn this is continuing, so be quick!

The Benhall Badger Singers

have done it again! Earlier this year they entered the Blaxhall Ship Inn Chorus Cup and won it. On 5th September at the Three Tuns Banquet Hall and as part of the Bungay Folk Festival weekend they entered the Chorus Cup... rather last minute. The rules are for an amateur small group to sing a traditional or folk song with a dominant chorus element, with no accompanying instruments. This time they came Runner-ups! Congratulations! What next for the dulcet Benhall Singers?

Dog Show 6 September A fantastic afternoon was had at the Club Dog Show last month with more than 30 dogs (and 50 people!) There were 6 classes on offer including favourites such as Gorgeous Girl, Best Boy, Perky Pup and Veteran, giving our four-legged contestants the chance to show off their looks, personality and skills. Perhaps the most amusing event was 'Catch the Sausage!' with over 20 dogs taking part. The challenge was simple in theory, sitting and showing some serious self-control while a tempting piece of flying sausage came hurtling towards you! For some dogs, the temptation was simply too much, while others demonstrated impressive obedience and restraint – a lot of fun! With kind weather, raffles, prizes and the Denisons' world-famous BBQ stoked up there were certainly plenty of wagging tails. A huge thank you to everyone who attended, competed, helped organise the day and supported the show. An extra big thank you to Deb Dann who has run the dog show for many years and is now retiring to watch someone else take the strain of a ringful of canines! The Benhall Village Club Dog Show will return on the first Sunday in September 2027 – even if you don't have a dog do come along!

Benhall & Sternfield What's On and Club News

Exciting news: Kitchen open for business

Food now available at the Club (started 19 Sep). Opening times: Monday 10-12 for breakfast; Tuesday 1800-2030; Friday 1700-2100; Saturday 1200-1500 and 1700-2100.

Flower Show Community Fund – money available!

Last month's newsletter had a survey report which showed that people want a wide variety of activities at the Club. This is a reminder that the Flower Show is offering grants of up to £500 to anyone who wants to start an activity to benefit the village (actually doesn't have to be in the Club). Applications or information requests to **benhallshow131@gmail.com**

Sky TV is back on!

The Club temporarily cancelled Sky over the summer due to its high costs. Delighted to say it's back on partly due to generous support from Greene King. We recognise that a lot of people like to know it's there but, with the current financial climate in the hospitality sector, in order for it to stay at the Club we really need people to come and watch it ...and have a drink or two at the same time! *And now you can have food at the same time (see above for more info).*

October events

Saturday 3 October Smashed Banana! 8pm

Great 4 piece from Ipswich playing popular covers. Come along and have some fun – it's the last live band of the year!

Friday 9 October beer tasting

A beer tasting by Adnams has been arranged for 9 October but currently there are not enough takers to make it happen. It'll be a shame as it promises to be fun! Please speak to the steward at the Club or email helga_mark@btinternet.com, or call **07880 854415**.

Saturday 17 October 7 pm– Poetry Evening Come along and read (or have someone read) your favourite poems. There'll be something for everyone – sad, spectacular, funny, romantic and even rude! A great way to meet new people!

Friday 23 October Benhall Club 7pm A Conversation about George Saunders led by Michael Peters & Graham Smith. Please come along and share your recollections of George and meet some of his descendants. Expect tales of battling coypu, boot making and an insight into a bygone time.

Wednesday 28 October tune up – listen to our local musos playing a wide range of folk, country and pop. Better still, join in!

Further afield - save these dates for your diary

25 November Thai Pop Up full. But to go on the reserve list please speak to the steward at the Club or email helga_mark@btinternet.com, or call **07880 854415**.

Friday 20 November History Group's General Knowledge Quiz Benhall Club 7pm Back by popular demand! £10 per person incl light supper. 6 per table (your team or book individually). To book: Karen 01728 605709.

How to contact the Club: call 01728 768140 at any time and leave a message. For Club updates through the month: Club website: www.benhallclub.uk; OR Facebook www.facebook.com/benhallclub; Nextdoor: <https://nextdoor.co.uk/pages/benhall-and-sternfield-ex-servicemens-village-social-club-saxmundham-qb-eng/>

How to contact Benhall and Sternfield News: do tell us your news, thoughts and ideas. We can list your local event (Benhall & Sternfield) and report on it. Email ben-sternnews@gmail.com

For Benhall & Sternfield Parish Council: Noticeboards, www.benhallandsternfield-pc.gov.uk

Facebook: Benhall And Sternfield Community Group <https://www.facebook.com/groups/900786860888023/>