

Babergh urges residents to chill out!

“Make sure you’re chilled out enough!” That’s the message from Babergh District Council’s food safety officers as they launch a new campaign aimed at raising awareness of correct fridge temperatures. Statistics show that people’s knowledge of correct temperatures for their fridges vary from person to person - and fridge to fridge! Guidelines suggest the best possible temperature should be between 0 and 5 degrees celcius. In a bid to highlight this Babergh has organised an awareness-raising roadshow on Market Hill, Sudbury, on June 12, as part of National Food Safety Week. Emma Richbell, Babergh’s Senior Food and Safety Officer, said: “Studies have shown that many members of the public are unaware of the correct food temperatures for their fridge in order for their produce to stay safe to eat. “Babergh will be holding a one-day roadshow in Sudbury in order to raise awareness of this issue so we can make sure our residents are



chilled out enough!” The Food and Safety team will be in Sudbury from 9am and will be handing out advice leaflets and free fridge thermometers. For further information: www.eatwell.gov.uk/keepingfoodsaf.



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Easter activities with a bit of cha, cha, cha!

Budding Brendan Coles and Pete Tongs were out in force at a series of Easter activities designed to keep kids active during the school break. Babergh District Council’s leisure team provided a variety of workshops - from ballroom dancing to learning how to DJ - as part of its programme of activities in the Easter half-term. As well as all traditional sporting activities like athletics, Samba Soccer, basketball, volleyball, badminton, multisports and judo, the

more unusual were also on offer. Highlights included professional golf lessons, street dance sessions, ballroom dancing lessons, DJ workshops and lots more. Around 180 children attended over the nine-day free event held at Hadleigh Leisure Centre. The activities were open to any child from the Babergh district. Paul Little, Babergh District Council’s Community Safety and Leisure Manager, said: “This year’s Easter Holiday activities had

something for everyone. “From self-defence to ballroom dancing and DJ workshops to trampolining - the activities ensured children of all ages were kept active and entertained during a holiday time traditionally filled with chocolate. We are looking to do more of this type of work through our Active South Suffolk partnership!” For further information on leisure in Hadleigh - or future events - see: www.babergh.gov.uk/babergh/leisure