

Pair toast club's big first year

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A couple with a background in sport are celebrating a highly successful first year for their health club.

Will and Sarah Edwards launched Be Well Barn in Church Road, Redlingfield, in late 2023.

Since then, the business, which offers yoga, tai chi, pilates and personal training, has gone from strength to strength.

Part-funded by the European Agricultural Fund for Rural Development and contained within a striking contemporary barn, the club features beach-hut style pods housing hot tubs, saunas, massage treatments and gym equipment.

Mr Edwards, 40, who trained as a physiotherapist in New Zealand, before moving back to Redlingfield to take over his family farm, said the fledgling business had already met its three-year target of employing more than 10 people.

The former Diss Rugby Club player said: "I worked in physiotherapy for a few years and, when I had the opportunity to come back, I decided it was a great opportunity to immerse myself not only in farming and the environment, but to also help people with their health, fitness and future wellbeing."

Mrs Edwards is the daughter of prominent farmer and former Suffolk Show director John Wall and his late wife, Sue, who farmed in Framlingham for about 45 years.

The former Framlingham Finches netball player said: "We have worked hard to develop a unique customer-focussed health club for local people, set in the heart of the beautiful

Suffolk countryside."

The business also houses an on-site cafe and a bar, which is open to both members and non-members, seven days a week.



Will and Sarah Edwards have exceeded expectations in their first year at Be Well Barn.

Picture: Contributed