

COUNTY LIFE

Farm festival to raise funds

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A farm-based health and fitness centre has launched a major fundraiser in aid of a charity supporting those with Motor Neurone Disease in the county after learning about the devastating impact on a Suffolk family.

The Be Well Barn wellbeing centre at Reddingfield, near Eye, is arranging a day of activities this summer - Be Well Fest - to raise thousands of pounds for sufferers of the rare disease.

The event takes place on June 28 from noon to 10pm and features live music from talented local musicians - and a host of family fun activities.

Be Well Barn is owned by Will and Sarah Edwards who created the centre on the family farm.

Activities at the festival include yoga and kung fu yoga, pilates, ballet lessons, face painting, spin, kettlebells, penalty shoot outs, a fitness bootcamp, sauna, ice baths and massage, and a host of Porsche cars on display at the festival.

There will also be food including gourmet burgers, pizzas, Thai food and ice creams. Drinks will be widely available including views of the stage from the Be Well Barn roof top bar terrace.

Local businesses are generously supporting the Be Well Fest either through offering services for free, sponsorship, or donations from their takings on the day to making this a real community event.

There is currently no known cure for MND - which scientist Stephen Hawking had - and this has been brought home for 62-year-old Adam Reason (pictured inset with wife Jill) who is the brother-in-law of one of the centre's members, Sue Bates.

Adam is a car enthusiast who runs an independent Porsche service centre with his wife Jill from a garage in Crowfield, near Ipswich. He worked for BMW and Jaguar franchises in the 1980s and opened his first garage in Bury St Edmunds in 1990.

But now the grandfather says he is facing an early death after contracting the disease in 2024.

"It was in January that year, I was in the Porsche workshop helping the boys with a pneumatic chisel.

Be Well Barn and fitness members with Will and Sarah Edwards, from left, left and right
Image: KETIE MINDHAM PHOTOGRAPHY



trying to write and my writing was poor. I thought what was going on, perhaps I had not written enough recently, but the more I tried the worse I got.

"I thought I had trapped a nerve in my arm through using the chisel. I had tests and then I was told I had a degenerative disease which kind of freaked me and Jill out.

"So we waited until July for some more tests - and the

day before our son's wedding I was diagnosed with motor neurone disease.

"It was really hard and we decided not to say anything to anyone because we did not want to spoil their wedding. We told them when they came back from

their honeymoon," he said.

"Being positive I thought I might get a lot more years than I have been dealt. As it happens I have had quite a rapid onset, so it is going through me quite quickly.

"Staying positive and

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for Motor Neurone Disease



Be Well Barn Image: CHRISTIAAN PARTRIDGE



From left, Jenny Gibbs, Sue Bates, Adam and Jill Reason, with Sarah and Will Edwards who are hosting the event at Be Well Barn
Image: KETIE MINDHAM PHOTOGRAPHY

He paid tribute to MND Suffolk, saying the charity had been an amazing help. There has been financial support for a riser recliner chair and a wheelchair, with frequent contact by a supportive volunteer who addresses the family's concerns of coping with the disease.

Adam has met with former Ipswich Town footballer Marcus Stewart, who also has MND, and they share their experiences about the disease.

His mother-in-law, Jenny Gibbs, in her early 80s from Pettaugh near Stowmarket, raised about £2,500 for MND by walking 100 miles in January.

Will and Sarah Edwards - both from local farming families - are trained physiotherapists who started their business in 2023.

"Health and well being is our ethos with one of our original Be Well Barn aims being to support our local community," said Will.

"MND is as saddening a diagnosis as anyone could receive. Life expectancy is usually only two to four years as it is a fast and progressive

condition with no effective treatments or cure.

"Fundraising events like ours are so important to raise awareness and provide support to those affected."

Sarah said: "Since starting this charity festival journey, we are hearing so many more stories of families that have encountered this condition locally. 'With the blessing of Adam and his family we are pleased to be able to host this fun event where we can promote wellness, enjoy a day of community fun and raise money for a great cause.'"

Tom Sutton - owner of Tom Sutton Sauna Box - is based at Will's family farm and will be among those supporting the event. He has converted horse boxes into saunas travels to seaside spots like Dunwich and Sea Palling to offer saunas at sea dips. He also offers saunas and ice baths at the Latitude Festival.

He is keen to promote community and wellness through social sauna using and is a

qualified yoga instructor, massage therapist.

Tom is donating one sauna box on the day to help the charity.

He's running ice baths sessions and breathwork - all for free. The aim is that people will offer small donations to MND charity on the day in return for enjoying the activity itself.

Tickets for the clarity fundraiser, with all activities free once at the festival and food and drink available to purchase, are £25 for adults, £10 for children aged 5-16 with a £60 for a family group ticket (2 adults and up to 3 children aged 5-16 with 5 year olds free).

Tickets are on sale via Be Well Barn website bewellbarn.co.uk and app or call 01379 831565, email events@bewellbarn.co.uk or pop in and find out more from the team at Be Well Barn near Eye. All net proceeds will be going to MND Suffolk.

<https://bewellbarn.simplifybook.it/v2/#book/location/5/count/1/provider/any/>

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