

SUTTON NEWSLETTER NO 130 APRIL 2017

VILLAGE WEB SITE can be seen at <http://sutton.onesuffolk.net>

PARISH COUNCIL NEWS SUFFOLK PASSENGER TRANSPORT Connecting Suffolk Coastal Communities, call/book/travel 01728 635938 journeys can now be booked up to two weeks in advance.

EXPERIENCING A POWER CUT call 105, wherever you live, 105 will put you through to the right network operator. 105 is supported by the Government.

ANNUAL MEETING OF THE PARISH in the Bowls Pavilion at 7pm on Wednesday 19 April. Members of the public and press are welcome to attend. In order that the Parish Council can be sure that it is addressing the challenges of life in Sutton and accurately representing the interests of the whole community we would like to encourage residents to come along, take part and find out more.

In the meantime if you have a matter you wish to bring to the attention of the Parish Council the Clerk can be contacted on suttonparishcouncil@gmail.com.

COMMUNITY SPEED WATCH volunteers are regularly out in Sutton monitoring the speed that vehicle travel through our village. If you would like to volunteer to join this team or require further information please contact Alan McManus at speedwatchesutton@outlook.com

NIGHT TIME FLYING There will flight exercises happening at Woodbridge Airfield from Saturday, 1 April – Thursday, 6 April. There will be aircraft noise which may involve night-time flying. The flying complaints number is: 01780 417558.

BROADBAND IN SUTTON Despite many hopes, it appears that we are a long way from getting a reasonable broadband service in Sutton from BT. Therefore we have asked Fibre Wifi to make a proposal to enable internet users in Sutton to obtain good broadband speeds by means of wireless. The plan is to erect a pole on the recreation ground which will enable most houses in Sutton to link to Fibrewifi at a reasonable cost.

We are having a meeting at 7.30pm on April 10th in the village hall which will be attended by Gary Disley from Fibre wifi and he will explain how it works, tell you the costs and hopefully we can get going quite quickly.

We do hope that all internet users will attend if possible because the more we can get to join the better it will be for all of us. If you would like to know more before the meeting please go to the fibrewifi website.

PATIENT PARTICIPATION GROUP NEWSLETTER APRIL – JUNE 2017

Open the bag and look inside

A new campaign launched by NHS is encouraging people who get prescription medicines to “**Open the Bag**” at the pharmacy counter or in front of the delivery driver, and hand back anything they don’t need. The average prescription cost overall is quoted at £41.25, which takes into account some very expensive medicines of course but it certainly makes you think! It is estimated that the cost of wasted medicine annually **is £2.1 million in east Suffolk alone**, of which £780,000 is returned to pharmacies but cannot be re-used. Safe disposal also costs tens of thousands of pounds. What an absolutely appalling waste!

Did you know, that once you’ve taken prescription medicine away from the pharmacy or from the delivery driver it cannot be used by anyone else, even if the packet is unopened.

If it is handed back straight away before leaving the premises it can be dispensed again by the pharmacist. As well as opening the bag, there are other actions you can take to help save money. Do not tick the boxes on your repeat prescription form for any medicines you don’t need and don’t be afraid say that you’ve stopped taking your repeat medicine. With the NHS facing continued financial pressures these small steps could make a really big difference and ensure that this money can be better spent on patient care rather than being wasted.

The Peninsula Practice surgery holds a variety of over-the-counter medications for many common ailments. If you are feeling under the weather there is no need to go all the way into town! If you do need a repeat prescription, please use the drop in boxes at the surgeries or the online service rather than telephoning – this reduces errors and is safer for patients. Do remember however, that prescriptions are collected from Hollesley only on Mondays and Thursdays. **Patient Participation Group**



Telephone: Alderton 01394 411 641 & Orford 01394 450 315 www.thepeninsulapractice.co.uk

DAY	ALDERTON	ORFORD	HOLLESLEY
Monday	8.00am to 2.30pm	8.00am to 6.30pm	1.30pm to 5.30pm
Tuesday	8.00am to 6.30pm	CLOSED	
Wednesday	8.00am to 6.30pm	8.00am to 1.00pm	
Thursday	8.00am to 6.30pm	8.00am to 1.00pm	

Friday	8.00am to 6.30pm	8.00am to 1.00pm	
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Please note when a surgery is closed during the day, your call will be automatically transferred to the other site without the need to re-dial.

CHANGES TO TUESDAY SESSIONS Please don't forget that Alderton will now be open ALL day on a Tuesday and Orford will be closed ALL day.

PATIENT PARTICIPATION GROUP We are looking for more members of our group especially from the Orford area. We would also like to have good cross section of our patient base. If you are interested in joining the PPG please apply via our website or contact Reception for an application form.

SURGERY CLOSURES Easter Closure – Good Friday 14h April 2017 Easter Monday 7h April 2017 GP Training Closure –Wednesday 26th April 13.00-18.30

COFFEE AND CHAT in the Memorial Hall on Thursday 6 April from 9.30am. All welcome.

MOBILE LIBRARY visits Sutton on Tuesday 4 April at the lay-by by Old Baptist Chapel, Woodbridge Road at 3.30pm

OUTREACH POST OFFICE VAN visits the Memorial Hall on a Thursday morning from 9.30-10.30 all the usual post office facilities available.

SUTTON LADIES CLUB meets on the second Thursday of the month in the Memorial Hall at 7.30pm. The April meeting will be held on Thursday 13 April when Jamie Lowther Pinkerton will be giving us an insight into a Military Life. Husbands, partners and friends are welcome at this meeting. For further details please contact Jacki on 01394 411530 or Dawn on 410331.

MEMORIAL HALL NEWS Daphne Menear will be on meet and greet for April and can be contacted on 01394 384659. To book the Memorial Hall and its facilities please contact Daphne on 01394 384659.

QUIZ AND FISH N CHIP SUPPER The next quiz will be held on Friday 7 April, £8 per person, to book contact Jacki on 01394 411530.

SUTTON SUMMER FETE will be held on Sunday 13 August, if you would like to be involved in the planning and /or help on the day please contact Judith on 01394 411642. If you have any ideas for stalls or anything for the local interest corner, then again please do contact Judith.

PLAY EQUIPMENT is examined by the local authority quarterly and by the management committee monthly. If you should experience any problems or notice that anything is defective please contact Kelly immediately on 01394 412035

YARD AND CAR BOOT SALE plans are in progress to hold this event in the village on Saturday 24 June 10am-1pm. The idea is that you can sell from your driveway or if you live out of the main village you can have a pitch on the recreation ground. All the sellers are plotted on a map which is handed out to our visitors on the day so that they can stroll through the village to the various pitches and spend to their hearts delight!! We will make a nominal charge to enable your pitch to be advertised on the map, this being £5 per property and likewise £5 for a pitch on the playingfield (Plus £1 if table required) Obviously all pitches have to be booked in advance in order that the publicity can be arranged and must be booked by Monday 1 May. If you wish to book please complete the slip at the end of this newsletter. For booking a Car Boot Pitch on the recreation ground please contact Dawn on 01394 410331.

SUTTON IN BLOOM Just to let you know that we will be running the competition again this year so get planting!! There will be the usual categories for Best Overall Garden, Best Planter/Hanging Basket and Best Veggie Patch. More details in next newsletter.

CHURCH NEWS Dear Friends,

As I write the annual miracle of the coming of spring is taking place around me: birds are singing, bees flying collecting pollen and nectar from bursting buds and the grass is almost visibly growing. The warmth of the sun is encouraging growth everywhere and lifting our spirits. At the same time, either through our own personal experience or through television and social media, we are brought face to face with pain and loss.

The message of Easter is that God takes very seriously our human experience; so seriously that he took it upon himself, suffering the agony and shame of the humiliating death of crucifixion as a common criminal. But God also shows us, in the resurrection of Jesus at Easter, that His love and life are stronger than death and pain, and will ultimately win through.

“When our hearts are wintry, grieving or in pain

Thy touch can call us back to life again....

Love is come again like wheat that springeth green”

Easter Day is not just a happy ending to the sad story of Good Friday; the miraculous coming back to life of one person which holds no meaning or hope for anyone else. It is the transformation of human suffering and death into joy and life which offers hope to each and every one of us; the hope which is reflected in the natural world around us. I wish you all a joyful and blessed Easter.

Robin Hatfield

A reminder that everyone is invited to come to the Annual Church Meeting of their local church to elect two churchwardens to serve for the next 12 months. Churchwardens are your representatives and are responsible for making sure services are held in the church and that it is maintained in good order. Annual church meetings are being held as follows :

Hollesley - Wednesday 29th March 7pm in All Saints' Church, Hollesley

Sutton – Monday 3rd April 5.30pm in All Saints' Church, Sutton

Alderton – Wednesday 5th April 7pm in St Andrew's Church, Alderton

Bawdsey – Thursday 6th April 7pm in Bawdsey Village Hall

Ramsholt – Friday 7th April 4pm in the Ramsholt Arms

Boyton – Saturday 22nd April 10.30am in Boyton Village Hall (Coffee/tea & bacon butties served from 10am)

Shottisham – Sunday 23rd April 9.30am in St Margaret's Church

FROM THE CHURCH REGISTERS :

Funerals

14 th Dec	Rita Money at All Saints', Sutton
4 th Jan 2017	Roger Leggett at All Saints', Hollesley
6 th Jan	Muriel Harvey at Seven Hills Crematorium
20 th Feb	Bernard Wilkinson at Seven Hills Crematorium
24 th Feb	Douglas Branch at Seven Hills Crematorium
9 th March	Pamela Ratcliffe at St Mary's, Bawdsey
14 th March	Bernard Bloomfield at Seven Hills Crematorium
24 th March	Pamela Fiddes at Seven Hills Crematorium

Enquiries about Christenings/Baptism, Confirmation, Weddings and Blessings are always welcome and are without obligation.

Please contact Rev'd Ruth or a member of the ministry team (Lay Reader or Elder) for further details.

LENT LUNCHESES in aid of Suffolk Refugee Support:

Sat 1st April	- Shottisham (church) - 12 noon
Sat 8th April	- Boyton (village hall) - 12 noon

DEBEN CHURCHES April 2017

2 April	8.00	Alderton, Holy Communion	Rev Michael
Passion Sunday	9.30	Hollesley, Sung Eucharist (CW)	Revd Ruth
	9.30	Sutton Heath, Family Worship	Mel Spurling
	11.00	Boyton, Holy Communion (CW)	Revd Michael
	11.00	Shottisham, Holy Communion	Revd Judith
Thursday 6 th April	2.30	Glebe House, Hollesley, Evensong	Pat S/Mel
9 th April	8.00	Alderton, Holy Communion (BCP)	Revd Ruth
Palm Sunday	8.00	Boyton, Holy Communion (BCP)	Revd Michael
	9.30	Hollesley, Family Communion	Revd Michael
	9.30	Sutton, Family Worship	Revd Ruth
	11.00	Ramsholt, Matins	Roy Tricker
	11.00	Bawdsey, Holy Communion	Revd Michael
	6.00	Hollesley, Reflection & Song	Di Barnard
	6.30	Shottisham, Evensong	Mel Spurling
13 th April	6.30	Hollesley, Maundy meal & (optional) prayer watch	Revd Ruth
Maundy Thursday			
14 th April			
Good Friday	12.45	Sutton, Prayer walk to Shottisham	
	2.00	Shottisham, Good Friday reflections	Revd Michael
16 th April	5.30	Shingle St, Sunrise Service	Revd Ruth
Easter Sunday	8.00	Alderton, Holy Communion (BCP)	Revd Michael
	9.30	Hollesley, Family Communion	Revd Ruth
	9.30	Shottisham, Family Communion	Revd Michael
	11.00	Boyton, Holy Communion	Revd Michael
	11.00	Bawdsey, Family Communion	Revd Judith
	11.00	Sutton, Holy Communion	Revd Ruth
	11.00	Ramsholt, Matins (BCP)	Roy Tricker
Thursday 20 th April	10.30	Glebe House, Hollesley, Holy Communion	Revd Judith
23 rd April	8.00	Alderton, Holy Communion (BCP)	Revd Ruth
2 nd Sunday of Easter	9.30	Hollesley, Sung Eucharist	Revd Michael
St George	9.30	Shottisham, APCM	Revd Ruth
	11.00	Bawdsey, Morning Praise	Lydia
	11.00	Ramsholt, Holy Communion (BCP)	Revd Michael
	6.30	Sutton, Evensong	tba
30 th April	11.00	Boyton, Holy Communion	Revd Judith
3 rd Sunday of Easter			

FRIENDSHIP LUNCH CLUB the next meal will be on **Thursday 20 April** and will be held as usual in the Memorial Hall at 12 for 12.30. The price of the meal is £5 per person. **If you wish to attend you must book**

your place by phoning Sue on 411793 or Daphne on 384659. If you require transport please contact Sue or Daphne. If you are housebound and would like to have a meal delivered again contact Sue or Daphne. For anyone who has not attended before this is a good social occasion for anyone who is alone, lonely or find it difficult to cook and would like to enjoy a hot cooked meal and a couple of hours in the company of other residents of Sutton.

CHURCHYARD TIDY-UP on Saturday 8 April, if you are able to spare an hour or so to tidy the churchyard at All Saints Sutton please come along at 9.30am. If you could bring along strimmers, clippers, etc that would be appreciated. We will provide the coffee and biscuits!

Evnu`s ANNUAL EASTER HOLLESLEY HOLIDAY CLUB is happening! 3,4,5 April 2017, 10am-12.30pm at All Saints Church, Hollesley. **BOOK NOW!** Bring your friends! It`s all free! Details: info@avmnu.uk Text or call 07717 497383 cakk 01394 460030 Facebook Us.

BOOK STALL AT ALL SAINTS CHURCH do you enjoy reading, if so we have a terrific selection of novels and non-fiction books on our stall in the Church. Do come along and select a few titles in exchange for a small donation.

EASTER AFTERNOON TEA a fundraiser for the Flower Festival fund. Do please come along and join us for afternoon tea on Saturday 15 April 2-4pm in the Sutton Bowls Pavilion. There will also be a cake stall and a raffle. Donations of cakes for cake stall would be much appreciated and can be left with with Daphne or Sue on the Friday afternoon/evening or Saturday morning. Thank you.

FOOD BANK just a reminder that we collect non-perishable foodstuffs for the Salvation Army. There is a basket in the porch of All Saints Church where donations can be placed. Thank you.

GIRLS NIGHT OUT is an event held every other month by the Girls from All Saints Church, Sutton and held in the Memorial Hall, girls from the age of 16 to 80plus are welcome to join us. Tickets are £6 each and it is a bring your own drink event. The next evening will be Friday 19 May on The Mayflower theme. **Tickets must be booked by Monday 15 May, due to shopping for event and catering this date cannot be extended and we are also limited to 40 places.** To book please phone Sue on 411793 or email susancollins@keme.co.uk, or Mel on 420398. To avoid disappointment book early!!

PILATES CLASSES at Sutton Heath and Hollesley, daytime and evening classes. For more details contact Sandy Renton Green on 01394 410530.

SUTTON HEATH CHILDCARE CENTRE, Easton Road, Sutton Heath. If you would like further information please either call in or contact Maria Owen on 01394 461090 or suttonheathcc@aol.com.

PENINSULA 2018 POPPY PROJECT The idea of the Peninsula 2018 Poppy Project is to create a community wide set of arts projects responding to the end of WW1 and culminating in a series of events, including an exhibition of artwork at the Suffolk Punch Trust in November 2018. It is envisaged that the artwork for the exhibition will be of a mixture of mediums and could include painting, sculpture, drawing, photography, mixed media, textiles, poetry, ceramics, stories and even gardening. Other events are being planned and suggestions for these will be very welcome.

We hope that all parts of our community will take part in this project, including schools, local businesses, community groups, the military, prisons, churches, parish councils and individuals who live and/or work on the Peninsula. All the proceeds will go to charity, the main ones being The Royal British Legion and The Suffolk Punch Trust.

To start to bring concepts and ideas together, and possibly to get involved, we would like to invite you to attend a launch meeting at Hollesley Village Hall on **Saturday 29th April 2017**, 10.30am until 11.30am. We know there are some very creative people on the Peninsula and we would like **ALL** to be involved; all ideas will be explored.

Should you require further information before 29th April please contact us at fmj@peninsula2018.org
Fanny Jacob Project Creative Lead, Peninsula 2018 Poppy Project

AN EVENT IN JUNE All Saints Sutton Flower Festival on Saturday 17 and Sunday 18 June. The theme will be Women of Influence. If anyone would like to help serve refreshments or steward in church during either Saturday or Sunday please contact Mel on 420398. Further details of event in future newsletters.

CONCERT On Sunday 23rd April at 2.30pm the very accomplished Suffolk Strings Orchestra with Wendy Brown Leader and conducted by Geoff Lavery will hold a concert in All Saints` Church Hollesley. Admission is free. There will be tea and cakes after the performance and a retiring collection in aid of the work of All Saints.

COME AND SING Hacheston Church Sunday 2 April. Rehearsal at 2pm performance at 7pm. £5 minimum donation (students free). Hot/cold refreshments in village hall at 5pm. If you would like to sign, please get in touch gleysfear@hotmail.com or 01728 747177. We need an audience too!!

CHAIR-BASED EXERCISES Do you want to gain more strength, mobility and flexibility to assist you to carry out daily activities such as walking, lifting shopping, gardening or travelling? Why not join us for

some fun, gentle chair-based exercises in a friendly, non-competitive environment. Suitable for men and women. Sessions start on Tuesday 4th April (6 sessions in total) in Bawdsey Village Hall 11am-12noon. These sessions are Free of Charge and refreshments are provided afterwards. Why not come along for a taster session on **Tuesday 4th April**. For more information or to book a place contact Jane on **01394 410208**.

IKEA Thursday 18 May coach leaving Bawdsey at 8.30am picking up at Alderton, Sutton and Melton Railway Station, second coach leaving from Woodbridge swimming pool. Leaving IKEA at approximately 3.30pm.

WHAT`S ON

- 1 April St Marys Annual Spring Bazaar at Bawdsey Village Hall 2pm
- 8 April Community Café Hollesley Village Hall from 9.30am
- 8 April Bawdsey Market 2pm at Village Hall
- 20 April Jazz Society 7.30pm Bawdsey Village Hall
- 28 April Knit and Natter The Anchorage Bromeswell 2pm
- 29 April Annual Plant and Cake Stall at Shottisham Trust Hall 10.30am-noon

If you would like to include anything in the newsletter please contact Sue on 01394 411793 or email susancollins@keme.co.uk by 23 of month. Likewise if you wish to receive newsletter via email please contact Sue. Occasionally we are asked to forward urgent/important information around the village, by signing up for an electronic version of the newsletter it does enable information to be forwarded on quickly. Thank you.

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Return Slip **Yard Sale and Car Boot Sale on Saturday 24 June 10-1pm**. We understand that if we are having a pitch at our property that the details will be placed on the map handed out to visitors during the event.

I/We would like to book a pitch for the above event and our pitch will be at our property namely,

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I/we would like to book a pitch on the recreation ground at Sutton Memorial Hall YES/NO.

We enclose £5 to book our pitch (£6 if table required)

Signed..... Dated.....

Please return to Redlands, Old Post Office Lane, Sutton