

SUTTON NEWSLETTER NO 137 NOVEMBER 2017

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

PARISH COUNCIL NEWS

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.

SUTTON PARISH COUNCIL next meeting will be at 7pm on Tuesday 28 November in the Sutton Bowls Pavilion. Members of the public and press are welcome to attend. 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.

IMPENDING CLOSURE OF WOODS LANE MELTON the first closure will be to construct new footpaths, bus stops and prepare for the more substantial works after Christmas, the first phase closure will be for the period 6 November -30 November. The second phase, 8 Jan-13 April, will be to install the sewer pipes and connections. The road will be completely closed and a traffic light managed one way system cannot be implemented. The planned diversion route will be through Woodbridge.

Bloor Homes is the developer and Pallmer Fencing Ltd is responsible for the traffic management on the closure and diversion. Their telephone number is 01473 834960, if you have any questions or comments for them.



The Peninsula Practice
The Small Practice with a Big Heart

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	

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.

HELP YOURSELF TO HEALTH We would like to thank our PPG for helping us organise the open day last month and also to thank all the patients for attending.

FLU CLINICS Please ring Reception to book an appointment for your flu vaccination.

SURGERY CLOSURES Staff Meeting - Thursday 2nd November 13.30-15.00. GP Training - Thursday 16th November 2016 1-18.30PM

CAN YOU HELP HEALTHWATCH SUFFOLK TO SHAPE AND IMPROVE HOME CARE SERVICES Healthwatch Suffolk is exploring people's experiences of accessing home care services (domiciliary care). It is an opportunity for you, your friends or family members to influence and improve these services now and for the future.

The watchdog wants to hear from people that are currently using home care services, have used them in the past or those who may need help at home but have been unable to obtain support in the county.

Domiciliary care is care provided in a person's home. Sometimes it is called home care or 'Support to Live at Home'. Home care can include support with things like helping people to get out of bed, washing, dressing, getting to work, cooking meals, eating, seeing friends, caring for families and being part of the community.

Healthwatch Suffolk will use your feedback to help it understand the issues that people face when accessing care at home and what needs to be explored in detail as part of its developing project. As the health and care watchdog for Suffolk, it can use the things that people share to shape, influence and improve care to our county's most vulnerable residents.

Sharing your experiences couldn't be easier

If you are currently using a service, Healthwatch Suffolk is asking people to take part in a short survey. You can access it using the following link: <https://www.surveymonkey.co.uk/r/homecareinsuffolk>

If you are not currently accessing support or would prefer not to feedback online, please contact the Healthwatch Suffolk team on 08004488234 (Freephone) or by email to info@healthwatchesuffolk.co.uk. Hard copies of the survey and other formats are available on request.

MOBILE LIBRARY visits Sutton on Tuesday 14 November 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.

COFFEE AND CHAT on Thursday 2 November from 9.30am in the Memorial Hall everyone welcome it is a good chance to meet other villagers have a coffee and cake and raise money for the hall/church. Coffee 50p, slice of cake/scone 50p. It is a very good opportunity for any one new to the village to get to know others.

MEMORIAL HALL NEWS Judith Andrews will be on meet and greet for November and can be contacted on 01394 411642. To book the Memorial Hall and its facilities please contact Daphne on 01394 384659.

THANK YOU to all who donated, helped in anyway or came along to the event and supported us. We made the magnificent amount of £395.00 which goes a good way towards covering the inspection charges for the year and helping to fund the insurance of the play equipment.

CHRISTMAS MARKET our Annual Christmas fundraising event, the Sutton Christmas Market will be held on Saturday 25 November in the Memorial Hall, from 10am-1pm. The hall will be packed with a good selection of craft stalls selling jewellery, painted glassware, cards with local views, Christmas decorations, wicker ware goods, woodenware goods, children`s gifts, flower festival calendars and cards, together with a cake stall, tombola, raffle and much more! Light refreshments will also be on sale during the duration of the market. It is a great opportunity to view local crafts, see what is on offer and buy for Christmas.

We would very much appreciate donations of cakes and bakes for the cake stall, these can be left with Sue, Kelly or Daphne or alternatively brought to the hall early on Saturday morning. The Bowls Club will be running a tombola stall and again would appreciate any donations, these can be left with Sue at Redlands Old PO Lane. Look forward to seeing you on the 25th.



The Memorial Hall Management Committee cordially invite you to a Christmas Tea Party for the Senior Citizens of Sutton and Shottisham on Monday 4 December from 2pm in the Memorial Hall. Tea will be served during the afternoon and there will be musical entertainment. The afternoon will finish with a raffle. For catering purposes we do require people to book please. (There is no charge for the event). **RSVP to either Daphne on 384659 or Dawn on 410331 by Monday 27 November.** Lifts to and from the hall can be arranged by phoning either of the above telephone numbers.

SAVE THE DATE! We will be holding a New Year Village Party in the Memorial Hall on Saturday 6 January to celebrate the 50th year of the Memorial Hall. We will have live music by the local band Flaming Cheek, there will be hot food, a main course and a pudding and a raffle. **It will be a bring your own drink event**, children and families will be welcome as will people from other villages. Tickets priced at £10 per person, children under 14 free. If you wish to reserve your ticket please contact Daphne, Sue or Kelly.

SUTTON LADIES CLUB normally meets on the second Thursday of the month in the Memorial Hall at 7.30pm. However for the November meeting will be held on Thursday 16 November when Sarah Hubbard a Fibre Artisan who is a Wool Sculptor will be demonstrating her craft.

CHURCH NEWS Dear Friends

Over the coming days of early November, most of us will observe a two minute silence to remember those who gave their lives in the service of their country. Keeping silence together to remember those who have lost their lives in tragic circumstances has become a tradition. The absence of noise – from guns and bombs or telephones and chatter – gives us space in an age of noise to reflect on the important things of life, its preciousness and value.

When there is so much noise all around us – both literally and in terms of the thoughts and concerns and pressures which are part of daily life – the value of silence can often be overlooked.

Norwegian explorer Erling Kagge has recently published a book* which seeks to answer the questions What is silence? Where can it be found? Why is it more important than ever?

Erling once spent fifty days walking solo across Antarctica, his radio disabled. In the book he takes the reader on a journey to unlock the power of silence. And he shows us how to find perfect silence in our daily lives, however busy we are.

Humans are social creatures. Being accessible can be a good thing. We are unable to function alone. Yet it's important to be able to turn off your phone, sit down, not say anything, shut your eyes, breathe deeply a couple of times and attempt to think about something other than what you are normally thinking about. Yes, there will still be noises – just as there are during the two minute silence on Remembrance Sunday - but they need not intrude and with practice we may find an inner silence which could be life-changing.

*Erling Kagge, "Silence: in the Age of Noise" Viking 2017

TRAVELLING CRIB During the three weeks leading up to Christmas Eve, our knitted nativity scene will again be travelling around our villages looking for a stopping place each night. Each home will keep one of the little sheep until Christmas Eve when the sheep can all be brought to Hollesley or Sutton church for the Christmas Eve service to be reunited with their friends.

Could you give Mary & Joseph, donkey & sheep, shepherds & wise men a place to rest for the night during December? Please get in touch with me via telephone, email or Facebook if you would like to host the travelling crib. I will need your name, address & telephone number and any dates which would not be convenient. You will need to make arrangements to pass the crib on to the next person on the list – after school perhaps?

Revd Ruth Hatchett ruth.hatchett@yahoo.co.uk 01394 412052

DEBEN CHURCHES November 2017

Thursday 2 nd November	2.30pm	Glebe House, Hollesley, Evensong	Pat S/Mel
5 th November	8.00	Alderton, Holy Communion (BCP)	Revd Ruth
All Saints'	9.30	Hollesley, Sung Eucharist (CW)	Revd Ruth
	9.30	Sutton Heath, Family Worship	Revd Michael
	11.00	Boyton, Holy Communion (CW)	Revd Judith
	11.00	Shottisham, Holy Communion	Revd Ruth
Saturday 11 th November	11.00	Boyton, Act of Remembrance	Revd Michael
Armistice Day	4pm	Alderton, Act of Remembrance	Revd Michael
12 th November	8.00	Alderton, Holy Communion (BCP)	Revd Michael
Remembrance Sunday	9.30	Bawdsey, Remembrance Service	Revd Michael
	10.50	Hollesley, Remembrance Service for Hollesley & Boyton	Revd Ruth
	10.50	Ramsholt, Remembrance Service for Alderton & Ramsholt	Revd Michael
	10.50	Sutton, Remembrance Service for Sutton & Shottisham	Will
Richards			
	6.00	Hollesley, Reflection & Song	Di Barnard
	6.00	Shottisham, Evensong	Revd Ruth
Thursday 16 th November	10.30	Glebe House, Hollesley, Holy Communion	Revd Judith
Saturday 18 th November	12.00	Hollesley, Messy Church	Di Barnard & team
19 th November	8.00	Alderton, Holy Communion (BCP)	Revd Ruth
Second Sunday before Advent	9.30	Hollesley, Café Sundae	Judy Foulger/Revd Ruth
	11.00	Boyton, Morning Praise	Lay Elders (Revd Michael)
	11.00	Sutton, Holy Communion	Revd Ruth
	6.30	Hollesley, Evensong	Revd Michael
26 th November	8.00	Boyton, Holy Communion (BCP)	Revd Ruth
Christ the King	9.30	Shottisham, Family Communion	Revd Ruth
	9.30	Hollesley, Sung Eucharist	Revd Michael
	11.00	Bawdsey, Morning Praise	Lydia/Joy (Revd Ruth)
	11.00	Ramsholt, Holy Communion (BCP)	Revd Michael
	6.30	Sutton, Evensong	Revd Ruth

FOOD BANK There is still a large number of families in need and distress in our local area. As winter approaches, you can help these needy local families by leaving items of non-perishable food, toiletries etc. in the basket in the church porch. Their needs are wide from soup to pasta, soap powder to toilet rolls etc. All donations will be taken to Woodbridge Salvation Army for distribution to needy/homeless people in our area. If someone you know is in need, they can contact the Salvation Army on 01394 384967 to request support.

ALL SAINTS FOR CHRISTMAS -CHRISTMAS TREE AND WREATH FESTIVAL We would like to invite you all adults and children alike to be part of the team that decorate All Saints for Christmas. If you would like to decorate a small Christmas tree (real or artificial) or make a wreath. Any medium for decoration can be used and either in a modern or traditional style. The trees should not be taller than 3'. The trees and wreaths can be lit provided that they are battery operated lights. If you would like to take part please leave your trees/wreaths in church from Saturday 2 December – Tuesday 5 December. Please leave a note of your name with your tree/wreath. Thank you

FRIENDSHIP LUNCH CLUB the next meal will be on **Thursday 16 November** 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.

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 17 November on a 'Bloody Mary' theme. **Tickets must be booked by Monday 13 November, 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!!

MOBILE PHONE We (Brian and Clare Atkinson) have recently had Fibre wifi broadband installed in our house so we don't need the BT line for internet but we still need a reliable phone. Because mobile reception in the village is, generally, rubbish I started looking around for solutions. The good news is I found them but the information is scattered all over the web so I thought I'd bring it all together in a note which is now on the home page of the village website, or use this link:

<http://sutton.onesuffolk.net/assets/Miscellaneous/How-to-get-better-Mobile-Reception-at-Home.docx>

SUTTON HOO CHRISTMAS GIFT FAYRE SATURDAY 11TH SUNDAY 12TH NOVEMBER 10.30AM – 4.30PM
Enjoy a festive day out at the Sutton Hoo Christmas Fayre which is bursting with inspiring ideas for your present list! Creative crafts and unusual gifts. Artisan food and drink. Christmas music. Winter story telling. Take a break from shopping in the café for tea and cake or enjoy a glass of mulled wine outside around the yule log. **SPECIAL ADMISSION PRICE-Adults £3.00 Children £2.00 including entry to the site.** (NT. Members free) Sutton Hoo, Sutton, Woodbridge IP12 3 DJ - Telephone 01394 389714.

HOLLESLEY PLAYERS PANTO 2017 THE WIZARD OF OZ Fun for all the family, from Thursday 7th December until Sunday 10th December 2017. Join Dorothy, Toto and their friends, the Scarecrow, Tin man, Cowardly Lion plus the good witches Gladys, Shaz and Trace on their adventures as they travel to the Emerald City to find the Wonderful Wizard of Oz.

- Only he has the magic to help Dorothy and Toto return home.
- Can they defeat the Wicked Witch of the West and her band of evil spiders?
- Can they navigate the diversions on the Yellow Brick Road?

Come along and join us in December to see if they manage to go over the rainbow and return home safely. Tickets are available from Hollesley Village Store or the Box Office on 01394 411079. The Box Office will also be open at the beginning of rehearsals on a Friday night between 18.00 – 18.30 at Hollesley Village Hall throughout October and November.

Tickets cost: Adults £8.00, Pensioners £6.00 and Under 16s £4.50. Ticket prices will be reduced by £1.00 if paid for and collected in advance. All tickets on the door will be at full price. We look forward to welcoming you. Hollesley Players Committee

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.

CPR AND DEFIBRILLATOR PRACTICE If someone collapses and stops breathing, you could save their life by giving Cardio Pulmonary Resuscitation and using a defibrillator. Come and find out how, or refresh your skills, at the next practice session run by the HABSS Community First Responders: **10:00 am, Saturday 25th November at Bawdsey Village Hall**

BAWDSEY SCHOOL Seniors lunch is on the second Thursday of the month during term time. Please phone to book a lovely roast dinner.

Our successful Nursery is now accepting 2 year olds and 3-4 year olds.

Baby and toddler group is 1.30 every Friday and anyone looking after a baby or toddler is welcome. (There are no costs.)

DOG MESS once again we have received reports of problems with dog mess being left on pavements and in driveways of Old Post Office Lane and Woodbridge Road/Main Road. If you see a dog owner who allows his dog to foul our streets you can report it to Suffolk Coastal District Council on 01394 444000. Inconsiderate dog owners could face a fixed penalty of £80 or if the case goes to court and there is a conviction the fine is £1000.

FLOWER FESTIVAL CARDS/CALENDARS blank greeting cards are now on sale with photographs of the arrangements from the 2017 Flower Festival. All proceeds from the sale of the cards go to the flower fund for the 2019 Flower Festival. The cards will be on sale at Coffee and Chat, Friendship Lunch and other functions at the hall or church. In the meantime if you wish to view the cards please contact Sue on 01394 411793. The Calendars are at the present time being printed. If you would like to reserve a copy please contact Daphne or Sue. Once available they will be on sale at the Friendship Lunch, Coffee and Chat and also the Christmas Market.

FUN DOG SHOW Thank goodness the sun came out just as The D.A.F.T Fun Dog Show got underway on the 23rd September. The previous 2 hours had seen heavy rainfall whilst HappiDays were setting up their agility and show rings on the Hollesley Recreation field. There was an excellent turnout of dogs, all shapes and sizes, and all very well behaved. We had everything from a gorgeous Boston Terrier puppy to the fabulous Deerhounds! They all did their owners proud. The lovely little pony from the Suffolk Punch Trust gave children the opportunity to get up close and give a pat. For the more adventurous there was the agility ring for people to try, as well as several stalls to provide interest for everyone, and of course, wonderful cakes courtesy of the W.I.

The Best in Show was the gorgeous Lurcher called Kuna, owned by Sue Edwards.

This was an important event held to raise funds for a local charity, Suffolk Animal Rescue. Thank you to everyone who supported the show with their sponsorship, to all the people who came and entered their lovely dogs, and especially to everyone who helped make this event possible. There was such a very relaxed and friendly atmosphere at the show. Special thanks to Lesley Mann of Acorn Dog Training for coming to judge and her Steward Hazel Hoff-Hawkins, and to Anne Chapman for taking so many photographs. They are all available to see on the Deben Animal Fundraising Team Facebook page. Together, you helped raise a grand total of £756.45. Thank you all so much!

Cass Davies Deben Animal Fundraising Team

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. Unfortunately this is not possible to do by hand but by signing up for an electronic version of the newsletter it does enable any urgent information to be forwarded to you immediately via your email address. Thank you.