

SUTTON NEWSLETTER NO 188

FEBRUARY 2022

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



DAY	ALDERTON	ORFORD	ALDEBURGH	HOLLESLEY
Monday	8.00 to 14.30	8.00 to 18.30	8.00 to 18.30	13.30 to 17.30
Tuesday	8.00 to 18.30	CLOSED	8.00 to 18.30	
Wednesday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	
Thursday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	
Friday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	

BANK HOLIDAY & STAFF TRAINING CLOSURE DATES

The surgery will be closed for staff training on Thursday 10.02.21 from 13.00.

When the surgery is closed please call NHS 111

Our Primary Care Network (PCN)

The PCN is network of surgeries in the area that work together to give patients the best care.

Pharmacist Team – The Pharmacists can call you to fulfill outstanding medication reviews or even help with medication queries.

Physio Team – We have physios who can offer appointments to our patients. It includes direct and quick access to them for sudden pain/injuries.

Patient Coordinators - they may call you to organize appointments/group consultations or collate referral information.

Mental Health Team - they ensure that all mental health needs are met in a timely manner, offering advice, support, follow-up and access to other agencies and services as required.

www.thepeninsulapractice.co.uk

PARISH COUNCIL NEWS If you have a problem or concern Linda Gunson the Parish Clerk can be contacted via the email address suttonparishcouncil@gmail.com or by phoning 01394 410279.

PARISH COUNCIL MEETING The next meeting of the Parish Council will be held on Tuesday 15 March at 7.00pm in the Bowls Pavilion. If you wish to attend, please email the Parish Clerk in advance with notice of your intention to attend.

LITTER PICK that time of year is fast approaching when the annual Litter Pick will be held. This year the event will be held on Saturday 19 March, meeting at the Memorial Hall at 9.30am. More details in the newsletter for March.

PLANNING APPLICATION If you have any comments to make on the following please contact the Planning Officer at East Suffolk Council:

Proposed retention of Summer House with a personal conditional consent. Land adjoining Dairy Farm Cottage, Sutton Hoo. Ref No. DC/22/0209/FUL

Install additional windows and provide shutters existing home office. Ferry Farm, Ferry Farm Drive, Sutton. Ref DC/21/5526/LBS

CITIZENS ADVICE From our offices in Leiston, we are still running with face-to-face appointments only. Our phone lines are open so please do ring on **01728 832193 (Mon, Tues, Thurs, Fri 10am-2pm) or email supervisor@leistoncab.cabnet.org.uk**. We are also now open for drop-in appointments on a first come, first served, basis:

- Woodbridge: Mondays 10-12, Woodbridge Library
- Wickham Market: Tuesdays 1.30-3.30, Wickham Market Resource Centre

- Saxmundham: Wednesdays 10-12, Saxmundham Library, Street Farm Road
- Framingham: Fridays 10-12, Framingham Library

MEMORIAL HALL NEWS 100 CLUB the winners for the January draw were: 1st prize £30 Ball no 17 Chris Norton, 2nd prize £20 Ball No. 11 Wendy Cherry and 3rd prize Ball 22 Ron Backhouse, well done all, thank you to all that entered the draw this month. This draw brings in a regular income for the play equipment fund and more numbers available should anyone else wish to join in! Anyone can join at any time, for more details please contact David on 01394 410279.

VILLAGE BREAKFAST the date for the next Village Breakfast is Saturday 5 February, this is now fully booked. The dates for 2022 are: 5 February, 2 April, 28 May, 6 August. 1 October and 3 December. *Please note the change of date from 4 June to 28 May.*

KNIT AND NATTER the next Knit and Natter will be held in the Memorial Hall on Friday 4 March from 2-4pm There will be a nominal charge of £1 per person to cover hire of hall and refreshments.

2022 QUIZ DATE Friday 8 April

DIARY OF VILLAGE EVENTS:

Thursday 3 February	Coffee and Chat from 10am
Wednesday 7 February	Ladies Club at 7.30pm
Thursday 17 February	Friendship Lunch
Friday 25 February	Girls Night Out
Saturday 26 March	Afternoon Tea, cake stall and raffle (iao Jubilee fund)
Saturday 23 April	Spring Market
Saturday 8 October	Annual Jumble Sale

COFFEE AND CHAT will be held in the Memorial Hall on Thursday 3 February from 10am.

QUEEN`S PLATINUM JUBILEE a working party from the Parish Council and Memorial Hall Committee are currently working to organise a village celebration for the Queens Platinum Jubilee. The event will take place on Friday 3 June and it is proposed that the event will start in the late afternoon with activities for the children. This will be followed on by a meal for all and we will then be entertained in the evening by local band Flamin Cheek. The Beacon will be lit during the interlude of the music at approx 8pm and a local choir will sing during the Beacon activity. For catering purposes all tickets will have to be ordered and paid for before the event and no tickets will be available on the day. The finer details eg cost of tickets, detail of food available etc will be included in the next newsletter.

PICNIC AREA AT SUTTON MEMORIAL HALL With the generous support of a grant from Suffolk Coast and Heaths AONB Sustainable Development Fund the Hall Committee have completed the project to enhance and conserve the picnic area adjacent the play equipment in the recreation ground

A second picnic table, that is fully accessible for wheelchairs and pushchairs, has been added, many bulbs, new shrubs and flowering trees have been planted. The area has been enclosed with in a gated metal fence to make it secure for all those enjoying the site.

The hard landscaping and fencing were funded by fundraising events, donations and members of the 100 club.

We expect to see the full impact of this improvement in the spring, although there have been visitors using the area even in these cold winter months

We hope the residents and children of Sutton and the many visitors to our hall and recreation ground will take full advantage of this new landscaped space

LADIES CLUB our next meeting will be on Wednesday 9 February at 7.30pm in the Memorial Hall. We will be discussing ideas for the 2022 programme. So if you have any ideas for speakers or visits do come along and input your ideas/suggestions. Any queries please contact Jacki on 01394 411530.

OUTREACH POST OFFICE VAN visits the Memorial Hall car park on a Thursday morning from approx 10.00-10.45 all the usual post office facilities are available.

WET FISH VAN visits the village on a Wednesday morning. Billy stops in The Walks (close opposite the Plough Inn) at approximately 9.15am and a further stop in Old Post Office Lane. Billy has a wonderful selection of fresh fish as well as some frozen fish products.

MOBILE LIBRARY visits Sutton on a Tuesday once a month at the lay-by by the Baptist Woodbridge Road, at 1535-1545. The dates for 2022 1 February, 1 March, 29 March, 26 April, 24 May, 21 June, 19 July, 16 August, 13 September, 11 October, 8 November, 6 December

CHURCH NEWS Vicars Voice February



2022

I guess the most important date we think of in a number of special dates for people in this

February is the 14th. Yet there are month.

The church begins the month with Candlemas, temple by his mother Mary and earthly father, rite.

or the presentation of Jesus in the Joseph as according to Jewish

Then there is the Blessing of the Salmon nets in Northumberland, where close to midnight on 14th February, fishermen gather on the banks of the River Tweed when local vicar blesses the nets and boats. The fishermen then set out to make their first catch of the season.

And of course, when it comes to marriage, proposing has always been seen as the gentleman's prerogative, but once every four years Leap Year tradition has it that on the 29th of February, women can ask their loves to marry them.

But where did this tradition begin? it's believed to have started in Ireland sometime during the 5th century. Saint Brigid of Kildare, arguing that women were languishing away waiting for their shy beaux to pluck up the nerve to pop the question, asked Saint Patrick to give a day they might do the deed themselves. A little negotiating was involved, with Saint Patrick first suggesting every seven years, but eventually 4 years was settled on. According to folklore, Saint Brigid then immediately proposed marriage to the Irish saint.

(However, scientists will tell you that an extra day every four years keeps our calendar aligned correctly with the astronomical seasons....but I like the idea of Brigid proposing to Patrick better!!)

But Valentine is the saint we celebrate in February, usually with flowers and cards and chocolates, but did you know he is also the patron saint of beekeepers, ensuring the sweetness of the honey?

St Valentines day is all about love. And as the song says "love is all around us", even though it may not always seem like it when we read the papers or watch the news. But there are examples of love all around us, when a neighbour helps another neighbour out, when we offer a shoulder for someone to lean on for a while, when people come together as a community to help those less fortunate and more vulnerable among us.

At the end of the day, no matter what the day, it all comes down to love. We all want to love and be loved. And as Thomas A Kempis the German-Dutch clergyman and author wrote....

Love is a great thing, yea, a great and thorough good.

By itself it makes that which is heavy light.

It carries a burden which is no burden; it will not be kept back by anything low and mean.

It desires to be free from all worldly affections.

Love feels no burden, thinks nothing of trouble, attempts what is above its strength, pleads no excuse of impossibility.

It is therefore able to undertake all things, and it completes many things and warrants them to take effect, where he who does not love would faint and lie down.

Though weary, it is not tired; although pressed it is not straightened;

It is not confounded; but as a living flame it forces itself upwards and securely passes through all.

With my love and blessings, Rev Mandy

SERVICES IN FEBRUARY

6 February	9.30	Morning Praise	Sutton Heath
	11.00	Morning Praise	Shottisham
13 February	11.00	Morning Praise	Sutton
	6.00	Evensong	Shottisham

20 February 11.00 Holy Communion Sutton
27 February 9.30 Holy Communion Shottisham

GIRLS NIGHT OUT the next event will be held on Friday 25 February 6.30pm for 7pm £6 per person. Places must be booked by phoning Sue on 01394 411793 or emailing susancollins0911@gmail.com

FRIENDSHIP LUNCH the next Friendship Lunch will be held on Thursday 17 February in the Memorial Hall at 12 for 12.30. The price of the meal is £5 per person. All who are alone, lonely, find it difficult to cook are invited to attend. **If you wish to attend you must book your place by phoning Sue on 411793 or Daphne on 384659.** If you require transport again please phone Sue or Daphne to arrange this. If you are housebound and would like to receive a meal delivered to your home in Sutton again phone either of the above named ladies.

FOOD BANK any donations towards the local Food Bank can be left in the porch at All Saints Church, Sutton. Thank you.

NEWSPAPERS there is a facility to have your newspaper delivered to the Memorial Hall for collection each day. For more details please phone Caroline on 01394 410069 or email her on caroline.fiddes@msn.com

SANDLINGS PRIMARY SCHOOL We currently have two vacancies for school governors. All schools need to have a mixture of governors on its board which include members of the Sandlings team, parents and co-opted governors from our local community.

Our full governing body meets every half term from 4-6pm. In between these meetings governors join committees that interest them and tend to meet during the day. There is plenty of training available for new governors and their roles (currently all virtual).

We have 3 committees:

1. The Resources Committee- responsible for finance, HR and staff well-being
2. The Health, Safety and Safeguarding committee - responsible for the condition of the premises, health related matters, risk assessments and monitoring that safeguarding procedures are effective.
3. The Children's Committee looks at the use and impact of pupil premiums, and monitors learning through looking at anonymized pupil data and by talking to children and teachers about their work as well as children's wellbeing.

Please do get in touch if you would like to find out more information; It is an exciting and rewarding role, working as part of a team to make a difference.

Best Wishes

Miss Toal and the Sandlings' team

01394 420444

admin@sandlings.suffolk.sch.uk

SUTTON PLOUGH Toni, Becca and Carole offer you a warm welcome and have organised the following events for February: 5th February live music Bluefeed 8pm start, 11th/12th/14th Valentine's Day dinners. 19th February IV Geezers live

CONTACT NOS:

Rev Giles Tulk	01394 450610	regileswtr@gmail.com
Rev Mandy Reynolds	01394 420129	revmandy.rendlesham@yahoo.com
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To cut down on printing costs and use of paper we are trying to encourage everyone where possible to receive their newsletter electronically. Also by signing up to this, it enables us to get urgent information out to you immediately which we are not able to do by hand delivery. If you wish to receive your newsletter electronically please contact Sue on susancollins0911@gmail.com If you wish to include anything in the monthly newsletter please contact Sue on the above email address by the 23rd of the month.