

SUTTON NEWSLETTER NO 202 APRIL 2023



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

STAFF TRAINING DATES

Alderton and Orford surgeries will be closed for staff training on Thursday 20th April from 13.00. Aldeburgh surgery will be open for booking future appointments only. All calls will continue to be redirected to 111 for this afternoon.

This means that there will be no clinical staff available during this afternoon at any site.

When the surgery is closed please call NHS 111.

East Anglian Air Ambulance

We are very proud to continue to be supporting East Anglian Air Ambulance with collection points for clothes and shoes. You will find the bright yellow collection bins in Alderton and Aldeburgh car parks where you can drop off bagged clothes and shoes. The money raised from these donations goes straight to helping the Air Ambulance serve our local area.

Menopause webinar – Tuesday 9th May 2023

On Tuesday 9th May 2023 at 7pm, Dr Crockett will be holding a Menopause information webinar. Involving a presentation followed by open questions, it is open to everybody; male or female, patient of Peninsula practice or not, pre-, during- or post-menopause.

You can join anonymously – no camera or mic is required, and you can add any questions or comments in the chat which will be answered by Dr Crockett during the session.

We have a webpage on the menopause on our website, which is updated regularly:

<https://www.thepeninsulapractice.co.uk/menopause>

To join on the date, please enter the following information into Zoom:

Meeting ID: 835 4271 0325

Passcode: 734785

PARISH COUNCIL NEWS PARISH CLERK

As chairman of Sutton Parish Council I would like to put on public record my sincere thanks and that of the entire parish council to our 'retiring' clerk, Linda Gunson. Linda has been our clerk for just two years but in that time she has been the linchpin of the council. Always cheerful and with a can-do attitude, Linda has been very pro-active in the role and has kept the cogs of the parish council turning very smoothly. I know Linda will remain very active in the community especially with events at the Memorial Hall but hopefully will now find some downtime to relax!

At the same time I wish to extend a warm welcome our new clerk, Linda Candy. Although new to the role of Parish Clerk, Linda brings a wealth of experience to the post and we look forward to working with her going forward. **Alan McManus**

If you have a problem or concern Linda Candy the Parish Clerk can be contacted via the email address suttonparishcouncil@gmail.com or by phoning 07769912164

PARISH COUNCIL MEETING the next meeting the Annual Meeting will be held on Tuesday 23 May at 7pm in the Bowls Pavilion.

SUTTON LITTER PICK thank you to all who assisted with the Litter Pick, 15 residents of Sutton took part in appalling weather, very heavy rain at times. Approximately 16 bags of litter were collected plus various car parts!! Very sadly some of the volunteers encountered that car drivers were very aggressive towards them and some finished collecting early because of intimidation. These instances have been reported to the SNT at Suffolk Police.

ELECTIONS just a reminder with local elections coming up in May. It is important that people do not inadvertently lose their right to vote. For the first time ever, it will be necessary to bring an approved photo ID with you in order to vote. If anyone doesn't have photo ID they can register for a postal vote or apply for a voter authorisation certificate via the gov.uk website.

PLANNING if you have any comment to make regarding planning applications please contact the Planning Department at East Suffolk Council.

Discharge of Conditions No 3 of DC/20/2219LBC-Listed Building Consent – Conversion of redundant farm buildings into single residential dwelling with detached workshop/home office – Schedule of repairs – Redundant Farm Buildings Wood Hall Barn, Wood Hall Drive, Sutton

Discharge of Conditions Nos 4,5,6,7 and 8 of DC/20/2218/FUL – Conversion of redundant farm buildings into single residential dwelling with detached workshop/home office – Condition 4 – Drawings PW1081 PLO5, PLO6, PLO7, PLO8, PLO9, LO10 and PL11 Conditions 5 – Drawing PW1081 PL14 and TWPro flue brochure; Condition 6 – Site Investigation Report and Conditions 7&8 – We believe the RMS is not required, as stated in the Phase 1 Report – Redundant Farm Buildings Wood Hall Barn Wood Hall Drive Sutton

SPEEDING We would like to draw your attention to a concerning issue in our community - drivers exceeding the 30mph speed limit on our roads. A recent ANPR speed survey conducted in our village showed that in just one week, over 750 vehicles were caught speeding above 35mph. The highest speed recorded was an astonishing 53mph.

Speeding is a serious problem that not only puts other road users at risk, but also endangers the lives of our own residents. We urge all drivers to be mindful of their speed and to stick to the speed limits in place.

We understand that in some cases, drivers may be in a rush or have other pressing matters to attend to, but speeding is never the solution. It is crucial for everyone's safety that we all abide by the rules of the road.

We would like to remind drivers that there are consequences for speeding, including fines and penalty points on their driving license. We urge you all to take responsibility for your actions and to drive safely and responsibly.

This important message will be highlighted to all residents across the peninsula as it is recognised that the vast majority of traffic through Sutton are not necessarily resident on the village.

Let's work together to make our village a safer place for everyone.
Alan McManus Chairman of Sutton Parish Council

<p>MEMORIAL HALL NEWS: 100 CLUB the winners for the February draw were: 1st Ball 14 £30 Linda Gunson, 2nd Ball 9 £20 Sue Youngs, 3rd Ball 27 £10 Les Andrews, 4th Ball</p>

25 £5 Juliet Quilter We now have 26 members and it would be nice to get to 30 at some time in the near future!

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 are 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 1 April, all places have to be booked by phoning Sue on 01394 411793. The dates for 2023 are: 1 April, 3 June, 5 August, 7 October and 2 December. Price of breakfasts are £6.50 for a normal breakfast, £7.50 for a large breakfast and £3 for a child's portion (under 14s).

KNIT AND NATTER we will NOT BE meeting in the Memorial Hall in April as it will be Good Friday. We will meet again in Sutton on Friday 5 May

COFFEE AND CHAT will be held in the Memorial Hall on Thursday 6 April from 10am. Do come and join us especially if you are new to the village.

QUIZ DATES Fri 14 April, Fri 16 June, Fri 13 Oct, Fri 8 Dec 2023. The Quiz Night includes a Fish and Chip Supper £10 per person. To book or for further details please contact Jacki on 01394 411530.

MARTIAL ARTS CLUB held on a Tuesday, Thursday evenings and Saturday morning in the Memorial Hall for children and adults. For more details regarding the Kuk Sool Won Woodbridge Club please contact [.pauldtaylor@hotmail.co.uk](mailto:pauldtaylor@hotmail.co.uk).

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

CHURCH NEWS PAUSE FOR THOUGHT: Well here we come again just coming to the end of Lent and the start of Holy Week and Easter Day and we start eating Chocolate, Cheese and all these other things we have given up. Perhaps as we have learnt to do without them over the past 40 days we can continue, or if you have decided to do something extra for our community that it might continue. Sometimes there are things we want to hang on to and never give up.

I remember when I was a Hospital Chaplain. I spent many hours sometimes with people who really found that impending news was often not what they wanted to hear.

Especially if it was a diagnosis of a terminal nature. Or the loss of movement in the body or had something taken away. Either way it's not hard to accept.

People often turn to prayer even if they have never had anything to do with Faith/Religion. It's almost as if it's a just in case prayer or please put time back to those happy times before this happened. But Easter reminds us that Christ came to us to die and Rise again for us and have new life with him. Resurrection does not just mean a New Life in Heaven with our Father God. It's also a time for us to realise we can have a new way of coping with our new situation, and we can continue to find new ways to cope with what and where we now find ourselves in. Because in Christian belief we are no longer on our own. God is there too walking with us and alongside us in all our situations. Even though we may not see him, take confidence that he's there for you and me always. New Life begins when we can see this is not the end, but a new beginning.

An Ancient Prayer to end with:

Father. Teach us to pray, Teach us to look at the world through your eyes to see hardships and obstacles with deep compassion and Love for others. So, your will may be done through us today, Amen.

Rev Simon Cake

Following the Annual Church Meeting, Helen Shand is now Church Warden at All Saints.

2 April Palm Sunday	9.30	Morning Praise	Sutton Heath
7 April Good Friday	1200	Walk of Witness	Sutton
9 April Easter Sunday	11.00	Easter Eucharist	Sutton
16 April	11.00	Communion	Sutton
23 April	11.00	Morning Praise	Sutton

TRIP TO BURY ST EDMUNDS Rev Simon and Judy Foulger are organising a trip to Bury St Edmunds. The coach will pick up at Orford and Rendlesham then travel onto Hollesley and Rock Barracks. There will be the opportunity to shop and have lunch and then meet at the Cathedral at 2pm for a guided tour, this is optional. The coach will leave Hollesley at 9.50 and call at Rock Barracks for 10am. The cost is £6.50. If you are interested please contact Judy on judyfoulger02@gmail.com

WALK OF WITNESS will take place on Good Friday, we will meet All Saints Sutton at 1200 midday for our walk to St. Margaret of Antioch Shottisham

YARD SALE AND CAR BOOT to be held on Saturday 22 April 2-4pm on Sutton Recreation Ground and at residents gates! This is a good opportunity to get rid of unwanted items and make some money. If you live along Main Road or Old Post Office Lane you can sell from your gate if you live in outlying areas of the village then you can sell from the Recreation Ground. Car/Gate Pitches £5 to book please phone Sue on 01394 411793 or Daphne on 01394 384659 by Tuesday 11 April at the latest. Parking on the day will be at the Memorial Hall. We will be having a stall for the Church so if you have any donations towards the stall please contact Sue or Daphne to arrange delivery/collection, thank you.

GIRLS NIGHT OUT the next event will be held on 19 May and the theme will be First Day of Spring 6.30pm for 7pm £6 per person. Places must be booked by phoning Sue on 01394 411793 or emailing susancollins0911@gmail.com The dates for 2023 are: 19 May, 28 July, 22 September and 17 November.

FRIENDSHIP LUNCH the next Friendship Lunch will be held on Thursday 20 April in the Memorial Hall at 12 for 12.30. The price of the meal is £6 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.

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 2023: **25 April, 23 May, 20 June, 18 July, 15 August, 12 September, 10 October, 7 November and 5 December**

WOODBIDGE PROBUS CLUB A luncheon club for retired or semi-retired men from all walks of life including business and professional. The perfect way to spend a lunchtime. On the first Monday of each month at Woodbridge Golf Club. For more information please go to our website: woodbridgeprobus.org.uk or email: roger952brown@hotmail.co.uk

SANDLINGS SCHOOL Hello, it's Olivia, Polly and Charlie, and in this article we will be talking about two different celebrations that we have all been involved in this term; World Book Day and our participation in the Celebration 2023 concerts at Snape Maltings.

On the 1st and 2nd of March, we celebrated World Book Day. As part of our celebrations the whole school visited "Woodbridge Books" to spend our World Book Day vouchers. We

travelled in our school mini-bus throughout the morning, ferrying groups to the book shop. We were also able to buy some books for the school library; It was hard to choose as there were so many great books there!

On the 2nd of March, we dressed up as our favourite book characters. All the children dressed up using wacky props, from wooden hands to a giant-sized inflatable alien costume!

In the afternoon we made dioramas based on our class novels. In the Year 5/6 class, we made our dioramas based on: Letters from the Lighthouse by Emma Carroll, Percy Jackson and the lightning thief by Rick Riordan and Tuesday. We had fun making them! At the end of the day all our parents joined us for the Reading Café.

We performed at Snape Maltings on the 8th of March. We sang a personalised version of the song 'We are young' by Fun and also performed a Samba. The finale song was called "Me" and it was composed by Charlotte Harding. We did a tech rehearsal as well as a workshop with Charlotte. Our performance was first so we were very nervous! However, once we were on stage, all our worries went away and we really enjoyed the performance. Hope you enjoyed this article!

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

BAWDSEY SCHOOL Our article! By Adi and Ella

This month Class 3 have started their Beach School outdoor learning. We went down to East Lane Beach, and we made sculptures. The sculptures were sea creatures and we created them using natural resources. Natural resources are things like shells, driftwood, seaweed, rocks and sand. Caera and I (Ella) made a turtle sculpture out of stones and rubbish we found. We placed the rubbish on the turtle to show the damage that plastic in the sea can cause. I (Adi) created a sculpture of a Bottle Nose Dolphin. We are spending a lot of time at the beach as the eco-council also do a litter pick every Friday at lunch time. We have collected over 11kg in the last two weeks. We would like it if you could make things a little easier for us by... PICKING UP YOUR LITTER!

This month we had World Book Day and we enjoyed dressing up as book characters and having a day of fun book activities working in mixed age groups. We loved helping the younger children. We also saw our books that we sent to Uganda, the children sent videos and pictures back to us with Mr and Mrs Rankin from Uganda. We have had our science fair. We do this every year at Bawdsey school during science week. We all research a project at home and make a poster explaining how it works, then we show all our friends and families our experiments/projects. I (Ella) made a homemade lava lamp and Adi made a bag full of water with pencils pushed through it.

On Monday 6th March we had a great time taking part in a trial which was organised by Mrs Joyce. We completed a whole trial, with barristers and a retired judge (Mr Wyllie) and decided whether our teacher had stolen the special biscuits from the staff room. The verdict was 'not guilty'. We also had a video message that was 15 minutes long from a real barrister called Jim Sturman who answered all of our questions about life as a barrister. It was so much fun! Thankyou ☐

THE BLUE RABBIT CAFE SHOTTISHAM will open 10-12 on Easter Sunday for coffee, cakes, toasties etc. Then I will be open every weekend (Sat/Sun 9.30-1.30) from 6th/7th May onwards.

WHAT'S ON

1 April Jumble Sale – 2.00pm, the Hall. Open from 10.00am to receive donations

1 April Bawdsey Haven Yacht Club Illustrated Talk – 7.30pm, the Hall
15 April Hollesley Community Brunch – 11.30am-2.00pm, Hollesley Village Hall
15 April Bawdsey Market – 2.00-4.00pm, the Hall
22 April Sutton Car Boot Sale/Yard Sale – 2.00-4.00pm, £5.00 a pitch
29 April Shottisham WI Annual Plant & Cake Sale – 10.00am, Trust Hall
Deben Ferry recommences Easter weekends/bank holidays
Boathouse Café open Fri/Sat/Sun/Bank Holiday Mon, 11.00am-5.00pm
Poppy's Café Rock Barracks open Mon-Thurs 9.15am-2.00pm (closed over Easter)
Thrift Shop Rock Barracks, open Mon-Fri, 8.00am-4.00pm (closes Noon on Fri) (closed over Easter)
Marsh Farm Café RSPB Reserve Hollesley open 9.00am-3.00pm daily
Suffolk Punch Trust/Café open Easter Holidays 10.30am-4.00pm, closed Tuesdays
Blue Rabbit Café, Shottisham – Open Easter Sunday, 10.00am-Noon
 Pete's Pizzas, Shottisham – Ring 07850 815486 for days/times

CONTACT NOS:

Rev Simon Cake	07710 523856	simon.cake@outlook.com
Linda Gunson	01394 410279	suttonparishcouncil@gmail.com
Joy Porter		suttonmhbookings@gmail.com

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.

VOLUNTEERING FOR THE KINGS CORONATION We are all being encouraged to volunteer in our communities for the Kings Coronation and if anyone would like to help in anyway with the Sutton event, whether it be helping to erect the marquee, helping set up on the morning of the event, cooking the Barbecue or clearing away at the end of the event please let either Sue (411793 susancollins0911@gmail.com) or Daphne (384659 daphnemeneal@hotmail.com) know. Thank you.

KING `S CORONATION BARBECUE will be held on the Sutton Recreation Ground on Sunday 7 May 12.30 for 1pm. We will be serving Burger in a Bap/Sausage in a Roll with a selection of salads and for pudding a choice of Trifles. We will provide a glass of fizz for a toast to the King. There will be a raffle. Please bring your own drink and glasses, chairs or blankets. If the weather is inclement the event will be held in the hall. The charge for the event will be £10 per person, under 14s free. We do require you to book for the event by no later than Saturday 22 April by returning the tear off form and payment to Redlands, Old Post Office Lane, Sutton. Cheques should be made payable to Sutton Memorial Hall

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Please tear off and return slip and money to Redlands, Old Post Office Lane, Sutton by Saturday 22 April.

KINGS CORONATION BARBECUE

Name.....
 Address.....
 Requires adult tickets (£10.00 per person

..... under 14 tickets (free)

I enclose cash/cheque