

SUTTON NEWSLETTER NO 203 MAY 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

Wednesday 17th May from 13.00: staff training. Alderton s surgery will be open for booking future appointments, and the dispensary will be open for collections. Aldeburgh and Orford sugeries will be closed. All calls will continue to be redirected to 111 for this afternoon.

We offer an increasingly wide range of NHS services to our patients:

- Memory checks (if worried about dementia)
 - Menopause management
 - Paramedic appointments
 - Same day physiotherapy for acute musculoskeletal symptoms
 - Ultrasound (by referral)
 - Single skin lesion clinic
 - Mental health and wellbeing support
 - Insomnia support –SleepStation (a bespoke programme)
 - Social prescriber – support for non-clinical health and wellbeing needs
 - Compassionate Companion service – to support end of life choices and care
 - Full contraception services (eg coils) and sexual health
- Also available at our practice are non-NHS services (charged):*
- Chiropody – foot care appointments and home visits
 - Ear care – wax removal (see website)

Spring Covid booster vaccinations

We are well into our Spring Covid booster vaccination programme. If you have not booked yours yet and are over 75 yrs old or have a condition causing immunosuppression, please call the surgery and we will arrange it for you.

Clinician and appointment availability

We continue to offer a wide range of appointments and try to prioritise patient choice. This includes face to face, video, telephone, online (eConsult), early morning, later evening and weekends (extended hours GP+) appointments. As a multi-site practice we will also offer the next available appointment even if it is not the closest site.

Please contact us as soon as you are unable to attend an appointment

Hours of appointments are not attended by patients every week – especially for nurse and blood tests. This is despite sending texts at the time the appointment is made, and reminder texts the day before.

If you cannot attend your appointment, please call to inform us so we can offer it to other patients and reschedule your appointment.

PARISH COUNCIL NEWS

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.

DEER there has been an increase in the number of Deer and Muntjac involved in car accidents on the Heath Road over the last few weeks.

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.

MEMORIAL HALL NEWS: 100 CLUB the winners for the February draw were:
1st £30 Ball 8 Tony Cherry 2nd £20 Ball 17 Christopher Norton 3rd £10 Ball 10 Joan Scanlan 4th £5 Ball 6 Joy Porter .

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.

SPRING MARKET will be held in the Memorial Hall on Saturday 27 May from 10am. There will be a selection of local craft stalls, plus cake stall, raffle, tombola, plants, refreshments and raffle for garden hamper and cooking hamper.

VILLAGE BREAKFAST the date for the next Village Breakfast is Saturday 3 June, all places have to be booked by phoning Sue on 01394 411793. The dates for 2023 are: 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).

COFFEE AND CHAT will be held in the **Sutton Bowls Pavilion** on Thursday 4 May from 10am. Do come and join us especially if you are new to the village.

QUIZ Fri 16 June, Fri 13 Oct, Fri 8 Dec 2023. The Quiz Night includes a Fish and Chip Supper £10 per person 7pm for 7.30pm start. To book or for further details please contact Jacki on 01394 411530.

KNIT AND NATTER we will be meeting in the Memorial Hall on Friday 5 May from 2pm. Do come along and join us with your project, if you do not knit/crochet but enjoy another craft bring that along. If you want to just come for a cuppa and a natter then you are very welcome to join us. Some ladies are continuing to knit/crochet squares for End of Life blankets at Ipswich Hospital. If you enjoy knitting/crocheting and would like further details on how to be involved in this project please contact Sue on 01394 411793 or email susancollins0911@gmail.com for details. If knitting is not your thing, but you would be prepared to sew the squares together, again please contact Sue. We have recently sent the following blankets to Ipswich Hospital.



CHURCH NEWS From Reverend Robin

Dear Friends

May is going to be a momentous month!

It is exactly 70 years less one month since the last Coronation. Whether we travel to London ourselves or we watch it all on television, the memory of this great event with all its colour and pageantry, words and music, will remain with us for the rest of our lives.

Every Coronation in British history has been unique, following historical precedent but with the introduction of some new element. The Crown Jewels and Coronation Regalia have been used at every coronation since Charles II's, but this is the first time that the Stone of Scone will have been brought from Edinburgh Castle to be placed within the Coronation Chair on which the King will sit for the actual crowning. There will be other moments that will remind us that we are children of history whether it is sight of the historic Black Prince's Ruby or the sound of the Gospel Choir, and of course the threefold sequence of the Coronation Service – the promises made by the King and his acclamation by the people, his consecration and anointing, and his vesting, crowning and enthroning – has been followed in every coronation since King Edgar was crowned in the 10th century.

The ceremony will also remind us of our unique heritage, the understanding that our Head of State fulfils a vocation as servant of his people, and the ritual that formalises the beginning of his reign is of spiritual significance for it is a sacramental act in which both the King and his people participate. Whatever the recent census might suggest about the popularity of faith in this country, the ethical and moral principles that underpin our legal system and social culture are based on Christian values and understandings. A few weeks ago, King Charles himself said that "a nation's wealth and strength can be found in the values that it embodies – mutual respect, diversity, tolerance, fairness and friendship. These values, I trust, will remain so for centuries to come." These are values that give expression to the Christian commandment "Love you neighbour as yourself".

In recent weeks, local celebrations have been planned that will enable us to volunteer, respond and participate in community events over the Coronation weekend. I hope these will enable us all to feel a renewed sense of neighbourliness and care and concern towards those amongst whom we live, as well as being an opportunity for us all to enjoy ourselves together!

And again, at the end of the month, there will be another celebration of spiritual significance. Pentecost, traditionally called Whitsun in England, which commemorates the day when Jesus' disciples were filled with the Holy Spirit, is regarded by many as the birthday of the Church. Since that day, the Christian message of God's love, the gifts that it brings and the fruit that it bears, continues to spread its light and its life through the world. That will be another celebration to bring joy to our hearts.

May you know God's blessing for yourself this month.

Reverend Robin

SERVICES IN MAY

7 May	9.30	Morning Praise	Sutton Heath
14 May	1100	Café Church	All Saints, Sutton
21 May	1100	Communion	All Saints, Sutton
28 May	1100	Morning Praise	All Saints, Sutton

TRIP TO BURY ST EDMUNDS Rev Simon and Judy Foulger are organising a trip to Bury St Edmunds on Saturday 3 June. 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

GIRLS NIGHT OUT the next event will be held on 19 May, 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 18 May 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.

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).

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: **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 Hi everyone its Olivia Polly and Charlie, this week Fox class visited the Schools Farming Fair at Trinity Park and year 6 went on a visit to BT to learn all about ICT.

Our Fox class school council representatives, Archie and Busi, told us all about their visit. They told us that they saw lots of animals such as horses, lambs and cows and even learnt how to make sausages! They also learnt how to make DNA! They said the visit was brilliant but that it was made even more so, because all the children got to meet the Duchess of Edinburgh! Grace and Neena, had a lovely conversation with her and felt very lucky to do so.

Year 6 meanwhile, visited BT for an amazing ICT themed day. There were lots of other schools there. We learnt how to programme Edison Robots, Crumble Bots and micro - bits. In the afternoon we went to the amazing BT Show Case room which showcases

state of the art inventions and machinery which hopefully will be released to the world in the future! We had a brilliant day too.

Don't forget you can follow us on Facebook

<https://www.facebook.com/SandlingsPrimarySchool/> and Twitter @SandlingsP

Best wishes Miss Toal and the Sandlings Team

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 At Bawdsey CEVCP School we have had a great month. During their weekly cooking lessons, Seahorse class catered for the Mothers' Day/ Special person afternoon tea, and we had more special people than we have ever had come in to enjoy the scones, buns and cookies.

Before Easter we were sad that Mrs Rankin retired as a class teacher at Bawdsey school, after she has been with us for so many years; we are very pleased she is still going to run Forest School sessions for us!

In March/ April we have been completing an 'Area of Outstanding Natural Beauty' grant, where we were to show how we appreciate the beach at East Lane. There is an indicator that will soon be put outside of school to show how much litter the Eco-council picks up each week from East Lane. There is also a sculpture underway representing how litter is damaging the oceans and wildlife. This has been designed by Caera in year five and kindly brought to life by the artist Mr John Mann, who has sculpted the octopus' body with a chainsaw. The tentacles are all to be made from plastic bottles. Do have a look as you pass us on your way to visit the beach, but please remember the message and take your rubbish home with you!

KINGS CORONATION BARBECUE on Sunday 7 May 12,30 for 1pm. All tickets must be purchased in advance , no tickets available on the day.

🎯 WE ARE LAUNCHING TABLE TENNIS IN WOODBRIDGE! 🎯

- The venue: **Woodbridge Community Hall** which is ideally suited to host the sport.
- The initial slot will be a **Tuesday afternoon** but we will look to expand this subject to your feedback and hall availability.
- All ages/abilities are most welcome.
- There will be two **FREE** taster sessions on **Tues May 9th and 16th** between **13.30 - 16.30**. Just turn up whenever you can and we will ensure you get some games.
- We will loan you a bat if you don't have one - just bring yourself!
- Please mention this to any family/friends who could be interested.
- If you have any questions, please contact Steve - stevelemon1@live.co.uk
07405 870187 or Clive 07487 399794
- We look forward to welcoming you and hope this is the start of a fun new sport for people from Woodbridge and surrounding areas!

AFTERNOON TEA ON Saturday 10 June in Sutton Memorial Hall from 2pm. £5 per person for catering purposes we would like people to book by phoning 01394 411793 or 01394 384659 although you can turn up on the day. A raffle will be held also in aid of Flower Fund for Flower Festival.

DATE FOR YOUR DIARY – ALL SAINTS FLOWER FESTIVAL on Saturday 12 and Sunday 13 August, the theme will be My Favourite Things. More details to follow.

WHAT'S ON

20 May Bawdsey Market – 2.00-4.00pm, the Hall
27 May Spring Market – 10.00am, Sutton Memorial Hall
29 May Fete & Fun Dog Show – 2.00pm, Recreation Ground
1 June Breakfast – 9.00-10.30am, Sutton Memorial Hall, book with Sue 411793

Deben Ferry daily 10.00am-6.00pm

Boathouse Café open Thursday-Monday, 11.00am-5.00pm

Poppy's Café Rock Barracks open Mon-Thurs 9.15am-2.00pm

Thrift Shop Rock Barracks, open Mon-Fri, 8.00am-4.00pm (closes Noon on Fri)

Marsh Farm Café RSPB Reserve Hollesley open 10.00am-2.00pm daily

Suffolk Punch Trust/Café open Friday – Monday 10.30am-4.00pm

Blue Rabbit Café, Shottisham – Open 10.00am-Noon from 06.05.23

Pete's Pizzas, Shottisham – Ring 07850 815486 for days/times

CONTACT NOS:

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