

SUTTON NEWSLETTER NO 205 JULY 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 12 th July from 13.00: staff training. Alderton surgery will be open for booking future appointments, and the dispensary will be open for collections. Aldeburgh and Orford surgeries 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)
Travel health
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 & home visits
Ear care – wax removal (see website)

Congratulations to Dr Shahabi for becoming Partner at Peninsula Practice!

01394 411641

peninsula.practice@nhs.net www.thepeninsulapractice.co.uk

We are delighted to announce that Dr Jafar Shahabi is now a GP partner at Peninsula Practice. Dr Shahabi joined the practice as a trainee, then gained experience in Ipswich before returning to his favourite practice as a salaried GP in 2021.

FLU VACCINES We are busy organising for the upcoming flu season; we will be holding clinics at Hollesley Village Hall, Aldeburgh Old Generator Station and Orford Surgery. We will share details including dates, times and eligibility criteria will come next month.

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

In the first 3 months of 2023, the equivalent of a working weeks' worth of appointments were missed. This is valuable time – these appointments would have been given to others if they had been cancelled by the patients in advance.

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 will be held on Tuesday 25 July at 7pm in the Bowls Pavilion.

MARY WARNER`S EDUCATION FOUNDATION. As you may know the Charity is empowered to make grants to students who are under the age of 25 and who live (or whose parents live) in the Parishes of Boyton, Butley, Capel St Andrew, Shottisham, Sutton, Bawdsey, Alderton and Hollesley and may be in need of financial assistance.

The monies must be used for `promoting education and can include – Awarding to eligible students scholarships, exhibitions, bursaries, maintenance allowances or grants tenable at any school, university college of education or other institution of further (including professional and technical) education approved for the purpose by the Trustees.

Providing financial assistance, outfits, clothing, tools, instruments or books to assist such persons to pursue their education (including the study of music and other arts) to undertake travel in furtherance thereof or to prepare for or enter a profession, trade service on leaving school, university or other educational establishment.

The Trustees will be looking to make a fresh set of grants to such students at their next meeting the date of which is not yet known. If you are aware of any students in your Parish who may benefit from a grant can you please ask them to contact Jonathan Margaron of Cross Ram and Co Solicitors on info@crossram.co.uk or 01986 873636 so that an application form can be sent. Preferably application should be submitted after examination results are known and (if applicable) a college place has been confirmed.

POOR OR NONEXISTANT MOBILE PHONE SIGNAL? WIFICALLING MAY BE THE ANSWER

First, a note on what wifi calling is and how it works then what you need and how to get it should you want it.

What is it - Wifi calling allows you to use your mobile phone to make and receive calls (and texts) over a wifi conection so, when you're indoors in Sutton, you can still use your phone. The main (and more expensive) mobile networks e.g. Vodaphone, EE etc. have offered it for years but they did not allow the cheaper providers e.g. Giffgaff. !p etc. to offer it. This has now changed so you can now get wifi calling AND a cheap mobile deal.

What you need – WiFi (!!!), a mobile phone that supports wifi calling and a mobile operator that offers it.

A note on wifi, if you use one of the smaller wifi operators it may be best to ask them if they support wifi calling. We use Voneus (the old Fibrewifi) and it works OK.

To find out which mobile providers offer it google "Mobile Provider with wi fi calling" and you'll find a bunch of sites that list all the providers.

You can check their tariffs on the usual comparison sites.

The mobile providers websites have a list (somewhere!) of the phones that can support wifi calling. Alternatively google something like "phone with wifi calling"

So, if you've got a suitable phone and know which mobile provider you want you just have to switch and that is now very easy. Ofcom have an excellent guide:

<https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/switching/switching-mobile-phone-provider>

If anyone has questions they can get in touch with me - broomheath@gmail.com

Brian Atkinson

SUTTON MEMORIAL HALL NEWS: 100 CLUB the winners for the draw last month were: 1st Ball 3 £30 Angie Mills, 2nd Ball 11 £20 Wendy Cherry, 3rd Ball 27 £10 Les Andrews, 4th Ball 20 £5 Roger Menear. 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 5 August, all places have to be booked by phoning Sue on 01394 411793. The dates for 2023 are: 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 Memorial Hall on Thursday 6 July from 10am.

QUIZ 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.

AFTERNOON TEA thank you to everyone who helped in anyway, cooked and provided cakes and bakes and attended the event. It was a truly lovely afternoon.

CHURCH NEWS

And so, we move into July with Ordinary time, in which we may rest, for as many as twenty-one weeks, sweeping through what we hope might be a long languid summer, through harvest and the equinox, until the end of October. Then follows Bible Sunday's reminder of our scriptures as we enter that special period of Remembrance-tide.

We have journeyed far, from Incarnation, to passion, death, resurrection and Ascension – all those defining events of Jesus's life, which are now reflected in our pattern of worship. A pinnacle has been achieved, a culmination reached, and we can now take stock, settle, and rest. We have been given the Advocate, the Holy Spirit, and we have just spent time trying to grasp how the Father, Son and Holy Spirit fit together in the Trinity of the triune majesty. Does it matter if the doctrine is hard for us to understand? I don't think so. I always think of the apostle Peter, who himself asked many a naïve question, and will do so again at Jesus's Transfiguration in August. He may have been perplexed as we may surely be, but he went on to be a great leader, as we can too.

All the days of our life, we will be guided by the so-called *Comforter*, holding our hand when we are down-hearted as we travel our own journeys. The Holy Spirit is often symbolised by a dove, as rescued in stained glass from the damaged east window of St Peter's Church in Chillesford, or, by the wild goose of Celtic Christianity, as I had so much fun researching – displaying fearlessness, fortitude and compassion – so very apt.

The long weeks of summer, and much of autumn, may be filled with our gardens, our seafaring adventures, and with music – from folk to classical and everything in between, in pubs and bars, in churches, in the concert halls of Snape Maltings – orchestras, ensembles, and the exquisite voices of choirs and soloists. There are wonderful pieces of church music to listen to, sixteenth century Palestrina to contemporary compositions. Orford choir shone with canticles and anthems for the Coronation, and St Bartholomew's and its organ was on fire again for the second Catherine Ennis memorial recital by the much-feted principal organist of the Cathedral of Notre Dame, Olivier Latry.

The last time I wrote this piece I spoke about endeavours to protect our historic church buildings here in Suffolk, and to repair failing gutters and crumbling plaster. The scale may be smaller than Notre Dame but the churches are much treasured. I am pleased to note a second phase of works starting in my parish church which will culminate in limewashing the whole of the interior, enticing visitors maybe to worship, or just to look, to be thankful for the beauty which surrounds them, to be at peace.

For quiet and contemplation, the minds of many turn to the chancel of St Gregory's Church which has those glorious soft Suffolk pink walls, and which provides, every fourth Sunday, a Taizé service - just forty minutes of meditative music, sung in many languages, prayer, and silence, in the stillness of the evening and in the peace of candlelight.

Come Holy Spirit, our hearts inspire! *Janet Bishop, Reader*

SERVICES IN JULY

| | | | |
|---------|-------|----------------|--------------|
| 2 July | 9.30 | Morning Praise | Sutton Heath |
| 9 July | 11.00 | Café Church | All Saints |
| 16 July | 11.00 | Communion | All Saints |
| 23 July | 11.00 | Family Service | All Saints |

KNIT AND NATTER we will be meeting in the Memorial Hall on Friday 7 July from 2pm. Do come along and join us with your project, if you do not knit/crochet but enjoy another craft bring that along.

GIRLS NIGHT OUT the next event will be held on Friday 28 July, 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: 28 July, 8 September and 17 November.

FRIENDSHIP LUNCH the next Friendship Lunch will be held on Thursday 20 July 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).

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.

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: **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 It has been a really busy last few weeks of the summer term here at Sandlings Primary school.

Our Year 5 and 6 class had a three-day trip to PGL in Bawdsey. While they didn't travel far, they had a fantastic trip, and came back tired, but with lots of stories to tell. They took part in rock climbing, raft building, the giant swing, a challenge course, archery and Jacobs's ladder. They also had campfires in the evening and a thunderstorm while they were there! The children said the trip was "amazing fun and phenomenal!" Charlie from Year 5 said his favourite activity was Jacobs Ladder, as he was really pleased to get to the top!

Our Year 3/4 class and our Year 1/2 class all went to visit Colchester Castle. Year 3 and 4 class were learning about Romans, and loved looking at the fascinating exhibits, as well as dressing up as Romans. The children really enjoyed going underground in the castle, looking at the foundations of the roman temple that the castle was built on.

Meanwhile Year 1 and 2 were looking at the castle as a house and home and they too enjoyed dressing up as knights and learning about how people lived long ago.

On Friday afternoon, our parents were invited to join us for the Sandlings Primary sports day. The weather was lovely, and the children took part in a number of races, such as sprints, dressing up and relay races. The parents were invited to join in with a parent's race as well! Our PTA volunteers kept everyone cool, with ice pops and drinks, and a cake sale to raise money for the school.

At the end of term our reception class are off to Felixstowe to create art on the beach, as part of their "Under the Sea" topic and are having a picnic lunch on the beach.

Our KS2 children are busy practising for their end of year play- "Cinderella Rockafella" to parents in the last week of term, and you can hear their lovely singing all over the school.

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

HOLLESLEY BAY PRISON have an upcoming Recruitment Open Day on Tuesday 18th July. These are the links to the vacancies they currently have and will be promoting at the Open Day:

[External Opportunities - MoJ \(tal.net\)](#)

If people want to sign up to attend the Open Day, the following link to 'tickets' is below:

[HMP Hollesley Bay - Recruitment Open Day Tickets, Tue 18 Jul 2023 at 09:30 | Eventbrite](#)

Tickets are free, so if in the unlikely circumstance people are asked to pay for a ticket, please **do not**.

The timings of the day will be **09:30 – 12:30**

There will be lots of opportunities to talk to serving members of staff from the prison to gain a great understanding of what a career in His Majesty's Prison and Probation Service could look like!

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 school we have been enjoying so much more than just our academic subjects this term. We have taken part in the Suffolk School games cricket completion and won three out of the four matches. In the last couple of weeks, we have had a transition day with year 6 at Orford school, taken part with other schools playing our clarinets in a music festival, and Rec- year 6 have been on a whole school trip to Africa Alive laid completely by parents/carers' fundraising. Years 4-6 tested their resilience on all of the activities at PGL and loved every moment and the Nursery and Reception class are looking forward to their Pirate day next week and having a picnic on the beach. We were delighted that three of our children's artwork was picked to be displayed in the Young Art East Anglia competition and we have donated our older library books to a charity to take them to schools in Africa. This last weekend one of our teachers Mr Ward won the Orwell Challenge half marathon and is training the children to run during the Bawdsey Bolt each morning. We hope you have all seen our completed octopus sculpture as you pass us on the way to East Lane too, as we are still litter picking the beach each week and want to remind others to take their litter home.

We have two vacancies for September at school, one for a Teaching Assistant for 30 hours a week and one for a caretaker to do odd jobs for two hours a week- do contact us if you are interested.

ALL SAINTS FLOWER FESTIVAL on Saturday 12 and Sunday 13 August, the theme will be My Favorite Things. More details next month!

SUTTON HEATH Big Summer Extravaganza on Saturday 22 July 12-3pm at Sandlings Primary School field. Everyone is welcome, stalls, raffle, food and drink, live entertainment, face painting, tombola and more. Please note dogs are not permitted on the school field.

WICKHAM MARKET FLOWER CLUB Our next meeting at the Wickham Market Village Hall at 6.30 for 7pm start. Thursday 27th July – Helen Bird come along and see what we do. The FIRST meeting is FREE. Bring a friend. NOTE there is no meeting in AUGUST.

WHAT'S ON

8 July Alderton Fete – 2.00pm on the Recreation Ground

15 July Bawdsey Market – 2.00-4.00pm, the Hall

Deben Ferry daily 10.00am-5.00pm

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 Wednesday – Monday 10.30am-4.00pm
Blue Rabbit Café, Shottisham – Open 10.00am-1.30pm
Pete's Pizzas, Shottisham – Ring 07850 815486 for days/times
Mobile Post Office Every Thursday, 1.15-3.15pm, Alderton Village Hall

CONTACT NOS:

Rev Simon Cake 07710 523856
Linda Candy
Joy Porter

simon.cake@outlook.com
suttonparishcouncil@gmail.com
suttonmhbookings@gmail.com

If you wish to receive the newsletter electronically and also any urgent matters, eg road closures, roadworks etc please contact susancollins0911@gmail.com. Email addresses remain confidential and are not shared with a third party.