

# SUTTON NEWSLETTER NO 206 AUGUST 2023

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DAY	ALDERTON	ALDEBURGH	ORFORD
Monday	8.00 to <b>14.30</b>	8.00 to 18.30	8.00 to 18.30
Tuesday	8.00 to 18.30	8.00 to 18.30	<b>CLOSED</b>
Wednesday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>
Thursday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>
Friday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>

Thursday 10<sup>th</sup> August from 13.00: staff training. Aldeburgh surgery will be open for booking future appointments. Alderton and Orford surgeries will be closed. All calls will 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
- Birth Preparation Doula
- Ear care – wax removal (see website)

### **Flu vaccine clinics**

One of the ways we will be sending out invites is via text, so if you have one, please ensure that the practice has your up to date mobile number. We have organised the first of our flu vaccine clinics:

- Wednesday 20<sup>th</sup> September 2023, 8:30am–6pm – *Aldeburgh Old Generator Station*
- Tuesday 26<sup>th</sup> September 2023, 8:30am–6pm – *Orford Surgery*
- Thursday 5<sup>th</sup> October 2023, 8:30am–6pm – *Hollesley Village Hall*

### **Eligible groups**

- Everyone 65 years and over;
- those in clinical risk groups;
  - pregnant women;
- all children aged 2 or 3 years and primary school aged children;
  - residents in care and nursing homes;
- carers in receipt of carer's allowance, or the main carer of an elderly or disabled person;
  - close contacts of immunocompromised individuals;

- frontline workers in a social care setting.

### 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](mailto:suttonparishcouncil@gmail.com) or by phoning 07769912164.

**PARISH COUNCIL MEETING** the next meeting will be held on Tuesday 19 September 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](mailto: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.

**THERMAL IMAGING** The Parish Council has the opportunity to use the Thermal Imaging Camera again. If anyone is interested in having a Thermal Imaging Survey carried out on their property please contact the Parish Clerk.

**SOLID OAK POST** Used 8`6" 6x6 solid oak post available. Best offer secures. Viewing by arrangement



### NEW OUTREACH IN BOTH KESGRAVE AND SOUTHWOLD FOR CITIZENS ADVICE EAST SUFFOLK

Since the formation of Citizens Advice East Suffolk our services have been reviewed to ensure they meet the needs of the people in our communities. Below is an update on our new contact details, offices and outreach services.

Citizens Advice helps people find a way forward. We provide free, confidential and independent advice to help people overcome their problems. We are a voice for our clients on the issues that matter to them. We value diversity, champion equality and challenge discrimination and harassment. We are here for everyone.

#### For free, confidential and independent advice:

Call us on 0808 278 7866 between 10am to 2pm Monday to Friday.

Our lines are very busy at the moment, so alternatively visit [www.caes.org.uk](http://www.caes.org.uk) for all the different ways you can contact us

#### CITIZENS ADVICE CENTRES IN EAST SUFFOLK

##### Main offices:

Beccles: 12 New Market, Beccles, NR34 9HA. Monday, Wednesday and Friday by appointment.

Felixstowe: 2 – 6 Orwell Road, Felixstowe, IP11 7HD. Monday-Friday 10-1pm by appointment. Leiston Office: 14 Colonial House, Leiston IP16 4JD. Monday, Tuesday, Thursday and Friday by appointment. Lowestoft: St Margaret's House, Gordon Road, Lowestoft, NR32 1JQ. Tuesdays and Thursdays by appointment.

### Outreach drop in centres:

- Aldeburgh and Alderton – by appointment.
- **NEW VENUE\*\*** Bungay 28 Wingfield Street, Bungay, Suffolk NR35 1EZ. Drop in every Tuesday 10am-12 noon.
- Framlingham Library, The Old Court House, Bridge Street, Framlingham IP13 9BA. Drop in every Friday 10am-12noon.
- Halesworth Library Bridge St, Halesworth IP19 8AD. Drop in on the 1st and 3rd Tuesday 10am-12 noon.
- **NEW VENUE\*\*** Kesgrave Community and Conference Centre, Twelve Acre Approach, Kesgrave, Suffolk IP5 1JF. Drop in on the third Tuesday of the month from 9am-12 noon – starting from 15<sup>th</sup> August.
- Saxmundham Library, Street Farm Road, Saxmundham IP17 1AL. Drop in every Wednesday 10am-12 noon.
- **NEW\*\*** Stella Peskett Millenium Hall, Might's Road, Southwold IP18 6BE. Drop in second Monday of each month from 10- 12noon starting on 7<sup>th</sup> July.
- Wickham Market Resource Centre, Chapel Lane, Wickham Market IP13 0SB. Drop in every Tuesday 1.30pm-3.30pm.
- Woodbridge Library New St, Woodbridge IP12 1DT. Drop in every Monday 10am-12 noon.

**SUTTON MEMORIAL HALL NEWS: 100 CLUB** the winners for the draw last month were: 1<sup>st</sup> £30 Ball 9 Sue Youngs, 2<sup>nd</sup> £20 Ball 27 Les Andrews, 3<sup>rd</sup> £10 Ball 4 Brian Atkinson, 4<sup>th</sup> £5 Ball 23 Sue Collins. 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 3 August 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.

### CHURCH NEWS

Dear All,

**"Whose service is perfect freedom"**

**What a joy it was for me to have the opportunity to watch and take part ( at a distance on the TV!), in the service of the Coronation of our new King, Charles III.**

The inspired theme of our new King Charles's III reign, which could be our own theme, was a personal declaration of profound humility expressed through the words of Jesus Christ himself.

– 'I come not to be served but to serve'.

What a wonderful theme "Called To Serve", which could be the very theme for all human beings, especially Christians. This is indeed the same theme I saw enacted in my own parents, while they were alive, and so many people I have been privileged to meet in the two years since my wife and I moved to Rendlesham and all the neighbouring villages of East Suffolk.

The Coronation started with a pledge to serve by the King, whose first words aloud in the Abbey were "In His name, and after His example, I come not to be served but to serve."

As The Archbishop, Justin Welby, said "The Coronation is first and foremost an act of Christian worship. The signs, symbols and language remind us that our God is the Servant King. By his anointing in this service,

He creates the unchangeable law of good authority that with the privilege of power comes the duty to serve.

His Majesty King Charles III was set apart to fulfil his vocation of service and duty to us all. This is the character of kingship today.

Service is love in action. We see active love in our care for the most vulnerable, the way we nurture and encourage the young, in the conservation of the natural world. We have seen those priorities in the life of duty lived by our King.

So many who show such love; work with charities and organisations, you build community, you serve the nation in Armed Forces, in emergency services, and so many other ways.

His throne was a Cross. His crown was made of thorns. His regalia were the wounds that pierced his body.

Each of us is called by God to serve. Whatever that looks like in our own lives, each of us can choose God's way today.

We can say to the King of Kings, God Himself, as our King did on 6th May today, 'give grace that in thy service I may find perfect freedom'.

Only recently, on 27th June I was privileged to be at a beautiful service at St. Batholomew's, Orford when the new Archdeacon for East Suffolk The Venerable Richard Henderson Licensed our new Rural Dean Rev'd Giles and admitted all the new ladies and gentlemen elected by the parishes in the Woodbridge Deanery for the the key office of Churchwardens for the coming year of service .

I was so impressed by the generosity of all the churchwardens I talked with, some newly elected , others having given as much as 52 years of selfless service for many hours a week, without which the churches could not properly function.

Everywhere I find beautiful examples from 'ordinary' men and women who have lived a life of service like those church wardens and it is this which makes it such a joy to serve here.

May God Bless you all with his boundless love

Stephen Rev'd Dr S.Thompson

### SERVICES IN AUGUST

6 August	9.30	Morning Praise	Sutton Heath
<b>13 August</b>		<b>No service at All Saints, Concert at 6.30pm</b>	
20 August	11.00	Communion	All Saints
27 August	11.00	Family Service	All Saints

**ALL SAINTS FLOWER FESTIVAL** All Saints Church at Sutton IP 12 3DU will be holding their Biennial Flower Festival on Saturday 12 and Sunday 13 August when the Church will be filled with spectacular and colourful displays on the theme 'My Favorite Things'. The Church will be open for viewing from 10am-6pm on both days, free entry but donations would be very welcome. There is provision for car parking and there are toilet facilities at the Church.

Refreshments will be served in a marquee tea, coffee, delicious cakes and scones with cream and jam will be served on both days during the viewing hours. There will also be a raffle, book stall, plants and produce and small craft stall. Please do tell your family and friends about the event.

The weekend will draw to a close with a Concert 'Top of the World' by the Hollesley Singers at 6.30pm on the Sunday. The Concert will be followed with light refreshments and the drawing of the raffle.

**KNIT AND NATTER** we will be meeting in the Memorial Hall on Friday 4 August 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 on the theme of Harvest will be held on Friday 8 September, 6.30pm for 7pm £6 per person. Places must be booked by phoning Sue on 01394 411793 or emailing [susancollins0911@gmail.com](mailto:susancollins0911@gmail.com) The dates for 2023 are: 8 September and 17 November.

**FRIENDSHIP LUNCH** the next Friendship Lunch will be held on Thursday 17 August 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: **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](http://woodbridgeprobus.org.uk) or email: [roger952brown@hotmail.co.uk](mailto:roger952brown@hotmail.co.uk)

**WOODHALL MANOR** there will be Fireworks taking place at a wedding at Woodhall on Sunday 6 August at 10.15pm and also on Friday 8<sup>th</sup> September 2023 at 8:45pm.

**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](mailto:caroline.fiddes@msn.com)

**SUTTON PLOUGH** Jefferson County playing at the Plough on 19<sup>th</sup> August at 8 o'clock.

**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

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Linda Candy

Joy Porter

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