

SUTTON NEWSLETTER NO 209

NOVEMBER 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

Thursday 9th November 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 be redirected to 111 for this afternoon.

Wednesday 6th December 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
- Ear care – wax removal (see website)

Goodbye and Thank You to Dr John Scott

On behalf of all the staff and thousands of patients who have benefited from the care, kindness and expertise of Dr John Scott, we would like to thank him and wish him the very best as he steps down from his GP position with Peninsula Practice in December.

Contact details

Have you given us your current mobile number? This allows you to get information directly and quickly from us.

We can send you appointment reminders, results, and information via your phone if you share your up to date mobile number (you can opt out of these if you wish).

To check if we have your current number and to update, go to your account at <https://systmonline.tpp-uk.com/> or call the surgery after 11am.

PARISH COUNCIL NEWS From November Mike Peates will be starting as our new Parish Clerk. Mike, who lives in Hollesey is a regular bowls player and many of you may have met him already as he is a regular stall holder at weekend markets held across the peninsula. The parish council extends a warm welcome to Mike and would like to thank the retiring clerk Linda Candy for all her hard work in the role.

In September Peter Youngs decided to step down from his role as a parish councillor. Peter has been a very active and dedicated member of the council for around 30 years and as a lifelong resident of the village has been an invaluable source of knowledge. His sagely advice will be very much missed around the table at future parish council meetings. I am sure Peter will remain involved in village matters and we wish him all the very best in the future.
Alan McManus Chair Sutton Parish Council

If you have a problem or concern Mike Peates the Parish Clerk can be contacted via the email address suttonparishcouncil@gmail.com or on 07850 422972. The next meeting will be held on Tuesday 28 November at 7pm in the Bowls Pavilion.

CITIZENS ADVICE 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 for all the different ways you can contact us.

SUTTON MEMORIAL HALL NEWS: 100 CLUB the winners for the draw last month were: 1st £30 Ball 8 Tony Cherry, 2nd £20 Ball 26 Les Andrews, 3rd £10 Ball 11 Wendy Cherry, 4th £5 Ball 6 Joy Porter. 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 2 December, all places have to be booked by phoning Sue on 01394 411793. 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 2 November from 10am.

QUIZ 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.

ANNUAL JUMBLE SALE thank you to all who donated, helped set up, serve, clear away, provided refreshments or attended the Jumble Sale.



CHRISTMAS MARKET will be held in the Memorial Hall on Saturday 25 November, 10am-12.30pm. There will be a selection of local craft stalls selling a selection of Jewellery, Cards, Succulents, Wooden Gifts, Knitting, Chocolate, Macramé, Resin, Christmas Decorations, Homemade Fudge, Painted Glass and lots more! There will also be a Cake Stall, Tombola, Raffle and a Hamper Raffle. Refreshments of tea, coffee and mulled fruit juice,

mincepies and sausage rolls will also be on sale to enjoy. A good opportunity to do some Christmas shopping, hope to see you there!

CHRISTMAS TEA PARTY on Monday 4 December 1.45 for 2pm, there will be musical entertainment from a local choir followed by the Christmas Afternoon Tea and finally a raffle. For catering purposes we do require people to book by Monday 28 November by phoning or emailing either Sue on 01394 411793, susancollins0911@gmail.com, or Daphne Menear on 01394 384659 daphnemeneat@hotmail.com Lifts to and from the hall can be arranged, please mention that you require a lift when you book. Thank you.

HALL HEATING In mid- July the Memorial Hall Committee embarked upon an ambitious project to replace our near twenty-year-old heating system with the replacement costing £11,100. Reserves enabled 50% to be found with a requirement to raise another £5,550 to cover the remainder of the project. Support was gratefully received from our County Councillor Andrew Reid, District Councillor

James Mallinder, together with significant donations from local benefactors and various other welcomed donations.

Our target was achieved in early October enabling our new system to be installed and up and running in under three months! This has reduced our carbon footprint, heating costs and is also wi-fi enabled so we have greater control over the heating. Many thanks to all those who helped bring this to fruition in time for the winter.

CHURCH NEWS

Dear Friends,

November and the nights are drawing in, the leaves on the trees are turning from green to reds and golds, there is a definite chill in the air, and people are beginning to talk more about...yes, you've guessed it, Christmas!! There are aisles in the shops devoted to Christmas cards, decorations and traditional Christmas treats!

But November is a special month. It is a month when we remember. On the 1st and 2nd of November, people will be attending 'remembering' services for All Saints Day and All Souls Day, taking time to think of those they grieve in a more personal way.

The Very Reverend Stephen Lake, Dean of Gloucester reflects on how lighting a candle, or simply pausing in the silence, can be an enormous sense of comfort to people. Lighting a candle can help us to remember, to pause, to focus, to calm and to pray.

For many people around the world, November will involve events marking the 11th November, Armistice Day and in many churches, parks and village greens, on Remembrance Sunday there will be a local memorial service to remember those who gave their lives in conflicts past and present.

As many will know, I have the enormous privilege of being the Chaplain for The Spirit of Normandy Trust, and this year, we managed to take 8 Veterans back to Normandy for the 79th Commemorations of the D-Day landings. As well as taking Acts of Remembrance in various Commonwealth War Cemeteries, this year I took a service out at sea, remembering the lives lost on HMS Fratton off the Normandy coast, giving up a poppy wreath to the elements following the exhortation, taken from the poem "For the Fallen" by Laurence Binyon:

They shall grow not old, as we who are left grow old, age shall not weary them, nor the years condemn, at the going down of the sun, and in the morning, we will remember them.

During this Act of Remembrance, we had the last living survivor from HMS Fratton with us, who, at 99 years of age, stood and remembered his mates, who didn't come home. A very poignant moment. And so we light our candles, and remember Christ as the light of the world, lighting our way when things seem dark or difficult.

May the Light of Christ be with you during this season of remembering,
With love and blessings, Rev'd Mandy Xx

SERVICES IN NOVEMBER

5 Nov	9.30	Morning Praise	Sutton Heath
12 Nov	10.50	Remembrance Service	All Saints Sutton
19 Nov	11.00	Communion	All Saints Sutton
26 Nov	11.00	Family Service	All Saints Sutton

DATE FOR YOUR DIARY service at All Saints Sutton on Sunday 10 December will be at 9.30 rather than the usual time, more details in December newsletter.

KNIT AND NATTER we will be meeting in the Memorial Hall on Friday 3 November from 2pm. Do come along and join us with your project, if you do not knit/crochet but enjoy another craft bring that along.

GUY FAWKES NIGHT A resident in Old Post Office Lane is wanting to inform residents of Sutton that he will be holding his annual bonfire on the weekend near November 5th weather permitting. He only has one bonfire a year and this takes place in November when his grandchildren are able to visit and enjoy. At all times the bonfire is attended to and he will have a hosepipe set up should an emergency arise. He wants to make residents aware of his plan to avoid a repeat of last year, when someone called out the Emergency Services. Thank you.

FIREWORKS AT WOODHALL MANOR Fireworks taking place on Saturday 11th November.

GIRLS NIGHT OUT the next event will be held on Friday 17 November September, 6.30pm for 7pm £6 per person, when we will be celebrating our 10 year anniversary. 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 16 November 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.

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: **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

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

IKEA trip on Tuesday 7 November coach leaving Bawdsey at 8.30am, picking up at Alderton, Sutton, Melton Station and Woodbridge. Leaving IKEA at approximately 3.30pm. £17.50 per head. If interested please contact judyfoulger02@gmail.com

PILATES CLASS classes are held at Hollesley Village Hall on a Monday evening and Wednesday morning.

SUTTON LADIES CLUB will be meeting in the Memorial Hall on Wednesday 8 November at 7pm. Refreshments and chat follow the talk of the evening. £2 per person. New members very welcome.

CHRISTMAS CRAFT FAIR supporting local artists on Sunday 5 November at Bromeswell Village Hall 11am-3pm. Admission £1. Handmade goods, candles, local produce, toiletries, textiles, gifts. Cash only Refreshments will be on sale. In aid of Bromeswell Church.

SANDLINGS SCHOOL Hello we are the year 5 new school council reps. Our names are Izzy, Thea, Nina and Nolah. We are excited to be school councillors and are looking forward to making a difference!

This first half term has been jam packed! We held an open day for people to look round our amazing school. Lots of activities took place, for example gymnastics, forest schools, cooking (Brazilian cheese pastries- delicious!) and even Kurling!

In class we began the term looking at the theme of identity. We have drawn self-portraits that all have something we value hidden in the pictures. We also wrote stories and poems about the importance of identity.

In addition to all of our lessons different year groups have been out and about in the local area! Year 5/6 visited BT for a programming event, year 6 worked on keeping safe at the local crucial crew event and the whole of key stage 2 swim at Deben pools every week!

Our chair of governors, Miss Kathy Garnet has asked us to remind everyone that we have vacancies for School Governors so do get in touch if you would like to find out more!

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

WHATS ON:

- 4 Nov** Bawdsey History Afternoon – 2.00pm, the Hall (postponed from 07.10.23)
- 5 Nov** Christmas Craft Fair – 11.00am-3.00pm, Bromeswell Village Hall
- 18 Nov** Bawdsey Market – 2.00-4.00pm, the Hall
- 25 Nov** Christmas Market – 10.00am-12.00pm, Sutton Memorial Hall
- 5 Dec** Bawdsey Craft Group Christmas Coffee Morning – 10.00am-12.00pm, the Hall

Boathouse Café open Friday-Sunday 11.00am-5.00pm

Poppy's Café Rock Barracks – Monday-Thursday 9.15am-2.00pm

Thrift Shop Rock Barracks – 9.00am-4.00pm (close noon on Fridays)

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

Police www.suffolkpolice.uk, email woodbridge.snt@suffolk.pnn.police.uk, tel: 101

CONTACT NOS:

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Joy Porter

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