

SUTTON NEWSLETTER NO 211 JANUARY 2024

Wishing you all a happy and healthy 2024!



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 is important for our practice. On the following days, surgery sites are closed from 13:00 until the following day. The specified site is open for booking future appointments and accessing repeat prescriptions.

- Thursday 8th February 2024 – Alderton
 - Wednesday 6th March - Aldeburgh
- All calls will be redirected to 111.

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)

Happy New Year!

As we bring in 2024, we would like to wish our patients a Happy New Year, and encourage everyone to use this year to take care of their health using some of the following tips:

- If you feel a new lump in your body, please contact us;
- Movement is good – moving your body in ways that you can and don't cause pain keeps your joints mobile and heart pumping;
- Brush your teeth twice a day (and at least right before you go to bed);
 - Drink lots of water;
 - Vegetables and fruit are your friends;
- **Your health is important to us – if you have any concerns or questions about your health, please contact us, we want to help!**

Welcome to Dr Ian Rudland!

We are delighted to welcome Dr Rudland back to Peninsula Practice. Many of you will remember Dr Rudland who successfully completed his GP training with us and is very happy to be returning as a permanent member of our excellent GP team.

PARISH COUNCIL NEWS: 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 Parish Council meeting will be held on Tuesday 23 January at 7pm in the Sutton Bowls Pavilion.

VILLAGE WEBSITE <http://sutton.onesuffolk.net>

PLANNING: If you have any comment to make on the following application please contact the Planning Department at East Suffolk Council:

Planning reference: DC/23/3512/FUL Proposal: Erection of pillars and iron gate. Erection of footpath gate Site address: Methersgate Hall, Methersgate Hall Drive, Sutton, Woodbridge, Suffolk IP12 3JL

REFUSE COLLECTIONS following on from Christmas the refuse collection which would normally be on Thursday 4 January will be collected on Saturday 6 January. The collection normally on Thursday 11 January will be on Friday 12 January, thereafter the collections will be back to normal.

USEFUL TELEPHONE NUMBERS: Experiencing a power cut, contact 105 who will put you through to the correct network.

SCAMS If you think someone is trying to trick you into handing over money or personal details: **STOP, HANG UP, CALL 159 to speak directly to your bank.**

MESSAGE FROM COUNCILLOR JAMES MALLINDER 2024 Message

In 2019, the conservatives were given the incredible honour to establish East Suffolk resulting out of the merger of Suffolk Coastal and Waveney District Councils. It was the newest and largest (by population) non-metropolitan district council in the country.

The environment is one of the principle foundations of the council's first administration, led by Cllr Steve Gallant. We should not underestimate the importance of this emphasis and it is crucial those with authority must engage with all political parties and all stakeholders. The environment is not a political issue but belongs to all of us.

We declared a climate emergency and we knew we had to lead by actions not just words, to question the status quo and to make bold changes in how the council functions. The environment is about jobs, employment, houses, consumption and waste not just about the trees. Our environmental policy, which I led, evolved so it worked alongside business, not acting as a separate pressure. Development can be and should be positive if it uses fewer resources more efficiently leaving a smaller carbon footprint. One of our important legacies is the Deben School project in Felixstowe which is being built to Passive Haus standard and is exemplary in its engagement with biodiversity. And I am working hard to make sure any new projects are held to this standard. It is crucial in local government that themes and visions thread across all divisions. We must continue to make sure environmental considerations are embedded in all policy formation and council decisions.

In East Suffolk, we have proposed clean-energy projects, but these national infrastructure works can also have an impact on the environment, such as on biodiversity or a designated Area of Outstanding Natural Beauty. We must look at the full picture. It's perverse to solve one aspect of the environmental conundrum while destroying something else you want to preserve and nurture. However, such projects provide much needed local employment and secondary economic benefits from the necessary services industries. So we need to see better implementation and engagement with Westminster decision makers.

District councils have an important role to play in leading by example and empowering local communities to do something no matter how small making a real and lasting difference.

Moving into 2024, I want to reassure all residents that although in opposition, I continue to push hard for environmental issues, also looking at how to effect a change in long-term behaviour, buying and wasting less or adopting more sustainable forms of travel. I will continue to try to ensure delivery of environmental, realistic and financially prudent policy. And of course I defend, protect and champion our communities and wonderful biodiversity.

Wishing you all a very happy new year and peaceful 2024

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: £30 no 9 Sue Youngs, £20 no 6 Joy Porter, £10 no 21 Freda Backhouse and £10 no 20 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 41027

CHRISTMAS EVENTS IN SUTTON - CHRISTMAS AFTERNOON TEA



We had 33 guests attend our afternoon tea. The Christmas Choir from the Sandlings School entertained our guests with a lovely selection of Christmas songs. Christmas Tea then followed the entertainment. Micky joined us with her squeezebox and we all sang Carols and the afternoon ended with the Christmas Raffle.

CHRISTMAS FRIENDSHIP LUNCH 38 people sat down to enjoy a Christmas lunch on what was a very wet blustery day. 3 people were unable to join us and we delivered their lunch to them. The lunch finished with a raffle

to win a Christmas Hamper and other prizes.

VILLAGE BREAKFAST the date for the next Village Breakfast is Saturday 2 February, 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). Dates for Breakfasts in 2024: 2 February, 6 April, 1 June, 3 August, 5 October and 7 December.

COFFEE AND CHAT will be held in the Memorial Hall on Thursday 4 January 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.

COMMITTEE MEMBER Dawn Kay has decided to step down from the Hall Management Committee with immediate effect. We give our best wishes to Dawn and thank her sincerely for her involvement with the hall over the past years.

CHURCH NEWS Dear Friends
The Epiphany – a message for our time

On Sunday 7th January, we celebrate the Epiphany in our churches. This is when we recall the journey of the three Wise Men from the East following the star to Jesus' birthplace, and presenting him with their gifts of gold, frankincense and myrrh. Our understanding of the story is reinforced by the singing each Christmas of the well-known hymn, *We Three Kings of Orient Are* (as a Leyton

Orient football club supporter I always like to mention they are the only football club whose name is mentioned in a Christmas carol!!)

However, the problem with our cosy familiarity with the story is that it can prevent us from realising that this story is actually presenting a very radical message. The message that the love of God, revealed through Jesus Christ, is for people of all nations, and is not just reserved for one nation or race. It is, rather, a generous love without boundaries and definitions of who is worthy enough to receive it. The poet Benjamin Zephaniah, who sadly passed away on 7th December, reflects this open approach in his moving book 'Refugee Boy:' *"This planet is for everyone, borders are for no one. It's all about freedom."*

In a world which has seen you much warfare and suffering during 2023 in Ukraine, the worsening conflict between Israel and the Palestinian people, and the increasing number of migrants risking their lives crossing the English Channel looking for a better and safer life, this message of generous love is surely one we all need to hear again and reflect on. To help create a world where we truly see other races and nations as being our brothers and sisters, rather than creating boundaries which exclude some or identify them as different. To learn to see others as Jesus sees them, in an open, loving and unjudgmental way. If only we and the leaders in our world could do this, we might just be able to create the peaceable kingdom on earth which God wants for us.

With all blessings for a peaceful new year.

Giles

Reverend Giles - Team Rector of the Wilford Benefice

SERVICES FOR JANUARY:

7 January	9.30	Family Praise	Sutton Heath
14 January	11.00	Café Church Christingle	All Saints Sutton
21 January	11.00	Communion	All Saints Sutton
28 January	11.00	Morning Praise	All Saints Sutton

KNIT AND NATTER we will be meeting in the Memorial Hall on Friday 5 January from 2pm. All welcome it is not solely a group for knitting and crocheting, you can bring along any craft if you sew please do bring along your sewing machine and join us for a couple of hours.

GIRLS NIGHT OUT the next event will be held on Friday 23 February, 6.30pm for 7pm £6 per person. 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 18 January 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 2024 2 January, 30 January, 27 February, 26 March, 23 April, 21 May, 18 June, 16 July, 13 August, 10 September, 8 October, 5 November, 3 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

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

SUTTON LADIES CLUB will be enjoying a meal at Sutton Plough on Wednesday 10 January for further details please contact Jacki on 01394 411530.

POPPY APPEAL thank you to everyone who donated to the door to door collection in Sutton and the collecting box in the Plough , we collected the amount of £140.81 in Sutton. The total amount raised in the Peninsula villages was £3662.31.

CONTACT NOS:

Rev Simon Cake 07710 523856
Mike Peates 07850 422972
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, road works etc please contact susancollins0911@gmail.com. Email addresses remain confidential and are not shared with a third party.