

## SUTTON NEWSLETTER NO 212 FEBRUARY 2024



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>

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 8<sup>th</sup> February 2024 – Alderton
  - Wednesday 6<sup>th</sup> 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)

### **Healthy you**

Health check-ups are available from Peninsula Practice, allowing you to have a discussion with a clinician about your health and concerns that you may have. This can include lifestyle, health checks such as blood pressure, and mental health discussions as well. Make an appointment with us in advance by contacting the surgery by phone or online.

### **Menopause – Tuesday 20<sup>th</sup> February 2024, 7:30pm**

On Tuesday 20<sup>th</sup> February 2024 at 7:30pm, Dr Crockett will be holding a Menopause information webinar. Involving a presentation followed by open questions, it is open to everybody; male or female, patient of Peninsula practice or not, pre-, during- or post-menopause.

You can join anonymously – no camera or mic is required, and you can add any questions or comments in the chat which will be answered by Dr Crockett during the session.

We have a webpage on the menopause on our website, which is updated regularly:

<https://www.thepeninsulapractice.co.uk/menopause>.

To join on the date, please enter the following information into Zoom:

Meeting ID: 863 7967 1067

Passcode: 993730

01394 411641

[PENINSULA.PRACTICE@NHS.NET](mailto:PENINSULA.PRACTICE@NHS.NET)

<https://www.thepeninsulapractice.co.uk>

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

**PARISH COUNCIL NEWS** If you have a problem or concern Mike Peates the Parish Clerk can be contact via the email address: [suttonparishcouncil@gmail.com](mailto:suttonparishcouncil@gmail.com) or on 07850 422972. The next Parish Council meeting will be held on Wednesday 27 March at 7pm in the Sutton Bowles Pavilion.

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

Listed Building Consent replacement front window, Ferry Farmhouse, Ferry Farm Drive, Sutton DC/23/4810/LBC

**LITTER PICK** the annual litter pick in the village will take place on Saturday 16 March from 9.30am at the Memorial Hall. Hoops, bags and pick sticks will be provided, please provide your own gloves and hi viz jacket or vest if you have one, although we do have a small supply that you can borrow.

**USEFUL TELEPHONE NUMBERS** scams involving money or personal details contact 159 to speak directly to your bank.

Storm Damage: fallen trees, emergency on public highways – Suffolk County Council 0345 6066171, highway flooding: Suffolk County council on 0345 6066171 or 0300 123500 or [www.highwaysreporting.suffolk.gov.uk](http://www.highwaysreporting.suffolk.gov.uk).

Street cleaning/clearing: East Suffolk Council 0333 0162000

Manhole problems are considered an emergency: Suffolk County Council 0345 6066171.

Leaks – Anglian Water 24/7 0345 145145

**ROAD CLOSURE** 29 January–1 February, 11.00pm–5.00am, A1152 (Melton Station)

**CITIZENS ADVICE for Free, confidential and independent advice:**

Call on 0808 278 7866 between 10am to 2pm Monday to Friday or visit [www.caes.org.uk](http://www.caes.org.uk) for all the different ways to contact Citizens Advice.

**SUTTON MEMORIAL HALL NEWS: 100 CLUB** the winners for the draw last month were: 1<sup>st</sup> Ball 14 Linda Gunson £30, 2<sup>nd</sup> Ball 24 Helen Shand £20, 3<sup>rd</sup> Ball 3 Angie Mills £10, 4<sup>th</sup> Ball 1 Jeff Collins £10. We now have 28 members so have £70 in prizes and £70 to the Playground fund each 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.

**VILLAGE BREAKFAST** the date for the next Village Breakfast is Saturday 3 February, all places have to be booked by phoning Sue on 01394 411793. Price of breakfasts are £6.50 for a normal portion, £7.50 for a large breakfast and £3 for a child`s portion (under 14). Dates for Breakfasts in 2024: 6 April, 1 June, 3 August, 5 October and 7 December.

**COFFEE AND CHAT** will be held in the Memorial Hall on Thursday 1 February from 10am.

**QUIZ NIGHTS** the Quiz Night includes a fish and chip supper £12 per person, 7pm for 7.30pm start. Dates for 2024 are Friday 12 April, Friday 14 June, Friday 11 October and Friday 13 December. To book or for more details please contact Jacki on 01394 411530.

## **CHURCH NEWS**

This is a busy time of year: it can't be, you might say, because we need to relax after the celebrations of Christmas, to review our diet and whether we will spend the whole of January 'dry'. Instead, however, we might turn our attention and our renewed energies to all the events of our church calendar. The lectionary, by its nature, cannot take us on a chronological journey; it is cyclical; it allows us each year to build on the thoughts we had last year, to add layers of reflection, and revelation.

We are coming to the end of Epiphanytide. The magi have shown us that Jesus is King of the Jews, yet it seems unlikely that he may come to win a battle, lying as he does now, in a manger, a vulnerable baby, as precious as all those young children we have visited and held, played with, and loved over the festive holidays. But protected he is, at least for a time. At the same time as this is going on we remember the baptism of Christ – by John the Baptist, some twenty years later, and also, the wedding at Cana around the same time, at the outset of Jesus's ministry. These are all times of beginnings, of new starts, even though we celebrate and remember them each year.

And there is a backcloth - the forty days of Mary's period of purification. These days edge forwards, to Candlemas and the presentation in the temple on 2 or 3 February, an important marker, the Christ child once again being recognised as Messiah.

Candlemas falls between the December solstice and the March equinox, half way through winter; when the snowdrops come out, also known as Candlemas Bells: folklore tells us an angel helped them bloom, and shaped their petals, as a sign of hope to that first lady, Eve, as she wept in sorrow for what she had done. I like to think the angel added those tiny spots of green too, on petals otherwise white as snow, hope of faith in the certainty of things, for good, for now and into the future.

Folklore or otherwise, we bless in church all the candles for the forthcoming year. We each hold a candle in our worship, light coming into the world, and we dress our churches in white and gold. All that splendour when, just two weeks later, we will take a step back from the distractions of our everyday lives as Lent starts, this year a week earlier than last, on the feast day of 3<sup>rd</sup> century priest and saint, Valentine, who has come to mean so much to loving couples. And so, another forty days will begin, to take us up to that weekend of Christ's passion towards salvation. We will have a lot to think about, alone or with others, lighting a candle or not, as we reflect on our own lives, on our connection to Christ and his life, how he suffered for what he believed in, and how we might work to spread his love more generously across our divided world.

*Janet Bishop*

**SERVICES FOR FEBRUARY:**

4 February	9.30	Morning Praise	Sutton Heath
11 February	11.00	Cafe Church	All Saints Sutton
18 February	11.00	Communion	All Saints Sutton
25 February	11.00	Morning Praise	All Saints Sutton

**KNIT AND NATTER** we will be meeting in the Memorial Hall on Friday 2 February from 2pm. All welcome it is not an afternoon solely for knitting and crocheting. You can bring along any craft you enjoy, even bring along your sewing machine! Refreshments provided. £2 per person to cover hall hire.

**GIRLS NIGHT OUT** the next event will be held on Friday 23 February, 6.30 for 7pm £6 per person. Places must be booked by phoning Sue on 01394 411793 or emailing [susancollins0911@gmail.com](mailto:susancollins0911@gmail.com)

**FRIENDSHIP LUNCH** the next Friendship Lunch will be held on Thursday 15 February in the Memorial Hall, 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 01394 411793.** If you require transport again, please phone Sue to arrange tis. If you are housebound and would like to receive a meal delivered to your home in Sutton please phone Sue.

**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 approximately 10-10.45am all the usual post office facilities are available.

**MOBILE LIBRARY** visits Sutton on a Tuesday once a month in the lay-by by the Old Baptist Chapel in Main Road at 1535-1545. The dates for 2024: 27 February, 26 March, 23 April, 21 May, 18 June, 16 July, 13 August, 10 September, 8 October, 5 November and 3 December.

**WOODBRIE PROBUS CLUB** a luncheon club for retired or semi-retired men for 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 website [woodbridgeprobus.org.uk](http://woodbridgeprobus.org.uk) or email: [roger952brown@hotmail.co.uk](mailto: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](mailto:caroline.fiddes@msn.com)

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

**SUTTON LADIES CLUB** meets once a month on the second Wednesday of the month. The February meeting will be held on Wednesday 14 February at 7pm when we will be planning our programme for 2024. If you have any ideas for speakers do come along and share your ideas. For any information on the club please contact Jacki on 01394 411530.

**SANDLINGS SCHOOL** Happy New Year everyone, and time for a new year update from the school council!

The whole school has continued to develop their Oracy skills! All the children were given a ½ term homework project on the theme of "all about me". We had to write and prepare a speech, with some visuals, to deliver to our classes. Teachers also did speeches for us to demonstrate how to do it! We learnt all about their hobbies such as rock climbing, art and cricket, and about their childhoods and how one teacher manages diabetes. So, at the start of this term all the children have been presenting their speeches to their classes. Everyone was a bit nervous but we did it! We all thought about the physical aspects of our delivery- do we want to stand or sit and where our hands should be. We have thought about how to use the intonation in our voices to engage listeners and how to add interest and humour into our speeches. Some of the speeches have been about life as a twin, favourite football team, karate, dance, farming, police, crafting and favourite places and memories. It has been so interesting it get to know a little bit more about everyone.

Year 5/6 have also been undertaking a debate on the subject of whether homework should be banned or not. The debate was a draw between having homework and banning homework! This is getting us ready for a whole day of debating with other IP12 schools at Farlingaye high school where we will have lots of different motions to discuss throughout the day.

In other news Year 5/6 have nominated new Road Safety Officers. They will be planning some whole school competitions based on Road Safety for children to take part in.

Don't forget you can follow us on Facebook

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


Best wishes The School Council


**BAWDSEY SCHOOL** We have been very busy at Bawdsey School this term already! Over Christmas the BSA (our PTA) started a wish list of books and maths games the children wanted at school and lots of people donated them to us and we are loving playing with them! Year 6 have also been to a debating morning at Farlingaye with the other IP12 schools and we are looking forward to a dodgeball competition soon against

lots of other Suffolk Schools. We are excited to be hosting a new Baby and Toddler group starting at the school on a Wednesday morning 10-11.30. Please follow this link for more information.

**BRAND NEW BABY & TODDLER GROUP!** A new baby & toddler group starting on Wednesday 7th February at Bawdsey School 10-11:30am. The session will provide a variety of sensory experiences and play opportunities based on the EYFS framework all while having fun!

Please feel free to join the group that is most suitable for your baby/child. Here you will find information and booking information for the session.

**BABY BEAR** - Newborn to crawling  A group designed to support sensory development and allow babies to play in a relaxed environment  
[https://www.facebook.com/groups/915311560153351/?ref=share\\_group\\_link](https://www.facebook.com/groups/915311560153351/?ref=share_group_link)

**BIG BEARS** - Walking to 3 years.  These sessions will provide activities based on the EYFS, allowing children to explore a variety of play opportunities  
[https://www.facebook.com/groups/347340064717827/?ref=share\\_group\\_link](https://www.facebook.com/groups/347340064717827/?ref=share_group_link)

#### **CONTACT DETAILS:**

Simon Cake	07710 523856	<a href="mailto:Simon.cake@outlook.com">Simon.cake@outlook.com</a>
Mike Peates	07850 422972	<a href="mailto:suttonparishcouncil@gmail.com">suttonparishcouncil@gmail.com</a>
Joy Porter		<a href="mailto:suttonmhbookings@gmail.com">suttonmhbookings@gmail.com</a>

#### **Dates for your diary:**

**3 Feb** Breakfast – 9.00-10.30am, Sutton Memorial Hall, book with Sue on 411793

**3 Feb** Bawdsey Haven Yacht Club winter talk - 7.30pm, in Bawdsey Village Hall

**10 Feb** Hollesley Community Café - 9.30am-12 noon, Hollesley Village Hall

**16 Mar** Annual Jumble Sale – 2.00pm, in Bawdsey Village Hall

**Suffolk Punch Trust** open for breakfast every Sunday, 9.30am-1.00pm

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

**Thrift Shop**, Rock Barracks, Monday-Thursday 9.00am-4.00pm

**Marsh Barn Café** RSPB Reserve, Hollesley 10.00am-2.00pm daily

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