

# SUTTON NEWSLETTER NO 213 MARCH 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.

Wednesday 6th March – Aldeburgh, Thursday 18th April – Alderton, Wednesday 15th May – 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):

Chiropractic – foot care appointments & home visits

Ear care – wax removal (see website)

Getting updates from us

01394 411641, [peninsula.practice@nhs.net](mailto:peninsula.practice@nhs.net) <https://www.thepeninsulapractice.co.uk>

**Do we have your current mobile phone number? This allows us to remind you about appointments and share any urgent updates.**

The NHS app is another way to keep in contact with our surgery – with the app you can manage appointments, request repeat prescriptions, view your medical record, and access 111 Online.

We share information about the practice and local area on our Facebook and Instagram accounts under the name The Peninsula Practice, you can follow us and keep up to date.

**Missed appointments** If you cannot attend your appointment, please call to inform us so that we can offer it to other patients and reschedule your appointment. Between 1 st October – 31 st December 2023, 145 appointments were missed, equalling a total of 28 hours of clinical time.

**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](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 Bowls Pavilion.

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

Discharge of Condition No 3 of DC/22/4886/FUL - The erection of 2no. Agricultural stores to replace existing agricultural store close to Sutton village colour and finish of the metal cladding shall be submitted and approved. Sutton Hall Estate B1083 Sutton, Woodbridge, IP12 3DY.

Siting of a new modular office building, Sutton Hoo Farm Sutton Hoo, Sutton IP12 3DJ Ref No. DC/24/0307/FUL

**LOCAL TRANSPORT PLAN** we wanted to make you aware of a public consultation that Suffolk County Council Transport Strategy Team are running on the latest update of the Local Transport Plan. The consultation page and survey has been launched 12th February 2024 and will be active for eight weeks. More information is available here: <https://www.suffolk.gov.uk/ltp4>

**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

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

**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 22 £30 Ron Backhouse, 2<sup>nd</sup> Ball 8 £20 Tony Cherry, 3<sup>rd</sup> Ball 2 £10 Kath Backhouse and 4<sup>th</sup> Ball 23 £10 Sue Collins. £70 Profit to the Playground Fund 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.

**EASTER AFTERNOON TEA** will be held at the Memorial Hall on Easter Monday 1 April at 2pm £5 per head for an afternoon tea. To book please phone Sue on 01394 411793 although you can just come along on the day. Event will close with the drawing of the raffle. Event being held to raise money for replacement children's swings.

**SUTTON RECREATION GROUND AND MEMORIAL HALL TRUST ANNUAL GENERAL MEETING** will be held on Monday 11 March at 7pm in the Memorial Hall when all Sutton residents are invited to attend. After the AGM we will be serving tea and cake. A management committee meeting for committee members will then follow later in the evening.

**VILLAGE BREAKFAST** the date for the next Village Breakfast is Saturday 6 April, all places must 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 7 March 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.

**DATES FOR YOUR DIARY:** Spring Market on Saturday 4 March from 10am. Jumble Sale Saturday 12 October from 2pm. Christmas Market Saturday 23 November from 10am and Christmas Tea Party Monday 2 December from 2pm.

## **CHURCH NEWS**

As many of you will know, last October, my beloved brother Michael, better known by me to everyone as "Our Mick", died peacefully after a short illness. It came as a huge shock to all his family, and if I'm honest, I am still coming to terms with the fact that he isn't with us anymore, and I miss him more than words can say. So very much. And I am not ashamed to admit that tears are still, from time to time, not often far from my eyes when I think of him.

"Our Mick" was my big brother. 11 years older than me, he was the one who named me when I was born. As I grew, he took me everywhere, and even when he had his friends around, they all knew that "our kid" would be included too. I felt very grown up being taken for a trip "round the block" on their mopeds, I was even taken to school once on the back of said moped, when mum was running late getting me to school. I was certainly the envy of the class that day!

For the last 15 years or so, my sister Carol and I have spent New Year's Eve and Day with him, I was chief cook, Carol the washer-up and Mick the ever vigilant wine-waiter!! We would celebrate the "off with the old and on with the new" at the stroke of midnight, and so you can imagine this New Year just past, what a poignant time it was for Carol and me, and we had to find a new way of celebrating without him, whilst giving thanks for all the good times we had shared with him.

For Christians, Easter is also a time for "off with the old and on with the new". Through the events of Lent, Holy Week, Good Friday and Easter Day, we have a way of throwing off the old way of living and embracing a new way forward. Unlike New Year resolutions, which usually last only a matter of hours or maybe even a few days, a new beginning in Christ lasts beyond even a life time. It lasts for all eternity.

### **The Easter Triduum**

On the night of the Last Supper, Jesus gave us a very tangible way of remembering him and the sacrifice he was about to make through the offering of bread and wine as symbols of his very self which we can take into ourselves. St Augustine described these blessed sacraments, as outward and visible signs of an inward and invisible grace.

On the Cross of Calvary, Jesus took all our sins, our past behaviours, our doubts and cares, and took them upon himself. He released us from all those things which could weigh us down and stop us from embracing him in the very depth of our being, our hearts and souls.

Through the Resurrection of that first Easter Day, we have a freedom, a victory, a peace which, as it says in the Book of Common Prayer, "passeth all understanding".

And, actually, perhaps we don't need to try and understand it, we just need to accept it in faith, embrace it in faith, and live it in faith, as an Easter People. Today, tomorrow and for all eternity.

May your Easter be blessed and eternal,

With love and blessings, Rev Mandy Xx

**PS** A huge thank you to everyone who sent cards and flowers of condolence when Mick died. They meant so very much. Your kindness and thoughtfulness was, and is, very much appreciated.

### SERVICES IN MARCH

3 March	9.30	Morning Praise	Sutton Heath
	9.30	Family Communion	Shottisham
10 March	11.00	Mothering Sunday	All Saints Sutton
		Morning Praise	
	11.00	Morning Praise	Shottisham
17 March	11.00	Communion	All Saints Sutton
	6.00	Evensong	Shottisham
24 March	11.00	Palm Sunday	All Saints Sutton
		Morning Praise	
31 March	9.30	Easter Praise with	All Saints Sutton
		Easter Egg Hunt for the children	

Holy Week:

**Monday** 6pm Short Meditation at All Saints Sutton, **Good Friday** 2pm Holy Communion All Saints Sutton

**Lent Lunches:** 17 March All Saints Hollesley after Morning Praise, 24 March 12.30pm St Margarets Shottisham and Good Friday 1.15pm All Saints Sutton

**GOOD FRIDAY WALK** from Shottisham Church to Sutton Church, leaving Shottisham at 12noon. All walkers very welcome also dogs welcome on the walk.

**KNIT AND NATTER** we will be meeting in the Memorial Hall on Friday 1 March 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 26 April, 6.30 for 7pm £6 per person. The theme will be 'Trip to the Seaside'. 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 21 March 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: 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 March meeting will be held on Wednesday 13 March at 7pm and it will be a Puddings Evening. 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.

**RSPB ILLUSTRATED TALK** Wildlife on Dunnett's Farm by Paul Taylor at Woodbridge Community Hall 7.30pm on Thursday 7 March. Group members £4 (u16 free) Non members £5 (u16 free).

**SANDLINGS SCHOOL** Hello everyone, for this newsletter we thought we let you know all about what has been happening in school this week.

Children in reception class (Bees), have been learning all about The Lunar New Year celebrations. They listened to the Chinese new year story all about the animals and found out that this year is the year of the dragon! So they decided to make up a dragon dance and parade round their classroom!

In year ½ (Toucans), everyone has been learning how to sketch natural objects using forward and back motions without drawing any long lines! They were so good at it!

Children in year ¾ went swimming at the Deben pool and this week swam lengths from the deep end of the shallow end. They have really become confident. At the same time, we (year 5/6) swim on the other side of the pool and could see how well they were all doing!

So what have we been learning about in year 5/6 (Giant Pandas) we hear you ask. Well we think you are going to be most impressed to learn that in computing we have been using micro bits to create early flood warning systems for flood defences!

Our chair of governors, Miss Kathy Garnet has asked us to remind everyone that we have a vacancy for a School Governors who has a finance background. 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>  
Best wishes Miss Toal and the School Council

**HOME INSTEAD** are proud to have partnered with Framfield House Medical Centre. Are you worried about someone's memory and don't know what to do?

Come along to Framfield House Medical Centre, Ipswich Road, Woodbridge, where a member of The Home Instead team will be available on the first Tuesday of every month between 10-12pm for you to drop in and ask questions about Dementia or care.

**COMMUNITEA DIGITAL WORKSHOP** at the Community Hall Woodbridge first Monday of each month 2pm-4pm. Advice, information and support to get online.

Become more confident and develop our own skills using technology.

Bring your own device or have a go with one of ours.

Learn new skills such as: shopping online, reading books, games, appointments, plus many more topics covered.

Refreshments provided.

To book a place at the next session, contact Tracey Call: 01449 707030 or email [info@communitiestogether-ea.org](mailto:info@communitiestogether-ea.org)

#### **CONTACT DETAILS:**

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Dates for your diary:

2 Mar Bawdsey Haven Yacht Club winter talk – 7.30pm, the Hall

16 Mar Annual Jumble Sale – 2.00pm, the Hall

Big Bears Stay & Play (children walking–4 years) Baby Bears Stay & Play (babies, non-mobile to crawling).

Both run Wednesdays 10.00-11.30am, Bawdsey Primary School. Booking essential. Further details on Facebook.

Boathouse Café open Fri/Sat/Sun 11.00am-5.00pm

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.