



## Shottisham Village Newsletter

### Vicars Voice

As some of you might know, some weeks ago, because of a moments lapse of concentration, I had a rather nasty fall in my garden, resulting in a bloodied and bruised face, a broken right wrist and broken upper left arm. At the time of writing, my face has healed, thankfully showing no lasting effects, whilst my right wrist is in a fiberglass cast and my left shoulder, broken in 3 places, is more or less immobile in a sling.

Because of this experience, I have learnt some valuable lessons. One sobering lesson is that of acknowledging and accepting that my advancing years are significant. This was brought home to me by being told by the orthopedic surgeon that if I had been a 20 something sporty kind of person, they would probably do something to ensure making the bones stronger by pinning them, but as my bones are beginning to heal well enough and I don't intend to be playing at Wimbledon or in the 6 Nations any time soon, they wouldn't put me through the trauma of an operation.

Another lesson I have learnt is that of patience. Waiting for the ambulance, waiting in A and E, waiting to be picked up from hospital and brought home. Patience as I wait for physio appointments, for the bruising to fade, for the bones to heal. Patience as I come to terms with feeling stupid over the silliness of how the accident happened, and patience as I feel more and more frustrated at the limitations of what I can, or rather, what I can't at the moment physically do.

I have also learnt humility. I am the one who cares for others. I do the shopping for others. I cook for others. I visit others. I have a friend who is ill and for whom I am one of a team of friends who help to wash, feed and care for him. I am the one who helps others. And I do it because I love them. Even if I don't know them well. However, at the moment, I am the one being helped and cared for. My family are having to do all things I usually do for others. I confess that I have found having to be fed and helped to go to the loo somewhat embarrassing and have felt a huge sense of loss to my dignity. But my family and friends do it for me in love, and I in turn love them all the more. I am humbled by their care for me.

But, through all of this, one of the blessings I have had, is that I have got to know some of my neighbours better, especially the ones who I have only waved to or greeted with an "hello" as we've passed by each other but who came to my rescue when I called out for help. My gratitude is forever theirs.

I also want to thank everyone who has sent me cards, flowers, chocolates and good wishes. They have been, and always will be, so very much appreciated.

You may ask of me, have these past few weeks given me better sense of understanding for those who live with such disabilities day in and day out. My honest answer is, I sincerely hope so. The following quote by one of the main characters from one of my favourite books, "To Kill a Mockingbird" will also now resonate more deeply with me.

***"If you can learn a simple trick, Scout, you'll get along a lot better with all kinds of folks. You never really understand a person until you consider things from his point of view, until you climb inside of his shoes and walk around in them."*** – Atticus Finch  
May I wish you all good health, patience and humility, and the powerful love of family, friends and neighbours.

Every Blessing, *Rev Mandy* x

**Sunday services in July**

Sunday 3 <sup>rd</sup>	11.00 am	Shottisham	Morning Praise	Helene Berry
Sunday 10 <sup>th</sup>	11.00 am  6 pm	All Saints, Sutton Shottisham	Morning Praise  Evensong	Helen Shand
Sunday 17 <sup>th</sup>	11.00 am	All Saints, Sutton	Holy Communion	Rev Mandy
Sunday 26 <sup>th</sup>	9.30am	Shottisham	Family Communion	Rev Mandy



<b>DAY</b>	<b>ALDERTON</b>	<b>ORFORD</b>	<b>ALDEBURGH</b>	<b>HOLLESLEY</b>
Monday	8.00 to <b>14.30</b>	8.00 to 18.30	8.00 to 18.30	13.30 to <b>17.30</b>
Tuesday	8.00 to 18.30	<b>CLOSED</b>	8.00 to 18.30	<b>CLOSED</b>
Wednesday	8.00 to 18.30	8.00 to <b>13.00</b>	8.00 to 18.30	<b>CLOSED</b>
Thursday	8.00 to 18.30	8.00 to <b>13.00</b>	8.00 to 18.30	<b>CLOSED</b>
Friday	8.00 to 18.30	8.00 to <b>13.00</b>	8.00 to 18.30	<b>CLOSED</b>

**When the surgery is closed please call NHS 111**

**STAFF TRAINING DATES**

Alderton surgery will be closed for staff training on Wednesday 13<sup>th</sup> July from 13.00. Aldeburgh Surgery will be open for collecting paper prescriptions and booking future appointments. All calls will continue to be redirected to 111 for this afternoon.

This means that there will be no clinical staff available during this afternoon at any site.

**When the surgery is closed please call NHS 111**

East Anglian Air Ambulance

We are very proud to be supporting East Anglian Air Ambulance with collection points for clothes and shoes. We have these points available at our Alderton and Aldeburgh surgeries where you can bring bagged clothes and shoes to donate. They are very visible in beautiful bright yellow!

East Anglian Air Ambulance are our partners in providing care to our patient population and we are very excited to be supporting them in this way.

Safe Surgery

We are pleased to announce that we are a recognised Safe Surgery, a scheme run by Doctors of the World to ensure no one is excluded from the healthcare they have the right to. By being a Safe Surgery, we commit to prevent things such as ID, proof of address and language from being barriers to patient registration.

This is one step we are taking to tackle health inequalities in our communities.

Covid & Travelling

We are not able to provide you with a letter of your Covid vaccination status. Please do not contact the practice about your Covid vaccination status unless you have been advised to do so by the 119 service.

If you believe you have missing or incorrect Covid vaccination data on your NHS app or on your GP record, please call 119 and ask the agent to make a referral to the Vaccine Data Resolution Service (VDRS).

[www.thepeninsulapractice.co.uk](http://www.thepeninsulapractice.co.uk)

<https://www.facebook.com/ThePeninsulaPracticeGPSurgery/>

## Shottisham WI

The WI is thriving and we are always pleased to welcome more members, *Diane Fleming*, Shottisham WI secretary.



**THE SORREL HORSE SEAFOOD PLATTER + SUNSHINE = HAPPY DAYS!** Add on a bottle of Chablis from [@smashingwines](https://www.instagram.com/smashingwines) and you have the perfect lunch! **BOOK NOW** for this week!



## Shottisham Campsite



Hello from Shottisham Campsite and the Blue Rabbit Cafe. Thank you to everyone who has been coming to support the cafe, it is always lovely to see you. I'm open Sat/Sun 9.30-1.30 for brunch and lunch or coffee and cake. Everything is home-made by Claire and all the meat, eggs, fruit and veggies are home-grown. The salad mix of leaves, herbs and edible flowers that comes with bacon sandwiches, our tart of the day and all toasted sandwiches is proving really popular. Waffles will hopefully be back on the menu and we have a new special during strawberry season - waffles with home grown strawberries,



home made caramel sauce and cream - a perfect breakfast. The baby goats are growing up - two are heading off for new adventures on a sheep farm in north Suffolk, the other 5 are staying here a little longer. I do animal feeding on Saturdays at 6pm and anyone is welcome to join in and help feed the animals and pet the baby goats. On Saturday the alpacas were shorn and they are now enjoying not



having their thick fleece. Later this week a boy alpaca will be visiting so we are hoping that in 11 months time there may be baby alpacas (known as arias) on the smallholding. There will also be a new arrival at the campsite this week ..... a fluffy ball of cuteness! Hope everyone has a good month, take care Claire xx  
**Pete's pizzas** are back at the campsite on **Friday** evenings.

**Quizzes** – Quizzes in July are at The Swan, Alderton on Wednesday 13<sup>th</sup> and Wednesday 27<sup>th</sup> at 8 pm.

## Shottisham Parish Council

**The next meeting will take place on Tuesday 12<sup>th</sup> July at 7:30 pm in the Trust Hall.**

Full minutes from the Annual General Meeting and the Annual Parish Meeting can be found on the Shottisham Village website at <http://shottisham.suffolk.cloud>

**Lesley Roberts**, Clerk to Shottisham Parish Council [Shottishampc.clerk@gmail.com](mailto:Shottishampc.clerk@gmail.com) 01394 410581



### The thank The Torch

Thanks to Grumpy for carrying the torch. A good number of people attended the "Lighting of the Beacon" on the Thursday evening celebrating with a glass of Prosecco. Thanks to Paul Hallett for making the Beacon and David Wass for undertaking the installation of it and the lighting on the evening.



### Jubilee Weekend – you Ray and Dawn and The Beacon



### Street Party "Thank you"

To all the Team, the Parish Council, James Mallinder, Micky McBurnie for the music & our Photographer and all the people who made salads, puddings etc. for the Street Party. Those who saved the day by putting the Marquee in the Sorrel Car Park and the Sorrel for allowing us to do this. To Katie for organising the Treasure Hunt and prizes. The fetching and carrying of tables and chairs and returning them and clearing up the following day and Nicky Beaven dealing with numerous requests for publicity.. There is an enormous amount of work that goes into organising this and without the teams and villagers we could not have put it together.

The Raffle raised £260 plus we had a generous donation of £25 so £285 together towards the Play Area. Thanks to all those who made this possible by donating prizes.

Each child in the village received a Commemorative Mug for the occasion. In case we missed anyone we have a couple of spares, please contact us on 01394/410331 or email [dawnrosemarykay@aol.com](mailto:dawnrosemarykay@aol.com)

Thank you again, Ray & Dawn Kay

### LOCAL INTEREST IN JULY

**Saturday 9<sup>th</sup>** Cupcake & Coffee Alzheimer's Association 12.30-3.30 at Sutton Memorial Hall

**Saturday 16<sup>th</sup> from 2 pm** Alderton Village Fete – dog show, classic cars, music, fun and games

**Saturday 16<sup>th</sup>** Bawdsey Market 2 – 4 pm

**Sunday 17<sup>th</sup>** July Bawdsey Garage and Table Top Sale 10am-2pm

**Tuesday 19<sup>th</sup>** 3.00 to 3.20 pm- the **mobile library** is at The Knoll

**Saturday 23<sup>rd</sup>** Fete at Glebe House Hollesley 12.30pm

**Alderton Swan** is now open Thursdays/Fridays/Saturdays 6-10pm and Sundays 12-3pm

**The Ramsholt Arms** is open Mon, Tues 12– 3pm, Wed, Thurs, Fri 12-3 pm and 5 – 8 pm, Sat, Sun 12 – 8 pm

**Bawdsey café** is open Friday, Saturday and Sunday 11 am to 5 pm

**Marsh Farm Cafe** 10am-2pm Monday to Friday and 10 am – 3 pm Saturday and Sunday

**Thrift Shop Sutton Heath** open Wed /Thur 9am-12 noon (Opposite Poppy's)

**Poppy's Sutton Heath** Mon-Thur 9am-12noon

**Sutton Hoo** is open all week

**Chair Based Exercises** Bawdsey Village Hall every Tuesday 11.15 -12.15 Contact Jane on 01394 411373.

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For contributions to the Shottisham newsletter please contact **Nicky Beaven 411861** or [nicky.rosecott@gmail.com](mailto:nicky.rosecott@gmail.com) by **25<sup>th</sup>** of previous month. For church-related information please contact Rev Mandy E Reynolds [revmandy.rendlesham@yahoo.com](mailto:revmandy.rendlesham@yahoo.com)