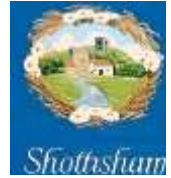


# Shottisham Village Newsletter



It's now just after 09:30 on a Tuesday Morning and I'm at a training day here in Bury St Edmunds. I've been up early to catch my train to get here in time. It's only about a 3/4 hr journey, but it does avoid driving on the A14 trying to avoid trucks and car drivers up your rear that think you're going too slowly when you're overtaking a waggon. They seem to have no patience at all, they just keep their foot on the accelerator. They are obviously not aware of other road users, and think they own the road. Now you can see why I like to go on the train. Well, it transpires passengers on trains are no different. Not even me! Rushing to get my connection hobbling as fast as I can, not looking or caring about my fellow passengers as to whom I accidentally hit or trip up with my stick. Even then when I get on the train, I fight for a seat as if there is no tomorrow. I sit down in my seat, out comes the Tablet and get down to checking work and emails. I arrive and as I get up to get off. I'm shocked as it's only when I get up I realise my fellow passenger is a friend of mine and we've been sat next to each other all the time.

Gosh. It's only now while I sit here in the Cathedral I reflect about my morning and it's still only the first part of the day.

What time have I given to stop to look and truly see what's around me? Answer None. How can I enjoy the life God's given to me if I can't even take the time to see The Beauty of God's Creation, if I'm too busy with my own desire to get to somewhere as fast as I can and for not just to be weary when I arrive. This is Springtime and new life is coming into the world, animals, Snowdrops, Crocuses, even the Daffodils are beginning to shoot up. So let's remember and try and practise some of those old sayings - Patience is a virtue. Less Haste more speed. To see the Wonders of the World we must often Slow Down or even Stop and open our eyes and listen with our ears to appreciate our friends, family and the Joys of Creation. I hope you are better at it than I. Have a Great Day.

Yours, Revd Capt Simon Cake CA.

## Services in February in Shottisham and Sutton

|                  |         |            |                |
|------------------|---------|------------|----------------|
| 5 <sup>th</sup>  | 11.00   | Shottisham | Morning Praise |
|                  | 11.00   | Sutton     | Café Church    |
| 12 <sup>th</sup> | 11.00   | Sutton     | Holy Communion |
|                  | 6.00 pm | Shottisham | Evensong       |
| 19 <sup>th</sup> | 11.00   | Sutton     | Family service |

Bark and brunch at The Rectory **Wednesday February 22<sup>nd</sup> 9 to 11 am**

## Shottisham Parish Council

### May Elections 2023

- **Voter ID**

The UK Government has introduced a requirement for voters to show photo ID when voting at a polling station at some elections. This new requirement will apply for the first time in England at the local elections on **Thursday 4<sup>th</sup> May 2023**.

- **Which forms of ID can I use to vote?**

You may already have a form of photo ID that is acceptable. You can use any of the following:

- Passport
- Driving licence (including provisional license)
- Blue badge
- Certain concessionary travel cards
- Identity card with PASS mark (Proof of Age Standards Scheme)
- Biometric Immigration document
- Defence identity card
- Certain national identity cards

- **Parish Council Election**

The election of a new parish council for Shottisham will take place on **Thursday 4<sup>th</sup> May**. All existing councillors will stand down from the council on Tuesday 9<sup>th</sup> May unless they decide to stand for another term in office. Councillors would love to encourage some new faces to join the council and would be very happy to stand aside if anyone is interested. Please feel free to contact Lesley for an informal chat if you would like to find out more about what the role entails.

**The next parish council meeting will be on Tuesday 7<sup>th</sup> March at 7:30 pm in the Trust Hall.** Full minutes from the November 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



|           | <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>         |

#### **STAFF TRAINING DATES**

Alderton and Orford surgeries will be **closed from 13.00 for staff training on Thursday 9<sup>th</sup> February**. 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.

Alderton dispensary is currently open from 9am on Fridays.

#### **Compassionate Companions**

Our Compassionate Companion service is growing. Companions support people to live their lives fully before they die, providing companionship for people and families affected by life-limiting illness, and enabling conversations about choices at end of life.

Our 3 day training programme for new companions is in February, if you want more information or know anyone who may be interested please use the contact form at the bottom of this page: <https://www.compassionate-communities.co.uk/compassionate-companions>

#### **Using the right service – children and streptococcus**

Contact your GP or 111 if your child/baby:

- is getting worse
- is feeding or eating much less than normal
- has had a dry nappy for 12 hours or more or shows other signs of dehydration
- is under three months and has a temperature of 38°C, or is older than three months and has a temperature of 39°C or higher
- feels hotter than usual when you touch their back or chest, or feels sweaty
- is very tired or irritable.

Sometimes seeing the GP can delay you getting the right care:

Call 999 or go to A & E if your child:

- is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- has blue skin, tongue or lips
- is floppy and will not wake up or stay awake.

### News from your Local History Recorder

I'm sure most of you thought that this day would never come, but after nearly four years of research and writing, editing and printing, the Shottisham book is ready. Its full title is *Shottisham People; Who, When and Where, 1600 to the 20<sup>th</sup> century*.

I'll hold a signing and selling session on **Saturday 18<sup>th</sup> Feb 2-4pm** at the Trust Hall. The price of the book, which is in two volumes, is £18.

Browsers Bookshop will be selling copies, but please bear in mind that a large percentage of the purchase price then goes to them. I fully support our lovely independent bookshop, but I would like to recoup some of my considerable outlay. The book is in two volumes, but sold as one, at the probable price of £18.

In the meantime, if you wish to purchase a signed copy earlier, please let me know and we can arrange to meet up, or perhaps have a signing session in someone's house. I'm sure there will be other occasions when further questions might arise, after you have had an opportunity to start reading and we can arrange another meeting. I will also have a stall at the Spring Cake and Plant Sale on the 29<sup>th</sup> April.

I look forward to seeing you as soon as possible, *Diana Bickerton* [dianabickerton88@gmail.com](mailto:dianabickerton88@gmail.com)  
[07928-419766](tel:07928419766)

### SAVE THE DATE: CORONATION CELEBRATION - SUNDAY 7<sup>th</sup> MAY

How do you want to celebrate the coronation?

Ideas so far include: Picnic on the Pightle (bring your own food/ drinks or purchase



from the pub), bringing communal food to share on the Pightle (like the previous Big Lunch), a coronation street party, and an evening drinks reception.

All thoughts and ideas are welcome and appreciated!

Please email [katie.shottisham@gmail.com](mailto:katie.shottisham@gmail.com) **by 28<sup>th</sup> February 2023** with your thoughts and whether you'd like to get involved.

**Shottisham WI** is always pleased to invite new members to join us.

On **Wednesday 8<sup>th</sup> February** the WI will be holding a meeting at Shottisham Trust Hall and would welcome ladies to come and join us for the afternoon, free of charge, to get a taster of what our WI group is all about.

We will meet at 2pm and listen to an entertaining speaker, then chat with a hot drink and a piece of cake. This is followed by information of what following walks, trips and speakers etc are coming up. We look forward to seeing new people.

On **Saturday 29<sup>th</sup> April at 10am**, we will hold our annual Plant and Cake sale. There will also be a pop-up cafe serving hot drinks, homemade cakes and savouries. There will be a raffle etc. Diana Bickerton will also be coming to talk about, and to sell copies of her keenly awaited, newly published book, all about Shottisham. If you would like to book a table to sell your local craft at the event, *Diane Fleming* Secretary 01394 411870

### The Sorrel Horse

**ALL YOU CAN EAT - MOULES FRITES is BACK!** Join us on **Wednesday February 1<sup>st</sup>** (5.30pm - 8pm)! £18 per person - all you can eat Mussels and House Fries!

**CHEESE & WINE TASTING TICKETS ARE NOW ON SALE!** Our Monthly Wine Tasting with Smashing Wines will take place on **Thursday March 2<sup>nd</sup>** (7pm - 9pm). Try 6 wines with accompanying cheeses! £25 per person.

Many thanks, *Rebecca*

**Time to get walking again!**

Walking in Suffolk <https://www.walkinginengland.co.uk/suffolk> has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place. With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

John Harris [www.walkinginengland.co.uk](http://www.walkinginengland.co.uk) [john@walkinginengland.co.uk](mailto:john@walkinginengland.co.uk)

#### LOCAL EVENTS IN FEBRUARY

**Saturday 4<sup>th</sup>** Breakfast at Sutton Memorial Hall 9 to 10.30 am – book with Sue 411793

**Saturday 4<sup>th</sup>** Bawdsey Haven Yacht Club illustrated talk by Sue van der Meulen 'Suffolk Punch Horses and the Unusual History of the Colony Stud'. 7.30 pm Bawdsey Village Hall

**Mobile library** at The Knoll, Shottisham 3 to 3.20 pm on **Tuesday 28<sup>th</sup>**

**Quizzes** – Quizzes are at The Swan, Alderton on **Wednesday 8<sup>th</sup> and Wednesday 22<sup>nd</sup> at 8 pm.**

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

For events at Sutton Hoo <https://www.nationaltrust.org.uk/visit/suffolk/sutton-hoo>

**Boathouse Café** Open Friday-Sunday, 11.00am-5.00pm

**Poppy's Café** Rock Barracks open Mon-Thurs 9.15am-2.00pm (closed 23 Dec-3 Jan)

**Thrift Shop** Rock Barracks, open Mon-Fri, 8.00am-4.00pm (closes Noon on Fri) (closed 23 Dec-3 Jan)

**Marsh Farm Café** RSPB Reserve Hollesley open 9.00am-3.00pm daily

**Mobile Post Office** Every Thursday, 1.15-3.15pm, Alderton Village Hall

**Qi Gong Classes** Weds 10.00am/Thurs 7.00pm, Bawdsey Village Hall, call Chris 0771 3637841

**Yoga with Ellie** Tuesday, 9.00-10.00am, Bawdsey Village Hall, contact Rawdon 411459

**Chair-based Exercise Class** Tuesday 11.15am, Bawdsey Village Hall, ring Jane 411373

**Woodbridge & District Safer Neighbourhood Team** [www.suffolkpolice.uk](http://www.suffolkpolice.uk),

email [woodbridge.snt@suffolk.pnn.police.uk](mailto:woodbridge.snt@suffolk.pnn.police.uk). Dial 101 when less urgent than 999

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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 Simon Cake 07710 523856 [simon.cake@outlook.com](mailto:simon.cake@outlook.com)