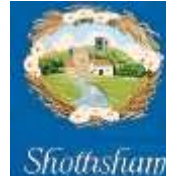


Shottisham Village Newsletter



A Happy New Year to you all. I hope many of you were able to have some rest and an enjoyable time .

Well, a New Year has begun, and I look at the calendar and the shops and notice already some of the shops are advertising their Easter Goods. Have you been one of those lucky people to get a bargain in the Sales? I say every year I must get my Christmas Presents for this year, 2023 and the Birthday Presents for people in the Sales. But like most years I've missed my opportunity. I've let something else get in the way as to be honest I dislike Shopping. So why bother making a promise to myself when I know really I won't keep it.

New Year is traditionally when we make New Year's Resolutions or promises. Things like losing weight by going on a diet, others are like promising to visit someone you haven't seen in ages, or keep my house /room tidy.

Do you know the hardest promise to keep is giving time to someone or something we need to, Quality Time that is.

I fail at this quite often just like finding the time to go and do bargain shopping in the Sales. It's easier to do something online and pay for it online or mail order than to actually go and physically do it. I can always come up with an excuse not to do something instead.

But is that really the right thing to do? No not really, a gift to someone is supposed to be special and from the heart and meaningful. If we don't put our heart into something, then it never really turns out very well for anyone.

I work for God and all God's People and creation. Just imagine if God decided not to keep promises or gave up on something because of loss of interest. You see the thing about God is there is never a loss of interest in us as God has made a Lifetime Promise. That is, God Will Always Be There For Us, even if we can't see it. God will always provide help in some way or through someone. God never makes a promise that's not kept. Perhaps that should be us too, when we make a Promise to someone or to do something. Let's try to give it our Whole Commitment and see if it makes a difference to something or someone.

Remember God is Always Committed to us and will Never Give Up on Us.

I pray you all have a Good Year Ahead.

Yours Revd Capt Simon Cake.CA.

Services in January in Shottisham and Sutton

8 th	11.00	Shottisham	Morning Praise
	11.00	Sutton	Café Church
15 th	11.00	Sutton	Holy Communion
	6.00 pm	Shottisham	Evensong
22 nd	11.00	Sutton	Family service

Bark and brunch at The Rectory **Wednesday January 25th 9 to 11 am**

Shottisham Parish Council

A Heathy New Year to you all.

The Parish Council initially this year will be looking to secure contracts to carry out all outstanding repairs to play equipment and source additional equipment for older children. There will be opportunities for additional funding which the Parish Council will pursue. Our continuing thanks to Councillor Patricia Southgate for her work in this respect.

In addition this year we have the Coronation of King Charles III and we will be discussing a celebration event at our Parish Council meeting on Tuesday 10th January, 7:30pm in the Trust Hall. If you have any ideas as to how best to celebrate this please come along to the meeting.

Lesley Roberts, Clerk to Shottisham Parish Council Shottishampc.clerk@gmail.com 01394 410581



	ALDERTON	ORFORD	ALDEBURGH	HOLLESLEY
Monday	8.00 to 14.30	8.00 to 18.30	8.00 to 18.30	13.30 to 17.30
Tuesday	8.00 to 18.30	CLOSED	8.00 to 18.30	CLOSED
Wednesday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	CLOSED
Thursday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	CLOSED
Friday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	CLOSED

Bank Holidays

The surgery will be closed on **Monday 2nd January 2023** for the New Year's Bank Holiday. When the surgery is closed please call NHS 111. Alderton dispensary is currently opening at 9am on Fridays.

Menopause

Dr Crockett is hosting an information webinar to raise awareness about the menopause for any patients of Peninsula Practice on Thursday 5th January 2023 - an open invite to all who may be interested, with no obligation for cameras on or mics. With time built in for questions and an informative presentation providing structure, this is an evening to learn more about the menopause which 50% of the population experience.

To book onto the webinar and find out more, please call the surgery after 11am and the link will be sent out in due course.

What Matters to You

At Peninsula Practice we want to support you to live your life to the fullest, in the way you want. Are you feeling more tired, feel you have less strength, perhaps you have lost some weight, and feel less able to recover quickly from illness?

It's not uncommon for people as they become elderly to experience such changes. The NHS uses the term 'frailty' to describe these non-specific changes. Frailty is not an illness, but increasingly it is suggested that frailty needs to be thought of as a long-term condition. We want our patients to know that there are things that can be done to slow the decline that can accompany symptoms of frailty, and we can help you to be in control of your life by knowing what is available and prevent crises. The interventions that people living with frailty can benefit from vary considerably and often need to be individually tailored with personal care plans. Our team approach might include discussion and advice regarding: mobility and balance, eyesight health, bone health, urinary incontinence, weight loss and nutrition, falls, emotional wellbeing, financial and housing concerns, ability to make decisions, and choices one has as we near end of life, along with any other issues important to you – if we are unable to help you ourselves, we will aim to guide you to someone who can. Please contact the surgery to have a 'What Matters to You' consultation.

Shottisham WI have enjoyed a year of monthly meetings, a selection of interesting speakers, Entertainment evenings open to all, with shanty singers and Mark Mitchel speaking of Suffolk famous people. We had walks around Ipswich Churches, Exotic gardens, nature reserves and local beauty spots, to name but a few. Our book club members have read a book every month, and enjoyed evenings of discussion, laughter and the occasional glass of wine! Our orchard and Trust hall have had some TLC and will have more again next year. We enjoyed the happiness of the Queen's Jubilee and then solemnly mourned her passing. It has been quite a year. We hope to continue in the same fashion. In December we enjoyed Christmas Lunch at a local pub. We decked our hall in holly, ivy and sparkling decorations, and shared an evening of food and drink, friendship and Christmas fun to celebrate together. If you would like to join Shottisham WI, to make new friendships, walk to help your fitness and mental wellbeing and to listen to interesting speakers for enlightenment, please contact me. Leave a message and I will get back to you. Shottisham WI members wish everyone a Happy New Year, *Diane Fleming* Secretary 01394 411870

The Sorrel Horse

The pub will be closed for **2 weeks from 2nd January** for kitchen updating.

Many thanks, *Rebecca*

Bawdsey School

The community has been extremely kind in buying books for our library from our Amazon wish list, as we had a big clear out of older books which are now going to a school in Africa. The children are as happy as ever and we have started a Baby and Toddler group on a Tuesday morning. This will be starting again at 9:10 am at school on January 10th, it is completely free and all are welcome, *Katie Butler, Head*

Food Bank

WOW! The village has really excelled itself this year with many contributions of food stuff plus we had four very generous donations of money enabling us to buy Men's/Women's Hats/Gloves/Socks & Children's Girl's/Boy's Hats/Gloves/Socks/Throws to keep people warm and some toys, plus lots of food and some treats. In all we had 17 yes 17 boxes! Taken to the Salvation Army Food Bank in Woodbridge over a 3 week period, for which they were so grateful. With the left over money we will be able to donate two boxes each month instead of one. Thank you to all those people who donated so generously, you know who you are. Happy New Year, *Dawn & Ray*

LOCAL EVENTS

Mobile library at The Knoll, Shottisham 3 to 3.20 pm on **Tuesday 3rd and Tuesday 31st**

Quizzes – Quizzes are at The Swan, Alderton on **Wednesday 11th and Wednesday 25th** at 8 pm.

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

There are various photographic experiences at Bawdsey Hall

<https://bawdseyhallwildlifephotographyhides.co.uk/dusk-until-dawn-2>

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

Memories of Village Life: **On Saturday 28 January from 2.00-4.00pm**, there will be a screening of photos in Bawdsey Village Hall which reflect what Bawdsey was like in the post-war era. Tea and cake and a chance to reminisce. Donations towards the hiring and heating of the hall will be welcome on the day.

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,

email woodbridge.snt@suffolk.pnn.police.uk. Dial 101 when less urgent than 999

Sad news

Ray Emmens 7.1.1931 - 18.12.2022

A real Shottisham gentleman, born in Jasmine Cottage, Church Lane . On marrying his beloved Erna he moved to no 6 Heath Drive and as his family grew he moved to no 10 Heath Drive .

Ray was an agricultural machinery salesman for A H Potter in Woodbridge ,well known and respected by the farming community in the area.

He was a smart, kind , family man and will be greatly missed by his caring family and friends .

He was known to take in stray cats and look after them even giving them hot water bottles!

Rest in Peace dear Ray. *Pat Bendon*

For contributions to the Shottisham newsletter please contact **Nicky Beaven 411861** or nicky.rosecott@gmail.com by **25th** of previous month. For church-related information please contact Rev Simon Cake 07710 523856 simon.cake@outlook.com