



Village Newsletter

August 2024 Issue 272

If you have any updates for the August newsletter, please send to me by the 28th July, warm wishes, Natalie
Nataliebrett64@gmail.com

Corrections from July 2024 newsletter

94th birthday wishes for Derek should have read Grumpy Old Derek 🤨
COMMERATIVE PICNIC & LIGHTING OF THE BEACON FOR D.DAY, (sic), should have read Commemorative and Celebration picnic and lighting of the Beacon for D Day.



Image courtesy of Claire Norton

Exciting news from Shottisham Campsite - we have a new addition, baby alpaca Martha. Tessa and Richard's alpaca Mathilda (who lives here) had a baby girl just over a week ago. She was born with no fuss and has become a beloved member of the campsite herd alongside her mum, grandma (Doris) and distant cousin (Inky Dinky Do). On Saturday and Wednesday afternoons at 5pm through the summer

holidays I take children from the campsite animal feeding, of course children (and adults) from the village are more than welcome to come along too. We feed the chickens, pigs, alpacas, and goats - and jump over electric fencing - sometimes the dog does tricks. There are currently 9 baby goats who all want some love. Everyone is welcome, but please make sure you bring at least one grown-up with you as I am currently rubbish at rescuing people from rogue animals. We meet on the campsite by the smallholding gates. Unfortunately, the Blue Rabbit Cafe won't open this summer as I am too unwell and waiting for another surgery, but hopefully 2025 will be a much better year and the cafe will reopen once again - *Claire x*

Wilford Bridge Road

CityFibre will be carrying out further works in Melton, temporary two-way traffic lights will be in operation on the Wilford Bridge Road from **31st July to 2nd August**, which may cause some delays.

More information, including an FAQ and a way to register for updates, is available at www.cityfibre.com/projectgigabit

A12 Road Closure – 7pm to 5am

Carriageway repairs in preparation for surface dressing, followed by surface dressing works along A12, Woodbridge, between the Ipswich Road and Grundisburgh Road roundabouts will take place between 7pm and 5am from **Friday 2nd August until Friday 9th August, including Friday night.**

During this time, the road will be closed to ensure the safety of highway users and Suffolk Highways operatives.

Between 7pm and 5am on Friday 2nd August, Suffolk Highways will be carrying out carriageway repairs in preparation for surface dressing. The road will be reopened for the weekend of Saturday 3rd August and Sunday 4th August, and surface dressing will be carried out between 7pm and 5am during the week commencing Monday 5th August.

Surface dressing works are weather dependent, and contingency dates have been booked. Works are unlikely to take place for the full duration stated above but will take place within this time. The road will be reopened as soon as possible.

The latest updates on Suffolk Highways works can be found on the One.Network website.

Draft Parish Council Minutes attached.

SIGN CLEANING

In the absence of Highways cleaning the road signs anymore. A "Big Thank you" once again for the anonymous person who regularly cleans all the signs, you have done a super job.

Ray Kay

Shottisham Parish Council

Shottisham WI

Shottisham WI held a social evening at the hall on Thursday 11th July, avoiding clashing with the pub quiz and Euro semi-finals.

We hung colourful union jack bunting from the beams to give a festive feel to the hall for the evening. WI members and guests from the village enjoyed listening to Ghost stories and tales of intrigue as told by storyteller Kevin Walker. It was like listening to episodes from "Tales of the Unexpected".

WI members provided a very substantial buffet with wine and fruit cordials to drink. Everyone mingled and chatted. The raffle gave most people a prize. The evenings profits enabled us to add approximately £130.00 towards the hall renovation fund. But mostly it was an enjoyable and friendly event for the village to get together, thank you to everyone who came and supported us, we hope you had a nice time!

WI members continue to hold visits to the Theatre, also with trips to RHS Hyde Hall gardens and a boat trip from Beccles to Geldeston on the horizon.

New members are always welcome.

Yoga classes at the hall with Amanda Dufour continue to be popular, Tuesday lunchtimes from 12.15pm to 1pm.

They are very relaxing, non-competitive and friendly, no previous experience is required. There is space for a few more to come and join us. Just wear loose comfortable clothing and bring a mat. The cost is £5.00.

The next class will be Tuesday 30th July. All welcome, not just for WI members.

The annual Shottisham village Summer Fete is coming up again soon! Mark your calendars and plan to come from 12-3pm on Sunday, 25th of August. As usual, it will be held in the church parking lot on the top of the hill behind the Sorrel Horse.

There will be BBQ, games for children (and adults), cakes & treats, jams & chutneys, face-painting, bric-a-brac, and other bits and bobs. Please join us for a fun and social time.

Also, some volunteers will be needed to help set up the marquees and to run the stalls. So, we may be in touch to ask for your help in the coming weeks.

Thanks and we look forward to seeing you!

Jeremy Emerson jeremyemerson81@gmail.com

Pastoral letter

It is not often I get to write the pastoral letter, and it seems to be during summertime. What does the shepherd say in summertime? The lambs are born and grown, the

time of vulnerability past, time to graze, time for leisure. Likewise, the trees in full leaf, the grasses, the wayside flowers, roses and dahlias in full bloom – all have overcome whatever adversity, to flourish. The birds in the air, likewise, all God's creatures, and we humans too. Just as the young birds are fledged, so our own young are preparing to move on, as exams are sat and terms come to an end. Moving on at every stage, from University, from High School, from Primary School. I think we have six primary schools in the benefice and think how many leavers these must fledge to move on to high school. I had the extremely good fortune and enormous pleasure to watch a dress rehearsal of Orford School's end of year performance of cabaret, skits of all those groups which make up school – those who teach, those who learn, who clean, who cook, who make up the PTA. There was even an inspector from Ofsted. Year 6 came out in fullest voice to throw their hearts and souls into 'Moving on', they had learned their A B C, and their 1 2 3, had seized all the opportunities presented to them, and now they were moving on. The year is put to rest until September.

In our readings at this time, Jesus is at the height of his ministry, together with his disciples, out and about teaching and healing. Like hurtling towards SATs. Then he stops and looks at the disciples, sees how tired they are 'come away to a deserted place all by yourselves and rest a while.' Can we retreat to silence – which disappears as soon as we say its name? Is it as difficult as people imagine to be still and quiet for five minutes, ten minutes? The Serbian performance artist Marina Abramovich succeeded surprisingly, or maybe not so surprisingly, to silence thousands at the Pyramid stage at Glastonbury a few weeks ago, as a collaborative act of love in the face of war. And all you could hear was the wind blowing through the valley.

Whatever our reason to be quiet, it is special. I have never forgotten a film I watched years ago *Le Quattro Volte*, written and directed by Michelangelo Frammartino and set in a small Italian village that can't have changed for generations. There was no dialogue nor narration. One watches as a new kid is born into the herd of goats, later to fall behind its mates and be lost; how a tree is felled and used to build a shelter for converting wood and straw into charcoal for the winter, where the old gentleman succumbs to a cough and the young revel during a religious procession. Life's continuity despite its impermanence. The silence and the passing of time are compelling. It is time now for us to lie down in green pastures and have ourselves restored, physically and spiritually, after a lot of hard work, whether we have been studying or teaching, planting or shaping, time now to let go of the weariness, retreat to monastery or mountainside, on a boat or by a beach, and to rest.

Janet Bishop
Reader

What's on

- 1 Aug** Coffee & Chat – 10.30am, Boathouse Café. Call Jenny 410198 to book
- 8 Aug** Coffee Morning 10.30-12o'clock pop in and enjoy a Cuppa & Biscuit and

- chat at Glebe House, Hollesley
- 10 Aug** Concert by Shingle Street Folk – 7.30pm, All Saints Church, Sutton
 - 17 Aug** Bawdsey Market – 2.00-4.00pm, the Hall
 - 18 Aug** Craft Fair at "The Swan" Alderton 2-5pm
 - 24 Aug** Pop-Up-Pub & Disco – 7.30pm, the Hall
 - 25 Aug** Be aware there will be Fireworks at Woodhall Manor at 9.15pm
 - 25 Aug** Shottisham Village Fete Church Car Park

Stay & Play: Big Bears children walking–4 years Baby Bears babies, non-mobile to crawling. Both Wednesdays 10.00-11.30am, Bawdsey School. Booking essential.

Deben Ferry runs daily 1 May–30 September, 10.00am-5.00pm

Boathouse Café open Thurs-Monday, until school holidays then all week, 11.00am-5.00pm

Suffolk Punch Trust open Friday/Saturday/Sunday/Monday 10.00am-4.00pm

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

Mobile Post Office every Thursday 11.30am-12.30pm, Alderton Village Hall

Yoga with Darren on Tuesdays 9.00-10.00am, £10 per session Bawdsey Hall

Chair-based Exercise Class 10.30am, the Hall, ring Jane 411373

Suffolk Police www.suffolkpolice.uk email woodbridge.snt@suffolk.pnn.police.uk



The Peninsula Practice

| DAY | ALDERTON | ALDEBURGH | ORFORD |
|-----------|----------------------|---------------|----------------------|
| Monday | 8.00 to 14.30 | 8.00 to 18.30 | 8.00 to 18.30 |
| Tuesday | 8.00 to 18.30 | 8.00 to 18.30 | CLOSED |
| Wednesday | 8.00 to 18.30 | 8.00 to 18.30 | 8.00 to 13.00 |
| Thursday | 8.00 to 18.30 | 8.00 to 18.30 | 8.00 to 13.00 |
| Friday | 8.00 to 18.30 | 8.00 to 18.30 | 8.00 to 13.00 |

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 11 th September – Aldeburgh
- Thursday 17th October 2024 - Alderton

All calls will be redirected to 111.

Flamingo Challenge

Are you over 65yrs old? Can you stand on one leg? Data shows that being able to stand on one leg over the age of 65yrs for over 10 seconds significantly reduces your risk of falls and increases strength and balance - why not try it whilst brushing your teeth every day (whilst ensuring your safety)?

Ageing well

Find more resources and links about ageing well on our website at
<https://www.thepeninsulapractice.co.uk/older-age-health>

Flu and Covid vaccinations

Criteria for winter 2024/25 flu vaccinations have been published, however, we are awaiting the eligibility for covid vaccines. We have been advised to co-administer the two vaccinations where possible and aim to do this in our October clinics. Patients will be invited by text, email, or letter with booking links to book directly into the system once NHS England confirm the eligibility criteria.

01394 411641

peninsula.practice@nhs.net

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