



If you have any updates for the January newsletter, please send to me by the 28th December. Have a lovely Christmas and warm wishes, Natalie
Nataliebrett64@gmail.com



Three wise men, Sorrel Horse, November 2024

Sorrel Horse

Saturday 30th November, Karaoke & Disco, 7.30

Wednesday 4th December, Carol singing mince pies, mulled wine, 7pm

Saturday 7th December, Christmas Craft Fayre in the barn, 10am-noon.

Thursday 12th December, Quizmas night, 7pm

Saturday 21st December, Best mulled wine & mince pies competition, 6pm

New Year's Eve 6pm- 1am. (Finger buffet & Disco bookings only)

We also still have some space for Christmas parties. And, we have started advertising Burns Night Saturday 25th January 7pm 3 course set menu bookings only.

CHRISTMAS FOOD BANK

Thanks to all those who have already contributed items for the Christmas Food Bank for Salvation Army at Woodbridge. If anyone still wishes to donate it is not too late. The final date we can accept items is the 16th December. We can collect, call us on 01394/410332 or leave at Brook Cottage.

Thank you
Dawn & Ray

PET OWNERS

There will be fireworks at Woodhall Manor on New Years Eve at 10pm.

DIARY DECEMBER

1st Dec Craft Fayre - Gelebe House Hollesley 2-4pm
1st Dec at St. Andrews Church Alderton - Christmas Tree Display from 11am-5pm
Craft Activities and Seasonal Refreshments. Any profit will be split between Woodbridge Salvation Army Christmas Appeal and East Anglian Air Ambulance.
7th Dec Craft Fayre - 10am-12pm Sorrell Horse Shottisham
7th Dec Bawdsey Market - Bawdsey Village Hall 2-4pm
7th Dec Pop-up-Pub & Christmas Lights Switch On 6-11 pm Bawdsey Village Hall
7/8th Dec Christmas Craft Fair & Grotto 12-6.30pm Suffolk Punch Trust
14th Dec Carols & Cake Pop-up-Boathouse Cafe Bawdsey Village Hall 2pm
15th Dec Christmas Fair at The Swan, Alderton 2-5pm
31st Dec New Years Eve Party 8-1am Bawdsey Village Hall Tickets £20 includes buffet food, all drinks & fiz at midnight (Ticket only /No Tickets on door) to book by CHRISTMAS EVE call Caroline on 01394/410069 or 07999235094
Boathouse Cafe - Closed
Suffolk Punch Trust - open 7/8 otherwise closed
Marsh Barn Cafe RSPB Reserve Hollesley open daily 10am-2pm
Yoga with Darren - Tuesday 9-10am Bawdsey Village Hall £10 per session
Chair-Based Exercise Class 10.30am Bawdsey Village Hall ring Jane on 411373
Suffolk Police www.suffolkpolice.uk email woodbridge.snt@suffolk.pnn.police.uk

Parish Council

TO: ALL RESIDENTS

SHED AND OUTBUILDING SECURITY: There have been a few Burglaries in the area of Outbuildings including the Church in Shottisham recently. Suffolk Police's advice for keeping items safe is:

KEEP SHEDS LOCKED AND SECURED AT ALL TIMES
CHECK INSURANCE COVERS SHED AND OUTBUILDINGS
GOOD PADLOCKS WITH NO EXPOSED SCREWS
CHECK HINGES, THESE CAN EASILY BE REMOVED
WINDOWS CAN BE VULNERABLE, SECURE WITH WIRE MESH OR GRILLS
ALARM - CONSIDER A BATTERY-OPERATED SHED ALARM
CONSIDER LOCKING TOOLS AWAY INSIDE A LOCKER/BOX OR SECURED WITH CHAIN
SECURE BIKES TO THE GROUND OR LOCKABLE STAND WITHIN A LOCKED

SHED OR GARAGE
KEEP MOWERS HIDDEN FROM VIEW
MARK YOUR ITEMS AND TAKE PHOTOGRAPHS OF THEM
ALWAYS REPORT ANY INCIDENTS TO THE POLICE 999 FOR EMERGENCY 101
NON-EMERGENCY

*RAY KAY
ON BEHALF OF SHOTTISHAM PARISH COUNCIL*

Church Pastoral Letter

Greetings!

You may be wondering who I am and why I'm writing something for this edition of your newsletter so before we go any further let me explain. My name is Edith and as well as being newly ordained and continuing my curacy at Framingham with Saxtead, I am also the Anglican Chaplain for the 2 prisons located in the Orford Cluster - HMPPS Hollesley Bay and Warren Hill.

I have been doing this job since August 2021 and I can honestly say that at the ripe old age of 61 I finally found my vocation in life! At the time I started I was a licensed Reader but through the encouragement of my Rector and others, I started on the path to Ordination and was ordained as a priest by Bishop Martin in June of this year.

Christmas is for many Christians a joyful time when we celebrate the birth of Jesus, God coming to us in human form, as a helpless babe. But sadly, in our country today, much of that meaning of Christmas has been lost. We are bombarded with adverts on our screens and hard selling in the shops encouraging us to spend, spend, spend with the implication that we'll have a miserable time if we don't. Many of us get sucked into that way of thinking but it really isn't what the season is all about and that is easy to forget.

Since I've been working in the prisons, I have come face to face with the joy and the sadness of Christmas time for those who are separated from all the hullabaloo surrounding the season. Don't get me wrong, the decorations go up, Christmas dinner is served and there are activities and fun going on in the units with staff and prisoners alike. But in a way, it is a blessing to have to focus on what really matters and what you really miss at this time of year, when you don't have an option to buy all the things you want, and give them to loved ones in person, or to stuff yourself silly with the latest offering from Marks & Spencers food hall. When you realise that all you really want to do is spend time with your loved ones and build memories with them.

Loneliness and separation from friends and family have a real impact on the mental health and wellbeing of people in our jails and at Hollesley Bay and Warren Hill lots of things are put in place to ensure the wellbeing of the prisoners is kept at its best. This takes a lot of commitment from the staff who also have to work over the Christmas period. We, as a multi-faith Chaplaincy, are part of that team of people and are there to support and encourage those who profess any kind of faith whether they be staff or prisoners. There are many different celebrations for different faiths throughout the year and each one is a time of joyous sharing of food and fellowship. Christmas is the same and the prisoners enjoy coming together and sharing what

they have with each other. Some do have visitors and quite a lot of prisoners at Hollesley Bay will be allowed home, but for those who are left inside, the Chaplains and other staff support and spend time trying to make it special in a different way.

Wherever we are and whoever we are with this Christmas season, may we know God's presence with us as we remember the greatest gift of all and with all the uncertainties around us may we continue to sing with the angels, "Glory to God in the highest and on earth peace among those whom he favours." Joy and Peace to you all from the Chaplains at HMPPS Hollesley Bay and Warren Hill.

Rev. Edith Peck.

Church service dates attached.

A message from the Revd. Capt. Simon

Carol Singing in the Villages

Thursday 12th December 7.30pm The Swan Alderton
Saturday 14th December 2pm Pop-up Café Bawdsey Village Hall
Tuesday 17th December 7pm The Plough Sutton
Friday 20th December 7pm The Shepherd and Dog Hollesley
Come and sing carols with our villagers and visitors.
Help everyone enjoy the Christmas Spirit.



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 12th February 2025 – Alderton

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

- Minor surgery including moles, skin tags & lesions

- Steroid joint injections

- Ultrasound (by referral)

- Mental health and wellbeing support

- Single skin lesion clinic

- 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):

- Chiropody – foot care appointments & home visits

- Ear care – wax removal (see website)

Happy Holidays and New Year

We want to wish all our patients and their loved ones a happy winter holiday and happy new year.

We will be closed on the bank holidays over Christmas and the New Year (25th & 26th December 2024, 1st January 2025) – please call 111 if you need medical help, or 999 in an emergency. We will be open as usual over the rest of the festive period; you can call us for an appointment, or log into your online account – please see our appointments page on our website for more information about these options.

East Anglian Air Ambulance

We are very proud to continue 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 bright yellow!

X-ray at Aldeburgh Cottage Hospital

With special thanks to the League of Friends Committee, Aldeburgh Cottage hospital's x-ray has been replaced and patients are now able to get x-rays completed at the hospital.

We now request that patients/carers order what they need between 7-10 days before their prescription is due.

01394 411641

peninsula.practice@nhs.net

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

