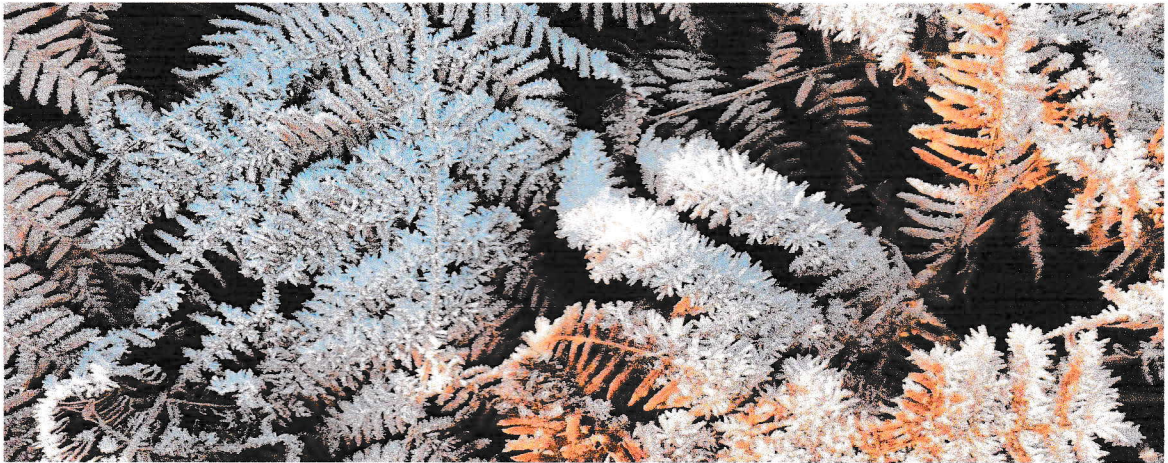


Village Newsletter

February 2024 Issue 266

If you have any updates for the March newsletter, please send to me by the 23rd February, warm wishes, Natalie
Nataliebrett64@gmail.com



Shottisham, 19 January 2024

SHOTTISHAM WI

Members of Shottisham WI have enjoyed several enjoyable times together since Christmas, including a trip to the Red Rose Chain, Avenue Theatre in Ipswich, to see the family production, "Mr Tod," which was very amusing.

Eight members visited Woodbridge for a guided walk, learning of historical people, buildings and interesting events. We also enjoyed a cooked lunch at the Salvation Army Hall. This helped raise money for the Food Bank that they run. We donated a large box of food tins etc, from a collection that members make every month.

At our first monthly meeting of the year in the Trust Hall, we took part in a chair-based Yoga class which we all enjoyed and found very relaxing. Amanda Dufour, our very nice and experienced instructor, who has recently moved to Shottisham, is hoping to start yoga classes at the Trust Hall in the near future, for anyone interested.

For our February WI meeting, we will welcome Stephanie Mackentyre to give a presentation entitled, My Life Behind the Mike. She has worked in the media for over

20 years on Hospital radio, Suffolk Radio and Look East as a presenter and researcher. Her talk will include amusing tales of people she has interviewed and malfunctioning equipment during live broadcasts.

Members enjoy a meeting every 2nd Wednesday of the month, with a speaker or entertainment, in the hall. There are also further walks and outings coming up soon, and throughout the year, to nature reserves, gardens and other places of interest, all of which we will enjoy together.

Last year, with the help of grants from The National Lottery and East Suffolk Council, we have made improvements to the WI owned Trust Hall, replacing very outdated toilets and having the outside woodwork painted, to protect and enhance the appearance of the hall. We intend to continue with our improvement programme.

On Saturday 4th May, we will hold our annual Plant and Cake Sale, to help raise money to pay for the hall insurance, towards other running costs and continue with our ongoing improvements. We hope you can come and join us, enjoy a cup of tea and piece of cake, buy a raffle or tombola ticket and plants for your gardens. All your contributions will help keep our beautiful hall looking nice.

The hall is available for hire and we always welcome new members to join us at Shottisham WI.

Diane Fleming Secretary Shottisham WI. email dillypal@outlook.com

Pastoral Letter

This is a busy time of year: it can't be, you might say, because we need to relax after the celebrations of Christmas, to review our diet and whether we will spend the whole of January 'dry'. Instead, however, we might turn our attention and our renewed energies to all the events of our church calendar. The lectionary, by its nature, cannot take us on a chronological journey; it is cyclical; it allows us each year to build on the thoughts we had last year, to add layers of reflection, and revelation.

We are coming to the end of Epiphany tide. The magi have shown us that Jesus is King of the Jews, yet it seems unlikely that he may come to win a battle, lying as he does now, in a manger, a vulnerable baby, as precious as all those young children we have visited and held, played with, and loved over the festive holidays. But protected he is, at least for a time. At the same time as this is going on we remember the baptism of Christ – by John the Baptist, some twenty years later, and also, the wedding at Cana around the same time, at the outset of Jesus's ministry. These are all times of beginnings, of new starts, even though we celebrate and remember them each year.

And there is a backcloth - the forty days of Mary's period of purification. These days edge forwards, to Candlemas and the presentation in the temple on 2 or 3 February, an important marker, the Christ child once again being recognised as Messiah.

Candlemas falls between the December solstice and the March equinox, halfway through winter; when the snowdrops come out, also known as Candlemas Bells: folklore tells us an angel helped them bloom, and shaped their petals, as a sign of hope to that first lady, Eve, as she wept in sorrow for what she had done. I like to think the angel added those tiny spots of green too, on petals otherwise white as snow, hope of faith in the certainty of things, for good, for now and into the future.

Folklore or otherwise, we bless in church all the candles for the forthcoming year. We each hold a candle in our worship, light coming into the world, and we dress our churches in white and gold. All that splendour when, just two weeks later, we will take a step back from the distractions of our everyday lives as Lent starts, this year a week earlier than last, on the feast day of 3rd century priest and saint, Valentine, who has come to mean so much to loving couples. And so, another forty days will begin, to take us up to that weekend of Christ's passion towards salvation. We will have a lot to think about, alone or with others, lighting a candle or not, as we reflect on our own lives, on our connection to Christ and his life, how he suffered for what he believed in, and how we might work to spread his love more generously across our divided world.

Janet Bishop

Shottisham Church services

4 Feb Family Communion 9.30am

11 Feb Morning Praise 11 am

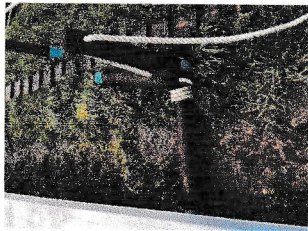
18 Feb Evensong 6pm

Shottisham Parish Council

Highways

No major highway issues have been reported this month although the council has received a letter of concern regarding gritting. Shottisham has been downgraded to Category 2 which means it likely that gritting will only take place in extreme conditions. Chairman Ray Kay has contacted Councillor Andrew Read to ask for Shottisham to be reinstated on the gritting route immediately.

Playground



Councillors are disappointed to report that there has been further vandalism at the playground in recent weeks. Two of the posts leading up to the fort have been yanked out of the ground using the rope. It was also noted that one of the fence posts requires fixing adjoining the rectory and the moles have been out in force again too. Councillors are considering removing the steps completely and taking out the fence posts as well, instead of constantly fixing them. The other maintenance issues will be taken care of in the spring when the weather is better. It was recognised that the playground equipment is getting to the end of its life cycle and will need replacing eventually. However, large pieces of play equipment are very expensive and there will be a need for considerable fund raising to replace existing equipment.

Vacancies

We are very disappointed to report that one of our younger councillors Katie Emerson has decided to resign as a councillor after spending the last three years as a valued member. We will miss her cheerful input at meetings, her research on playground equipment and her help with events and wish her well. We are very short of councillors now and desperately need to recruit two new members to the team. If you are interested, please contact Lesley to find out what the role entails and how you can help.

12TH MARCH

The next meeting will take place on Tuesday 13th February at 7:30 pm in the Trust Hall.

Full minutes from the last meeting can be found on the Shottisham Village website at <http://shottisham.suffolk.cloud>

Lesley Roberts, Clerk to Shottisham Parish Council clerk@shottisham-pc.gov.uk 01394 410581

The arrival of a cold snap presents problems particularly to the elderly caused by falls etc. If you have an elderly/infirm neighbour, please keep an eye on them. Ideally someone should know where their spare key is.

The recent power cuts have presented a problem as land lines do not work preventing those needing help from calling for it or those concerned about family/neighbours unable to contact them. If you have a mobile phone signal that is good, even a weak signal will support text messaging. If you have, or can get your hands on an old-fashioned phone (analogue) they will work during a power outage as they require a minimal voltage to function and can be plugged into your BT socket. Some cradle phones may not work unless they are linked directly to the socket, not via a base station.

The latest information on the BT switch to Digital Phones is by the end of this year, possibly early 2025. If do switch before and you have a poor mobile connection you should be offered a unit which will operate using a battery (Uninterruptible Power Supply) and keep your router active (And the phone)

for up to 90 minutes. If you are not offered this USB Ask, I got mine with EE, part of BT.

Ray Kay, Chair, Parish Council

What's on

3 Feb Breakfast – 9.00-10.30am, Sutton Memorial Hall, book with Sue on 411793

3 Feb Bawdsey Haven Yacht Club winter talk - 7.30pm, Bawdsey Hall

6 Feb Craft Group- 7.30pm, Bawdsey Hall

7 Feb East Anglian 3 Public Information Day – 3.00-7.00pm, Bawdsey Hall

10 Feb Hollesley Community Café · Breakfasts & Veggie Option · 9.30am-12 noon Hollesley Village Hall

20 Feb Craft Group - 7.30pm, Bawdsey Hall

16 Mar Annual Jumble Sale – 2.00pm, Bawdsey Hall

Swan Inn at Alderton has several events on throughout February. Check out here - <https://www.facebook.com/people/Swan-Inn-Alderton/100083480132057/>

Suffolk Punch Trust open for breakfast every Sunday, 9.30am-1.00pm

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 1.15-3.15pm, Alderton Village Hall

Yoga on Tuesday morning suspended until further notice

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

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

Food Bank



Thank you to everyone (you know who you are) who contributed to our collection for the "Food Bank" at Christmas and with a large contribution of money we were able to fill a box with throws, gloves, hats, etc. for the children as well as lots of Christmas Goodies filling 9 boxes in

total.

We do a box each month throughout the year that we take to the Salvation Army if any one would like to contribute please drop it off or we can collect.

Thankyou again
Dawn & Ray

Jars

Thanks for all the jars. If anyone has plastic pudding bowls large or small left from the likes of Christmas Puddings and they do not want them, please leave them for me, as I can use them.

Thank you,
Dawn



| 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.

• Thursday 8th February 2024 – Alderton • Wednesday 6th March - Aldeburgh

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
- Ultrasound (by referral)
- Single skin lesion clinic
- Mental health and wellbeing support
- Insomnia support - SleepStation (a bespoke programme)
- 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

Healthy you

- Ear care – wax removal (see website)

Health check-ups are available from Peninsula Practice, allowing you to have a discussion with a clinician about your health and concerns that you may have. This can include lifestyle, health checks such as blood pressure, and mental health discussions as well. Make an appointment with us in advance by contacting the surgery by phone or online.

Menopause – Tuesday 20th February 2024, 7:30pm

On Tuesday 20th February 2024 at 7:30pm, Dr Crockett will be holding a Menopause information webinar. Involving a presentation followed by open questions, it is open to everybody; male or female, patient of Peninsula practice or not, pre-, during- or post menopause.

You can join anonymously – no camera or mic is required, and you can add any questions or comments in the chat which will be answered by Dr Crockett during the session.

We have a webpage on the menopause on our website, which is updated regularly: <https://www.thepeninsulapractice.co.uk/menopause>.

To join on the date, please enter the following information into Zoom:

Meeting ID: 863 7967 1067

Passcode: 993730

01394 411641

peninsula.practice@nhs.net

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