



## Village Newsletter

March 2024 Issue 267

If you have any updates for the April newsletter, please send to me by the 25<sup>th</sup> March, warm wishes, Natalie  
[Nataliebrett64@gmail.com](mailto:Nataliebrett64@gmail.com)



*Audrey Morgan with Poppy Moll-Morgan in the garden of Cliff House.*

### **Food Bank**

I will be doing up a box for Easter for the Salvation Army Food Bank at Woodbridge. If anyone can spare a small Easter Egg or similar, I would be grateful. I can collect or leave at Brook Cottage.

Thanks for all the contributions so far this year.

*Dawn*

## New yoga classes starting in Shottisham!

Amanda will be leading a beginner-friendly class every Tuesday, starting from 12<sup>th</sup> March.

Time: 12:15-1pm

Cost: £5 per person (cash/card or BACS payment)

Location: Shottisham Trust Hall

Please bring your own mat and wear comfortable clothing you can move in. No booking required but please email or message Amanda if you're planning to attend.

Feel free to get in touch with any other questions!

[amanda@amandadufour.com](mailto:amanda@amandadufour.com)

07826002184

## The Vicars Voice



As many of you will know, last October, my beloved brother Michael, better known by me to everyone as “Our Mick”, died peacefully after a short illness. It came as a huge shock to all his family, and if I am honest, I am still coming to terms with the fact that he isn’t with us anymore, and I miss him more than words can say. So very much. And I am not ashamed to admit that tears are still, from time to time, not often far from my eyes when I think of him.

“Our Mick” was my big brother. 11 years older than me, he was the one who named me when I was born. As I grew, he took me everywhere, and even when he had his friends around, they all knew that “our kid” would be included too. I felt very grown up being taken for a trip “round the block” on their mopeds, I was even taken to school once on the back of said moped, when mum was running late getting me to school. I was certainly the envy of the class that day!

For the last 15 years or so, my sister Carol and I have spent New Year’s Eve and Day with him, I was chief cook, Carol the washer-up and Mick the ever-vigilant wine-waiter!! We would celebrate the “off with the old and on with the new” at the stroke of midnight, and so you can imagine this New Year just past, what a poignant time it was for Carol and me, and we had to find a new way of celebrating without him, whilst giving thanks for all the good times we had shared with him.

For Christians, Easter is also a time for “off with the old and on with the new”. Through the events of Lent, Holy Week, Good Friday, and Easter Day, we have a way of throwing off the old way of living and embracing a new way forward. Unlike New Year resolutions, which usually last only a matter of hours or even a few days, a new beginning in Christ lasts beyond even a lifetime. It lasts for all eternity.

## The Easter Triduum



On the night of the Last Supper, Jesus gave us a very tangible way of remembering him and the sacrifice he was about to make through the offering of bread and wine as symbols of his very self which we can take into ourselves. St Augustine described these blessed sacraments, as outward and visible signs of an inward and invisible grace.

On the Cross of Calvary, Jesus took all our sins, our past behaviours, our doubts, and cares, and took them upon himself. He released us from all those things which could weigh us down and stop us from embracing him in the very depth of our being, our hearts, and souls.

Through the Resurrection of that first Easter Day, we have a freedom, a victory, a peace which, as it says in the Book of Common Prayer, “passeth all understanding”.

And, actually, perhaps we don't need to try and understand it, we just need to accept it in faith, embrace it in faith, and live it in faith, as an Easter People. Today, tomorrow and for all eternity.

May your Easter be blessed and eternal,

With love and blessings, *Rev Mandy Xx*

**PS** A huge thank you to everyone who sent cards and flowers of condolence when Mick died. They meant so very much. Your kindness and thoughtfulness was, and is, very much appreciated.

### ***Shottisham Church services***

**3 Mar** Family Communion 9.30am

**10 Mar** Morning Praise 11 am

**17 Mar** Evensong 6pm

### **What's on**

**2 Mar** Bawdsey Haven Yacht Club winter talk – 7.30pm, the Hall

**5 Mar** Craft Group – 7.30pm, the Hall

**12 Mar** Parish Council Meeting Trust Hall

**16 Mar** Annual Jumble Sale – 2.00pm, the Hall

**19 Mar** Craft Group – 7.30pm, the Hall

**24 Mar** Craft Fair- 2pm, The Swan, Alderton

**29 Mar** Easter Egg Hunt & Hot Cross Buns – 10.00am/10.30am, the Hall

**30 Mar** Easter Extravaganza – 10.30am, the Hall

**Big Bears Stay & Play** (children walking–4 years) **Baby Bears Stay & Play** (babies non-mobile to crawling). Both run Wednesdays 10.00-11.30am, Bawdsey Primary School. Booking essential. Further details on Facebook.

**Boathouse Café** open Fri/Sat/Sun 11.00am-5.00pm  
**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](http://www.suffolkpolice.uk) email [woodbridge.snt@suffolk.pnn.police.uk](mailto:woodbridge.snt@suffolk.pnn.police.uk)

## Landline update

In Shottisham, our analogue mobile and smart phone do not get a mobile signal. They can be used via our Wi-Fi. However, if there is a power cut resulting in no Wi-Fi, we are unable to use either mobile or landline unless we have an old phone. One of our residents has sent me this which they thought might be useful read for those unsure as to why this is happening from the house of commons library. As you know this is also picked up by the Parish Council regarding ongoing issues.

<https://commonslibrary.parliament.uk/research-briefings/cbp-9471/>



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 6th March – Aldeburgh
- Thursday 18th April – Alderton
- Wednesday 15th May - 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  
Ear care – wax removal (see website)

Getting updates from us

Do we have your current mobile phone number? This allows us to remind you about appointments and share any urgent updates.

The NHS app is another way to keep in contact with our surgery – with the app you can manage appointments, request repeat prescriptions, view your medical record, and access 111 Online.

We share information about the practice and local area on our Facebook and Instagram accounts under the name The Peninsula Practice, you can follow us and keep up to date.

Missed appointments

If you cannot attend your appointment, please call to inform us so that we can offer it to other patients and reschedule your appointment. Between 1st October – 31st December 2023, 145 appointments were missed, equalling a total of 28 hours of clinical time.

