



## Village Newsletter

May 2024 Issue 269

If you have any updates for the June newsletter, please send to me by the 28<sup>th</sup> May, warm wishes, Natalie  
[Nataliebrett64@gmail.com](mailto:Nataliebrett64@gmail.com)



*Chrissie's greenhouse arriving at the allotments with helpers, (Poppy Moll -Morgan)*

**Allotments** – contact Terrie - [terriebsl@hotmail.com](mailto:terriebsl@hotmail.com)

## **Yoga classes in Shottisham!**

Amanda will be leading a beginner-friendly class every Tuesday.

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

## **Sorrell Horse**

Ryan and Emma Ashton will be taking on the Sorrel Horse at the beginning of May. Please see below for Facebook & Instagram links for updates on the launch. If you could share them around that would be great.

<https://www.instagram.com/sorrelhorsepubshottisham?igsh=dG40YThxZjJmMDd4>

<https://www.facebook.com/profile.php?id=61558587351987>

Ryan is also on the Shotty WhatsApp groups.

## **Message from Revd. Simon Cake CA TSSF**

Well, we are about to come to the end of the Easter Season in the Church Calander. All to quickly the season of Pentecost Lomes, this year Pentecost falls on Sunday 19th of May. The other name it is known by is Witson.

It is strange day for the Church, as its often seen as the Christian Churches Birthday when the Holy Spirit falls upon the followers of Christ. We read that People came from different regions and spoke different languages, but a strange thing happened Where, suddenly people heard wild winds and flashes that looked like tongues of fire come down upon everyone there. Suddenly people found that although everyone spoke different language's they could understand each other. This was just one of the marvellous gifts that people received that day as well as many others.

Many people have tried to explain what happened that day. Some people just say well it's just a story. Yes, they must of all been drunk or high on something I wonder if you have ever experienced anything like that, then try to explain it to someone.

Well, I have experienced something similar that can be explained. But even though there is an explanation for it, It was still a miracle to me.

Every Year about this time of year There is a huge Pilgrimage to Lourdes of military personnel from all countries from all over Europe. For a whole week, the town of Lourdes is taken over by Soldiers, Sailors, and Air Force. All wearing uniforms from different nations.

It is a week of great parties and fun and religious service. People go to Lourdes to take the waters for healing ailments both physical and mental and like others come to say thank you for something or pray and support others.

One year I was asked to take a group of soldiers based in Germany down to Lourdes as part of the British Military Contingent. Well, who am I to turn down 5 days to Lourdes. With full board and accommodation in a hotel at the Vatican expense, I went as a bit of a sceptical person. Asking questions about everything that went on there.

Well, it's true, miracles do happen to people there. The miracle for me is I was communicating with people from different countries, people from Poland, Italy, France, Finland, Sweden, Switzerland, all over the place. How you ask since the only other language I speak is German, and that is not good, and a bit of French. So, what was this language we all shared and understood of each other. Well, I tell you it's a simple gift given to us all by God through the Holy Spirit, it's simply kindness, compassion, respect of others. Otherwise known as human love for our fellow beings and for all of God's Creation.

For that whole week we drank, laughed in some cases cried, with each other. It was absolutely amazing. The best of it was there was not any trouble from anyone.

Everyone was looking out for each other. You had to be there to experience it to.

Well, that's not quite true. You see we all have that gift of kindness in each of us.

Trouble is we often forget to practice it. Why don't we all try to share the miracle God gives us with someone that just might need a bit of T.L.C.

Or just even a smile to someone today.

Thank you.

*Revd Simon Cake. CA. TSSF.*

**Please see attached for church services in the Hollesley cluster for May.**

## **News from your Local History Recorder**

It is hard to believe but it is now 10 years since I took over this post from Audrey Morgan. I have enjoyed it all and as you know, it has led to the publication of the books on the history of the village and the earlier photographic book.

But the main purpose of a Recorder is the recording of the everyday life of the village in the present, so that anyone in 50 years' time will be able to read, research and enjoy Shottisham's past in the 20th and 21st century.

I now feel that it is time to pass this project on to somebody within the village. It is not an onerous task, but merely recording events and activities within the village. At the end of each year, the Local History Council requests a report, which can be as brief or detailed as you wish. A very enjoyable conference is held each year in the Spring, when talks and presentations are given from various Recorders in Suffolk.

Would any of you feel you would like to find out more about the post? I would be very happy to meet up and give you more details. Our 2024 conference is in early May, providing an ideal opportunity to meet others. Anyone who was really interested could accompany me.

Do feel free to email or telephone me to discuss this further. I do not want to leave

you without a Recorder; it would be great to hand over the baton and keep this marvellous work going.

*Diana Bickerton*

Dianabickerton88@gmail.com  
07928-419766

## **Shottisham Parish Council**



**Shottisham Annual Parish Meeting will take place on Tuesday 14th May at 7.00pm in The Trust Hall, Shottisham followed by the AGM at 8:00 pm.**

In order that the Parish Council can be sure it is addressing the issues that matter to the residents of Shottisham, we would like to invite all parishioners to attend this meeting to hear about what the parish council has done throughout the past year and to raise any questions or comment on what they would like to see done in future. All welcome!

### **Vacancies**

We are still very short of councillors and would love to find two new recruits to the team. If you think you could help, please contact Lesley to find out what the role entails.

**Lesley Roberts**, Clerk to Shottisham Parish Council [clerk@shottisham-pc.gov.uk](mailto:clerk@shottisham-pc.gov.uk)  
[Tel:01394 410581](tel:01394410581)

### **80 D DAY CELEBRATIONS 6 June**

*WE ARE HAVING A VILLAGE CELEBRATION (THIS WILL BE LIKE THE VILLAGE GET TOGETHERS THAT WE HAVE HAD IN THE PAST) FOR THE 80TH ANNIVERSARY OF THE D-DAY LANDINGS AND PRIOR TO LIGHTING OF THE BEACON AT 9.15PM TO CELEBRATE THIS (THANKS TO DAVID WASS FOR ORGANIZING THE BEACON) THIS WILL COINSIDE WITH THE REST OF THE COUNTRY AND THERE WILL BE A TOAST WITH PROSSECO AT THAT TIME. THIS WILL TAKE PLACE IN THE CHURCH CAR PARK. MORE DETAILS WILL FOLLOW TO EVERYONE IN THE VILLAGE TO ESTABLICH NUMBERS SHORTLY.*

***Thank you, Ray Kay, Chair of Parish Council***

## Shottisham WI

Shottisham WI will hold their Plant and Cake sale at Shottisham WI Trust Hall on Saturday 4<sup>th</sup> May, from 10am until 1pm. This event raises money to pay for the annual hall insurance cost.

There will be no parking available at the hall on the day. Please park carefully in the street and be mindful of traffic when walking to the hall.

We will be selling bacon rolls, homemade cakes, and savouries (to eat in or take away) and will serve hot and cold drinks too, from the kitchen. We hope the weather is kind so we can set up tables and chairs outside.

There will be stalls selling indoor/outdoor plants and produce, books will be available and a tombola to win sweets too. There will be a general raffle and several gardening hampers to win too. We hope something for everyone.

If you can donate any items for the stalls, all contributions would be gratefully received. Please label any plants or produce with name tags. Any cakes or edible contributions will legally need to show a list of ingredients for us to sell, due to allergy regulations. If you do have items to donate, please contact me.

Everyone in the village benefits from having the hall at times, attending WI meetings, Yoga classes, Parish Council meetings, voting station, music events, talks, parties etc. The hall is available for hire.

We have managed to make some great improvements during the last 12 months, through obtaining East Suffolk Council and Lottery funding and a payment from the pub quiz funds.

We now have new easy access toilets and pathways, The toilet facilities had not been updated since the 1960s. Outside woodwork painted, a new notice board and newly restored hall sign have all been installed. The voluntary help from several villagers to achieve these are really appreciated.

We intend to continue with more improvements.

The Shottisham WI members do not receive any automatic funding, except for those that are applied for. Please support us to help pay towards our insurance costs and more upgrades to the hall.

We look forward to welcoming you! Please come and bring your family and friends to this friendly event.

Diane Fleming  
Secretary Shottisham WI

[dillypal@outlook.com](mailto:dillypal@outlook.com)

## Food Bank



Thanks to all those who donated Easter Eggs we had approx., 15 which was really good as the Food Bank were hoping to get about 80 so it was a good contribution from our small village. Thanks again, Dawn

## What's on

- 4 May Shottisham WI Cake and Plant sale 10am – 1pm Trust Hall
- 11 May Hollesley Community Cafe 9.30-12.00 Breakfast/Veggie Option/Cakes/Tea & Coffee/ Various Stalls in aid of "Christian Aid"
- 14 May Craft Group – 7.30pm, Bawdsey Hall
- 18 May Bawdsey Market – 2.00-4.00pm, Bawdsey Hall
- 25 May Spring Market 10am –12.30pm Sutton, local craft stalls selling a selection of bird boxes, greeting cards, jewellery, knitting and sewing items, handmade chocolates, succulents, homemade fudge, and lots more plus a cake stall, raffle, tombola, win a hamper, plants, and refreshments.
- 25 May Hunger Lunch – 12.00pm, Bawdsey Hall
- 27 May Annual Fete – 2.00pm, Bawdsey Recreation Ground
- 28 May Craft Group – 7.30pm, Bawdsey Hall
- 8th June Hollesley Village Hall Fair from 10am onwards. Teas/Coffees/Cakes and many Stalls. This is to raise funds for the Hollesley Hall



# The Peninsula Practice

DAY	ALDERTON	ALDEBURGH	ORFORD
Monday	8.00 to <b>14.30</b>	8.00 to 18.30	8.00 to 18.30
Tuesday	8.00 to 18.30	8.00 to 18.30	<b>CLOSED</b>
Wednesday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>
Thursday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>
Friday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>

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 15 th May – Aldeburgh
  - Thursday 13 th June – Alderton
  - Wednesday 11 th September - Aldeburgh
- All calls will be redirected to 111.

We offer an increasingly wide range of NHS services to our patients:

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- 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

### **Peninsula Practice Patient Participation Group – The Patient’s Voice**

The Peninsula Patient Participation Group (PPG) is a group of volunteer patients, carers and practice staff who meet four times a year to discuss and support the running of the practice.

If you are over 16 and a patient of Peninsula Practice, you are welcome to join the PPG. For more information about becoming a member, please contact Natalie on 01394 411461.

If you have any suggestions, ideas or concerns then please do get in touch with the group via email: [peninsulapracticeppg@gmail.com](mailto:peninsulapracticeppg@gmail.com)

### **Bereavement café in Aldeburgh**

Attend the beautiful and peaceful surroundings of The Red House, Aldeburgh for a monthly Bereavement Café. Offering a welcoming space for those coping with loss to gather, meet, talk, and find comfort and support in shared experiences.

Run by trained volunteers, with the support of St. Elizabeth’s Hospice, it is a social space for people who are facing bereavement to talk about their experience of loss in a safe relaxed environment. See more details at: [brittenpearsarts.org/events/bereavement-cafe](http://brittenpearsarts.org/events/bereavement-cafe)

01394 411641

[peninsula.practice@nhs.net](mailto:peninsula.practice@nhs.net)

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



