



Village Newsletter

October 2024 Issue 274

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



Harvest Festival, image courtesy of Kathy Wilson

Sorrel Horse

The AGM will take place at St Margaret's Church in Shottisham at 11.00 a.m. on Saturday 16th November. If you would like to have lunch at the pub, then we advise that you book in advance directly with the pub.

If you are unable to attend the AGM but would like to ask questions, please submit these by e mail or in writing by 10th November and we will read them out and provide answers at the AGM and respond to you via e mail or post.

admin@sorrelshareholders.com

Board Elections

This year there are 4 members of the board who have completed either their first or second 3-year term and will either stand down or be due for re-election. At least two of these members will not be standing for re-election. We would therefore welcome people to put themselves forward for election to the Board. If we receive a lot of interest, we will hold a full election for the new directors and those standing again and will conduct a full ballot. Otherwise, we will revert to a show of hands at the AGM.

It is important that board continues to evolve. Over the past few years, we have been pre-occupied with short term issues such as the impact of Covid and a precarious financial position. We are now moving on from Covid, there are no debts, we have begun to build a contingency fund and there is now the space to begin considering more strategic issues. Fresh input would be welcomed in progressing these points.

Nominations must be received by 28th October, if you wish to find out more about what is involved with being a board member before deciding please approach any member of the current board or e mail us at the address below with your contact details and we will get in touch.

admin@sorrelshareholders.com

Winter opening hours

Please check the board for new opening hours and offers. From 1st October the pub will be serving lunch on Mondays and Tuesdays.



Ex Ipswich Buses no 63 visited the Sorrel Horse on Wednesday 11th as part of its 60th Birthday celebrations. It was accompanied by some of the Friends of Ipswich Transport Museum who spent the evening at the pub.

Parish Council

I will send draft minutes out separately as it was a busy meeting, and minutes are still being finalised. Headlines – updates from Cll James Mallinder and Cll Andrew Reid who were both in attendance, Chrissie Darby and Natalie Brett co-opted to PC, discussion re planning application Corner Cottage, 20mph speed limit campaign proposal, playground maintenance.

Traffic lights were supposed to be installed on Ford Hill 30 September. Will send updates as soon as we have any more information.

Speed limit campaign

There was an agreement to begin a campaign to apply for 20mph speed limit through the village. The rules have changed recently for criteria and there is a view

that due to the lack of pavements, blind spots, and various vehicle types that we might be supported. We were advised that the first task is to get the support from the local community through a petition. This needs to go back to the November meeting for further discussion. NB and CD will go door to door to gain support from residents during October.

Village voices

Another month is upon us.

I hear so many people of all ages say that the days and months seem to go past so quickly.

The official start of autumn - October for me is a month of change.

At the end of the month we must change our clocks – back an hour this time.

Remember the saying: Spring forward Fall back.

It is time to get the winter clothes out, adults are fine, but children, what a dilemma, are the trousers long enough, will the coat fit?

“Oh how much you have grown,” I hear parents say.

And do we hear the children reply,

“I’m not wearing that; it is not cool this year!”

The weather changes, although this year there have been so many changes, from temperatures in the teens to mini-heatwaves in the twenties. But the evenings, although mild are getting shorter and it is harder to get out of bed when hardly light!! All part of the great system of the world.

The new beginnings of September are settling, children are getting used to daily school, students are settling to life away from home and the older generation is taking advantage of a quiet holiday to give them memories to last the winter.

The corn harvest is complete and onions are still travelling the roads along with the ground tall stalks of maize to feed the cattle during the cold months. In a short while we will see the sugar beet piles beside the roads waiting to go to the factory to provide us with sugar. Hedges will be trimmed during the lull and verges will be tidied before the fields are ploughed and prepared for the next crop.

October sees the celebration of Halloween, All Hallows Even, the night before All Souls Day, the time when Christians remember those who have walked this earth before us. This date has become very commercial and many parties are held with children and adults dressing up to emulate the spirits. People hollow pumpkins, cut faces into them and inset a light inside to ward off the spirits.

The church will end its year at the end of November. 1st December is Advent Sunday, the New Year of the church. Christians have walked through all the many Sundays of Trinity, a time for hard learning and direct teaching. Some of the readings that are prescribed are hard and we find them difficult to take on in our busy

lives. From December we wait, wait patiently and quietly for the coming of Jesus into our world as a human. God sent His Son to be with us, as one of us, to feel, suffer and I'm sure to laugh as we do, but as we know to suffer and to die, just as the path is for us.

I hope and pray that you all enjoy October, keep your eyes open for the warm places to begin to gather to save fuel. Try to walk for 15 minutes every day, you never know who you will meet and maybe help as well as lower your blood pressure and keep the muscles toned. That is my aim, maybe I'll meet you somewhere.

God Bless you,
Rev Judith
Retired Priest

Church service dates attached with poster for Harvest Supper and Auction of promises.



Allotments are a great resource for your physical health as well as your mental health. As a village we are lucky to have our allotments, but the annual rent has to be paid whether the plots are all taken or not. There are still some plots that are empty. Going forward it would be nice if all the plots were allocated. If you wish to have a plot please contact me, terriesbsl@hotmail.co.uk thank you. *Terrie*

What's on

- 3 Oct Coffee & Chat – 10.30am, Wild Blackberry Café, Swans Nursery
- 5 Oct Anne-Marie's Macmillan Coffee Morning – 10.00am-Noon, Bawdsey Hall
- 12 Oct Jumble Sale – 2.00pm, Sutton Memorial Hall
- 12 Oct Harvest Supper & Quiz – 6.30pm, Bawdsey Hall
- 19 Oct Bawdsey Market – 2.00-4.00pm, Bawdsey Hall
- 22 Oct Craft Group – 7.30pm, Bawdsey Hall
- 25 Oct Halloween Pop-up-Pub – 6.00-11.00pm, the Hall

PET OWNERS

Please be aware that there will be Fireworks taking place at Woodhall on Wednesday 9th October at 7.30pm and on Friday 11th October at 10pm.

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 weekends only, 10.00am-5.00pm

Boathouse Café open Thursday-Monday 11.00am-5.00pm

Suffolk Punch Trust open Friday-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, Bawdsey 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 23rd October 2024 – Alderton
- Wednesday 13th November – Aldeburgh
- Wednesday 12th February 2025 – Alderton

All calls will be redirected to 111.

Pharmacist appointments

When you contact our surgery, our highly trained staff triage your concerns to the most appropriate clinician. This can be many of our staff, such as nurses, health care assistants, doctors, or one of our pharmacists.

Our pharmacists are trained to prescribe certain medications, treat seven specified ailments, and provide the care that patients expect. They train for 5 years to be able to treat minor illnesses and to become experts in medicines.

This enables GP appointments to be available for people with more complex health needs and ensures that everyone gets treated at the right time, by the right healthcare professional.

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>

