



## Village Newsletter January 2025 Issue 277

If you have any updates for the February newsletter, please send to me by the 28<sup>th</sup> January. I hope you all had a lovely Christmas and a Happy New Year, warm wishes, Natalie  
[Nataliebrett64@gmail.com](mailto:Nataliebrett64@gmail.com)



*Night sky over Shottisham, December 2024*

### **Sorrel Horse**

Burns Night Saturday 25th January 7pm 3 course set menu bookings only.  
Check pub for opening times and events for January.

### **Parish Council**

We are pleased to advise that the new trim Trail has been installed ready for 2025. Our thanks to Cllr James Campbell for his hard work in sourcing the new equipment and arranging installation. The installation has now exhausted our Big Lottery Grant so we will have to start fund raising again.

The next Parish Council meeting is on 14th January 2025 at 7:30 in the Trust Hall.

Best wishes to you all for the upcoming New Year.  
*Ray Kay, Chair of Parish Council*

Suffolk County Council have recently launched an amazing offer which is open to anyone in Suffolk to get **50% off (up to £200) their loft insulation rolls!**

**Please see the attached poster for further information**

### **PET OWNERS**

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

### **DIARY JANUARY**

7 Jan Craft Group - 7.30pm Bawdsey Hall

9 Jan Coffee & Chat - 10.30am Brenda's, 1 Eastfields, Bawdsey - All welcome

Boathouse Cafe - Closed

Marsh Barn Cafe - RSPB Reserve, Hollesley 10-2pm daily

Chair-Based Exercise Class 10.30am Bawdsey Hall ring Jane 411373

Yoga with Darren paused for the moment

Suffolk Police [www,suffolkpolice.uk](http://www.suffolkpolice.uk) email [woodbridge.snt@suffolk.pnn.police.uk](mailto:woodbridge.snt@suffolk.pnn.police.uk)

### **Food Bank**

Thank you so much to all those who gave so generously to our Food Bank Appeal. We managed to have 13 full boxes containing food/cleaning products/Christmas goodies/warm socks & throws/toiletries/ children's gifts and much more. Because of the generosity of cash donations, we will also be able to fill more boxes for the New Year as I ran out of space and shopping time.

Thank you again it made our Christmas.

Happy New Year to you all,

*Dawn & Ray*

### **SOS**

If anyone has small or large plastic containers the type that Christmas Puddings come in, can you please keep them for me. I can collect call 01394/410331 or leave at Brook Cottage.

Thanks,

*Dawn*

### **Church Pastoral Letter**

So, another new year has begun. Now it's just about another 358 days until Christmas. Years seem to pass so quickly as you get older. Gosh when I was a kid special days like birthdays, Christmas, holidays, seemed to take for ever. Now I understand the saying: *Don't wish your life away but value today and enjoy it and make the best of it, as tomorrow will come soon enough.*

So, what does that saying mean to you? For me it's starting the New Year and each day spending about 5 minutes reflecting on the good things that happened yesterday. Saying thanks to God for getting me through it and thinking about this new day. Looking to see all the beauty of God's creation that's all around us here in this part of Suffolk. That also includes all my friends, family and work colleagues, who are going to help me in one way or another to get through this new day, let alone the New Year.

I've given up on long term New Year Resolutions as I never seem to be able to keep them. However, I do make a daily resolution that I can keep most of the time. That's to value all God has given me, especially the gift of others, because without them I'm sure my day in front of me would be a lot harder. Above all, I Thank You God for always being there for me, even when I muck things up, You're always there and never leave me.

*A Short Prayer: May I, this year and every day be there to help my neighbour and make their day a bit easier as You do for me. Amen.*

May God Bless Your New Year and every day.

*Revd Capt. Simon Cake*

### Church service dates for January attached.



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 12th February 2025 – Alderton

All calls will be redirected to 111.

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

Happy New Year

We hope all our patients and their friends and families had a lovely winter break. We hope for 2025 to be a wonderful year for all.

If you have concerns about your health or wellbeing, please contact us for an appointment and we will ensure you see the appropriate professional.

**Strength and Balance**

If you have recently fallen or feel unsteady on your feet, and you are 65 or older, you may benefit from a Strength and Balance programme. To find out more, go to:  
[www.activesuffolk.org/strength-and-balance](http://www.activesuffolk.org/strength-and-balance)

### **Winter Fuel Payment**

If you receive pension credit, you may be eligible for the winter fuel payment. You can find out more by calling 0800 99 1234, or by visiting [gov.uk/pension-credit](http://gov.uk/pension-credit).

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

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