



Village Newsletter February 2026 Issue 290

If you have any updates for the March newsletter, please send to me by the 26th February. Warm wishes, Natalie
Nataliebrett64@gmail.com

Defibrillator code C159 X, located at the back of Sorrel Horse pub.



Sorrel Horse what's on

Friday 30th January Tom Mumford 6-8pm

Valentine's menu available 14th February, booking advised.

Fish and Chips takeaway every Friday.

Breakfast available every Sunday, 9-11am

Quiz night, Thursday 5th, 19th.

Games night Thursday 12th and 26th.

Specials available Sunday lunch.

Shares for the Sorrel Horse are available to buy please contact Natalie on nataliebrett64@gmail.com for further information.

MOBILE LIBRARY – use it or lose it.

The mobile library is available over the following dates outside the Sorrel Horse between **3 and 3.15pm, calling on Tuesdays every 4 weeks**. You can order, collect and return books here.

February 24th, March 24th, April 21st, May 19th, June 16th, July 14th, August 11th, September 8th, October 6th, November 30^d, December 1st and December 29th.

Parish Council

The budget was approved for 2026/27. Cllr PB reported back on annual maintenance required for the village play area. Cllr CD reported back on 20mph campaign and next steps following recent adoption by Suffolk Council to give local communities greater opportunities to reduce speed limit. Anyone interested in joining the Parish Council please contact Lesley or Natalie for a chat to find out what is involved. Next meeting, Tuesday 10 February, 7pm, Trust Hall.

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

The Vicars Voice

Dear Friends

When I told my wife that I was going to write the Church letter in February's magazine, she said, "Great! It can be about St Valentine!" I have to say, I was less sure, and on checking Wikipedia I realised that her suggestion was easier said than done!

St Valentine is thought to have been the Bishop of Terni in Italy in the 3rd century. He was martyred on 14th February, the same day as the pagan festival of Lupercalia. It is the day on which birds are thought to start pairing up each year. Ever since then, Valentine has been regarded as the patron saint of bee-keepers and epilepsy as well as of young lovers. Well, after all, "Life" is all about the birds and the bees.

But Valentine is just one of the six martyrs who are commemorated among the fourteen saints celebrated in February according to the Church calendar. That is, on average, one every other day during this the shortest month of the year. For most of us they are quite obscure figures, like Polycarp of Smyrna, Blasius of Sebastopol or Agatha of Sicily, but there is one whom many of us may remember, Bishop Janani Luwum of Uganda, who was killed on the orders of Idi Amin in February 1977.

People such as these provide examples for us "of the Holy Spirit at work in the lives of Christian men and women down the ages". In this way their life stories can "excite" us to holiness, reminding us of "that great cloud of witness" to the love of God that surround us in time and space, geographically and through history.

Be that as it may, although I love my wife's suggestion for this month's letter, I know that I am really meant to be writing about Lent, the 40 day season before Holy Week, that leads us to Easter.

Easter is on 5 th April this year, so Lent begins on Ash Wednesday, the 18 th February. This is when our time of preparation traditionally starts. During Lent we might embrace some new spiritual discipline, be more deliberate in our prayer time or bible study, or we might simply try to live less selfishly in our everyday habits or be kinder, more thoughtful and caring for those with whom we live. During these 40 days of Lent, we can remind ourselves of Jesus's abstinence during his time in the wilderness. Or, particularly later in Lent, we might reflect on Jesus's courage in confronting evil or his extraordinary obedience to God's will, and how he embodied God's love for us on the cross, giving us a way by which we can find God's forgiveness for ourselves and for our failings and weaknesses. Just as, on Good Friday, Jesus expressed God's love for us on the cross, during Lent we can try to better express our love for him through the way we live alongside our neighbours.

Doing this won't make us saints or even martyrs in the way it made those whose names will be celebrated on their special days in February. But if our efforts or our abstinence can bring us and the rest of this turbulent and tragic world just one tiny bit closer to being more fully God's kingdom, we shall have had a good Lent.

May you know God's blessings this month.

Robin



The poster is for a 'Tea and Bingo' event. It features a teal background with a grid pattern. At the top, there are icons of a teacup, the word 'BINGO' in colorful letters, and a bingo card. The title 'Tea and Bingo' is written in a large, elegant font. Below the title, the text describes the event as a 'convivial afternoon with delicious toasted crumpets or teacakes and other tasty treats'. The date is 'Saturday 21 February' and the location is 'All Saints Church, Hollesley, IP12 3RE'. The time is '2 to 4 pm' and the price is '£10'. At the bottom, there are icons of a teapot and a teacup. Contact information for booking is provided: 'To Book email allsaintshollesley@gmail.com or phone on 07808 762 622'.

Tea and Bingo

A convivial afternoon with
delicious toasted crumpets or
teacakes and other tasty treats

Saturday 21 February

All Saints Church, Hollesley, IP12 3RE

2 to 4 pm

£10

To Book email
allsaintshollesley@gmail.com
or phone on
07808 762 622



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, all surgery sites close from 1pm until the following day. All calls are redirected to 111

- Thursday 12 th February 2026

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

Get up to date with your health

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
- Minor surgery including moles & lesions
- Steroid joint injections
- Ultrasound (by referral)
- Mental health and wellbeing support
- Single skin lesion clinic
- 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)

01394 411641

peninsula.practice@nhs.net

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

