

martlesham monthly

Incorporating The Talking Martlesham Monthly

SEPTEMBER 2011

Editor: Gwynneth Johnson

Advertising: Paul Firman
45 Lark Rise (01473 622874)

Leaflets: James Barter
(01473 625384)

Collation and Assembly: Kay Hall
(01473 626169)

Distribution: Rob Webb
(01473 625786)

Talking Martlesham Monthly:
Graham Downing (01473 623861)

Latest copy date is the 12th of the preceding month.

Please e-mail contributions to :
martmonthly@btinternet.com

Or deliver your copy to
19 Farriers Close IPSWICH
IP5 3SN, preferably word
processed.

In order to standardise the publication of telephone numbers, all contributors are asked to include their STD code with their telephone number. Contributors are also requested to limit their articles to approximately 250 words.

MARTLESHAM MONTHLY ONLINE
www.martlesham.org.uk

TALKING MARTLESHAM MONTHLY

Please contact the Editors if you, or someone you know, would benefit from receiving one of the monthly audio tapes. They are available free of charge and are delivered by Royal Mail on the second Saturday of the month. The tape can be returned to Graham Downing free of charge by reversing the address label and dropping the package in a letter box.

DISCLAIMER

The views expressed in the Martlesham Monthly are those of the contributors and are not necessarily supported by the editor.

MARTLESHAM MONTHLY MAMMALS

September :- Wood mouse (*Apodemus sylvaticus*). As the name suggests, the wood mouse is found in woodland or shrubbery. It has been caught many times in the Portal Woodlands by the Nature Watch and Explorer groups . The wood mouse has 3-4 litters per year with 3-8 young and matures after 2 months. It eats grasses, seeds and fruits as in the picture .

POLICE

Community Police Officer
PC 651 Richard Wright

In case of emergencies please always call 999. In non-emergency situations call the main switchboard on 01473 613500; you can also contact PC Wright on the following numbers for non-urgent matters:

Office: 01473 334980

E-mail:

richard.wright@suffolk.pnn.police.uk

COMMUNITY RESPONDERS

Martlesham Community Responders are a group of 7 volunteers (funded entirely by donations) who are trained to provide first aid and resuscitation skills. We provide a first response to most 999 calls received by the East Anglian Ambulance Trust within Martlesham, Martlesham Heath, Waldringfield, Newbourne and Brightwell, in support of and until the arrival of an emergency ambulance. For further details, contact Paul and Claire Stockdale 01473 621225 (e.mail paulpstockdale@btinternet.com) or see our web pages on **ww.martlesham.org.uk**

MARTLESHAM VILLAGE HELP DESK

COME ALONG AND DICUSS...

THE DIGITAL SWITCHOVER
PLANNING APPLICATIONS

Also if you wish to discuss a problem or any other topic, please come to the pavilion, there will be someone there who can help you

IT IS ALL FREE

We shall be joining Martlesham Heath Householders Ltd. as they are collecting the Maintenance Charge for the year—so come along pay your charge—and have a chat about any concerns you have

10.00am – 12.00pm.

**SATURDAY 1st OCTOBER
2011**

MARTLESHAM HEATH PAVILION

No matter what your problem is The Village Help Desk can help you.

There will be representatives from:

The Parish Council,

Martlesham Heath Householders Ltd

The Suffolk Constabulary

District Councillors

County Councillor

FREE ADVICE FROM A SOLICITOR – Barker Gotelee

FREE ADVICE FOR THE DIGITAL SWITCHOVER

MARTLESHAM PARISH COUNCIL

Projects and Grants

The Parish Council will be considering all applications for grants from local organisations in the autumn. If your group wishes to apply for a grant, please contact the Clerk (details below) for an application form, to be completed and returned to the Parish Council by Monday 17 October 2011. These grants are awarded for the financial year 2012/13 and the funds will be issued in May 2012. Any group with a project requiring Parish Council support/funding should also submit their project details and business plan by 17 October 2011 at the latest.

Parish Work Days

The Council holds work days on parish land throughout the year to keep the village looking tidy. New helpers are always welcomed and tools can be provided. The date for the September working party has not yet been confirmed, but please check our website for details or contact the Clerk as below.

Notice boards

We have 12 notice boards in the parish and they get well used! We'd be very grateful if anyone spots an out of date notice on a board if they would take it down please!

Forthcoming meetings:

Parish Council – 7 September 2011
Recreation & Amenities Committee – 14 September 2011

Parish Council – 5 October 2011

Development Plans Committee – 12 October 2011

All meetings start at 7.30pm in the Parish Room, Felixstowe Road, and are open to the public, who are welcome to ask questions or make comments to the council during the adjournment.

Contacting the Council

Clerk to Martlesham Parish Council,
Parish Room, Felixstowe Road,
Martlesham, Woodbridge IP12 4PB :
01473 612632

e-mail: clerk@martleshamcouncil.org.uk

website:
www.martlesham.suffolk.gov.uk for
latest news & events

Parish Office opening times: 9–12noon,
Mon – Fri, excluding public holidays, but
please book an appointment in advance

If I can be of any assistance please contact me on 01473 631682 or via email at

john.kelso@suffolkcoastal.gov.uk.

John Kelso, District Councillor
Martlesham Ward

CHRIS BLUNDELL'S DISTRICT COUNCILLOR REPORT

August is the month when many of us go away on holiday so I hope that everyone has had a relaxing time away from their daily work routines. Apart from a few essential meetings such as Development Control that must be heard on time, only a few other meetings take place in August.

The L.D.F. However the officers of SCDC are currently beavering away at finalizing the Core Strategy of the LDF. As a result of the full council meeting at Trinity Park when approval was given by the council to adopt the Core Strategy part of the LDF it was also agreed that further consultation is required on both the Sustainability Appraisal (SA) and the Appropriate Assessment (AA). This consultation is due to start at the end of August 2011 and last for six weeks. The precise dates are to be announced after this report has gone to press. On completion of this further consultation any amendments required will be made and the finalized Core Strategy will be prepared for presentation to a HMG Inspector who will then determine the 'soundness' of the document. The whole process should be completed before the end of 2012.

The next two parts of the L.D.F. are the Area Action Plans (AAP) and The Site Specific Proposals (SSP). These will, I believe, be getting under way later this year and will probably be considered in parallel. It is likely that the larger Parish and Town Councils will be invited to participate in this next phase.

The Police Detention Centre. I have already received an adverse report concerned with the behaviour of released detainees. I would still like to hear from anybody who has either witnessed poor behaviour or been the subject of any intimidation by the released detainees.

If you would like to discuss any of the above items or other local matters with me, you can do so either by phone on 01473 622716 or by e-mail to chris.blundell@suffolkcoastal.gov.uk. Alternatively, please join me for a chat and a 'cuppa' at St. Michael's Church hall on Monday 5th September 2011 between 10.00am and 12.00noon.

JOHN KELSO'S DISTRICT COUNCILLORS REPORT

Local Development Framework (LDF) Full Council Meeting 27 July The LDF Core Strategy was passed to be adopted as interim planning policy by the Full Council by a vote of 27 in favour, 14 against and 4 abstentions. This was despite the fact that the No Adastral New Town group (NANT) are considering applying for a Judicial Review and that the public are to be asked for their views on the latest updated versions of the Sustainability Appraisal (SA) and the Appropriate Assessment (AA). Yes, you have guessed it, another public consultation exercise which is likely to take place over a six week period sometime in September and October. Will they listen this time? If any of the conclusions requires any principle of the Reviewed Core Strategy to be reviewed it will be referred back to Full Council with minor changes being referred to the Head of Planning and the Cabinet member responsible.

Ipswich Borough Council are also carrying out a further Consultation into their LDF as they are proposing to bring forward the allocation of a further 1,500 houses to be built in their Northern fringe area. This decision could well affect the Suffolk Coastal plans.

The BT Planning Application The latest news on BT's plans to build 2,000 houses adjacent to Adastral Park is that I have been advised by Phil Ridley Head of Planning at Suffolk Coastal that this is unlikely to go to Committee until October at the earliest.

The Bloor Homes Development Application I am advised by the Planning Department that they are still awaiting receipt of amended plans to develop Mr Pipes field (the field adjacent to the common and opposite The Black Tiles) and Mill Farm. When these plans are received a further public consultation will take place before they are submitted to the Planning Committee.

Please note that although the above information is correct at the time of writing this report, I would advise residents to check out the Suffolk Coastal Website (www.suffolkcoastal.gov.uk), No Adastral New Town website (www.noadastralnewtown.com) and the Parish Council noticeboards for the most up-to-date information available.

MARTLESHAM HEATH SURGERY

We would like to form a

PATIENT PARTICIPATION GROUP

If you are interested in becoming involved, below is some information that will hopefully give you brief insight as to its function.

WHAT IS THE PATIENT PARTICIPATION GROUP?

It is a group of 6-12 people, who: Work to improve communication between the practice and patients Help patients to take more responsibility for their health

Provide practice support and help to implement change WHAT THE PATIENT PARTICIPATION GROUP IS NOT...

A forum for complaints, A Doctor's fan club

WHAT DOES IT INVOLVE ?

We ask that members attend a meeting held at the surgery (always in the evening) approximately every 12 weeks. This is to discuss issues affecting your Practice and help the surgery to deliver the best service it can, and to help patients to get the best out of their doctor and just as importantly the doctors to get the best out of their patients.

WHO CAN BECOME A MEMBER?

If you are aged over 18 and are a registered patient at the Practice you can apply. However the Practice does have a right to refuse if it considers it is in the best interest of the individual or the Practice.

WHAT TO DO NEXT

Contact the surgery for an application and once you have completed it please return to:

Lynne Marsh, Practice Manager, 23 The Square, Martlesham Heath, Suffolk IP5 3SL Tel: 01473-610028

FLU VACCINE

For most healthy people, seasonal flu is an unpleasant but usually self limiting disease with recovery usually within a week. However, older people, pregnant women and those with underlying disease, particularly chronic respiratory or cardiac disease, or those who are immunosuppressed, are particularly at risk of severe illness if they catch flu. Last winter, the risk of serious illness or death from seasonal flu was estimated to be more than 15 times higher for people in clinical risk groups than healthy people. If you suffer with any of the conditions mentioned below it is recommended that you book your vaccination. The vaccination programme is scheduled to start in October.

Are you eligible for the seasonal flu vaccination?

Seasonal flu vaccines are offered free of charge to these at-risk groups:

People aged 65 or over

Pregnant women

People aged 6 months or over with a medical condition:

Asthma, Chronic Obstructive Pulmonary Disease, Heart Failure, Chronic Kidney Disease at stage 3, 4 or 5, Chronic liver Disease, Parkinson's Disease, Motor Neurone Disease, Stroke or TIA, MS

People with a weakened immune system:

HIV/AIDS, Cancer treatment

People living in long-stay residential care homes or other long stay care facilities

People who are in receipt of a carer's allowance, or those who are the main carer of an older or disabled person

People who are frontline health and social care workers

SAFER NEIGHBOURHOOD TEAM

Earlier this year two young people made a mistake. They played with fire on Rushmere Common, which caused damage to the environment. Both young people were identified by Police, arrested and issued a reprimand for their actions. This message was received well by members of the community, but they begged the question "what about the damage that has been caused?" Shortly after this incident PCSO Glenn Perkins 3114 and I spoke to the young persons involved and asked them if they would voluntarily attend a Restorative Justice conference where the manager of the golf club, the fire service, the local school and other community members would be present to express how they have been affected by their actions. Both young persons agreed to attend. Everyone including the young persons had the opportunity to speak about what had happened and how their actions had affected others. They learned how this incident had affected members of the community but also the dangers fire poses to skilled fire fighters and Police officers.

Towards the end of the conference the group discussed how they could make things right. Both lads apologised for their actions and volunteered to put something back into the community. A few weeks ago one of the lads spent a day with the ground staff at Rushmere Golf Club where he was involved in the maintenance and upkeep of the golf course. which took a lot of hard work and time and the feedback from the Golf club was that he showed a good attitude to the tasks in hand.

Under the appropriate circumstances this is the correct response to crime for young people, as they are put in the position to listen and learn from the experience, and contribute back to society. This is Restorative Justice. Wrongdoers should take ownership of their crime and be held to account by fellow members of the community. In some respects you could comment that in this case study the community responded to a criminal act and possibly played a role in reducing crime in their neighbourhood. This form of community participation is special because it involves standing up to and, saying No, to crime and anti social behaviour rather than dealt with by a state enforcement agency. Fortunately in the tight knit community of Suffolk this is a quality that we hold.

I hope to report to you soon with more of what is going on in your neighbourhood. Thanks for reading. PCSO James Lait 3186

CALLING ALL MUMS ...

The next meeting of the Mums' Club will be held on Tuesday, 6th September at St. Michael's Church Centre, Martlesham Heath from 12.45 to 2.30 p.m. We invite all mums with babies and toddlers to join us for a 'Chomp and Chat'. Lunch will be served from 1.00 p.m. and you can then chat with your friends while your children play.

Looking ahead – our October meeting will be held on Tuesday, 4th October, same time, same place. At the time of writing the after-lunch speaker has still to be confirmed – details later.

August saw the launch of the Drinks and Dribbles Baby Café at St. Michael's, 10am to 12noon on the 1st and 3rd Thursday of each month. This is a drop-in for the Buggy Brigade! Why not join us?

For more details of the above please phone Sue on 01473 or Kay on 01473 626169

MARTLESHAM HEATH BABY AND TODDLER GROUP

We held our annual teddy bear's picnic on Friday 15 July, which was a great success. We would like to say a very big thank you to Ally Entertainments, who supplied the bouncy castle and for the balloon modelling; the children and the adults really enjoyed them.

Congratulations to Lara who won best dressed teddy. We hope that all the children who came had a good time.

We would like to give our thanks to all the organisations that supported the group by donating items for our raffle. These include Identity Hair and Beauty, Sainsburys Warren Heath, Tesco's Kesgrave, Kesgrave Dry Cleaners, The Beautique, and Gymnastics in Ipswich. Our Friday sessions resume on 9 September. For anyone who would like to join us, our group is a friendly, fun place to meet with lots of toys, a sing-a-long music session and a great activity table for the children. Refreshments are included.

Our play sessions are held at the Martlesham Heath Pavilion on Wednesdays and Fridays from 9.30am until 11.30am during term-time. Our members pay just £2 per session for the first child and only £1 for each additional child attending. If the first child is under 6 months old you pay a reduced rate of £1. There is a one-off joining fee of £6, to help cover administration costs. However, there are no session charges when you pay the joining fee. Please note that play sessions are unsupervised and the children remain in the full care of the accompanying adult at all times.

AUTUMN TERM AT BRIGHT STARS

As the Autumn term begins we would like to invite all preschoolers, toddlers, babies and their parent(s) or carer(s) to come and join us at Bright Stars. Bright Stars are fun children's worship and activity sessions that include singing, listening to stories and being creative, and are held on the 2nd and 4th Monday's of each month (during term time) 10:30am at St Michael's Church Centre, Martlesham Heath. The half hour Bright Stars sessions are free and are followed by refreshments and a chance to chat. Why not come and visit us?

Our Autumn term sessions are on:

September 12th

September 26th

October 10th

November 14th

November 28th

December 12th

If you would like any further information please contact:

Jo Dixon Tel.01473-622160 or Sonya Burrows Tel.01473-625196

THE SAPLINGS PRE-SCHOOL (FORMERLY ST.MICHAELS PRE-SCHOOL)

As the new school term begins, we welcome back our returning children and all those joining us at The Saplings Pre-School for the first time.

New for this term, we will be running our 'SAPLINGS BREAKFAST & AFTER SCHOOL CLUB' The Breakfast Club is open to pre-school and primary school children from 7.30am with breakfast and a walking bus to Birchwood Primary School, at a price of £3.90. The After School Club will run from 3.30pm til 6pm and includes a pick up from Birchwood Primary School and a light meal, at a price of £9.50. For all enquiries, please call our Booking Secretary, Sarah Tait, on 01473 614174.

We are now well settled into our new premises at 2 The Square, Martlesham Heath. We have had some fantastic fundraising events recently, the proceeds of which will go towards our planned outdoor play space. Many thanks to Alison for organising the really successful Pampered Chef night and to Sarah for her great sponsored Big Swim.

Our friendly, fun-filled pre-school welcomes children from Martlesham and the surrounding areas, and they then leave us to go onto all the local schools including Birchwood,

Gorseland, Cedarwood, Waldringfield, Little Bealings and Rendlesham. If you are interested in sending your child to The Saplings Pre-school and would like a prospectus or to arrange a visit, please call Sarah Tait on 01473 614174, or email

news@stmichaelspreschool.org.uk.

We are a registered charity and rely on the support and help given by parents/carers and families, so if you would like a say in how your children's pre-school is run, please do join us at our monthly meetings, just speak to any member of staff about coming along.

KESGRAVE CHILDREN'S CENTRE – SUMMERTIME FUN

Kesgrave Children's Centres would like to say a big thank you to all the families who have helped to make our summer activities such a big success. It has been fantastic to have the continuing support of our regular families and also to meet and get to know so many new families in the area with children 0 – 5 years.

Besides our regular groups, we arranged some special activities for everyone to share with us: We had a magic afternoon with Steff and her monkey Nonsense. They put on a fantastic show for us. At the 'Cinema Club' all the children enjoyed a movie and popcorn....just like in the real cinemas.

On one very hot day in August, many families came to enjoy 'Splash and Play', A fun afternoon with a water theme. What a great way to play and cool down at the same time. The afternoon finished with an ice cream as a special treat. Whilst writing, we still have 'Mini Olympics', 'Mini Monsters' a 'Character Tea Party' and 'Sticky Fingers' to look forward to. What a busy summer!

We would also like to take this opportunity to thank all the staff behind the local venues we have been so lucky to use and for their ongoing support since we have opened.

We are working on our new and exciting timetable for the autumn which will be available soon, with some old and familiar groups and hopefully new ones for everyone to enjoy.

For help support or information please telephone Kesgrave Children's Centre, on 01473 636726. Or better still just pop in and see us at Unit 4 Grange Business Centre, Tommy Flowers Drive, Kesgrave.

MARTLESHAM CONSERVATION GROUP

The very fine and exceptionally dry weather of the spring has been followed by much cooler, wetter and mixed weather through July and early August. Some species of butterflies have emerged much earlier than in previous years, whilst others have emerged at about their usually expected time. Some species seem to have done well whilst others have appeared in only limited numbers. The fires that ravaged the heath during the spring have no doubt also had an impact. Rabbit numbers to the south of the SSSI appear to be down judging by the vegetation that is more prolific than in previous years, and the bracken has emerged to smother large areas with little competition. Much work needs to be done to restore the heath to prime condition. With the funding from Higher Level Stewardship we can begin to tackle some of the areas of pressing concern. We expect to clear more vegetation in the autumn.

Our next working party will be on Sunday 11th September. We aim to cut and clear the grassland glade within the woodland area on Martlesham Heath. This action prevents the glade from becoming completely covered by brambles and helps to maintain a greater range of plant diversity. The grassland supports a range of insects including moths and butterflies, and provides sources of food for animals higher up the food chain such as birds, amphibians and reptiles. Please join us to help. No particular skill or previous knowledge is required, all tools will be provided on the day. Please meet outside the Douglas Bader pub at 10am or join us in the wood.

Phil Smith
01473 625630

PORTAL WOODLANDS CONSERVATION GROUP

This summer has been one of great contrasts. The July workday was a total washout with torrential downpours so we ate the coffee time cakes and went home to dry out. The nature watch morning was lovely and sunny when unusually all the children brought a male relative with them. They hunted for and found many mini beasts in the education area and were later rewarded with a tadpole of the great crested newt in the pond area. If you would like to join in this month with your children then bookings and enquiries for Nature Watch Club (5-11years) and Nature Explorers (10+)

should be made by sending an email to naturewatch.pwcg@martlesham.org.uk
Why not go for a stroll through the woods to enjoy all that is out there and come & see us at the Martlesham Heath Aviation Society Fun Day - Sun 11th Sept, 11:00 - 16:00.

Dates for the diary:
Woodlands Work Morning Saturday 17th September 10:00am-Noon
Meet at the Education Area (at the Control Tower end of the woods)
Nature Watch Club Saturday 3rd September 10:00am-Noon
Subject: Reptiles
Nature Explorers Saturday 17th September 9:00-11:00am
Activity: Revetment path building.

For details of the above and more information about PWCG and its activities, please access our website at www.martlesham.org.uk/portalwoodlandsgroup, or if you have any questions please email us at pwcg@martlesham.org.uk or phone Martlesham Parish Council on 01473 612632

SUFFOLK WILDLIFE TRUST

Woodbridge Group
On Saturday 10th September from 2pm to 5pm we have a coastal walk from Shingle street to East Lane, Bawdsey. Meet at Shingle Street at OS Grid Reference TM367427. Please contact me if you would like more details.
Phil Smith
01473 625630

MARTLESHAM IN BLOOM

Anglia in Bloom
The Anglia in Bloom judges visited the Parish on Wednesday 13th July. The judges met the estate manager for the Industrial Area, members of staff and pupils from Birchwood School, the managing agent for The Square, residents from the flats in York Road, a resident in Parkers Place and a County Council representative at the Park and Ride site. They also visited several different parts of the parish and met the Martlesham in Bloom committee and helpers in the Richards Room after their judging tour.
Thank you to all the individuals and organisations who help keep the parish looking clean, tidy and attractive. The Anglia in Bloom judges and the Martlesham in Bloom committee would like to thank everybody who met us during the afternoon making the visit

very worthwhile.

The results of the Anglia in Bloom competition will be known in mid - September.

Do not forget our Presentation Evening on Tuesday 27th September at 7.30 pm in the Parish Room, Felixstowe Road where we will be announcing the results of our Summer garden Competitions and presenting certificates and cups. There will be light refreshments, displays about Martlesham in Bloom, topical quizzes and a raffle. Everybody welcome.

Tree(s) for the Diamond Jubilee of the Queen's reign

In February 2012 it will be the Diamond Jubilee of the Queen's accession to the throne and Martlesham in Bloom is planning to celebrate this by planting commemorative tree(s) in the parish. It is proposed to plant semi-standard Small Leaved Lime(s) and the approximate cost of a tree, including post, ties, guards and a commemorative plaque, is £100. Martlesham in Bloom would like to invite groups, societies or individuals to sponsor a tree or give a donation towards one, anyone who would like to do so please contact the secretary below.

Further details on the above or if you are interested in helping Martlesham in Bloom please contact

J Maureen Burrows (Secretary) on 01473 625196.

BIRCHWOOD PRIMARY SCHOOL

Sensory Garden

I am absolutely delighted with the end result of Birchwood's Sensory Garden. It sees the culmination of hours, weeks and months of planning, meetings, and hard graft of many contributors. It has provided our children with wonderful opportunities to work and liaise with key professionals from our community and will benefit every child within the school. A huge thank you to the Rotary Club Ipswich, Deakin and Lock Garden Design-Chelsea Flower Show Gold Medallist, Martlesham Monthly who kindly donated seating for a whole class of children as well as a story telling chair, Katie's Garden, Birchwood PTA, and Mrs Doman, the school's Eco-Instructor. It is great to see each class seated in this incredible new area, listening to stories from visiting readers in 'the story chair,' to still life art study of the plants the children have selected and planted themselves. Six months ago this was a patch of barren land!

Steve Cloke
Headteacher

KESGRAVE HIGH SCHOOL PROJECT STRATOS

A few months ago, an article appeared in this magazine about a project called Project Stratos, Kesgrave High School's project to launch a balloon to the edge of space. We are pleased to announce that the launch was successful and that we have gained fantastic images and footage. To see these, plus a broadcast of the launch, visit our website www.projectstratos.com and click on Results. We are hoping to launch Stratos III in the near future which will have scientific experiments, such as tests for light and temperature.

GIRLGUIDING MARTLESHAM DISTRICT

We are a thriving District with 1 Rainbow Unit, 4 Brownie Packs, 1 Guide Company & 1 Ranger Unit.

For more details about Guiding in Martlesham, please contact the following:-

Jo Dixon Martlesham District

Commissioner 01473 622160

Chris Cooper Martlesham District Wait
List Co-ordinator 01473 626024

MARTLESHAM & DISTRICT FLOWER CLUB

Before our meeting we stood in silent remembrance of our member Mrs Ann Fraser who sadly passed away.

We welcomed Mrs Linda Harman with her demonstration entitled "Summer splendour". Taking an oblong container, red roses, green chrysanthemums and alstroemeria a Dutch parallel was created. A tall design of burgundy gladioli, blue agapanthus and cream carnations

CRUSE BEREAVEMENT CARE

Are you a retired professional who would like to put your career experience and skills to good use? The Suffolk Coastal branch of Cruse Bereavement Care is in urgent need of someone to attend county and branch committee meetings and to do some liaison and administrative work. You would be helping us to continue to provide a service to bereaved people in the area. If you would like to find out more, please phone Sue Wilson on 01728 747529 for an informal chat.

arranged with variegated hosta leaves was very striking. Linda then put together a contemporary design using two tall cone frames filling them with bronze heuchera and cascading white roses, peach gerberas and yellow carnations. Following came an unusual design using a square piece of covered cardboard with a cut out hole in the middle. Linda threaded through a mixture of flowers, tying them underneath with wire threads and finishing off with a bow. This was a good tip and something a little different from the usual hand-tied bouquet. Finally, a spectacular arrangement in a large urn of white gladioli, lilies and dahlias with a few contrasting green chrysanthemums. Regardless of the weather all the arrangements gave us a feeling of summer.

The competition was won by Mrs Sathia Jessu-Thanan with Mrs Joyce Lee winning the novice class.

The club meets at St Michael's Church Centre, Martlesham Heath, on the third Wednesday of each month at 2.30 pm. The annual subscription remains at £12.50 with visitors welcome at £2.50 per session. There is a plant and flower arrangers stall at each meeting.

The next meeting will be the 21st September with a demonstration by Ali Peck entitled "Through an artist's eye". The competition is "Shades of one colour".

Margaret Doveston 01473 624422.

MARTLESHAM WI

The skill of our latest speaker Maureen Midwinter was admired and appreciated by us all at our last meeting. Maureen talked to us about her wood carving and brought along some wonderful examples of her work. She told us about her career and her initiation into the craft of carving explaining that her flair for drawing and design gave her a good background with art and craft always having been part of her life. She explained how she sharpened her tools and said that most of them were antique. One of her carvings was a very intricate walnut panel taken from a design in the V & A museum. Maureen has also carved the village sign for Gt. Bealings and some of her work can be seen in Gt. Bealings church. Her talent, expertise and the patience with which she tackled a project was recognised by us all and her exquisite work which we all admired was testament to this.

Our next meeting will be an open meeting when we hope to see lots of members from neighbouring WIs as well as anyone else who would like to come and hear Mrs. Jenny Gibbs talking to us

about Turkish cuisine. We will be meeting in the Richards Room, Felixstowe Road, Martlesham at 7.30 p.m. on 16th September. Contact can be made to Susan Cunliffe on 01394-382199.

Barbara Bown

MOTHERS UNION

During the month of August many groups and society's have a little break, but the Mothers Union continues with it's aims and projects regardless of the date. Locally, the MU enjoyed a fun afternoon at the beginning of August ably led by Florence. The afternoon also included ice-cream to give the occasion a holiday flavour!

On August 9th the Mother's Union celebrated Mary Sumner Day. Mary, being the founder of the union. Ninety five members from our local area, met in Waldringfield Church Hall where we started the day with a ploughman's lunch. This was followed by a most interesting talk by Rev. Thompson, Chaplain of Hollesley Bay Prison. Val Jeffreys, MU President, was the second speaker, her subject being "Women in the Bible used by God". A Eucharist was then held, in the church, with Rev. John Waller officiating. Before leaving we all enjoyed homemade cakes and a cuppa. It was a good day of shared faith, fun and fellowship.

Our next meeting in Martlesham will be on Wednesday 7th September at St Michael's Church Centre at 2.30pm You would be most welcome to join us.

For further information please feel free to telephone Florence Fisher on 01473 631347

RSPCA OPEN DAY WITH FUN DOG SHOW

Get along to the RSPCA animal centre in Martlesham on Sunday 4 September for its annual open day including a fun dog show. There will be something for all the family including many different stalls, refreshments, a raffle and tombola all in aid of RSPCA Suffolk East & Ipswich Branch, whose work helps local animals.

The event starts at 1pm and ends at 4.00pm. Dog show registration starts at 1pm with classes kicking off at 2pm. Entry is £1.00 for adults; 50p for under 12s and there is ample free parking. If you would like to have a stall at the event please

email: mary@hedgehogco.demon.co.uk
You'll find the animal centre in Mill Lane, Martlesham, IP12 4PD. Visit the website for further information: www.ipswich-rspca.org.uk

SPEAK EASY AT MARTLESHAM

When people first come to Speak Easy at Martlesham Speakers' Club (affiliated to Toastmasters International) they are often surprised by the range of ages and backgrounds of our members. It is an eclectic mix which works well, leading to an interesting variety of speech topics at each meeting. The typical format of meetings is that approximately 25 people meet every other Thursday evening. The evening begins with the theme of the day as chosen by the chairperson, who is called the Toastmaster, followed by a variety of speeches, in both subject and length, allowing people the opportunity to speak in front of a supportive group of people as much or as little as they like. After all speaking well is a learnable skill and a skill well worth learning, so why not come for a free trial one Thursday evening? Guests are always welcome to come along to our meetings and you'll be warmly welcomed.

We meet on alternate Thursdays in the Richards Room, Martlesham Community Hall, Felixstowe Road, Martlesham (behind the Tesco superstore). Meetings are 7.00 pm for a 7.15 pm start and finish at 9.30pm.

We look forward to seeing you.

Future Speak Easy at Martlesham 2011 meetings:

September 1st
September 15th
September 29th
October 13th
October 27th

Further details can be found at <http://www.speakeasyatmartlesham.co.uk>

Or call Dave Nightingale Tel. 07969 598633 or Sonya Burrows Tel.01473 625196

MARTLESHAM COMMUNITY COUNCIL

Registered Charity No 273769

A "JUMBLE, PLANT & BOOK SALE" is being held on on the 15th October 2011 in the PAVILION, MARTLESHAM HEATH, from 10.00-12noon If anyone has any Jumble, Bric a Brac etc please contact Jackie Bear on 01473-623007

A "CRAFT FAIR" is being held in St Michael's Church on Saturday 29th October 2011 from 10.00am - 3.00pm Admission Free If anyone would like to book a stall in order to raise money, please contact Jackie Bear on 01473-623007 for further information

MARTLESHAM HEATH AVIATION SOCIETY

On Friday 5th August a party of 52 members of Martlesham Heath Aviation Society visited Maurice Hammond and his private airstrip at Hardwick in Norfolk. This was an evening visit and fortunately for us it was a beautiful evening, bucking the recent weather trend.

Maurice had five aircraft out on view which included one of his beloved P-51 Mustangs, "Marinell". This was a golden opportunity to photograph the planes in late evening sunshine, golden being the operative word. His remaining P-51 "Janie" was in the hanger along with a number of dioramas featuring WW2 scenes which had sound and smoke to enhance the situation.

Maurice was on top form despite getting ready to fly in a weekend attraction in Essex on both days. Maurice fired up "Marinell" and applied the brakes after which he demonstrated the power of its engine before running the P-51 up and down the grass airstrip.

On the way home we stopped off at the "Crossways Inn" in Scole where we had a fantastic buffet which rounded off a perfect evening.

Our next monthly meeting will be on Friday, 2nd September at the Community Hall, Felixstowe Road as usual. Maggie Agiss is Chairman and Curator of Wattisham Air Station Heritage museum. She will be assisted by Geoff Pleasance, the talented artist and they will deliver an illustrated talk about the museum at this historic aerodrome.

Non members are welcome for a payment of just £2.50 at the door. Meetings start at 7.30pm with a coffee break half way through.

Alan Powell 622458

ARTHRITIS RESEARCH UK

I would like to extend my thanks to the people of Martlesham whom I managed to visit for the kindness and generosity in donating the sum of £78.44 to the recent House to House Collection in aid of Arthritis Research UK. The grand total raised in the Woodbridge Area was £1,067.22.

Thank you for your continued support for this Charity.

Ian Craig

Treasurer: Woodbridge Branch of ARC

We are pleased to announce that

MARTLESHAM HEATH AVIATION SOCIETY

will once again hold our popular

OPEN DAY.

The date to make a note of is **Sunday 11th September.**

11am—4pm

Something of interest for all ages. Bring the children for a fun day out. Everything from forties style jive dancing to vintage vehicles, both civilian and military.

It will be a chance to view our improved and enlarged Control Tower museum.

The museum is open from Easter till October from 2pm - 5pm every Sunday afternoon

YOUR LOCAL COUNTRY MARKET

How disappointed we were to pick up on the whispers around our community earlier in the year that Aviation Day would not take place this year..

GREAT NEWS to have confirmation that on September 11th 2011 the Martlesham Heath Aviation Society will celebrate there Fun Day - time 11am to 4pm, and to our delight the Market has been invited to join them. We all now will cross fingers for good weather when we will be pleased to greet old friends and new faces when they visit our stand. What you may ask will you find there - home produced cakes, savouries, preserves, chutneys, and a variety of hand-crafted items.

Market day at Kesgrave Saturdays between 9.30am and 11.30am Scout HQ Kesgrave and also at Martlesham Heath The Pavilion Tuesdays between 9am and 10.15am To learn more about us visit our website www.martleshammarket.co.uk or Twitter @MartleshamM.

Contact Margaret Gayfer 01473 623849

1ST MARTLESHAM SCOUTS

For all enquiries regarding joining the group, becoming a helper or hiring of the Scout HQ please contact Sarah Cooke on 01394 387858.

MARTLESHAM HEATH 10KM AND 2.5KM RUNS

The 2011 Martlesham Heath 10K and Fun Run organised by the Lions Club of Woodbridge & District, will be held on Sunday 2nd October. The fast flat course is ideal for those seeking a PB whilst the Fun Run gives novices and younger runners the chance to experience the atmosphere of a major event. Spectators will appreciate the four-lap format which affords plenty of opportunity to see how the race unfolds, whilst the Pavilion will be open for refreshments and the renowned homemade cakes.

We believe this year marks the 21st anniversary of the annual races as a Lions' event; to mark the occasion we will be introducing a schools team category in the Fun Run. Schools or charities wishing to use the event for sponsored fundraising are invited to contact our Race Director, Chris Woods at woods01394@tiscali.co.uk

An on-line entry service is available here <http://www.runbritain.com/onlineentry/entry/martlesham-heath-10k-fun-run-1/> or for further details please see our website www.woodbridgelions.org.uk or call 0845 833 2820

WALK UNDER THE MIDNIGHT STARS FOR SUE RYDER

Night creatures stir in the moon-light, the expression 'turn into a pumpkin' and town hall clocks chime to mark a new day are just some things associated with the midnight hour. Sue Ryder has added to this list with the healthcare charity's Midnight Walks, in which women come together at the stroke of 12 and walk an organised route.

Our Midnight Walks get better each year with some exciting changes, including a new route. We're encouraging women of all ages to gather their female friends and relatives together and make this year's event a night to remember. The Midnight Walk, on 17th September 2011, will start at Gala Bingo on Ranelagh Road and follow a 10 km route around the town. Before the walk participants will enjoy a fun warm up and at the finish line, all walkers receive a special Midnight Walk goody bag, medal and a well earned breakfast.

By entering our Midnight Walk, local women can support The Chantry to continue to provide quality care. £120, for instance, covers the daily cost for a nurse to help the people in our care."

Register online www.sueryder.org/ midnightwalks or contact The Chantry's fundraising team on chantry.fundraising@sueryder.org and 01473 295200.

The fundraising team is also keen to hear from anyone who would like to volunteer to help with the event, either in the run up or on the night itself.

Dani Hutson, fundraiser at Sue Ryder

WOODBIDGE BADMINTON CLUB

Formerly known as Adastral Park Badminton Club, one of the biggest badminton clubs in Suffolk, is now based at Farlingaye Sports Centre and has moved all its matches, its junior club night and its adult club night to the school.

The junior night is held on Mondays from 12 Sept to the end of March from 7:00pm to 9:00pm (not school holidays) for children aged nine to eighteen

The adult section runs a club night every Friday from 2nd September to the end of April from 7:00pm to 10:00pm. If you are looking for good competitive badminton or want to come back to the game after a break, why not come along and try us out?

Phone Darryl Morgan on 01728 685378 or email darryl.morgan@btinternet.com for more information.

DO YOU PLAY BADMINTON

Kesgrave Badminton Club is your local friendly badminton club playing in the Ipswich & District Badminton League. We are based at Kesgrave High School with club night on Monday from 7-10pm, and matches normally played on Thursday from 7.30-10pm. For the new season we will be playing with feather shuttles and hope to enter six teams into the league - 3 mixed, 2 men's and 1 ladies. We have four courts and shower and changing facilities.

Our new season starts on the 5th September and you are welcome as a guest for four weeks, with a charge of £5 per session.

If anyone would like more information you can view our website at www.kesgravebadminton.org.uk or contact either:-

Tony Chester on 01473 287623 (email: Tony.chester@btinternet.com) or Andrea Jones on 01473 610793 (email: andrea@keepingupwiththe.com)

TABLE TENNIS

We start back at Kesgrave Sports Hall, Grange Farm (Nr Tesco) on Friday 9Sept, 7 to 9pm, £3 each (bats, balls provided) and run each Friday term time. We cater for all from beginners to league players.

We also run coaching sessions for 11 to 16 yr old, subject to booking/availability 7 to 8pm (half term blocks) 9 Sept to 21 Oct for £28.

For further information please ring 610177.

THE ROTARY CLUB OF WOODBRIDGE GO BACK TO THE ROCK AND ROLL YEARS

The Rotary Club of Woodbridge is presenting "RAVE ON", a tribute to Buddy Holly and the Crickets held at SECKFORD Theatre, Woodbridge on SUNDAY 2nd OCTOBER 2011 at 7.00pm. The Show will have you forgetting all your worries and going home singing, humming and whistling the tunes that are still familiar favourites

The Rotary Club will be raising funds in aid of HELP the HEROES and other charities

The TICKETS are £12.50 each and are available from :-

HOUCHELLS, Grundisburgh Road , Woodbridge O1394 383838

Woodbridge Town Council, Shire Hall Market Hill Woodbridge O1394 383599

Hamilton Smith, Church Street , Woodbridge O1394 386688

Woodbridge Tourist Information, Station Buildings , Woodbridge O139

NATIONAL OSTEOPOROSIS SOCIETY IPSWICH & DISTRICT SUPPORT GROUP

The Ipswich & District Support Group of the NOS has arranged a talk by Mr. David Sharpe and Prof. Brendan Noble entitled Vertebroplasty & Stem Cell Research. This will be on Friday 9th September at 2 p.m. at the University Campus Suffolk. The talk is free and is open to all so do come along. Refreshments will be available. For further information about the talk or the Group please contact Diana Thomas on 01394 277337 or Jean Nunn on 01473 625246.

FARTHING SINGLETON & HASTINGS FUNERAL SERVICE

Invite you to join them for the 2011 Macmillan Cancer Support **World's Biggest Coffee Morning** At 650, Woodbridge Road, Ipswich on Friday, 30th September between 10am and 1pm

We very much hope that you will be able to join us at some time during the morning for coffee and cakes to support this very worthy cause.

MARTLESHAM CHRISTIAN FELLOWSHIP

Black Tiles Lane

Life is a Battle!"

As I write this note, the Metropolitan Police are involved in a battle against lawless youths, who are threatening property and people, and bringing an atmosphere of fear to the capital. It is one of many battles we may have to experience. Some have to fight the battle of pain, of disappointment, of hopelessness, or debilitating illness. We all have to fight the battles of temptation, which affect family life so much.

Paul, in Ephesians, speaks of a 'spiritual' battle. "We do not", he says, "fight against physical enemies, but against powers of darkness, and we need 'spiritual' armour to help us.- The armour of righteousness, of Faith, of the Sword of the Spirit (God's Word), and the armour of prayer. The bible speaks of the realms of light and darkness and demonstrates that there is spiritual evil in our world. Whether this is symbolised by the London riots, we do not know. - But in a sense, all disorder is an affront to a Holy God, and is therefore evilly inspired, whether from within, or via outside forces.

Let us draw strength from God and His word, so that we can be victorious in the battles of life.

ACTIVITIES IN SEPTEMBER

SUNDAYS

Worship and Communion - 10.00 a.m.

TUESDAY CIRCLE

13th September - "The Amish People"

WEDNESDAYS

Housegroups - 7.30 p.m.

THURSDAYS

Mums and Toddlers - 10.00 a.m.

FRIDAYS

Friends on Friday - 10.00 a.m.

For further information - Contact John or Ruth Mellen (01473 624401)

MARTLESHAM COMMUNITY HALL AND RICHARDS ROOM

To enquire about booking Martlesham Community Hall or the Richards Room please telephone the Booking secretary on 01473 623203 who will be available to help you with your enquiry or will telephone you back if not available.

Alternatively E-Mail the new E-Mail address martcomhall@btinternet.com

or write to The Booking Secretary, Martlesham Community Hall, Felixstowe Road, Martlesham Ipswich. IP12 4PB

Ref Martlesham Community Hall Charity Number 1009602

St John's, Woodbridge

THE SELFISH GIANT

presented by

Springs Dance Company

Based on the delightful much-loved tale by Oscar Wilde, The Selfish Giant is a captivating and inventive show of storytelling and dance. It's set to entrance audiences across the country with its ingenuity, energy and charm in a nationwide tour.

Audiences aged 5 to 105 will love this magical, big hearted production.

One day, a Giant returns home to find children playing in his beautiful garden. "What are you doing here?" he cries in a very gruff voice, and the children run away. "My own garden is my own garden," says the Giant; "any one can understand that, and I will allow nobody to play in it but myself." So he builds a high wall all round it, and puts up a notice-board. 'TRESPASSERS WILL BE PROSECUTED' Nobody wants to be with the Giant except the wind, rain and snow, and his garden remains locked in a wintry chill. But one morning as the Giant lies awake in bed, something is different..

This exciting, brand new collaboration of theatre and movement performed by a story-teller and four dancers is directed by Steve Stickley and choreographed by Darren Ellis with music by Jeremy Clay.

Performances at St John's Church, Castle St, Woodbridge, IP12 1HS, on Saturday 8th October at 2.30pm & 7.30pm.

Tickets: £8 adults £6 concessions.

from 01394 383162 or buy online at www.stjohnswoodbridge.org.uk/selfishgiant

ST MICHAEL AND ALL ANGELS CHURCH CENTRE

Saturday 17th September at 7.30pm

Martlesham PCC present

MUSICOLOGY

and

STACKS OF SAX.

Tickets £7.50 Concessions £5.00

Tickets and information on 01473 625617 or on the door.

ST. MARY'S AND ST. MICHAEL'S CHURCHES

September sees Junior Church groups beginning again on Sunday 11th whilst the Youth Clubs start at 6 p.m. and 7.30 p.m. on Monday 12th.

Suffolk will be swarming with dedicated cyclists on Saturday 10th September when the Suffolk Historic Churches Trust Sponsored Cycle Ride takes place. Money raised through sponsorship is divided between the SHCT and the Church of the cyclists (or even walkers) choice. St. Mary's and St. Michael's will be open to log in cyclists and provide well deserved refreshments while other parishioners will be pedalling furiously from Church to Church around

A concert is being held at St. Michael's on 17th September featuring 'Stacks of Sax'. Tickets cost £7.50 (Concessions £5) and the concert begins at 7.30 p.m. Please contact 01394 384126 for tickets.

St. Michael's will be holding a Harvest Festival and Patronal Weekend on the 1st and 2nd October. Refreshments can be enjoyed to music and there will be stalls to browse. In addition, Cream Teas will be served on Sunday afternoon. The Church will be open between 10 a.m. and 12 mid-day on Saturday and 2 p.m. to 4 p.m. on Sunday. Everyone will be most welcome to visit the Church during these times as well as joining the All Age Harvest Festival at 9.45 a.m. on Sunday and a Songs of Praise at 4 p.m.

St. Mary's and St. Michael's Harvest Supper will be held on Saturday 8th October whilst the St. Mary's Harvest Festival will follow on Sunday 9th.

Building
God's
Family
Together

THE CHURCH IN MARTLESHAM & BRIGHTWELL

PARISH MINISTER: (Vacant) 17 Lark Rise Martlesham Heath IP5 3SA
 Church Contact phone number: 01473 622424
 CLERGY: The Revd. Heather Cooke 9 Swan Close Martlesham Heath. hcookema@aol.com
 READER: Carolyn Smith 74 Heathfield, Martlesham Heath. 01473 625630
 ELDERS: Margaret Rollins 9 Angela Close, Martlesham. 01473 623868
 Liz Welham 23 Deben Avenue Martlesham Heath. 01473 627709
 Lynn Wilder Kenton Nr Debenham. 01728 860627

Services for the Month	Brightwell St John's	Martlesham St Mary's	Martlesham Heath St Michael's
Sunday 4th Sept 11th Sunday after Trinity	8 am Holy Communion	11am Holy Communion	9.45 am All Age Worship
Sunday 11th Sept 12th Sunday after Trinity	6.30 pm Evensong	11 am Family Worship and Baptism	9.45 am Family Communion- Baptism and Junior Church
Sunday 18th Sept 13th Sunday after Trinity	8 am Holy Communion	11am Holy Communion and Baptism	9.45 am Worship and Junior Church
Sunday 25th Sept 14th Sunday after Trinity	6.30 pm Harvest Evensong	11am Matins	9.45 am Family Communion and Junior Church
Sunday 2nd October 15th Sunday after Trinity	8 am Holy Communion	11am Holy Communion	9.45 am All Age Worship for Harvest Thanksgiving
MIDWEEK SERVICES	Holy Communion each Wednesday at 10 am in St. Michael's Bright Stars will meet on Mondays, 12th & 26th September A warm welcome awaits you at all our services		

PRAYER DIARY SEPTEMBER 2011

Please use these thoughts as an addition to your daily prayers and pray for:

- | | |
|---|--|
| 5th People who feel battered by life's storms and need a safe haven | 21st St. Matthew's Day, give thanks for this apostle and his gospel |
| 6th Teachers, parents and students as schools return after the holidays | 22nd The residents of Harvesters Way |
| 7th The Parish Council Meeting | 23rd That we may count our blessings |
| 8th The residents of Green Lane | 24th Those who give their time to work in charity shops |
| 9th Give thanks for the fruitfulness of the harvest | 25th That our faith may have an impact on public life |
| 10th The Middle East especially Libya and Syria | 26th Young people in young offenders institutions |
| 11th That we may see the Sabbath as a welcome gift | 27th Those who advertise in the Martlesham Monthly |
| 12th Give thanks for clean water and sanitation | 28th The residents of Heather Way |
| 13th The Open the Book group taking bible stories into primary schools | 29th The feast of St. Michael and All Angels, pray for the church in the centre of our community |
| 14th The residents of Gresswell Court | 30th For farmers preparing land for next years crops |
| 15th The Fire and Rescue Service | OCTOBER |
| 16th Someone you know who has a serious illness | 1st Give thanks for our times of recreation |
| 17th Postmen and women | 2nd That we speak out for your love and justice |
| 18th That we may use our resources for God's work | 3rd For those who do not have enough to eat |
| 19th Carers and those in their care | 4th Our armed forces in Afghanistan |
| 20th For those struggling with addictions | |