

# martlesham monthly

**SEPTEMBER 2015** Produced and Distributed by Volunteers

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**MARTLESHAM MONTHLY ONLINE**  
**www.martlesham.org.uk**

#### DISCLAIMER

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

#### MARTLESHAM VILLAGE HALL

##### TOP STREET

Although we have regular bookings for  
evenings throughout the year, morning  
and afternoon sessions are available. The  
hall is ideal for small groups who need to  
meet at a reasonable cost, discount for  
residents of Martlesham.

For any queries or bookings please  
contact 01473 623655.

#### THIS MONTH'S PHOTOGRAPH

A Misty morning in the woods by Alan  
Powell.

If you have a photograph which you  
think would look good on the front of  
Martlesham Monthly, send it along to  
martmonthly@btinternet.com. It needs  
to be landscape and a file size of at  
least 2-3 MB.

#### COMMUNITY RESPONDERS

Martlesham Community Responders are a  
group of 3 volunteers (funded entirely by  
donations) who are trained to provide first  
aid and resuscitation skills. We provide a  
first response to many 999 calls received  
by the East of England Ambulance Service  
Trust within Martlesham, Martlesham  
Heath, Waldringfield, Newbourne and  
Brightwell, in support of and until the  
arrival of an emergency ambulance.

For further details contact Johnny Dixon  
01473 622160  
(johnny.dixon@btinternet.com)"

#### POLICE

Community Police Officer PC 1732 Rachel  
Cable

In case of emergencies please always call  
999.

In non-emergency situations call the the  
new number 101.

E-mail: the Safer Neighbourhood Team  
kesgrave.snt@suffolk.pnn.police.uk

#### THE MARTLESHAM HEATH PAVILION

The Pavilion is a great location for a  
children's party at weekends. If you want  
to book the Martlesham Heath Pavilion or  
need more information please call the  
booking secretary on 07732 199 712  
Alternatively, you can book on our website:

**http://www.martlesham.org.uk/  
pavillion/index.htm**

which also contains details of our current  
rates and hiring conditions

#### GIRLGUIDING MARTLESHAM

For all **NEW** enquiries to join Guiding as a  
young member or adult volunteer, please  
visit [www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested) or  
call 0800 1 69 59 01.

For general enquiries about Guiding in  
Martlesham, please contact  
Hannah Panting  
(hannahpanting@hotmail.com)  
Martlesham District Commissioner  
Or Chris Cooper Martlesham District Wait  
List Coordinator 01473 626024,

#### 1ST MARTLESHAM SCOUTS

For all enquiries regarding joining the  
group, becoming a helper or hiring of the  
Scout HQ please contact Rachel Pennick  
01473 610437

#### MOBILE LIBRARY TIMES

**Tuesdays** Angela close: 1.35–1.50pm  
Redwold Close: 1.55–2.10pm  
Falcon Mobile Home Park: 2.20–  
2.50pm  
Douglas Bader: 3.00–4.30pm  
8 September, 6 October, 3 November,

#### Thursdays:

Douglas Bader: 10.15–11.45am  
24 September, 22 October, 19  
November,

#### 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**

# MARTLESHAM PARISH COUNCIL

## **Chairman's Annual Report 2014-15**

You will find enclosed with this month's newsletter our Chairman's report on our activities during the financial year 2014-15.

## **Grants to local organisations in 2016**

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 12 October 2015**. These grants are awarded for the financial year 2016/17 and will be presented at the Annual Parish Meeting in April 2016. Any group with a project requiring Parish Council support/funding should also submit their project details and business plan by **12 October 2015** at the latest.

## **Become a Councillor**

We are still seeking one more councillor to make up our Council of 15 members. We will be able to co-opt a new councillor at our next meeting on Wednesday 02 September 2015.

This is your opportunity to help improve your community and lend your voice and life experiences to help protect your community in these challenging times. No matter what your background or employment status everyone has valuable views that count and would add to the community's voice.

## **How much work will it be?**

The more time and energy you put in the greater the rewards but it is up to you how active you are. Every council is unique. We look after open spaces, footpaths, play areas, bus shelters, litter and dog dirt bins; organise practical working parties; respond to planning applications and consultations; liaise with the principal authorities and local organisations. We face major challenges regarding development in our parish and neighbourhood planning. Please look at our website to find out more.

## **Will I be paid?**

Councillors cannot be paid and do not receive any allowances but they may claim reasonable expenses.

## **What do I do next?**

Please contact the Clerk for more information and also to check whether you are eligible to become a councillor. Please come along to a meeting and find out what we're like!

## **Bus Timetable changes**

We have been told by First Bus that services will be changing with effect from 30 August. It appears that there may be some alterations to routes 65, 66, X66, H66, 67 and 72 so please check before you travel. Service 63 is a new route that will operate between Ipswich Town Centre and Melton via Martlesham Tesco and Woodbridge. Timetables are available at [www.suffolkonboard.com](http://www.suffolkonboard.com).

## **What have we been doing recently?**

- New dog dirt bin installed by litter bin at entrance to track for bike trails, just off Main Road, to west of Laburnum Gardens
- August training session to review what we do, improve decision making & prioritisation of projects

## **Forthcoming meetings:**

Parish Council – Wednesday 02 September 2015

Recreation & Amenities Committee – Wednesday 09 September 2015

Parish Council – Wednesday 07 October 2015

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](mailto:clerk@martleshamcouncil.org.uk)

website: <http://martlesham.onesuffolk.net> for latest news & events

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

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## **CHIRS BLUNDELL'S DISTRICT COUNCILLOR REPORT FOR SEPTEMBER 2015**

**Suffolk County Council** have a problem! They have to save £40m each year for the next 4 years so they are searching around seeking to cut those services that by law they are not obliged to deliver. By law SCC must collect and dispose of normal household waste but not so the garden waste. The actual collection is done by the District Council on behalf of SCC who remunerate the council for those collections.

**The proposal from SCC** is to charge a fee for collection of garden waste deposited in the brown bin provided it does not contain food or animal type waste. The annual fee is likely to be about £50 per year but as yet no decision has been made as to how that will be collected. Initially SCDC will most probably absorb the costs in the first year of operation so it is unlikely that any fees will be charged prior to the 2017-18 financial year. That is an event due to unfold when all the practical details have been ironed out and final agreements reached between all the parties concerned.

**However**, my job is to encourage all our householders from now on to put all types of food and animal waste in the grey bin from which it will be incinerated at the new plant at Great Blakenham and to put only garden waste in the brown bin.

Suffolk Coastal District Council will at some stage in the not too distant future be putting out more information on this issue thus it will be helpful if we start the process as soon as we can. If you would like to discuss these or any other matters with me, you can do so either by phone on 01473 622716 or by e-mail to [chris.blundell@suffolkcoastal.gov.uk](mailto:chris.blundell@suffolkcoastal.gov.uk)

## John Kelso's District Councillors Report

### Latest news on hotel, pub/restaurant and drive-through at Barrack Square

The Government Planning Inspector has now found in favour of the owners of Martlesham Business Park and has decided to grant outline planning permission to allow for a hotel or a hotel and pub/restaurant and drive-through to be developed at Barrack Square near the BT roundabout. Conditions have been put in place to restrict the height of the building to 15 metres above existing ground level and to restrict the design to a maximum of four storeys. A full planning application will need to be consulted upon and be decided by Suffolk Coastal Planning Department, if, and, when a developer comes forward with any definite proposals.

### My Community Enabling Budget

Could I please remind Martlesham organisations that I still have funds available for any new projects or schemes that they may be considering and need funding to progress them. Please contact me if you think I may be able to help.

If you wish to discuss the above issues or any other District Council matters please email [john.kelso@suffolkcoastal.gov.uk](mailto:john.kelso@suffolkcoastal.gov.uk) or by telephoning 01473 631682

John Kelso District Councillor Martlesham Ward

### MARTLESHAM CONSERVATION GROUP

Many thanks to the people who helped at our last work party and on our butterfly survey. The results are being analysed and will be described later.

As many people have noticed one of our previously more common mammals, the hedgehog, is not seen as often as in the past and is in fact in serious decline across the country. Please can I draw your attention to the initiative by one of our members Jemma Burgess which points out a few simple things that we can do to help them locally. Please read the separate article. Working with your neighbours you could open up small gaps in your fences or gates to give hedgehogs access to greater garden space for foraging. Slow down when you are driving around the roads at night, at dusk, and at dawn, especially when driving on Eagle Way. Be aware that hedgehogs are active at these times. You could also provide a source of water for hedgehogs in a shallow dish. It would be great if we could improve things locally with a few simple actions.

At our next work party on Sunday 13th September we will aim to control some more areas of bracken by cutting or pulling. Please join us at 10am out on the heath for a morning session on the bank that runs roughly east-west. Please contact me if you would like to know the location more precisely.

### Can you spare a couple of hours?

**Thursday 22nd October from 10am**

Volunteers are needed to help carry out ground's maintenance at the Martlesham Recreation Ground (near the Creek)

The work party will be led by Neil Lister – Countryside Office – Suffolk Coastal & Heaths Areas of Natural Beauty

*Please put this date in your diary and join us if you can*

**For further details please see Parish Noticeboards.**

### Royal British Legion Poppy Appeal 2015

#### at Tesco Martlesham

Can you spare some time to join our loyal team of collectors for this year's Poppy Appeal collection at Tesco Martlesham in the two weeks leading up to 11 November (dates to be confirmed). Last year the team collected £10,019- a fantastic total -for which we thank all those who donated so generously and, of course, our collectors.

If you think you can help, even for an hour or two, please contact us on 01473 626127.

Marjory and Graham White,  
19 Squires Lane.

### NEWS FROM ANGLIA CARE TRUST

Hi everyone. We are Anglia Care Trust, a local charity on your doorstep with our offices in The Square in Martlesham Heath. We are focused on supporting vulnerable young people and adults across the County. We seek to improve both the quality and standard of life of those in need for the benefit of the individual and the community.

We have a number of volunteering roles available:

- Appropriate Adults
- Money Advisers
- Independent Visitors for children in care
- Mentors for both young people and adults
- Volunteers working within our Domestic Abuse Outreach Service

This month we are highlighting the Appropriate Adult volunteering role.

For people interested in the criminal justice system and a volunteering role that's really flexible, becoming an Appropriate Adult volunteer is a great option. Being in custody in a Police Investigation Centre can be an intimidating experience, especially if you're young

or vulnerable. The law recognises this too and provides for a trained Appropriate Adult to always be present where parents can't be there.

As an Appropriate Adult you are present to ensure that all questioning is carried out as it should be and that the wellbeing of the vulnerable person has been addressed. We'll give you full training, plenty of chance to shadow existing Appropriate Adults and will always be there if you have any queries. It's easy to fit this role around other commitments. We ask for a commitment of one 4 hour shift per week to suit you, between the hours of 9am and 10pm seven days a week. You would need to be able to travel to one or more of the Police Investigation Centres at Martlesham Heath, Bury St Edmunds or Great Yarmouth.

For all of our volunteering roles we provide free training and pay your expenses.

If you would like to help others, expand your skills and experience and give something back to the community then we would love you to be one of our volunteers.

Please contact [stephenstokes@angliacaretrust.org.uk](mailto:stephenstokes@angliacaretrust.org.uk) for more information or visit our website at [www.angliacaretrust.org.uk](http://www.angliacaretrust.org.uk)

Best regards

*The Anglia Care Trust Team*

**Farmer's Market coming to  
Martlesham**

## **FARMER'S MARKET**

**BIRCHWOOD PRIMARY  
SCHOOL**

**Valiant Road, Martlesham Heath**

**Friday 2nd October at 3.30pm -  
5.00pm**

***Meet your local suppliers of good  
foods***



**Calling All Preschool Children Who Enjoy  
Having Fun!**

**New Term at Bright Stars**

Are you a baby, toddler or preschooler who would like a fun start to your week? If so, Bright Stars is for you! We meet 10:30am on the 2nd and 4th Mondays of each month during term time at St Michael's Church Centre, Martlesham Heath IP5 3PL and welcome all preschool age children to come along with their parents and/or carers. Each session is full of fun children's activities and worship. We do crafts, storytelling, singing and play games, for example last term we made wristbands decorated with stickers, made puppets and did colouring plus made lots of noise with our musical instruments! The half hour sessions are free and are followed by refreshments and a chance to chat and play until approximately 12noon. Why not come and visit us this autumn? You are welcome to just turn up on the day, we will look forward to welcoming you!

The session dates for the autumn term 2015 are:

September 14th

September 28th

October 12th

Half Term

November 9th

November 23rd

December 14th

For further information please contact one of the Bright Stars team below:

Jennie Fidler Tel.07584 420729,

Sonya & Maureen Burrows Tel.01473-  
625196

**CALLING ALL MUMS.....** Martlesham Mums' Club is a group of Mums who meet together once a month at St. Michael's Church Centre, Martlesham Heath to share lunch, friendship and a social time together. Our meetings start with a sandwich, cake and fruit lunch which is provided for a donation of £2.00 per adult. We then give you a chance to join in an activity, hear an interesting speaker or just relax, meet new friends and enjoy being together.

Our first meeting after the summer break is at St. Michael's Church Centre, Martlesham Heath on Tuesday, 8th September from 12.45 to 2.30p.m. All mums, grans and carers with babies and toddlers are invited to join us for a 'Chomp and Chat' meeting. Join us for lunch (served around 1.00p.m.) and then chat with your friends while your children play. Why not join us?

**THE DRINKS AND DRIBBLES BABY CAFE** will be open at St. Michael's Church Centre, Martlesham Heath between 10a.m. and noon on Thursdays, 3rd and 17th September for all mums, grans and carers with babies and toddlers. We offer refreshments, friendship, toys and a warm welcome. Drop in for a few minutes or spend the morning with us.

For more information of the Mums' Club or Baby Cafe please ring Sue on 01473 624130.

### **1ST MARTLESHAM SCOUT GROUP**

The Scouts have had an active Summer term, and as usual at this time of the year, we have tried to get outside as much as possible. We've been out walking from Woodbridge along the side of the River Deben, playing "wide games" on the Western Corridor, orienteering at Rendlesham Forest, and cycling to Waldringfield for a game of football.

We also practised our camping skills, such as building a shelter (bivouac) for sleeping in, and "backwoods" cooking which does not use any pots or pans as the food is wrapped in tin foil and cooked on hot embers. These skills were then tested when we held a weekend Group camp (jointly with the Cubs).

Another of the activities this term was building a gravity (unpowered) Go Cart, with the intention of entering the Framlingham Go Cart Race to be held in September. We still have a little more work to do, but we are hopeful that we will be ready and on the start line for this annual competition.

The term was finished off with an evening with the Martlesham Rangers (Senior Section of Girl Guiding) who had challenged the Scouts to a game of Rounders. We had a fun evening, but unfortunately I really can't remember who won!

A few months ago one of the Scouts (George Pennick) wrote an article in Martlesham Monthly about his experience of Scouting, to promote the Troop. This helped him to achieve one of the many challenges that are required to be completed in order to earn the Gold Chief Scout's Award (the highest award in the Scout Section). Sleeping out for the night in a shelter (bivouac) during our camp was the final challenge, and so at the final meeting of the term I was very pleased to be able to finally award George with his Gold Award. Well done George!

Johnny Dixon (Scout Leader) 01473 622160

### **YOUR LOCAL RAINBOWS, BROWNIES & GUIDES NEED YOU!**

**Several local Units are currently looking for that special person to come  
& help them learn more about their world.**

*"Someone fun" "enjoys games" "kind" "likes chocolate".*

Adults (18+) & Young People (14+) alike, can help our young members continue to experience their Guiding journey. Being a Guiding volunteer can help enhance your CV & count toward the service element of the Duke of Edinburgh Award.

No previous experience of Guiding is necessary, training is provided & a DBS check is required for all those over 18.

If you can commit to 1-2 hours per week, we'd love to hear from you.

Jo (Suffolk Outreach Worker) jo.d@btinternet.com [www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested)

## PORTAL WOODLANDS CONSERVATION GROUP

In July, the Nature Explorers cleared the hedging around the pond after the flourish of growth in the previous months. The Nature Watch Club learned about moths, specifically about those that fly during the day, such as the six-spot burnet moth. We went on a hunt in the woods looking for moths and butterflies so that we could study their similarities and differences. We found several different species including a cinnabar moth on its food plant ragwort.

After a well-earned summer break in August, the volunteers restart operations in September.

### Dates for your diary:

Volunteer work morning (all ages): Sat 19th Sept, 10:00am – Noon. Meet at the Education Area.

Nature Explorers (ages 11+): Sat 19th Sept, 9:00am – 11:00am. Meet at the Education Area.

Nature Watch Club (ages 5 - 11): Sun 20th Sept, 9:00am – 11:00am. Meet at the Control Tower.

New volunteers are always welcome. Visit the website <http://pwcg.onesuffolk.net/> or email [pwcg.martlesham@gmail.com](mailto:pwcg.martlesham@gmail.com) for further information, or to book a place for Nature Explorers or the Nature Watch Club.

## PLEASE HELP OUR NATIVE BRITISH HEDGEHOG!

### Nine killed on Eagle Way So Far This Year!!

I live on Harvesters way and have done for the past 6 years and it has, this year, come to my notice that we have a huge number of our Hedgehog population being killed regularly on Eagle way. I am a member of the Suffolk wildlife trust who are doing a Hedgehog survey county wide. If you care to log on to their site you can see for yourselves that, to date this year there have been 9 deaths. Six adults and two of the spring babies and it is only August! I can personally verify this number and the exact locations because I have cleared up there sad little bodies myself and been highly distressed at having to do so, so often.

I wish to do something decisive about this situation—and I need your help to get action taken!

I have contacted the Suffolk highways (reference number as follows – 00116334) and Martlesham council with the proposal that we have signs at either end of Eagle that state 'Kill YOUR speed NOT our Hedgehogs' or something similar.

This could have a twofold effect-

- 1.Slowing drivers down (something we all want)
- 2.Raising awareness and as a consequence improving survival rates.

This is an emergency situation as the spring babies who are essential to the survival of Hedgehogs in our area are already being killed. Hedgehog mums only have two or three babies weaned each year and with predation from badgers and now foxes, who have also learned to break them open, and us killing them, they have little chance of survival if we don't try to act decisively to increase their chances.

There are several things that you can do to help;

- Sign two E petitions
- <https://www.change.org/p/highways-england-save-our-hedgehogs-make-hedgehog-road-signs>
- <https://www.change.org/p/department-for-environmental-food-and-rural-affairs-amend-the-countryside-act-1981-too-grant-hedgehogs-full-protection>
- Talking to your neighbours and visitors and asking them to drive slowly and carefully (at dusk-night and dawn particularly)
- Contact Suffolk highways with the reference number above to help add your voice to get the signage.
- Cut small gaps in fencing or gates to allow them access for feeding (they will not run the gauntlet on roads if they have enough forage in your garden) they need 2/3 miles square of territory!
- Leave out a shallow flat water dish in hot weather!
- Clear up dangerous litter! (cups, elastic bands, plastic can holders,& netting, all lethal to Hedgehogs)
- Log your sightings (dead or alive) on Suffolk wildlife web site! (It only takes a moment.)

Please consider our valuable wildlife and do something about it today!

Jemma Burgess

## MARTLESHAM IN BLOOM

*An illustrated talk on*

### 'Why Woodlands Matter'

by

**John Minns from The Woodlands Trust**

at The Richards Room,  
Felixstowe Road, Martlesham IP12 4PB

Wednesday 23rd September 2015

7.30 pm

There will be light refreshments and a raffle

Admission £2.50 at the door.

All welcome, The Richards Room is fully accessible.

*If you would like any further details on the above or any other Martlesham in Bloom activity please contact:-*

*J Maureen Burrows (Secretary) on  
01473 625196.*

## MARTLESHAM BRASS

### 'Making Music Fun In East Anglia'

We will be playing at the Martlesham Heath Aviation Society Open Day on Sunday 6th September between 12.30pm. and 1.45pm. This is being held at the Control Tower off Eagle Way, Martlesham Heath.

Next month, the band is celebrating its 19th Birthday with a concert in St Michael's Church Centre Martlesham Heath on Saturday 10th October - there will be more details about this next month.

Did you know that Martlesham Brass is available to hire? If you are interested in having a section of the band play at one of your events, please contact our booking secretary by email - [booking@martleshambrass.co.uk](mailto:booking@martleshambrass.co.uk)

Our band welcomes new players young and old, with or without experience. Our aim is to encourage anyone who feels they would like to play in a brass band to come and have a go! If you would like to join us, or if you already play or have previously played a brass instrument and feel that you would like to come along and meet us, please contact us via the website or use the contact details below.

Liz Howard.

[e\\_m\\_howard@talk21.com](mailto:e_m_howard@talk21.com)

01473 625617

Registered Charity No.1100922. Visit our website [www.martleshambrass.co.uk](http://www.martleshambrass.co.uk)

## WOODBIDGE & DISTRICT LIONS

Another busy month ahead for the Lions of Woodbridge & District as we look forward to a charity walk on Sunday 13th September around the National Trust Sutton Hoo Environs. The walk crosses private farm land as well as beautiful riverside paths and countryside once trod by Saxons hauling their boat up the river bank where it is now possible to view its last resting place. The walk gives everyone the chance to seek sponsorship to raise money for their own chosen charity, or just enjoy a Sunday stroll through pleasant countryside. Start from 0930 onwards from the Sutton Hoo car park. Proceeds from entry fees will be shared with the Alzheimer's Society. For more information go to [www.woodbridgelions.org.uk](http://www.woodbridgelions.org.uk) or call 0845 8332820.

Saturday 26th September sees the return of our popular tea dance at the Woodbridge Community Centre, from 2 – 5pm. Just £6 per person includes all the dancing, tea and cakes. For tickets, please contact either Lion Carol Malpass 01473 622514 or Lion John Wood 01473 611035.

If you are visiting our website, why not take a look at "About Lions" a brief history of the Lions from their founding in 1917, including a YouTube video presented by Penelope Keith.

## DONATE YOUR FURNITURE TO HELP LOCAL HOSPICE CARE

St Elizabeth Hospice is urgently appealing for donations of furniture to sell in its shops across East Suffolk. The charity has a van and team of volunteer drivers who will pick up good quality items from your home, Monday to Saturday.

Donations of sofas, table, chairs, wardrobes and cabinets are all welcome and will be resold in the hospice's dedicated furniture shops in Holywells Road and Foxhall Road, Ipswich, and Bury Street, Stowmarket.

Jason Rudderham, St Elizabeth Hospice's head of retail, said: "If you are redecorating or having a sort out, please think of donating any furniture you don't want any more to the hospice. You may have furniture that no longer fits with your colour scheme or you might just fancy a change. "Our shops are great for the environment as they allow goods to be reused and recycled and the funds raised enable St Elizabeth Hospice to continue to provide vital care and support for more than 2,000 local people every year."

*If you would like to donate furniture, do not drop it off at the shop, please call 0845 259 0319 and your furniture will be collected from your home.*

St Elizabeth Hospice is an independent charity which provides vital services free of charge to patients living with progressive illnesses, and their families and carers across East Suffolk. St Elizabeth Hospice costs millions of pounds a year to run, and relies on fundraising events, donations and the income generated from its shops to meet the majority of these costs.

## BIRCHWOOD PRIMARY IS CELEBRATING ITS 25TH ANNIVERSARY!

To celebrate this great occasion we are having an "Autumn Ball" at The Cookhouse, Suffolk Food Hall, Ipswich on Friday 2nd October 2015.

This invitation is open to all Parents and Carers - past and present. Governors - past and present. Staff - past and present. Old girls and boys of Birchwood . The evening will begin at 7.00pm with a three course meal and then dance the night away with Jigsaw Disco

We are restricted to 150 people for this event and it will be strictly first come first served basis as we know there will be a high demand for this great event.

Dress Code - Black Tie or Lounge suits

The cost will be £28.00 per head

(Over 18's only)

Can you please email Anna or Lucy on [admin@birchwood.suffolk.sch.uk](mailto:admin@birchwood.suffolk.sch.uk) during the holidays or come into the school in September

\*menu choices and balance of payment will be asked for two weeks before the event

## KESGRAVE LIBRARY NEWS

**Sunday Crafts (10 – 12 noon)** – The following craft activities will be taking place during September:

Sun 6th – Create a magical flying carpet;

Sun 13th – It's the day of the Reading Challenge presentation. To celebrate make a rabbit popping out of a magician's hat;

Sun 20th – Design an aquarium. What fish or animals will you make to put in yours?

Sun 27th – It was the beginning of autumn on the 23rd of September. Make a 3D autumnal tree picture.

Activities are free. Parents must stay with under eights. There's no need to book – just turn up and have a go.

**BookStart** – every Thursday from 3rd September (term time only).

These are free activities for pre-school children and their parents or carers. Why not come along and join Emma every Thursday for songs, rhymes and stories.

Tot Rock - 9.45am – 10.15 am.

BabyBounce - 10.30am – 11.00am.

**Record Breakers Presentation – Sunday 13th September.**

Congratulations to all our borrowers who completed the Summer Reading Challenge and read 6 books during their summer holidays. This is a fantastic achievement. The staff and volunteers look forward to seeing you all at the presentation, where you will receive your medal and certificate and watch a magic show which has been organised by Kesgrave Library Community Group. The staff would also like to thank the Community Group for enabling the library to offer record breaker craft sessions whilst the challenge has been running. Could parents please ensure that they attend the presentation during the times stated on their children's invitation? This is due to unprecedented numbers completing this year.

**Author Visit** Tuesday 29th September 2.30pm. Suzan Collins and Glynis Smy are returning for the second year running to talk to us about their new books and about writing and being published. Look out for posters advertising the event or speak to a member of staff for details.

Maggie Lusher  
Kesgrave Library Manager

Tel: 01473 626103

[www.suffolklibraries.co.uk](http://www.suffolklibraries.co.uk)

Kesgrave Library, Kinsey House, Kays Close, Kesgrave will be open:

Tuesday 9am to 12 noon, 2.30 to 5pm

Wednesday 2.30pm to 6pm

Thursday 2.30pm to 8pm

Friday 9am to 12 noon

Saturday 10am to 5 pm

Sunday 10am to 3pm

## **MARTLESHAM HEATH AVIATION SOCIETY - Open Day**

We look forward to welcoming another large attendance for our Open Day - or "Funday" as we sometimes call it!

This will be on Sunday 6th September from 11am to 4pm. Free entrance - but we suggest a £2 per head, per adult, donation, to help with our Funds.

As usual we have a great line-up of attractions at this increasingly popular Event.

Our Control Tower Museum is constantly being improved and will be open, as will our Underground Bunker.

Children are well catered with vintage fire engine rides. Face painting, a ball pond, LOTS of Ice Cream, and other unusual things to see.... Including a couple of Chindit Mules!

There will be Stalls and stands of all descriptions.

Our vintage bus rides around the old Martlesham aerodrome site (with a running commentary) are always very popular. It's surprising how much of this historic old RAF aerodrome still remains.

Many other attractions will also be there, including a line up of vintage cars and vintage military vehicles, Bands, Pipers, and even some Jive Dancers .

How many know that the Battle of Britain Flight were based here at one time? Perhaps that's why the Battle of Britain Memorial Flight always support us? We are looking forward to a flypast in the afternoon by an R.A.F. WW2 Douglas Dakota.

See you there... and tell your friends....

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Our next monthly Society meeting will be just a few days before, on Friday 4th September, at the Main Hall, Martlesham Heath Community Centre, Felixstowe Road,

The subject will be "The Aviation Art of Chris French." Chris is a member of the Guild of Aviation Artists. He will explain how he puts together his astonishing Pictures... how he does his background Research, no doubt with some stories on the way.

Meetings start at 7.30pm, Society members £2 and non-members are also welcomed for a payment of just £3. Pay on the door on arrival

Alan Powell 01473 622458 see.... WWW.MHAS.ORG.UK

## **FLU CLINICS FOR MARTLESHAM SURGERY PATIENTS**

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 at risk of severe illness if they catch flu. The vaccination programme is arranged for Thursday 22 October 2015 and is being held at the St Michael's Church Hall (Martlesham Heath). Please note this is for Martlesham Heath Surgery patients only. The clinic will be running between 8.30am-6pm and patients in any of the following categories can attend.

- People aged 65 or over
- Pregnant women
- People aged 6 months or over with a fully diagnosed medical condition as listed below:
- Asthma (on steroid (brown) inhalers)
- Diabetes
- 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
- Multiple Sclerosis
- People with a diagnosed weakened immune system condition.
- 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 registered main carer of an older or disabled person (evidence will be required).

If you have any queries speak to the Practice Manager.

## **MARTLESHAM LADIES CLUB**

### **Welcomes New Members**

Guest Speakers - Wide Variety of Subjects

Coach Trips

Harvest Supper

Christmas Party

The next two meetings will be held on 3rd September when Jane Paley will ask 'What do you know about Tea?' and on 17th September Sally Thomas from the Safer Neighbourhood Team will give helpful advice. On 1st October Andy Malcolm will tell us about the History of Fish and Chips.

Our meetings are held on alternate Thursdays at 7 30pm in the Richards Room.

Contact Doreen Boar 01473 622768 to find out more.

## **MARTLESHAM CARPET BOWLS**

As this goes to print we are coming to the end of the Summer League with 2 matches left to play both of them away. Of the ten games we have played we have won 6 and lost 4 so should end up somewhere mid table.

This month sees the start of the Winter League, There will be 4 different clubs in our division, Hintlesham and Chattisham and Nayland who are down from division one and Somersham and Harkstead who are coming up from Division three. We look forward to playing these different groups. Let us put our best foot forward for this new season.

Also this month there are several Charity competitions and we hope to have representative teams in these. More of this next month

Judith Longman.

## **KESGRAVE SINGERS**

The Kesgrave Singers invite you to a charity concert at Kesgrave Community Centre Twelve Acre Approach on Saturday 17th October 2015 at 7:30pm. The concert is in aid East Anglian Ambulance

The Singers will be joined by Lirica, the workplace choir of MSC (UK) Ltd. A programme full of entertainment, songs from the shows, poetry, soloists and much more.

Tickets cost £5 each including tea, coffee and biscuits during the interval. (children under 16 free) and are available from Michael Rayment, telephone 01473 623486 or Choir members. There may be tickets available at the door.

## **MARTLESHAM W.I.**

### Open meeting

Friday September 18th

At 2.00

In the Richards Room

Speaker Debbie Boothe

“My Experience as a Games Maker”

All welcome.

## **Martlesham's knitting group**

### **THE WOOLLY WONDERS**

will be meeting in their new home at

The Runway Café

(St Michael's Church centre)

Martlesham Heath on Thursdays 10th  
and 24th September 10am~12pm

## **SUFFOLK WILDLIFE TRUST**

There will be a chance to learn more about migrant birds when Suffolk Wildlife Trust's Woodbridge Group lead an afternoon walk around the Hollesley Marshes Reserve on Saturday 5 September at 2 pm. This RSPB reserve provides an ideal habitat for migrant birds.

Parking will be in the reserve car park at Grid ref TM 370448, close to Hollesley Bay's Warren Hill prison. Attendees should wear stout footwear and bring binoculars. There is no charge for the walk but we welcome donations to Suffolk Wildlife Trust.

For further information please telephone 01473 625630 or e mail [swtwoodbridge@outlook.com](mailto:swtwoodbridge@outlook.com)  
Phil Smith 01473 625630

## **BADMINTON**

Woodbridge Badminton Club is looking for new players. We are a competitive club with several teams in the Ipswich and District Badminton League so unfortunately we don't accept beginners as we are unable to offer coaching.

If you want to come along and try us out we play at Farlingaye School in Woodbridge with a guest fee of £4 per night.

Our “winter” season starts in September and we play on Friday evenings from 7pm to 10pm. For more information contact Dave Johnson at [dave2johnson@btinternet.com](mailto:dave2johnson@btinternet.com) or 01473 629512.

## **MARTLESHAM (AFTERNOON) W.I.**

So September is here already, and with the shorter evenings comes the launch of our “new -look” W.I. – well to be honest - “new -time” W.I. Yes, as I've been banging on about for the last few months, we begin the autumn by meeting in the afternoon, and the first one will be a talk by Debbie Boothe on her time as a “Games Maker” at the 2012 London Olympics. I think everyone agreed that the games makers were one of the stand-out successes of the Olympics and did a wonderful job as ambassadors to people from all over the world. Many of you will know Debbie – she lives on the Heath and those who have heard her talk before will know how interesting it is. This will be an “Open Meeting”, so a good time to come along, and hear Debbie and enjoy a Special W.I. Tea!! Who could resist! That is in the Richards Room (behind Tesco) on the old Felixstowe Rd at 2.00. on Friday September 18th. Everyone is most welcome. If you've thought about investigating the W.I., this is the perfect opportunity to find out more – we are a friendly group.

Do give our Secretary Anne Bennett a ring on 01394380110 for more information.  
Susan Cunliffe

## **KESGRAVE AND MARTLESHAM COUNTRY MARKETS...**

Here at the markets we have been enjoying the lovely summer holidays. But soon it's back to school time... Perhaps you would like to get a little matching sun hat for your little ones school uniform? At Martlesham Market held on Tuesday's 9.15am- 11.15am there is a fantastic hat maker who will be able to meet your needs.

Perhaps you would like a nice post-it note pad holder to help keep things organised? At Kesgrave Market held on Saturdays 9.30am- 11.30am we have a wonderful crafter who makes beautiful shabby chic note pad holders.

Perhaps seasonal jams are more your thing? There is always something yummy in stock.

Have you been suffering from hayfever? Local honey may be the solution...

Have a special occasion that needs a beautiful cake? Perhaps you need something gluten or dairy free? We always have something in store to meet those needs!

Literally something for everyone so pop in for a cuppa and a peruse!

Sarah Arch 334956

## **MARTLESHAM HISTORY SOCIETY**

The next meeting of the Martlesham History Society will be on Monday 19 October 2015

The Anglo-Saxon Cemetery at Lakenheath ~ Jo Caruth

Jo was very lucky to be part of the archaeological team that discovered a warrior, who is thought to have died about AD 500, at RAF Lakenheath in 1997 with a horse, bridle,

## **GET ACTIVE STAY FIT**

If you would like to improve your fitness in a fun and friendly atmosphere there are two classes on Tuesday mornings in St Michael's Church Centre.

Both classes are low impact exercise to music sessions in which every one exercises at their own level.

The 9.30 Stay Fit class is the more gentle class and starts with a gradual warm up to mobilise the joints and warm the muscles, followed by a series muscular strengthening exercises which are performed either holding onto a chair or seated. You do not need to get down on to the floor, or up again!

The 10.45 Keep Fit class starts with a similar warm up but also includes a section of exercises to build stamina and improve cardio-vascular fitness. This is followed by muscular strengthening exercises, again there is no need to get down onto the floor.

Both classes conclude with stretching and relaxation and are easy to follow as I do the whole thing in front of you and talk you through it so you know what is coming next. We take into consideration any conditions you may have like arthritis or osteoporosis and movements can be adapted to suit every one. We use a variety of music from shows, pop, jazz, classical and classes are run on a pay-on-the-day basis.

For further details of these or other local classes in Kesgrave, Little Bealings, Bromeswell



## MOTHERS' UNION

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**SEPTEMBER 2nd at 12:30 pm**

### OVERSEAS LUNCH

At St Michael's Church Centre.

Filled Jacket Potato with Salad

Choice of Dessert

Coffee/ Tea

£5

All proceeds to M.U overseas projects

Everyone is most Welcome to come along.

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### MONTHLY MEETING OCTOBER 7th

**2:30pm at St Michael's**

We look forward to

**Rev'd Michael Hatchett**

talking about his travels to the Holy Land.

Followed with tea and biscuits.

Everyone is Most Welcome

Contact:- 01473 623752

## DISCO CABARET

On Saturday 12th September you will have the chance to come along and see demonstrations of Latin and Ballroom dancing from the British number 2 U21 Latin champions. Learn some new dance steps with demonstrations from Richard Miller, be entertained by singers Rachel Foskett and Pete Long and then dance the night away with a disco hosted by DJ Steve Springett from BBC Radio Suffolk!

The Disco Cabaret is on Saturday 12th September at 7pm. Tickets are £12pp to include a ploughman's. To avoid disappointment buy your tickets now from Home-Start 01473 621104 or office@homestartcoastal.co.uk

Ella Heeney

## HOW ABOUT JOINING YOUR LOCAL YOGA CLASS IN SEPTEMBER?

Wednesdays from 1.30pm - 3.00pm  
Weekly, starting 10 September 2015  
Martlesham Heath Pavilion  
Cost is £7.10 per week, concessionary rate for over 60's £6.40 per week

If you would like to know more about the classes you can contact Angie on 01394 446054 or 07443 422263;  
email: angie@erik.punaks.waitrose.com.  
www.izyyoga.co.uk.

## Thoughts from your Parish Churches

"Teacher, what should I do...?" As another September sees the youngsters and their teachers returning to our local schools, my mind goes back (a very long way!) to my own schooldays. Each new school year brought both excitement and trepidation. Frequently bullied, I still loved school, loved learning, and was something of a teacher's pet. Was I bullied because I was the teacher's pet, or did teachers usually befriend me because I was bullied? Chicken-and-egg! Either way, I was eager to learn, eager to ask questions, and possibly too eager to shout out answers before anyone else had a chance.

Later in life I discovered, in the pages of the Bible, another teacher. One who has no favourites. On more than one occasion, people asked Jesus, "Teacher, what should I do?" to inherit eternal life. He usually advised them to keep the commandments, which he summed up in just two: love God and love your neighbour as yourself. When someone asked him what that meant, he told them a story that's become part of our collective consciousness. The Good Samaritan.

Who knows, perhaps if I'd been more aware of the needs of those other children, I wouldn't have been bullied in the first place. A very hard lesson to learn is how to put ourselves in others' shoes, to see their needs. Only then can we truly love our neighbours as ourselves.

Jesus goes on teaching us today, and there's always something new and exciting to learn. Just ask him!

**Rev'd Heather Cooke**  
**Benefice of Martlesham with Brightwell**

## BRIGHTWELL CHURCH

**Services for September      Sundays 6th and 20th Holy Communion 8.00am**

**Sunday 13th Evensong**

**Sunday 27th Harvest Songs of Praise.**

Autumn seems almost upon us and as we travel Suffolk we see fields of waving corn giving way to fields of prickly stubble. Those of us, as youngsters who trod the harvest fields, will remember the scratches the stubble made on our legs and the occasional water spout from the stalk up to our knees. Which brings us nicely to the reminder that our Harvest Songs of Praise will be held at the Church on Sunday 27th at 6.30pm. On the Wednesday prior, the 23rd The Decibelles will be entertaining us with a concert starting at 7.30pm. Please make a date in your diary. Tickets are available from Geoff Lambert or Marjorie Manning.

Looking toward October we will be holding the Premier of the Men in Sheds DVD on Friday 23rd at 7.30pm in the Church Hall (Screen 3). If you would like to attend please contact Geoff Lambert for ticket availability. Entry will be free but limited seats available.

Geoff Lambert      01473624130      Brightwellchurch@btinternet.com



## Gorseland Primary School



### Open Afternoon Invitation

**Monday 12<sup>th</sup> October    1:30-3:00**

**Thursday 15<sup>th</sup> October    1:30-3:00**

**Do you have a child due to start Reception in September 2016?  
Why not come along to one of our open afternoons this term?  
We warmly invite you to come and visit our Reception classes in action. You will have the chance to meet the staff and enjoy the opportunity of participating in a variety of activities with your child(ren).**

**Please come any time during these afternoons and stay for as long or as short a time as you like. We would only ask that you ring our school office to confirm which day you would like to come.**

*'Making our best better'*

Deben Avenue, Martlesham Heath, Suffolk. IP5 3AR  
Tel: 01473 523790    Email: office@gorseland.net

Building  
God's  
Family  
Together

## THE CHURCH IN MARTLESHAM & BRIGHTWELL

**PARISH MINISTER:** Vacancy

**CURATE:** The Revd Margaret Rittman Woodlea The Street Martlesham 07914 771061  
(working days: Sunday, Wednesday, Thursday)

**READERS:** Carolyn Smith 74 Heathfield, Martlesham Heath.  
Malcolm Rittman, Woodlea, The Street, Martlesham

**ELDERS:** Margaret Rollins 9 Angela Close, Martlesham. 01473 623868  
Liz Welham 23 Deben Avenue Martlesham Heath. 01473 622709  
Lynn Wilder Kenton Nr Debenham. 01728 860627

Services for the Month	Martlesham Heath St Michael's	Martlesham St Mary's	Brightwell St John's
<b>Sunday 6th September</b>	9.45am All Age service	11am Holy Communion (Prayer Book)	8am Holy Communion
<b>Sunday 13th September</b>	9.45am Holy Communion with Junior Church	11am Morning Worship	6.30pm Evensong
<b>Sunday 20th September</b>	9am Breakfast@9	11am Holy Communion	8am Holy Communion
<b>Sunday 27th September</b>	9.45am Holy Communion with Junior Church	11am Morning Prayer	6.30pm Evensong

### Midweek Services

Holy Communion each Wednesday at 10 am in St. Michael's.

**A warm welcome awaits you at all our services**

### September Prayer Diary Please include the following as an addition to your daily prayers

- |           |  |              |  |
|-----------|--|--------------|--|
| 5         | Pray for the work of Martlesham Parish Council         | <b>20</b>    | <b>Give thanks that we have freedom to worship</b>     |
| <b>6</b>  | <b>Give thanks for the holidays we have enjoyed</b>    | 21           | Pray for peace in our world                            |
| 7         | Pray for all who earn their living on the sea          | 22           | Give thanks for the lives of loved ones who have died  |
| 8         | Pray for all who live with ongoing health problems     | 23           | Pray for the residents of Heathfield & Heathfield Mews |
| 9         | Pray for the residents of Harvesters Way               | 24           | Pray for all who advertise in the Martlesham Monthly   |
| 10        | Pray for our local bus services                        | 25           | Pray for all newly-qualified schoolteachers            |
| 11        | Give thanks for GP surgeries and healthcare            | 26           | Pray for Martlesham Mums' Club                         |
| 12        | Pray for all the children and adults in Bright Stars   | <b>27</b>    | <b>Pray for all the children in our churches</b>       |
| <b>13</b> | <b>Pray for all grandparents</b>                       | 28           | Give thanks for the beauty of Autumn                   |
| 14        | Pray for all prime ministers, presidents and leaders   | 29           | Continue to pray for the witness of Runway Coffee Shop |
| 15        | Give thanks for friends and friendship                 | 30           | Pray for the residents of Higgins Place                |
| 16        | Pray for the residents of Heather Close                | <b>1 Oct</b> | Pray for all involved in conservation work             |
| 17        | Pray for all Open the Book groups & schools they visit | 2            | Pray for all who feel overwhelmed by tasks ahead       |
| 18        | Pray for all who struggle with the ageing process      | 3            | Give thanks for all our food producers                 |
| 19        | Give thanks for all grandchildren and godchildren      | <b>4</b>     | <b>Pray for all church priests and leaders</b>         |