

martlesham monthly

MAY 2015

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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

This month's photograph is of bluebells in Portal Woods, by S Corley. Of the Portal Woodlands Conservation Group

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, Paul Stockdale 01473 621225 (e.mail: paulpstockdale@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/pavillon/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 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 19 May, 16 June, 14 July, 11 August, 8 September, 6 October, 3 November, 1 December, 29 December :2016: 26 January
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

Calling every 4 weeks on Thursdays:
2015: 7 May, 4 June, 2 July, 30 July, 27 August, 24 September, 22 October, 19 November, 17 December
2016: 14 January Douglas Bader: 10.15–11.45am

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

Katie Webb & Matthew Percy

It was with great sadness that we learnt of the sudden & unexpected deaths of Katie Webb and Matthew Percy. Both young people were actively involved in our parish in different ways & sought to make it a better place to live in. Katie was a member of the committee of our Portal Woodlands Conservation Group for a number of years. Matthew had been our youngest parish councillor during the past year and had just been elected to the Martlesham West Ward. Both will be sorely missed. Our sincere condolences go out to the Webb & Percy families.

Result of Uncontested Election for Parish Councillors

We have confirmation from Suffolk Coastal District Council that the 3 Martlesham wards will not be contested & therefore there will not be a poll. However don't forget to vote for your members of parliament and district councillors on Thursday 7 May!

Your newly elected parish councillors are:

Martlesham Parish Ward: Jackie Bear, Chris Blundell, Leo Brome, Laurence Burrows, Stephen Denton, John Forbes, Mike Irwin, John Kelso, Ian O'Brien Baker, Richard Staines, Wally Welch, Howard Woldsmith, vacancy.

Martlesham North Parish Ward: Vacancy.

Martlesham West Parish Ward: Vacancy.

The Council wishes to thank Pat Lisseman for her hard work and contribution to the parish as she is standing down this time. We are left with 3 vacancies; 1 in each ward. At its first

meeting on Wednesday 20 May the new council will be in a position to co-opt councillors so if you thought of standing but didn't get round to it there is still time! Please contact the Clerk for further details.

What have we been doing recently?

- Annual Parish Meeting on 22 April where we presented grants to local organisations and reported on our activities during 2014/15;
- Finalising the end of financial year to 31 March 2015 accounts, details will be published shortly;
- New path to the Centenary Playspace installed, funded by Suffolk Coastal District Council's Community Enabling Budget, MHHL & us;
- Sprucing up the Harry Higgins play area with a new coat of paint;
- Checked our trees after the high winds.

Result of Neighbourhood Plan (NP) boundary consultation

There was a low response from parishioners. Apart from formal consultees, all the responses received had come from residents in the 'cross over areas' between Martlesham and Woodbridge. The majority were clearly in favour of being included in the Woodbridge (with part of Martlesham) Neighbourhood Plan rather than being part of the Martlesham Plan. The Parish Council has therefore agreed that the built-up area of Martlesham North along with the Woodbridge Town Football Club site should be within the Woodbridge Plan. The two parishes will seek

to work together on shared issues. However the decision on NP boundary designations rests with Suffolk Coastal District Council and, at the time of going to press, we still await their formal statement.

Please refer to the Neighbourhood Plan Team's website for further information: <http://martleshamnp.onesuffolk.net/>

Forthcoming meetings:

Please note the Parish Council meeting does not take place on the first Wednesday in May due to the election process.

Finance & General Purposes Committee – Wednesday 06 May 2015

Parish Council – Wednesday 20 May 2015

Recreation & Amenities Committee – Wednesday 27 May 2015

Parish Council – Wednesday 03 June 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
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.

MARTLESHAM NEIGHBOURHOOD PLAN UPDATE

The residents' survey results have been summarised and priorities identified. Please see our web site (martlesham2028.org.uk) for details.

Separately, residents of Martlesham North Ward were invited to submit their preference of whether to be included in the Martlesham or Woodbridge neighbourhood plans. (This won't affect the fact their homes are still in Martlesham.) Sadly, very few households in the affected area chose to comment, but the majority of these said they preferred to be included in the Woodbridge Plan and this has now been agreed by all parties, subject to a formal response by Suffolk Coastal DC. As a result, the Martlesham Neighbourhood Plan area will now cover the Martlesham Parish boundary excluding North Ward (Seckford Heights, Duke's Park, California and the site of the Woodbridge Football Club).

Are you interested in joining the Martlesham neighbourhood planning team? We badly need help with the following:

- making decisions on which issues should be covered by policy statements
- research and evidence gathering
- publicity and engaging the wider community

We would be very grateful for any help you can give us. Please contact us through the Martlesham Parish Clerk - 01473 612632 or email us at martlesham2028@gmx.co.uk

MARTLESHAM HEATH HOUSEHOLDERS LTD

At the recent AGM the resolution to increase the annual maintenance charge to £30 was passed 65 for 2 against. This will be collected as usual in October.

We are embarking on a program of maintenance to the MHHL car parking spaces starting with Coopers Road where we will be examining the surface and re-marking them so its clear these are shared spaces. We will need the spaces empty to undertake this work and will give as much notice as possible to avoid having to return at a later date, which will incur additional cost. So we would ask for you co-operation in keeping the spaces clear on the date notified.

The shrub bed replanting of MHHL beds will also shortly commence.

We can be contacted on 01473 612207, or email mhh@martlesham.org.uk our website is <http://martleshamheathhouseholdersltd.onesuffolk.net>

MARTLESHAM HEATH SSSI LTD REPORT

Major work has effectively ended until next winter as we are now in the bird-nesting season. Many thanks must go the small number of volunteers who have put a lot of hard work into the SSSI over the winter, without them we would not be able make the required improvements to the SSSI.

We have noticed evidence of horse riding on the SSSI this is not permitted on the SSSI (Western Corridor) or any MHHL land. We will be putting up additional signage to that effect shortly. Not only does it cause damage to the land but there are many dogs walked in the area making it unsafe for horse riders and pedestrians alike.

We can be contacted on 01473 612207 or via Email at sssi@martlesham.org.uk. We welcome new volunteers or directors and hold a board meeting once a quarter.

MARTLESHAM IN BLOOM

Summer competitions

Summer is almost here so why not consider entering our SUMMER COMPETITIONS; residents or businesses within the parish of Martlesham may enter any of the following categories:-

- (A) Most Attractive Summer Front Garden.
- (B) Most effective use of hanging basket(s) and/or container(s) in the front of your property
- (C) Best Summer Floral or Planting Display at a non-residential premises, this could include for example schools, industrial units and other businesses.
- (D) 'Your' Back Garden

Hangin g Baskets and Planted Containers in the Square and elsewhere In Martlesham

We will be arranging for there to be floral hanging baskets in The Square for the summer and several containers of summer bedding plants in The Square as well as at other locations in the parish. If you would like to make a donation towards the cost of these baskets and containers please contact the Secretary below.

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.

PUDDING NIGHT

Would you like the chance to enjoy an evening sampling a variety of delicious home-made puddings with friends?

Home-Start Suffolk: East Ipswich & Coastal are holding a pudding night at The Bell, Kesgrave on Thursday 14th May at 7.30pm. There will be lots of different home-made puddings for you to try with your chance to vote for the best pud! A recipe booklet of all the puddings will also be available for you to purchase.

Tickets for this evening are £5pp and are available from Home-Start, 8a The Square, Martlesham Heath, 01473 621104 or homestarteastsuffolk.org.uk

All monies raised from the event will go to the charity Home-Start Suffolk Coastal who during this year will support over 140 families in the East of Ipswich or Suffolk Coastal areas.

MARTLESHAM & KESGRAVE PLAYSCHOOLS

Wow – our Quiz Night held just before the Easter holidays raised a magnificent £455. Thank you to our quizmaster and to everyone who joined us, we had a hilarious evening racking our brains for those answers! Thank you to all those companies who generously donated an item for the half time raffle. We've already been asked to organize another!

An invitation for you - our annual summer fair will be held on Saturday July 4th between 1 and 4pm. This year Martlesham and Kesgrave Playschools are joining together and the fair will take place at the Millennium Jubilee Hall and the field, Millennium Way, Kesgrave. There will be lots of great activities, games and crafts, bouncy castle, refreshments and BBQ. We would like to invite everyone to come along and enjoy the afternoon with us and if you are looking for childcare this is a great opportunity to come and see where we are and chat to us – we look forward to seeing you.

Both Martlesham and Kesgrave Playschools have only one or two spaces for this term. But if you would like to put your child's name on our waiting list for spaces for September and beyond, please email mplayschool@btinternet.com or contact me on 01473 625986 for sessions and availability for both playschools. I shall be allocating September spaces soon. Our website is currently being updated, but hopefully it will be up and running very soon under the new name of mandkplayschools.co.uk
Caroline Swale

GORSELAND NURSERY OPEN EVENTS

Gorseland Nursery invites families to an 'Open morning.' Do you have a child turning 3 in the summer term and are looking for a Nursery setting? Come and meet the Nursery staff, see the class in action and stay for a coffee and cake whilst your little ones join in with fun activities. We offer funded morning sessions from 08.30-11.30. We have a flexible approach to 'dropping off' so children can come in between 08.30 and 09.00. After Easter we will be starting a lunchclub from 11.30-13.00 where children can stay for a hot school lunch or bring their packed lunch at a small fee. The open events will be on Thursday 16th April and Tuesday 21st April. We look forward to meeting you.

TODDLERS AT GORSELAND NURSERY

This term we have started a Toddler Group on a Monday afternoon (13.45-15.15) which has been very successful. Parents and their 0-5 year olds are invited to stay and play using the indoor and outdoor facilities that the Nursery has to offer. The session is currently run by Imogen from Kesgrave childrens Centre and a member of staff from Gorseland Nursery, Mrs Thompson. There is painting, playdough, home corner, sand/water, puzzles etc. If you haven't popped in then please do!

PIRATES NEEDED TO JOIN THE MIDNIGHT WALK CREW

Ahoy me hearties, St Elizabeth Hospice is on the lookout for pirates to join their crew for the Midnight Walk on Saturday 16th May 2015.

Men and women can choose to walk or run one of three new and improved routes which all start and finish at Ipswich Town Football Club; the five mile, eight mile, or the more challenging half marathon. Pirate fancy dress is optional, but if you do want to dress up, then head to your nearest St Elizabeth Hospice shop where you can get your hands on an array of pirate fancy-dress all for £5 and under.

If you don't want to take part in the event, but still want to be involved, why not volunteer on the night and join the Cap'ains Crew! Without volunteers, the Hospice's biggest fundraising event of the year wouldn't be possible, so could you spare an evening to help your local Hospice?

To find out more, or to sign up for the Midnight Walk for just £15 per person, visit www.midnightwalkipswich.co.uk or call 01473 707043.

CALLING ALL MUMS..... Martlesham Mums' Club meets at St. Michael's Church Centre, Martlesham Heath on Tuesday, 5th May between 12.45 and 2.30p.m. Lunch will be served around 1.00p.m. and will be followed by a Baby Zumba session led by Sarah Jones.. All mums, grans and carers with babies and toddlers will be most welcome. Please would mums with non-walking babies bring either a baby carrier or baby sling so that all can join in!

Dates for your diaries - Future meetings of the Mums' Club will be held on Tuesdays, 2nd June and 7th July.

The Drinks and Dribbles Baby Cafe will be open at St. Michael's Church Centre on Thursdays, 7th and 21st May between 10a.m. and noon. This is a drop-in with refreshments and toys. All mums, grans and carers with babies and toddlers are invited to join us. Why not come along with your friends and relax while your children play?

For more information on Mums' Club or Baby Cafe please 'phone Sue on 01473 624130

BRIGHT STARS IN MAY

We look forward to seeing all preschoolers, toddlers and babies who enjoy having fun at Bright Stars, along with their parents or carers! Sessions are approximately half an hour long and include singing, stories, games, activities and making crafts to take home. 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. Each session is free, full of fun children's activities and is followed by refreshments and a chance to play, while the adults that the children have brought along enjoy a chat! Why not come and visit us? You are welcome to just turn up on the day at any of the sessions, however if you would like any further information feel free to telephone us on the phone numbers below. We look forward to welcoming you!

Our remaining session dates for the Summer term 2015 are:

May 11th
Half Term
June 8th
June 22nd
July 13th

For further information please contact:

Jennie Fidler Tel.07584 420729, Sonya Burrows Tel.01473-625196
or Sue Lambert Tel.01473-624130

THE SAPLINGS Martlesham Heath

Baby Room, Preschool, Breakfast Club, After-School Club & Holiday Club

Through the rest of April and into May

The sun has finally started to shine! As this is such a lovely time of year we will be doing lots of exploring and making the most of being outside. We will be having fun making spring related crafts and planting. The children will get to take part in some nature walks and they will be exploring the life cycle of a frog as well as exploring mud kitchen.

This theme will run through the baby room, pre school and after school club so all of the children coming to us will be able to enjoy the activities.

We have spaces in all our rooms and funded two and three year olds can use their funded sessions throughout our opening hours and 'stretch' funding across Holiday Club.

The Saplings is open Monday – Friday, 7.30am – 6pm for children aged 3 months -11 years, offering term-time and year-round care, with a Baby Room and Preschool, Breakfast Club, After School Club and Holiday Club and a 'Walking Bus' to Birchwood Primary School.

For more information, please call: 01473 614753, email: news@thesaplings.org.uk, or visit our website: thesaplings.org.uk

BIRCHWOOD PRIMARY SCHOOL

As I am sure you are aware if you have driven to the shops during the last month we are having a lot of work done in the school grounds. This is due to flooding during the summer last year and our antiquated drainage system could not cope. The works should be finished by the middle of April. If we have caused any of the resident's disruption we apologise and thank you for bearing with us.

At Birchwood recently we have been fund raising for Red Nose day, Year 6 collected £100 to donate from their cake stall.

Some of our choir and instrument players attended the Snape Festival of Music, this was an amazing event and the children did the school proud.

Our breakfast club is going from strength to strength, if you have a child that attends the school please come in and ask about the club, prices start from just £2.

We have a job vacancy at the school of a Midday Playleader:

£13,715 pro rata

11:45am to 1:15pm Monday – Friday (term time only and initially summer term)

You would be expected to organise and lead a wide range of play opportunities for pupils at lunchtimes (experience working with primary age children or in physical education settings would be desirable).

For details and an application form please contact the school on admin@birchwood.suffolk.sch.uk

We have just 3 spaces available in the school, these are in year groups Reception, 2 & 3. If you would like your child to come to Birchwood, please contact the school office for more information and to arrange a visit on 01473 610701.

HOME-START EASTER EGG HUNT

The community of Martlesham were treated to an Easter Egg Hunt on Easter Saturday organised by the local charity Home-Start Suffolk: East Ipswich & Coastal. Although it was a rather damp and cold morning children arrived and waited with anticipation to go on to The Green on the Brink to hunt for their beans which they were then able to exchange for an egg. Over 200 beans were hidden including silver beans for which the finders were given special eggs and a Golden Bean which was found by a little girl who was most excited to receive a bumper pack of Easter goodies!

The children were also treated to balloon modelling from Mr Bean (of Mr Bean Entertainments) being made swords, bunnies and crowns. They had the chance to meet their favourite characters from Frozen, Elsa and Anna who they were able to chat to or have their photograph taken with and to everyone's delight there was a surprise visit from the Easter Bunny.

Home-Start moved offices to Martlesham Square just over a year ago and wanted to run an event specifically for the families of Martlesham. This was made possible through a Community Enabling Budget from Suffolk Coastal District Council. From the amount of smiles on the children's faces we would say it was a resounding success.

Home-Start supports families in the East of Ipswich and Suffolk Coastal areas. These families receive one to one or group support from trained volunteers because for them the pressures of family life have become too much to cope with alone, this can be for a variety of reasons such as illness, disability, mental health problems, bereavement, isolation and multiple births.

MARTLESHAM BRASS 'Making Music Fun In East Anglia'

Two of our bands are competing in the East Anglian Brass Band Association Contest in Norwich on 10th May - we wish them good luck!

Everyone will be very welcome at our afternoon Spring Concert on Sunday 17th May at St Michael's Church Centre Martlesham Heath starting at 2.30pm. Tickets £3.00 (primary school children free) from our website www.martleshambrass.co.uk or 2nd Stop Charity Shop (next to Kesgrave Tesco) or 07802 868924. All our bands from the Beginners to the Main Band will be performing. There will be a raffle and light refreshments available during the interval.

Looking forward into June, we will be holding our Band Summer Fayre on Saturday 13th, at St Michael's Church Centre, Martlesham Heath - more details next month, but please put the date in your diary.

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. (Publicity Officer) e_m_howard@talk21.com, 01473 625617. Registered Charity No.1100922.

Visit our website www.martleshambrass.co.uk

KESGRAVE LIBRARY NEWS

Sunday Crafts (10 – 12 noon) – The following animal craft activities will be taking place in the library in May:

Sunday 3rd – Make a 3D wild peg animal;

Sunday 10th – Design a fortune teller animal. Will it be a pig, snake or dog?

Sunday 17th – Make a colourful plate turtle;

Sunday 24th – Create a CD rainbow fish;

Sunday 31st – Make a handprint peacock.

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

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.

New Opening Hours

After conducting an extensive consultation with our customers and the wider community in December 2014, the Kesgrave Library's opening hours will be changing. From Friday 1st May the changes to our opening hours are:-

Friday mornings – We will be open every Friday morning from Friday 1st May 9.00 a.m. – 12 noon.

Wednesday evenings – From Wednesday 13th May, the library will be closing at 6.00 p.m. every Wednesday.

All other openings times will remain the same.

Maggie Lusher Kesgrave Library Manager
Tel: 01473 626103

www.suffolklibraries.co.uk

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

Tues 9am to 12 noon, 2.30pm to 5pm

Weds 2.30pm to 6pm

Thurs 2.30pm to 8pm

Friday 9am to 12 noon

Saturday 10am to 5 pm

Sunday 10am to 3pm

MARTLESHAM CONSERVATION GROUP

Many thanks to all those who came along to our work party in April and created some patches of bare ground in order to encourage ant re-colonisation. Ants play a crucial role in the life cycle of the Silver Studded Blue butterfly and so it should be beneficial to encourage more ant activity on the heath.

As we move through May the warmer weather should encourage more butterflies such as Brimstone, Orange Tip and Green Hairstreak, a heathland species that relies on gorse as its food plant. Also, hopefully our heath and woodland will resound again to that prolific songbird the Nightingale with other species adding to soundscape during the day.

At our work party this month we will be undertaking a survey of the birds present in the woodland south of the Green. Please meet outside the Douglas Bader at 10 am on Sunday 17th May and bring along a pair of binoculars if you have them.

Please get in touch if you would like more information about our events and activities or just turn up on the day.

Phil Smith 01473 625630

MARTLESHAM CARPET BOWLS

After a couple of poor results, our last 2 of the season we ended up 4th in the winter league which is quite nice as next winter we will meet up with 4 different clubs, 2 coming down from the 1st division and 2 promoted from the 3rd. division.

As usual we had an excellent evening for our Annual Dinner at Alnesbourne Priory which was enjoyed by all. Our thanks to Oscar and Maureen Banthorp who as always excelled with the arrangements concluding with a brilliant raffle and a testing quiz.

Sadly we have lost another of our members since I last wrote. Ken Bates died at the end of March. Our condolences to his widow and family.

The triples competition which was played on Sunday 22nd March was won by the team consisting of Maggie Waugh, John Orvis and Bob Wellington who never put a foot wrong the whole afternoon. The runners up were Oscar Banthorp, David Bright and Judith Longman. The 4's competition will be played after this has gone to print on 19th April

A reminder to all that the AGM is on Tuesday May 5th at 2pm. Hope to see you all there.

Judith Longman

MARTLESHAM HEATH AVIATION SOCIETY

Our meeting on Friday 10th April featured an illustrated talk by Mark Howell, the RAF base Mildenhall historian.

The talk was entitled, The History of the 100th Air Refuelling Wing and RAF Mildenhall. In fact Mark, who was accompanied by Mr Chris. Wilson talked about the earlier history when it was the 100th Bomb Group, USAAF. Known as the "Bloody 100th" they were based near Diss during WW2 and suffered heavy losses, hence their unenviable nickname. Mark and Chris gave a moving account of some of the raids and losses suffered at that time.

After the break Mark Howell detailed the history of RAF Mildenhall from its opening in 1934 by King George VI through the war years when it was an RAF bomber base.

Mark and Chris read some moving accounts of heroism both from pilots and crew of the 100th Bomb Group and the RAF at Mildenhall.

A most moving and enjoyable evening. A vote of thanks was given by our own archivist, Alan Smith.

Our next meeting will be held on Friday, 1st May and is the occasion of our Annual General Meeting. This will be followed by some unusual video films.

All meetings are held at the Community Hall, Felixstowe Road and start at 7.30pm with a tea/coffee break. The next meeting will be free.

Alan Powell 01473 622458

MARTLESHAM BOWLS CLUB

Martlesham Bowls Club members have been busy during the winter months preparing for the coming season which began on 18th April.

We are a small, friendly club and actively enjoy playing bowls, playing both friendly and league matches as well as social bowling on a Thursday and Saturday afternoons for members new to bowls and those who just enjoy a friendly roll up.

We will be holding an open afternoon on Saturday 23rd May for anyone to come along and see for themselves whether bowls might be for them.

If in the meantime you would like more information or wish to join our Bowls Club please feel free to contact the Secretary on 01473 622598 or email for information to mary.drake@talktalk.net

MARTLESHAM LADIES CLUB

We have two meetings arranged this month. On 14th May Jennifer Jones will give a talk entitled 'A Laywoman's Journey Through 1916' and on 28th May we are holding a Beetle Drive.

We are having lunch at the Wilford Bridge on 21st May and other summer outings are being arranged.

With Spring just around the corner bringing the lighter evenings it is so much easier to attend our meetings. They are held on alternate Thursday evenings at 7.30pm in the Richards Room. For more information contact Doreen Boar 01473 622768.

MARTLESHAM HISTORY SOCIETY

The next meeting of the Martlesham History Society will be on Monday 15th June 2015

Further Stories from the Millennium Project ~ Bury St Edmunds Cathedral ~ Horry Parsons

Following on from the excellent talk that Horry gave to us in 2013, his is back to talk to us about further "stories" from his time as part of the team involved in the Millennium Project where they built a 150 foot Gothic Lantern Tower on St. Edmundsbury Cathedral for the Millennium. His talk explains how they built a medieval tower in the twenty first century!

Meetings are held at Pavilion, Martlesham Heath, Ipswich, IP5 and commence at 7.30 pm. Admission fee is £2.50 and meetings are open to all.

MARTLESHAM W.I.

May is "Resolution" month in the W.I. No, it's not about giving up chocolate or taking more exercise, it's about discussing and voting on a subject that could be the basis of an NFWI campaign, so could really make the powers that be sit up and take notice – the W.I. is a formidable organisation. This year the subject is Continuing Care, in other words the uneven access to care, with a distinction being made between nursing care which is free and "social" care which is means tested. So we shall be discussing this at our meeting on Friday May 15th in the Richards Room at 7.30. Then it will be voted on at our National AGM at the Albert Hall in June. This is a subject which affects many people, so do come along and have your say. Everyone is always welcome. But it won't all be earnest discussion; we are planning plenty of social time with refreshments, and a chance to chat.

To celebrate the W.I. Centenary we have planted a tree, with the guidance of local tree warden- our member Margaret Forbes (together with husband John). It is a rowan which we hope will thrive and add to the beauty of the village.

At our May meeting we shall be enjoying lovely light evenings, but don't forget, from September we shall be meeting at 2.00 and thus avoid the dark frosty nights.

More information from Anne on 01394380110

Susan Cunliffe

PORTAL WOODLANDS CONSERVATION GROUP

In March the Nature Explorers and working party volunteers worked together continuing to clear the 2 tumuli (two Bronze Age burial mounds) to give the sites full historic protection. To do this we moved the felled trees off one of the tumuli and used the branches to create a dead hedge around its perimeter. A dead hedge is an ancient form of hedging. Branches are woven around stakes that have been stuck in the ground. This is a good way of using the felled trees and will hopefully provide a habitat for small wildlife, as well as redirecting the path a few metres away from the tumulus as advised by English Heritage to prevent them being damaged.

This month in the woods the great crested newts and smooth newts are moving from their hibernation sites to the pond along with common frogs and common toads to breed. We also have discovered some badger dung pits which suggests that badgers are still using the woods. Some mink scat has also been found and a mink has been seen by a woodland user. We would like to hear from anyone else who spots it, please get in touch on the email address below.

Dates for the diary:

Volunteer work morning (all ages): Saturday 16th May, 10:00 – noon.

Nature Explorers (11 - 18 year olds): Saturday 16th May, 9:00 – 11:00.

Nature Watch Club (5 - 11 year olds): May's meeting has been cancelled.

New volunteers are very welcome. Please do visit the website <http://pwcg.onesuffolk.net/> or email pwcg.martlesham@gmail.com for further information.

HIDDEN GARDENS OF WOODBRIDGE.

The Woodbridge Friends of St Elizabeth Hospice are organising another enjoyable afternoon exploring gardens in the town centre which are well screened from view.

Tickets and maps will be sold from St Mary's House, Market Hill, Woodbridge from 1.00 pm on Sunday 7th June 2015.

The gardens will be open from 1.00pm – 5.00pm.

Tickets cost £7.50 (less than £1.00 per garden) and will include tea and cake in St Mary's House. No dogs please.

Mrs Anne Barratt

Woodbridge Friends of St Elizabeth Hospice
3A Thoroughfare, Woodbridge IP12 1AA
01394 382815

LUNCH CLUB

ST MICHAEL'S CHURCH CENTRE

Our team needs additional help with the cooking and preparation of the lunch served every second Wednesday in the month to those of more mature years at St Michael's Church Centre.

If you feel able to help us please contact

Mary Stalley 623752
marystalley@yahoo.co.uk

THE MOTHERS UNION.

On Wednesday May 6th at 2.30pm

Genna Smith will speak about her work for EACH The Children's Hospice in Ipswich.

Venue-- St Michael's Church Centre.

All welcome.

On Tuesday May 19th at 2.30pm at St Marys Church Walton The Deanery Festival

On June 3rd The Annual Outing More details at May meeting.

WEDNESDAY WOOLLY WONDERS

This group will be meeting at the Scout HQ, Martlesham Heath 10.30-12.30 6th and 20th May.

This busy and friendly group has recently featured in 'Simply Knitting' a popular national knitting magazine.

A warm welcome awaits for knitters and those who want to learn.

SUFFOLK WILDLIFE TRUST

On Sunday 3rd May at 2pm to 4pm we have a Plant Sale at Foxburrow Farm, just off the A12 north of Woodbridge. Please come along, take a stroll around the farm and enjoy a cup of tea and piece of cake, and support us by buying a few plants for your garden at very reasonable prices.

On Friday 15th May at 7pm we have an evening walk at Kyson Hill, Woodbridge, where we hope to listen to the wonderful song of the Nightingale. Please meet at the Avenue car park in Woodbridge with alternative parking at the Community Centre.

WOODBIDGE DEBEN ROTARY NEWS

The Rotary Club of Woodbridge Deben had a very interesting talk on SpeakEasy at Martlesham and toastmasters international in March. This provided members with the chance to express their views on a range of questions supplied by the guests who gave constructive feedback at the end of the evening. This was an insight into what happens at the Speak easy meetings.

In April we have a visit from East Anglian Off shore Wind Farms as well as our AGM and on Bank Holiday Monday 4 May some of the members will be at the Woodbridge Horse Show helping out on the gate and taking your money. This is one of the events where you have the chance to see us and have a chat with us whilst entering the event. Looking further ahead we are preparing for our handover to the new Rotary team for the 2015/16 year which will occur in June and there will be more on this later in the year.

We also continue with the Memory Cafe at Woodbridge Town Football Club which is a very successful event each month on the last Wednesday of the month.

If anyone has an interest in Rotary locally, then please visit our website at www.debenrotary.org.uk

PRACTICE MAKES PERFECT

Not all practice makes perfect. We all now forget how easy it was to start to ride a 2 wheel bike. We probably all found driving a car was quite easy after sitting beside someone else driving from an early age. However, if the challenge was to pole vault some 10 or 12 feet we are likely to find no amount of practice would likely get us to achieve such a feat.

Speaking in Public

Strangely just about everyone considers that they could never become a proficient speaker in public.

For some reason without any foundation most people believe that they could never get up and speak to an audience of any size. Why this should be is a complete mystery.

It is a skill that can be achieved in very small easy to demonstrate stages. Just getting up in front of an audience and saying your name and 2 sentences as to why you are attending the meeting is easy to do and the satisfaction you get when you sit down and the next person immediately gets up to do the same is quite enjoyable.

To move on and volunteer to speak for say 2 minutes on a subject you know about is also very fulfilling. To do the same 2 minutes on a subject chosen for you takes more practice. To give a full 8 minute speech on a subject given to you as an exercise teaches you so many different useful skills. With this last speech you would of course have a week to prepare what you are going to say and can use notes if you feel the need.

The great thing about learning the skills of public speaking is within a very short time you actually start to impress yourself as to how well you are doing. When you get into your stride you will be eager at every opportunity to get up in front of an audience.

You may never learn to jump 12 feet in the pole vaulting but that is unlikely to cause you any real concern whereas developing the skill to stand up and present an idea or take part in any meeting is something that will last a life time.

There is bound to be a speakers club within easy travelling distance from where you live. They all meet every other week with meetings lasting about 2 and half hours. You would receive a warm welcome and can sit in on a meeting as a guest to see what is on offer with no pressure whatsoever to take part other than to stand up and tell everyone your name.

Local Club SpeakEasy at Martlesham www.speak-easy.org.uk
mobile 07968372563

For other Clubs to visit in Suffolk, Essex or Norfolk
Contact Brian Wilcox on 01 473 658496

NEWS FROM ANGLIA CARE TRUST



Hi everyone We are Anglia Care Trust a local charity right on your doorstep with our offices located on 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
- Advocates for children in care
- Independent Advisors for children and young people
- Mentors for both young people and adults
- Supporters for those who are victims of domestic abuse
- Mediators for both family and neighbourhood mediation

This month we are highlighting the Money Advice volunteering role. People lose control of their finances for many reasons. When they do, it can just feel completely overwhelming. Our skilled Money Advice team deal with creditors and set up new budgets with our clients to bring the situation back under control. However, keeping things going can be hard. That's where our Money Advice volunteers get involved. We'll match you to someone who needs support to build their confidence and skills after we've helped them get back on their feet. You might help them with managing their budget each week as they look at their bank statements and pay their bills. Just having someone to talk things over sounds so simple but can make all the difference. We ask you to visit a client once a week for an hour at a time that suits you both, over a period of around 10 weeks. Your visits will help them deal with all those day to day practical issues, build their confidence and settle into their new life. You'll be part of our Money Advice team and we'll always be there to support you if you have any queries or need some advice.

For all 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 for more information

Or visit our website at www.angliacaretrust.org.uk

Best regards The Anglia Care Trust Team

CHRISTIAN AID WEEK 10TH-16TH MAY RETIRED OR RETREAD?

How often do we really count our blessings?

We may feel that our money doesn't go as far as it used to and that we have to be more careful with what we have. But can you imagine what it would be like to have to walk for 8 hours to find firewood so your children won't starve? Unfortunately this is the situation many women have to endure in remote places in the world, but by making a donation during Christian Aid Week we can make a real difference. Just £5 could free a woman from that desperate task by providing a loan to start a business buying and selling tea and coffee, allowing her to spend more time caring for her family.

So we don't need to feel helpless in the face of injustice and poverty. Turn your small change into big changes for communities all over the world! Please count your blessings and be as generous as you can when your Christian Aid volunteer posts a red envelope through your door. And UK taxpayers - filling in the gift aid slip will make your donation worth almost 25% more at no cost to you.

Find out how you can play your part at caweek.org, or to volunteer to collect in Martlesham please contact Carolyn Smith on 01473 625630. Thank you.

CONCERTS

held in St Mary's Woodbridge

starting at 7.30pm

Saturday 2nd May. The Wu Quartet - Mozart, Beethoven and Schubert ('Rosamunde' Quartet)

Saturday 23rd May. The Fournier Piano Trio - Haydn, Mendelssohn and Brahms

Saturday 30th May. A special 21st Anniversary Concert for the Vaughan Williams Society including his early lyrical Piano Quintet, alongside its more famous predecessor 'The Trout' by Schubert.

Further information about tickets (all reserved) on 01986 798324 or you can visit the website to download a brochure www.woodbridgechamberconcerts.org.uk

I recall a book I read in which a land agent wrote about his life and work on a Suffolk estate. One of the incidents was of the landowner, an immensely wealthy man, insisting on retreads rather than new tyres for his car. The author humorously described how the landowner had paintings worth millions on his walls but economised for the sake of a few pounds to get his car through the MOT. That was a few years ago and the political agenda has changed so I guess that today he would likely be lauded for being green and recycling.

Many of us are good at recycling old things whether the item is given away, goes to a charity shop or to the bottle bank. Perhaps though we are less good at valuing older people. Often identity is linked with work so when paid employment stops and perhaps family move away or health issues arise the older person who is alone can easily not feel valued.

Paul Brand was a medical doctor who spent his working life operating on the hands of leprosy patients restoring mobility by pioneering the technique of tendon transfer. Towards the end of his life he was resident in a care home and, when a new wing was opened, he was asked to respond on behalf of the residents. He said that when he was twenty five and newly qualified he went mountain climbing and was conscious that he was at the peak of his physical ability. Some years later, at the age of fifty five, he was doing intricate hand surgery and was conscious that he was at the peak of his mental ability. "But now" he said, "I am eighty five and I am conscious that I am at the peak of my spiritual ability." His words had a deep impact on those present and have helped many since to appreciate the wealth of understanding, wisdom and compassion in many older people.

Prayer: Father God please help us to value and appreciate the older folk we come into contact with. May we give a helping hand where needed but never forget the contribution older people can and do make to this community. Amen.

Tricia Shuler
Vicar
(soon to be retired!)

ALL CHANGE!

Change can be scary or it can be exciting - it can even be both. Change can bring uncertainty, lack of control or a fear of what comes next. Redundancy, illness or breakdown of relationships certainly reflect the negative side of change. On the other hand, end of the school year, new ventures or change of venue like a holiday, show the positive side.

There used to be an old 'light bulb' joke going round: 'How many Anglicans does it take to change a light bulb?' Answer: 'CHANGE?'

We are going through change in the parish. Now that Tricia has retired (and we wish her well as she faces changes in her life) we look forward to a period of uncertainty as the process begins for a new vicar to be appointed. But this will also be a time of excitement for us as we move forward as the Church in the community. The coffee shop will open in the next couple of weeks - it has a name now 'The Runway' - and we look forward to it becoming a new central meeting place in the community. We also look forward to welcoming and getting to know new people. It's a time of change but also a time of excitement.

In spite of the uncertainty of change in our lives we can be sure of one thing. God doesn't change. In the bible we are told: The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is his faithfulness.

Rev Margaret Rittman
Martlesham & Brightwell

**Building
God's
Family
Together**

THE CHURCH IN MARTLESHAM & BRIGHTWELL

PARISH MINISTER: The Revd Tricia Shuler 17 Lark Rise Martlesham Heath IP5 3SA
01473 612659

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
Sunday 3rd May	9.45am All Age Service	11am Holy Communion (Prayer Book)	8am Holy Communion
Sunday 10th May	9.45am Holy Communion with Junior church	11.1am Morning worship	6.30pm Evensong
Sunday 17th May	9am Breakfast @ 9	11am Holy Communion	8am Holy Communion
Sunday 24th May	9.45am Holy Communion with Junior Church	11am Morning Prayer	6.30pm Evensong
Sunday 31st May	9.45am Benefice Service		
Midweek Services	Holy Communion each Wednesday at 10 am in St. Michael's. A warm welcome awaits you at all our services		

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

5th.(National Foster Care Month): pray for Home for Good (A Christian support group)

6th.The residents of Crane Close

7th.Pray for God's guiding hand in our General Election

8th.World Fair Trade Day (<http://www.wfto.com/events/world-fair-trade-day-2015>)

9th.Europe Day

10th.The congregations at St Mary's, St Michael's & Brightwell Church

11th.Gorseland School

12th.International Nurses Day

13th.The residents of Crown Close

14th.Ascension Day: Praise God that the risen Lord is our Advocate in heaven

15th.Christian Aid Week: pray for a generous response and wisdom in using these gifts

16th.Pray for Christians and others besieged by IS Jihadists

17th.The congregations at other local Churches meeting in Martlesham

18th.Birchwood School

19th.May is the "awareness month" for several serious illnesses – pray for sufferers, medical staff and researchers

20th.The residents of De Brink on The Green

21st.<http://hopeintoaction.org.uk/> - providing homes for the homeless

22nd.Human Trafficking issues

23rd.Peace in Ukraine

24th.Pentecost: pray that we will be filled with the Holy Spirit

25th.Beacon Hill School

26th.Pray for persecuted Christians (eg in N Korea)

27th.The residents of Deben Avenue

28th.The escalation in mental health issues among young people

29th.Lonely, housebound or marginalized people

30th.All those working to secure a sustainable future for our planet

31st. Trinity Sunday: Praise our glorious "Three-In-One" God
JUNE

1st.Kesgrave High School

2nd.University students preparing for final exams and the world of work

3rd.2015 is UN International Year of Soils (pray about Food Security Issues)

4th.Local community issues