## January 2019 diary

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Where</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 1</td>
<td>10-3</td>
<td>Ferry Bawdsey Quay Felixstowe</td>
<td></td>
</tr>
<tr>
<td>Tuesday 1</td>
<td>10.30-2.30</td>
<td>Mulled wine, coffee etc at Hut on Bawdsey Quay in aid of Felixstowe Volunteer Coastguard.</td>
<td></td>
</tr>
<tr>
<td>Thursday 3</td>
<td>10.30</td>
<td>Coffee &amp; Chat with Bring and buy, 1 Eastfields, Bawdsey</td>
<td></td>
</tr>
<tr>
<td>Saturday 5</td>
<td>10.30</td>
<td>Have Your Say, Boyton VH</td>
<td></td>
</tr>
<tr>
<td>Monday 7</td>
<td>7.00</td>
<td>Boyton Parish Council meeting, Boyton VH</td>
<td></td>
</tr>
<tr>
<td>Tuesday 8</td>
<td>7.30</td>
<td>Craft Group, Bawdsey VH</td>
<td></td>
</tr>
<tr>
<td>Thursday 10</td>
<td>7.30</td>
<td>Bawdsey Bird Club AGM Bawdsey VH</td>
<td></td>
</tr>
<tr>
<td>Saturday 12</td>
<td>9.30-12.00</td>
<td>Hollesley Community cafe, Hollesley VH</td>
<td></td>
</tr>
<tr>
<td>Wed 16</td>
<td>7.30</td>
<td>Hollesley Community Garden, Bowls Club</td>
<td></td>
</tr>
<tr>
<td>Tuesday 22</td>
<td>7.30</td>
<td>Craft Group, Bawdsey VH</td>
<td></td>
</tr>
<tr>
<td>Wed 23</td>
<td>7.00</td>
<td>Bawdsey Parish Council Meeting, Bawdse VH</td>
<td></td>
</tr>
<tr>
<td>Thursday 24</td>
<td>7.00</td>
<td>Bawdsey PCC Meeting, 4 Eastfields, Bawdsey</td>
<td></td>
</tr>
<tr>
<td>Thursday 31</td>
<td>7.00</td>
<td>Joint Parish Council's Meeting, Shottisham TH</td>
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### Regular Events

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Where</th>
<th>Who</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6.30 &amp; 7.40pm</td>
<td>Pilates</td>
<td>Hollesley VH</td>
<td>Sandy 410530</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10-11am</td>
<td>Tai Chi</td>
<td></td>
<td>Ali 411717</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2nd and 4th</td>
<td>Hollesley Bay Day Club 10-3</td>
<td>Alan 420092</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>2pm</td>
<td>Welcome Club</td>
<td>Hollesley VH</td>
<td>Marian C 411262</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9.45 &amp; 11am</td>
<td>Pilates</td>
<td>Hollesley VH</td>
<td>Sandy 410530</td>
</tr>
<tr>
<td>Wednesday</td>
<td>2-4pm</td>
<td>Indoor bowls</td>
<td>Hollesley VH</td>
<td>June 411172</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6.30-8.30pm</td>
<td>Just 42</td>
<td>Hollesley VH</td>
<td>Michael 412052</td>
</tr>
<tr>
<td>Thursday</td>
<td>After school</td>
<td>EVNU</td>
<td>All Saints'</td>
<td>Ruth 412052</td>
</tr>
<tr>
<td>Thursday</td>
<td>After school</td>
<td>Judo Club</td>
<td>Tunstall</td>
<td>Julie 410483</td>
</tr>
<tr>
<td>Thursday</td>
<td>5.45-7.15 (6.45 every 2nd Thurs)</td>
<td>Karate</td>
<td>Hollesley VH</td>
<td><a href="mailto:Glyn.chaplin@btinternet.com">Glyn.chaplin@btinternet.com</a></td>
</tr>
<tr>
<td>Thursday Week 2</td>
<td>7.30pm</td>
<td>Hollesley WI</td>
<td>Hollesley</td>
<td>Gerry 411376</td>
</tr>
<tr>
<td>Friday</td>
<td>9.30-11.00</td>
<td>Yoga</td>
<td>Hollesley VH</td>
<td>Cathie 01728 747001</td>
</tr>
<tr>
<td>Friday</td>
<td>11.00am</td>
<td>Coffee morning</td>
<td>Shepherd and Dog</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>7.15pm</td>
<td>Whist Drive</td>
<td>Hollesley VH</td>
<td>Les 411642</td>
</tr>
<tr>
<td>1st Saturday</td>
<td>10-30-12.30</td>
<td>Coffee morning</td>
<td>Boyton VH</td>
<td>Isobel 411409</td>
</tr>
<tr>
<td>Sunday (last)</td>
<td>8pm</td>
<td>Charity Quiz</td>
<td>Shepherd &amp; Dog</td>
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*please email diary@villagevoices.org.uk with updates to this information*
From the Editor

A very Happy New Year to you all; readers, contributors and advertisers.

This month we hear of the wonderful community spirit we have locally - the photo above being one example - participants in a 20-mile fundraising walk - see Page 15 for details.

The cover photo of the sunrise was taken on this walk by Jane Baker.

We have some results from the Play Commissioners survey and an update from the Good Neighbours scheme plus our regular features.

Enjoy.
Living life on the edge

The North Sea is relentless in its ways. Sometimes it gives, but usually it takes, especially during winter storms and tidal surges. The daily assault on Suffolk and Norfolk has been going on for 10,000 years or so, and a glance at a map shows the current battle line stretching from The Wash to the estuary of the Thames. Jutting headlands and promontories were planed away long ago, and today the map shows that familiar curved bulge that as children we thought looked a bit rude - the backside of England. The North Sea may be shallow, but it is notorious for its violence. The main reason though why the battle is so one-sided is that the cliffs — our front line — are soft. They resemble a giant layer cake made of sands, gravels, shales and clays from different geological periods of time. Bawdsey, East Lane, Dunwich, Easton Bavents, Covehithe, Benacre, West Runton, Happisburgh — they are all soft cliffs. Collectively, geologists call them soft rock, and they are no match for rain, frost, gales and the sea, as we know all too well.

They are however a unique habitat for wildlife that flourishes in the collapsing cliffs, despite the mayhem. Generally, the cliffs don’t have much to attract birds and mammals, although sand martin colonies are found in some cliffs, and burrowing rabbits add to the disturbance. The plant community is mainly made up of many annuals and other species that like bare and disturbed ground. Mayweed, shepherd’s purse, speedwell, ragwort, poppy, bugloss, weld, docks, nettles, coarse grasses and dozens more: you know them as weeds in your flowerbeds, and denizens of waste ground and especially arable farmland. Their lifecycle is rapid and very successful. Successive flowering and seeding allow many to produce several back-to-back generations in a single summer, and every fresh slumping of the cliff opens a new opportunity for them.

The abundance of plants provides flowers, green leaves, pollen and nectar for the great diversity of invertebrates that flourish in soft rock cliffs. Birdsfoot trefoil — one of the showiest of the cliff plants — attracts many and is the larval food plant of such beauties as the common blue butterfly and six-spot burnet moth.
Bare ground does not stay bare for long, which is why coastal soft rock cliffs are some of the most unusual and important invertebrate habitats in Britain. Many have been designated as Sites of Special Scientific Interest for their uncommon invertebrates. Species that need bare ground – mining bees, digger wasps, beetles, ground-hunting spiders and many others – need places where bare or disturbed ground is always present, and our slip-sliding cliffs are perfect. Bare soil absorbs more heat from the sun, and as most soft rock cliff invertebrates are solar-powered, the sun’s warmth is crucial to their existence. In Britain, many of them are at the northern edge of their distribution range, so the heat absorbed by the cliffs enables them to be active longer. Our east-facing cliffs warm up early in the morning, an important factor for warmth-loving species.

Insects and other invertebrates have finely tuned and exact requirements, and a slippage of the cliff is likely to create varying conditions that will benefit many different species. A large new disturbance may expose fine sand, clay, and coarse gravel, and some of these may be in full sun, whilst others could be shaded: seeping water may affect some of them. All are micro-habitats, and each is the perfect home for species that often cannot live anywhere else. If I were an ant or small spider living in the baking desert of a cliff ledge at Bawdsey, I would live in mortal terror of what, to me, is the ultimate predator. Fast-running, fast-flying, with enormous eyes to spot prey, and huge jaws to seize it, the green tiger beetle is a beautiful killer, and it hunts across bare ground. Other handsome beetles in the cliffs include the Minotaur – a horned dung beetle that stocks its tunnels with rabbit droppings, and a gleaming, bronze-green beetle called the thick-kneed flower beetle.

Buglife, the Invertebrate Conservation Trust, commissioned a survey in 2006 of the north Norfolk cliffs at Overstrand, Trimingham and West Runton.

The cliffs were found to support 374 invertebrate species, including 17 designated as being Nationally Scarce. Buglife is the only body in Europe devoted to the protection of all invertebrates. That is a huge remit, because it embraces creatures as diverse as earthworms and dragonflies, snails, ladybirds, glow worms, squid and cuttlefish - anything and everything without a backbone. Some are near-microscopic, and most are much larger.
There are many thousands of terrestrial species, and others live in ponds, rivers, lakes and the sea. In total, there are about 40,000 invertebrate species in the UK. We should worry about what is happening to them, because each plays an important role in its individual web of life: once lost, it can’t be replaced, and the web unravels a little further. Invertebrates are vitally important to a healthy planet.

In the words of Sir David Attenborough:

*If we and all the other vertebrates were to disappear overnight, the rest of the world would get on pretty well. But if the invertebrates were to disappear, the world’s ecosystems will collapse.*

To find out more, to donate, or to become a member of Buglife, please email info@buglife.org.uk or visit www.buglife.org.uk  Happy New Year!

**Laurie Forsyth**

**Weekday Services**

**Monday**
9am Alderton & Shottisham Churches  Morning Prayer

**Wednesday**
9.30am Bawdsey Church
Morning Prayer

**Thursday**
9am Boyton & Sutton Churches Morning Prayer

**Friday**
8am Hollesley Church – Morning Prayer

**1st Thursday**
2.30pm Glebe House, Hollesley – Evensong

**3rd Thursday**
10.30am Glebe House, Hollesley – Holy Communion
Our Vicar writes

Dear Friends

The 12 days of Christmas come to an end on 6 January – a day when many Christians, particularly in Eastern Europe, celebrate Christmas itself and here in the west we remember the visit of the wise men to the infant Jesus. From their visit we learn that being enlightened can take you on unexpected paths. T S Eliot describes the journey of the magi as an arduous, unsettling experience, with people telling the magi that their journey was not worthwhile. Yet their world is turned upside down. What they found was not at all what they had expected.

January is a time of new beginnings. Our thoughts turn to plans for the coming year – perhaps a life-style change, losing weight, taking up a new hobby, planning a holiday, a change of job or home. Like the wise men, following our “star” may lead us in unexpected directions and with unexpected results.

As part of our commitment to discovering the journey that God is calling us to take, we are arranging a 4 week course on Wednesday evenings on 16th, 23rd January and 6th, 20th February. Please contact me for further details.

Following God’s call can bring anxiety. It creates rootlessness, wandering and instability. Jesus’ disciples, too, knew that sense of ‘what on earth is going to happen next?’. They were called to a life of wandering and wondering. But the wonder, the amazement of God’s presence – a glimpse of the shimmer of God’s light, an echo of the whisper of God’s voice, starlight in a velvet sky or the thrill of a camel-train approaching Jerusalem – all this catches our hearts and takes our breath away and reassures us that God is, wonderfully, with us.

Wishing you every blessing in 2019.

Ruth Hatchett

From the church registers

Baptism: 1 Dec Arjun Hague at All Saints’ Church, Hollesley
Wedding: 14 Dec Benjamin Grant & Sophie Wilson of Alderton at All Saints’ Church, Ramsholt
Funerals: 17 Dec Pam Charity of Hollesley at All Saints’ Church, Hollesley

Christenings/Baptism, Confirmation, Weddings and Blessings are always welcome and are without obligation. Please contact Rev’d Ruth or a member of the ministry team (Lay Elder) for further details.

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## Weekend Services

<table>
<thead>
<tr>
<th>Day</th>
<th>Alderton</th>
<th>Boyton</th>
<th>Hollesley</th>
<th>Other Places</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 30 Dec</td>
<td>11.00 Deben Churches service of Holy Communion at Hollesley with carols &amp; Deben choir</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday 6 Jan Epiphany</td>
<td>8.00 Holy Communion (BCP)</td>
<td>11.00 Holy Communion</td>
<td>9.30 Sung Eucharist</td>
<td>9.30 Sutton Heath 11.00 Shottisham*</td>
</tr>
<tr>
<td>Sunday 13 Jan</td>
<td>8.00 Holy Communion (BCP)</td>
<td></td>
<td>9.30 Family Communion 6.00 Reflection &amp; Song**</td>
<td>9.30 Sutton 11.00 Bawdsey* 11.00 Ramsholt 6.00 Shottisham</td>
</tr>
<tr>
<td>Saturday 19 Jan</td>
<td></td>
<td>12-2 Messy Church</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday 20 Jan</td>
<td>8.00 Holy Communion (BCP)</td>
<td></td>
<td>9.30 Cafe Sundae 6.30 Evensong</td>
<td>11.00 Sutton*</td>
</tr>
<tr>
<td>Sunday 27 Jan</td>
<td>8.00 Holy Communion (BCP)</td>
<td>9.30 Sung Eucharist</td>
<td></td>
<td>9.30 Shottisham* 11.00 Bawdsey* 11.00 Ramsholt* 6.00 Sutton</td>
</tr>
</tbody>
</table>

* service includes Holy Communion

**Reflection & Song this month will conclude with prayer for healing and wholeness with (entirely optional) laying on of hands and anointing. Enquiries 412052/411079

Please note that Cafe Sundae/Evensong at Hollesley has reverted to 3rd Sunday of the month.

### Church Contacts

**Team Vicar:** Ruth Hatchett 01394 412052 ruth.hatchett@yahoo.co.uk

**Hollesley Churchwardens:**
- Ray & Gill Whiffin 410057

**Boyton Churchwardens:**
- Isobel Lilley 411409

**Reader: Emeritus**
- Lydia Calvesbert 411779

**Alderton Churchwarden**
- Barry Vincent 411306

**Lay Elders:**
- Joy Andrews 411596
- Judy Foulger 410254
- Pat Shannon 411214

**Hollesley Tower Captain**
- Gill Whiffin 410057
- Peter Harper 411355

Page 8 January 2019 www.villagevoices.org.uk
Dear Readers,

The Year 5 and 6 Residential

On Monday 19 November 2018 all of class 5/6 went on a residential to Norfolk Lakes.

We arrived at the site at around 2:00 pm, after a stop-off and walk along the river at Beccles, got all our bags out of the bus and instantly got a short tour around the main buildings. After that we settled into our dorms, and got ready for our first activity.

We were split into two groups of nine with a mixture of year 5’s and 6’s. Group 4 went caving (it was man-made!). We were all a bit unsure at first, but once we got in there, it was ok. There were cave paintings, fossils and crystals on the walls. Group 5 went orienteering. We had to use a map and find letters all over the site. It was so much fun.

In the evening of the first day group 4 went to do low ropes which is an obstacle course that you don’t need a harness for, you just need a partner that you trust.

The next day, we went kayaking for the whole morning and we were FREEZING! But we managed to survive! It was fun though. We had to play lots of games and at the end we did a big half a circle around the lake. No one fell in and we soon warmed up over lunch. After that we split up again and group 4 did the blind trial which is where we put blind folds on and held onto each other’s shoulders and follow each other around a course and group 5 did archery.

We then came back together in our dorms and got ready for the next activity. In the evening we went into the dinner hall and split into four groups for a quiz.

.....(cont’d)
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Velmor, Alderton Road, Hollesley, IP12 3RH
The next day, we woke up bright and early and group 4 got ready to do obstacle course and group 5 five got ready to do the blind trail. We then had a rest in our dorms as we were all very tired but then, of course, we had another activity so we all got ready and went to meet our instructor for raft building. We had to design and make a raft from barrels, poles and rope.

In the afternoon we went to giant stand-up paddle boarding and we all went on the paddle boards. Around 10 people fit on each board. We all got on the paddle boards and raced each other to the end of the lake and back, then played games. Lauren said, “It was so fun. I really enjoyed it!” Sam said, “We were all a bit nervous from the kayaks since we got really cold but the paddle boarding wasn’t bad at all!”

The next day we went to meet our instructors for the day’s activity. One of the groups went on a lake walk and saw seven herons, grayling and Canada geese, three swans and a grebe. Our instructor said that it was amazing how many herons we saw because so many herons rarely get seen around Norfolk Lakes at one time!

The other group went to camp craft to learn how to build a tent and make hot chocolate out of a survival kit. Soon after camp craft and the lake walk the whole class met up in the main hall. One group of people did climbing and the other did fencing. When we did climbing some people could climb all the way up the climbing wall.

Naham said, “I climbed all the way to the top and it was really cool!” Fencing was really fun and we learnt how to fence properly, with foils and proper protective clothes. After that we were ready to sleep the whole night through and were excited to go home the next day! We had a great time.

**Ellie and Imogen**
**Play Commissioners latest news**

As you know, we are working hard to develop a new play area as part of a big community project in Hollesley.

We asked all the local primary and nursery schools to help us with our survey because we needed to get as many opinions as possible to help us design the best playground ever. These are some of the results.

![Age range and Gender charts]

65% listed activities with a track as best. However craft activities were very popular at 60%. Over 70% loved being active. But quiet time and just hanging out with friends were valued.

A third of participants however played only a few times outside during the week and 38% only sometimes did their favourite things.

These results will help us write the brief for the manufacturers to design a playground for us.

**Thank you all very much for doing the survey**
Favourite places to play

- **Youth Club**: 6%
- **Cycle/Skate**: 26%
- **Water/Sand**: 27%
- **Easy places**: 26%
- **Safe Places**: 35%
- **Playground**: 54%
- **Beaches**: 54%
- **Natural**: 32%
- **Grassy**: 66%
- **Streets**: 17%

"We need more children and we need to make it funner. We need a fireman’s pole.

Can we have a roundabout please? Please also can we have a skate park?

I wish there was more to do at the Rec.

Dirt Bike Track

I like to climb high.

It would be nice if the park had a roundabout or a zip wire.

We would really like more equipment, like more climbing, Tractor we can sit on, bike/scooter track.

New play equipment would be amazing as now old and outdated. Would love better swings, climbing frame, zip wire and skate area!! More

We spend a lot of time up at the park, but sadly over the years the play equipment has deteriorated/broken and needs updating. We have to drive further out to other area with parks.

I would like a skate/scooter park at Hillesley Recreation ground. Then I won’t have to ask my mum to drive me to one."
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Letters page

Dear Editor,

All who took part in the ‘Sunrise to Sunset’ sponsored 20-mile walk around the Peninsula on Saturday, 17th November would like to say a HUGE thank you to the local community for the overwhelming amount of support received. The walk was a great success and has helped us to raise over £1,000 for our brave little friend Henry Delaney, who suffered a serious head injury in September and spent his 2nd Birthday in Addenbrooks hospital.

The walk itself was very challenging but we kept our spirits high with sweets, laughter and maybe the odd Christmas song (I know, too early)! There was a real feeling of comradeship among the 14 of us who walked the full 20 miles, and it was lovely to be joined by some of Henry’s family too. In addition to the 14, we also had six of our children and two of our dogs join us in the afternoon for part of the route and at the finishing spot we were greeted by Henry and his amazing family! It really did give us the perfect end to a fantastic day.

We would like to thank each and every person who supported us, donated, or wished us well for the walk. We are incredibly touched by your kindness. We’d also like to give special thanks to the Shepherd and Dog, the Swan, the Sorrel Horse, the Ramsholt Arms, Hollesley Primary School and the Hollesley village shop for their kind and generous support.

Many of you may be wondering how Henry is doing now that he is out of hospital. We’re very pleased to report that he is making fantastic progress, and although there are more tests and results to come, the future is beginning to look brighter for this incredible little boy.

Henry’s parents are extremely appreciative of all of the support they have received, and the money raised will help in lots of different ways. One thing that we all know for certain is that we are very lucky to live in such a kind and caring community! Thank you all once again.

Friends of Henry’s family x
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Hollesley Parish Council

HAPPY NEW YEAR TO ALL OUR READERS

New Year, new role?
In May 2019, Parish and District Council elections will be held. This only happens once every four years and now is the time to start preparing if you would like to stand for election.

Being a Parish Councillor is a big commitment. It requires time, effort and dedication but it is all worth it. We have all seen the Parish Council meetings that took place in Dibley (as part of The Vicar of Dibley comedy series); we can’t promise you such hilarity but you would see grass roots democracy at work. Parish Councillors are not assigned to any political party, in fact they are encouraged to keep ‘party politics’ completely out of the picture. However, Councillors are in office to act for the good of the local community and to speak on behalf of the community where necessary.

Hollesley Parish Council is made up of 11 seats, with one member of staff, the Clerk. We are supported by our District and County Councillors and a number of local contractors who carry out work for us. If you are thinking about taking up the challenge why not come along to a meeting on 17 January and 21 February to get a feel of how we operate? All meetings start at 7.30pm and are held in Hollesley Village Hall.

Parish Council Grants
At its meeting on 15 November, HPC discussed all grant requests received for payment in April 2019. Grants totalling over £5,000 were agreed (full list available from the Clerk) and the Council is delighted to continue to help local organisations and clubs.

Parking Outside Hollesley Shop
We all know how lucky we are to have a shop in Hollesley. However, its popularity often means the small car park becomes overcrowded and customers park on the Street. If you arrive at the shop in your vehicle and find the car park is full, please park considerately on the highway. Please do not block any other access or driveways and do not park on the pavement. Even pulling ‘just’ on to the pavement can restrict access for pedestrians, especially those pushing buggies or wheelchairs. Thank you for your consideration.

Are you on the Grapevine? The Hollesley Grapevine is an electronic news distribution service for Hollesley residents. To put your e-mail address forward just e-mail the Parish Clerk (details below)

Judi Hallett, Clerk to Hollesley Parish Council
hollesleyparishclerk@gmail.com 01394 411405 / 07739 411927

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Meeting at the HMP and YOI Hollesley Bay prison

In November, Parish Councillors and Clerks from Hollesley and Boyton Parish Councils attended a meeting with acting Governor Jeff Orr at HMP and YOI Hollesley Bay. Arranged in response to requests from the parishioners to have improved and better communication with the prison, the meeting provided an update in regard to the proposed changes in the prison population and established a framework for future meetings.

The prison is presently undergoing an exercise to consider the impacts upon the current regime and any additional staffing required to determine the financial implications of this proposed change to population. The acting Governor is seeking to increase staffing levels to ensure that the appropriate level of support, opportunity and security is in place.

The Governor made it very clear that the change in population would not take place unless an appropriate level of additional staffing was agreed manage the change effectively and continue to deliver a safe, decent and respectful prison.

It was stressed that prisoners subject to parole have to undergo an intensive assessment before going in front of the Parole Board and are independently deemed suitable for open conditions to make ready for eventual release. and those serving fixed sentences must satisfy robust prison risk assessments.

The prison has high expectations of behaviour and conduct and prisoners who fail to respond to guidance given, or whose behaviour is perceived to increase risk are swiftly returned to closed prisons.

A recent unannounced visit by Her Majesty’s Inspectorate of Prisons affirmed the view that Hollesley Bay prison is a well-run and successful open prison. Inspectors were keenly interested in MCOSO potential to the site and afforded local management good advice in terms of further strengthening risk management processes. They found the prison to be decent, safe and respectful.

It was also agreed that meetings will now occur on a timely basis with full communication from the prison and an opportunity of raising concerns or questions with the Governor directly.

If you have any questions please contact Judi Hallett (Hollesley Parish Council Clerk) or Gerry Bathe (Boyton Parish Clerk) and these will be discussed with Acting Governor Orr at our next meeting.
VOLUNTEERING WITH HOMESTART

Home-Start met Mum Lauren and her family shortly after their new baby was diagnosed with brain damage. Lauren and her husband were completely overwhelmed with the emotional and practical demands of caring for a baby suffering with multiple seizures and being unsettled day and night, whilst also trying to juggle the needs of their other children.

Life was turned upside down for the family with hospital appointments, admissions and the worry of an unknown future. Their Health Visitor referred them to Home-Start Suffolk, who introduced them to Ruth, a trained Home-Start volunteer. Ruth visits Lauren and the children once a week, providing support when Lauren’s husband works late.

Having Ruth there to "share the load" enables all of the children to get vital one on one attention: reading, playing or doing school work. Mum or Ruth cook dinner and they all sit together whilst Ruth holds or sings to the baby. Lauren’s evenings are less chaotic and easier to manage with Ruth’s help.

Lauren says she felt ‘immediately at ease’ with Ruth and found it easy to talk to her when she was having a difficult week. Although the family’s situation is the same, her visits have allowed the family time to adjust and explore what ongoing support is needed and available to them.

Home-Start in Suffolk have family support volunteering opportunities all across Suffolk.

Although we value parenting experience, you don’t have to have children or grand-children of your own to help. You just need a little time and a willingness to make a difference. By joining our team, you will receive accredited training, ongoing support and friendship. Our volunteers support a family on a weekly basis for between two and four hours.

If you think you could give some of your time to support a Suffolk family, please contact Fiona on: 01473 621104 or www.homestartinsuffolk.org. By giving the gift of time, you will help to change the lives of families in Suffolk.
Nature note: berried alive

I’ve never seen the hawthorn bushes so laden with berries as this year. If you walk along the twin banks you’ll see the lines of ancient hawthorns stippled in scarlet like a pointilliste painting. The haw of the hawthorn is the red oval cup, technically called a pome (not to be confused with the acronym P.O.M.E. ‘Prisoner of Mother England’, originally used of inmates deported to Australia – just in case you’re doing any pub quizzes). The hawthorn belongs, somewhat surprisingly, to the large rose family, which also includes rowan, blackthorn, damson, apple and cherry, as well of course the rose itself, all of which have similar pomes encasing their seeds. The word ‘haw’ comes from the old-English haga-berige, meaning hedge-berry, and the trees are an ancient part of our landscapes.

There are more references to hawthorns in the Anglo-Saxon charters than to any other tree and hawthorns are also the trees most often encoded in English place-names.

But it wasn’t until the parliamentary Enclosures of the 18th and 19th centuries, when some 200,000 miles of these ‘quick-thorns’ were planted, that they marked the rectilineal geometry of our field boundaries in such abundance.

In spring, of course, this is the May tree (the only tree that shares its name with a month), and last spring was notable for the billowing clouds of white blossom that graced our hedgerows everywhere. I met a lady on a walk recently who asked me if I believed the old country saying that a heavy berry crop presages a hard winter. In fact, I fancy that the causation works the other way around, and that the foaming bridal display in spring is now being realised in this wonderful, winter fruitfulness. I doubt the hawthorn can make long-range weather forecasts any better than the BBC can ...
Any tree as ancient and charismatic as the hawthorn is bound to present itself today not just as a biological species but also as a cultural icon, trailing a comet’s tail of myth, fable and folklore. The hawthorn’s red berries, like those of the holly, speak of dark rites involving blood and sacrifice. But they can be positive omens, too: Joseph of Arimathea, leaving Jerusalem after the crucifixion, is supposed to have travelled to Britain and struck his staff into the ground at Glastonbury, whence it burst into a sacred thorn tree that has for centuries flowered in the nativity season; and every Christmas a sprig from its descendants is still sent to the Queen as a symbol of renewal. And these same berries will provide a rich larder for all the winter thrushes – redwings, fieldfares and blackbirds – migrating here from northern Europe.

Jeremy Mynott

Heritage Garden

Now we are into January, the cutting down and tidying up is finished and the climbing roses have been severely pruned for the first time and trained round the upright posts of the pergola.

All that is left is to spread the compost as far as it will go. Our three compost bins are a simple construction of pallets. One contains this year’s garden leaves and cuttings, the second is waiting for the contents to be turned over into it and the third has the well-rotted stuff that was started 18 months ago. Ideally it should be left for 2 years but we find that by turning it half way through, it is usually ready for the following winter.

Ours looks rather good this year. Adrian Bell, the wonderful Suffolk farming writer of the 50s, described the ploughed soil as it turned over as looking like cake. I think our this year’s compost looks like a rich fruit cake!

Miggie Wyllie

Compost ready for spreading
PVCLT Housing Needs Survey

Peninsula Villages Community Land Trust is planning a “Housing Needs Survey” for the villages of Alderton, Bawdsey, Boyton, Hollesley, Sutton & Shottisham. The survey will provide detailed information on the real need for affordable housing in the area. It will be carried out in February 2019 with each household being asked to participate.

The survey will adhere to strict principles set out by local government and will be anonymous and strictly confidential. It will be run by an independent Rural Housing Enabler who works for Community Action Suffolk. The results will be available in the second half of next year.

The factual information gathered will help the communities fully understand the needs of local people who are looking to stay in the area. This could be young people who are living with their parents, families who have had to consider moving out of their villages but want to live and work locally or it could be people who are looking to downsize from properties that are no longer suitable for their needs.

The information gathered will inform PVCLT of the sort of homes people really want and where they are required.

Peter Widdup

Hollesley School Christmas Fayre

A huge thank you to all who supported the Hollesley School Christmas Fair on 24th November. With your help we raised £1317.42!! All of which will be used to benefit all the children at the school.

It was great to see those who were able to come along joining in our festive fun, we really love seeing people from the village at the school. Many of the prizes were donated by local businesses, to whom we are very grateful.

Thank you also to the parents and members of the 'Friends'; none of these events are possible without your time, energy, effort and support. You are doing your children and the school proud.

Thanks and best wishes,

Emma Whittaker
Boyton Parish Council

Boyton Parish Council will be holding its annual Have Your Say event next year on Saturday 5 January in the village hall at 10.30. You are very welcome to come along and discuss any issues you’d like to raise with councillors over a cup of tea or coffee. The Parish Council will also be holding its first meeting of the New Year the following Monday 7 January at 7.00pm when the annual budget for the village will be decided, so your ideas and input are an important part of that as well.

I’d also like to mention that we currently have two vacancies on the council, so if you would like to put your name forward as a potential Boyton councillor, we would be very happy to hear from you.

Looking forward to seeing you on the 5th and in the meantime Happy New Year!

Richard Jesty
Chair, Boyton Parish Council
**Pam Charity**

I first met Pam nigh on twenty-five years ago when she was Treasurer of Hollesley WI and I was Secretary of a neighbouring institute in Butley. It was at an officers’ meeting for the local institutes to discuss common affairs and I remember thinking: *How well dressed and colour co-ordinated that woman is.* You won’t be surprised to know that opinion never changed! Since then, I have enjoyed her company at various WI and other local events and gradually got to know her properly. Pam was an original member of the local WI’s Scrabble Group which has met monthly for twelve years. Every member has said how much they will miss her.

**Pat Stringer**

Pam arrived in Hollesley as a schoolgirl where her Dad was the village bobby. They moved into the police house, which is now known as *Evening Hall*. Pam grew up and, as expected, went to work as soon as she finished school and became involved with village life, as had her mother, which included joining the WI, with whom she won many darts’ match trophies. Pam went to church and joined the choir, along with Nan Marshall and became involved with many church activities. The family helped at the Bowls’ Club where Pam was often seen helping her Dad lay the actual bowls’ green!

Pam married Roy and they moved to Moorlands, becoming firm and life long friends with Nan and Clive Marshall and Olive and Derek Andrews. All three couples moved to Moorlands around the same time. As young parents, trips were made to places such as Bexhill, never thinking that later on they would actually travel abroad. Pam and Roy both worked at the Bowls’ Club - either building or helping with refreshments. Pam became secretary of the village hall and was instrumental in getting the doctors’ surgery built as an extension.

Through all her life Pam thrived on being part of Hollesley Village and helped wherever help was needed. After Roy died, Pam carried on and made the most of life. On occasions such as royal weddings, Pam would go to Nan’s home to watch proceedings with a glass of bubbly or two. Pam would often drop into friends for coffee and a chat after picking up the morning paper. She loved going to the theatre, never minding if it meant a trip to London, Norwich or locally at Snape. She was a firm believer in enjoying life and making the most of what you had. Never one to moan, Pam was always ready to listen and had the most wonderful warm smile. She will be missed by so many people and our thoughts are with her family at this sad time.

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Hollesley Gardening Club

Happy New Year everyone, we hope you all had a lovely Christmas. The gardening club on Wednesday 16th January will be having a speaker attend from Henstead Exotic Gardens in Beccles www.hensteadexoticgarden.co.uk.

Please don’t forget it’s a new year, so membership is needed again for another year. We look forward to seeing you on the 16 January. New members still welcome or just bring a friend.

Hollesley Community Garden

This year will bring a few changes to the Community Garden. Since Keith and I took over the main part of looking after the garden we, with the help of Keith’s wife Sue and my husband Andrew, have tidied up the compost bins, moved the green shelter, made a little water feature for the wildlife, planted spring bulbs, serviced the lawn mower, and will erect another shed shortly.

There may also be the possibility that the Community garden will have its own website for all to view and enjoy. (This is still being worked on, so we will update you when it’s done).

Ideas are welcome, help always needed, and plants, shrubs & trees welcome.

Victoria Fletcher
Hollesley Gardening Club Secretary

Are you interested in joining the editorial team? Use your skills and learn some new ones.

Contact Cheryl or Gerry by email at editor1@villagevoices.org.uk

Boyton Coffee Morning

The Coffee morning will be meeting again as normal from February.

See you there.

Boyton Village Hall Management
**History of New Year’s Eve**

In 45 B.C., New Year’s Day is celebrated on January 1 for the first time in history as the Julian calendar took effect. In designing his new calendar, Caesar enlisted the aid of Sosigenes, an Alexandrian astronomer, who advised him to do away with the lunar cycle entirely and follow the solar year, as did the Egyptians. The year was calculated to be 365 and 1/4 days, and Caesar added 67 days to 45 B.C., making 46 B.C. begin on January 1, rather than in March. He also decreed that every four years a day be added to February, thus theoretically keeping his calendar from falling out of step.

The celebration of New Year’s Day fell out of practice during the Middle Ages, and even those who strictly adhered to the Julian calendar did not observe the New Year exactly on January 1. The reason was that Caesar and Sosigenes failed to calculate the correct value for the solar year as 365.242199 days, not 365.25 days. Thus, an 11-minute-a-year error added seven days by the year 1000, and 10 days by the mid-15th century.

In the 1570s Pope Gregory XIII commissioned Jesuit astronomer Christopher Clavius to come up with a new calendar. In 1582, the Gregorian calendar was implemented, omitting 10 days for that year. Since then, people around the world have gathered en masse on January 1 to celebrate the precise arrival of the New Year.

_G Bathe_
We have been ‘up and running’ for a couple of months as we go to press. Moving into January and the coldest months this may be just the time when you need to call us for some help.

Can you get to the shop for essential supplies? Do you need a lift?

Is it difficult to get your prescription from Alderton Health Centre? Have you been in hospital and need a bit of extra help at home?

Or are you feeling isolated after all the excitement of Christmas and just need someone to come in and have a chat over a cup of tea?

Here are some of us at Shingle Street: armed with a stepladder, cups for tea, errands by bike, and a computer. We can walk your dog if you can’t just at the moment, perhaps if you aren’t well or the weather is bad.

**Our phone line is open and you can leave a message anytime.**

07707 850126

A big thank you to Village Voices who have supported us to get the scheme off the ground, and all of you enjoying the Community Café who have generously allowed us to be one of their charities from January to April

www.villagevoices.org.uk
It is that time of year when we all take some time to reflect upon the past year and look forward to 2019. It is also the time of year when resolutions are made.

So if you have been thinking about it for ages but haven’t quite got round to it, now is the time to join your local WI. Considered to be one of the best (because we organise so many trips, visits to the theatre, concerts, enjoy a glass of wine or two and just like to have a laugh), Hollesley WI meets every second Thursday in the month. We often have a speaker - we believe our brains should be stimulated - a chat and organise our activities. Our regular clubs include darts every Wednesday, Play reading once a month, a choir and a craft group. We have over 50 members of all ages.

2019 will see a talk about chocolate, Bingo and fish and chip evening and a demonstration from the Cook shop in Woodbridge. Trips planned already include ballet by Mathew Bourne (Romeo and Juliet) at Sadlers Wells and Calendar Girls - the musical at Theatre Royal, Norwich. Transport is always provided from Hollesley to the venue.

As if that wasn’t enough, Suffolk East Federation organises events, competitions and holidays. So why not try a couple of evenings - you might enjoy yourself?

We are happy to arrange transport to pick you up and take you home particularly if it is dark. The next evening is 10 January, 7.30 at Hollesley Village Hall. Ring Meryl Montague for more information 01394 411458.

Gerry Bathe
Crossword & Sudoku

Across:
1-Communal(6)
7-Landing and take-off area (8)
8-Bleat of a sheep(3)
9-Choose(6)
10-Make a request to God(4)
11-__ Izzard: comedian(5)
13-Large area of land(7)
15-Give up(7)
17-Compassion(5)
21-Colour lightly(4)
22-Bob ___: Irish singer(6)
23-Former measure of length(3)
24-Relating to speech sounds(8)
25-Made fun of(6)

Down:
1-Small stone(6)
2-Not impartial(6)
3-Bags(5)
4-Excuse(7)
5-Obstruction in a passage(8)
6-Backless sofas(6)

Down cont:
12-Setting fire to(8)
14-Brave and persistent(7)
16-Happy; carefree(6)
18-Alludes to(6)
19-Shouted out very loudly(6)
20-Choose through voting(5)

Scribble

Sudoku

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Happy New Year to you all.

As somebody who tries to eat gluten free, last year I gave you the recipe for polenta cake. This year continuing the gluten free idea I have an almond cookie recipe.

This recipe has been in my family for many years and I fondly remember eating these while still warm from the oven when I was younger. Perfect with a cup of tea in the afternoon.

**Ingredients**

- 125g Soft salted butter
- 100g Golden caster sugar
- 150g Self-raising flour (gluten free)
- 125g Ground almonds
- 2tsp Almond essence
- 200g Glace cherries halved
- 1 Egg
- 1 Handful of whole almonds

**Method**

1. Put the oven on for 150 c and butter a baking sheet.
2. Cream the butter and sugar until light and fluffy then beat in the egg and almond essence.
3. Add the flour ground almonds and glace cherries, mix until it all comes together and makes a soft dough - you might need to add a drop of milk if a little dry.
4. Take a teaspoon of dough, roll into a ball into your hands and place on the baking sheet - they don’t really spread so don’t spread out.
5. Flatten the balls a little and push an almond on each cookie
6. Bake for approx 30-35 minutes until pale golden
7. Remove from the oven and cool.

**James Mallinder**

www.villagevoices.org.uk
Free Nursery places available

30 hours free weekly childcare for all 3 and 4-year olds at Bawdsey CEVCP School, in our Early Years setting- in addition to these hours there are free lunchtime sessions. Sessions can start from their 3rd birthday and do not need to wait until the following term. We also have spaces for 2-year olds; sessions are 8.45-11.45 and cost £12.

Also at Bawdsey school...

• Before and after school care is available from 8am until 6.15pm.
• Come and join our thriving Baby and Toddler group. The children play in the Nursery setting allowing you to have a cuppa and a chat with other parents, carers and grandparents. Free - every Friday afternoon (term time only.)
• Senior’s lunch sessions with the children - the 2nd Thursday of every month during term time- only £3.47 for a two-course meal

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Alderton Parish Council

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Enjoy a game of pool with your family or friends. Alderton Parish Council have invested in a 7’ English Pool Table located at the village hall. It is available for hire – non-Alderton residents also very welcome.

How to Hire

Website: www.alderton.onesuffolk.net
Tab: Village Amenities
Click: Pool Table to view availability calendar

Check if pool table available on date and time of your choice
Hire charge £5 per hour

Contact the parish clerk to arrange your booking:

Email: alderton.suffolk@gmail.com
Phone: s01394 411596

Joy Andrews
Support if you are lonely and help to avoid the postal, telephone and doorstep scams

I recently came across The Silver Line Helpline. As the only national, free and confidential helpline for older people, it is open 24 hours a day, 7 days a week and 365 days a year. They offer information, advice and friendship through the helpline and services. There is no question too big, no problem too small and no need to be alone. The Silver Line team offer somebody to talk to and an opportunity to express feelings, knowing that the call is treated in the strictest of confidence. In addition to the helpline they also offer a telephone friendship – a weekly 30 minute call between an older person and a Silver Line Friend volunteer; Silver Letters – a fortnightly exchange of a letter between an older person and a volunteer Silver Line Friend; Silver Circles – a call between a group of older people on a shared interest or topic taking place each week for 60 minutes; Silver Line Connects – help with informing and connecting an older person with national and local services.

They are looking for volunteers as well. More than half of people over 75 live alone with 1 in 10 suffering intense loneliness. so cut the telephone number out and put it on your notice board or in your address book... just in case.

We also know that there is always a risk of unwelcome scammers trying to get people to sign up to payments on the doorstep or on the phone. Scammers are very crafty. They often start by congratulating you on winning a prize. They know how to dazzle minds and shut down the normal thought process. Someone whose mind has been dazzled will become excited and start to focus on the prize rather than the fact that they are being asked to send cash to claim it. Victims then get flooded with a never ending cycle of letters and payments by asking for taxes, release fees, administration charges and anything else they can think of to keep the victim sending cash. Phone calls can come at all times of day and night. Yet sadly only 5% of scam victims report it to the Police.

www.thinkjessica.com was set up by Jessica’s daughter whose mother was 1,000’s of letters. The website offers educational advice and is there to protect the elderly and vulnerable from scams They offer advice and support to the families as well. If it happens ring Citizens Advice Consumer Helpline Telephone 03454 04 05 06.

Report any concerns about scam mail to the Royal Mail: Scam.mail@royalmail.com or telephone 0800 011 3466 or write to Royal Mail Freepost Scam Mail.

Visit www.actionfraud.police.uk to find out more about scams or to make a report – Telephone Action Fraud 0300 123 2040.

Gerry Bathe

Page 36 January 2019 www.villagevoices.org.uk
Woodbridge library events

WOODBRIDGE LIBRARY WILL BE CLOSED ON TUESDAY 1 JANUARY.

2nd - 31st January – ArtLib - Photographs by Kieran Seymour, an amateur photographer studying at Suffolk New College.

2nd - 19th January - Eastern Angles Theatre Company bring The Fenland Screamers & Other Boggy Tales to Ipswich, Woodbridge & Peterborough. Call the box office on 01473 211498 for information and tickets.

Book Group (Meets the first Thursday of the month at 2pm)
On 3 January we will be discussing “This must be the Place” written by Maggie O’Farrell.

Friday 4th & Friday 18 January, 10.30am-12.15pm – Active Lives Singing Group. For more information call Gina Silburn or Julie Stokes on 01473 345350 or visit the www.activlives.org.uk. £5 per session.

From Saturday 5 January throughout the month - Sale of withdrawn children’s and teenage books. All proceeds go to Woodbridge Library.

Tuesday 8 January, 10am-12 noon – Realise Futures Walk-In Advice & Guidance Session for People with a Learning Disability and/or Autism. Providing support, advice/information on housing, employment, benefits, training, money, travel, safety, health, bills/letters, social. No need to book an appointment. 07753 447607 info@realisefutures.org www.realisefutures.org

Saturday 12 January, 10.15-11.45am (and every 2nd Saturday) - Talk by Mia Philips (Well-being Coach & Three Principles Practitioner) also every third Tuesday afternoon (4:15-5:45) starting Tuesday January 15th) welcoming in particular young people and their parents/carers. (Each talk is £7 (per person, or for adult plus child/young person) on the door.) Please contact www.facebook.com/SC3PC for more information.

Tuesday 15 January, 1–2pm – best-selling novelist Diane Setterfield in conversation with Catherine Larner of Browsers Bookshop, Woodbridge in advance of her new gothic mystery. Tickets - £15 with a copy of the book and £10 without. Call in to Library or Browsers Bookshop to reserve your place.

Tuesday 22 January, 12.45-1.30pm – Music At Lunchtime Concert by Anthony Awad, a jazz pianist, guitarist and singer playing a set of improvised jazz piano and improvised jazz guitar and singing jazz songs plus Queen and Elvis for example. Admission free but donations to FoWL very welcome.
Telephone: Alderton 01394 411 641 & Orford 01394 450 315
www.thepeninsulapractice.co.uk

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<th>ALDERTON</th>
<th>ORFORD</th>
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Please note when a surgery is closed during the day, your call will be automatically transferred to the other site without the need to re-dial.

**New staff and new roles**

In recent months we have welcomed new members of staff to the practice. Ruth has joined our admin team as Data Administrator. Sue & Julia have joined our reception team and Megan & Sophie have joined our dispensary team. We do value your patience and understanding as we induct and train all our new staff members.

Our dispensary manager Kay has also taken on the role of Deputy Practice Manager and we wish her well in this new position.

**Staff Meeting Closure**

The surgery will be closed between 13.30-16.00hrs on 9 January.

**Do you find it difficult to access a GP appointment during the day?**

The Suffolk GP+ service provides extra doctors’ appointments in the evenings, at weekends and on Bank Holidays.

Clinics run from bases in Ipswich, Bury St Edmunds, Felixstowe, Stowmarket, Leiston, Wickham Market, Mildenhall, Sudbury and Haverhill.

You can make an appointment by contacting your registered GP practice and asking your receptionist about GP+.

**Gussy Alamein**

Press Officer

**NHS Ipswich and East Suffolk Clinical Commissioning Group**
**NHS West Suffolk Clinical Commissioning Group**
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