

EXCITING PLANS REVEALED ABOUT STAGE TWO OF THE FLOOD DEFENCE SCHEME

On 9th February, the Waldringfield Flood Defence Group, together with the Waller Trustees (Dorne Pretyman-Waller and Hector Wykes-Sneyd), held a Stage 2 Flood Defence Meeting at the Village Hall. Around 70 villagers turned out to hear Jon Wilkins (WFDG Chairperson), Giles Bloomfield (East Suffolk Internal Drainage Board), Karen Thomas (Environment Agency) and Christian Whiting (Mill House Ecology) present the draft plans. In addition, our local district councillor, Veronica Falconer, attended, together with Christine Block of the Deben Estuary Partnership.

The Committee and Trustees were delighted that there is such a high level of interest for Stage Two in the village, evidenced by the constructive suggestions put by the audience to the expert speakers, and the lively Q and A session.

The plan is to raise the river wall from Swan's Nest to the copse near Turner's bench to a uniform height of 3.4 m above ordnance datum, thereby preventing a future breach in the river wall. This area overtopped in the December 2013 tidal surge and was very close to breaching altogether, which would have been catastrophic.

The WFDG and the Trustees are also very excited about realizing the late Rev John Waller's vision of establishing Dairy Farm Marsh as a freshwater nature reserve. They are looking forward to attracting new bird species and also new plants, such as fritillaries and even bee orchids. The WFDG ecologist is compiling a detailed report, but has already identified widespread evidence of water-voles and otters. He will also be surveying the site for reptiles (adders, slow-worms, etc.) In addition, the Group is in touch with Waldringfield Primary School with a view to involving the school-children in tree-planting on the site.

Budgetary constraints mean that Stage 2 has to be completed by December 2015.



**Funding and support
provided by the following
organisations**



STOP PRESS!

WFDG shortlisted for 'Creating the Greenest County Awards'

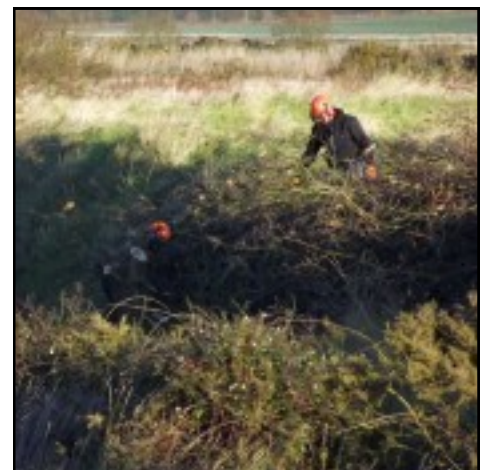
The WFDG have just heard that it is being shortlisted in the Climate Adaptation category at the 'Creating the Greenest County Awards', administered by Suffolk County Council.

Judging is by an expert panel.

Wildlife presenter Chris Packham will be handing over the awards on 15th April in a ceremony at Snape Maltings.

Wish them luck!

(Online voting closed on 28th February for the Suffolk Coastal Business and Community Awards, for which they are also shortlisted.)



The Waldringfield Flood Defence Group website is being updated weekly with news and photos: Please use the link address found below.

<http://waldringfieldflooddefencegroup.onesuffolk.net/>



The Parish Council would like to offer its warmest congratulations and thanks to the Waldringfield Flood Defence Group (WFDG) for its splendid work in securing the funding and managing the complex flood defence project. This is not only a benefit to the Quay residents, but to the whole village and its many visitors.

The Parish Council was not in a position to provide any direct funding from its limited precept or reserves, but was able to support the project, in its role as the Parish's representative body, by contacting key decision makers in Central Government, County and District Councils and other organisations that control or influence funding sources.

Those who visit the riverside will know that the flood defence wall around the Quay is now almost completed and work will start shortly on improving the river wall and footpath north of the village. At a well attended meeting on the 9th February, Jon Wilkins (Chair, WFDG) and Giles Bloomfield (Internal Drainage Board) presented plans for this next stage – strengthening the river wall (with its much valued footpath) north from Swans Nest to the junction of the Manor House path against extreme flood events, and, in cooperation with the Trustees, protecting and improving the wetland habitat and wood behind it.

All parties involved have agreed on this essential work, which will be done over the next few months; for details see the WFDG website at <http://waldringfieldflooddefencegroup.onesuffolk.net/the-flood/>.

Although funding for the second stage is in place, more will be needed to improve the saltmarsh, which will play an important role in reducing erosion of the river wall. The Parish Council hopes to be able to assist and support the WFDG with this in any way it can.

In the meantime the Parish Council would once again like to thank all the members of the WFDG as well as the Trustees of the Dairy Farm Marsh Meadow (generously left by the late John Pretymen-Waller) for making this much appreciated and valued project possible.

Ian Kay (on behalf of Waldringfield Parish Council)

Waldringfield Community Composting needs you!

Perhaps you will have noticed in the Parish Plan survey results that 51 of the respondents to that question said that they would use a Community Composting site if one was made available.

If you are one of those people and would like to help make it happen - please get in touch: we urgently need more people on our steering group.



Waldringfield Community Composting

And if, inspired by the increase in home composting in the village, you would like to join in and need advice or support again please get in touch. (And we still have hotbins, bokashi systems and wormeries at way below the subsidised prices offered by SCC!)

Betsy Reid, Linda Wilkins, John Smith



Waldringfield Wildlife Group exists to conserve, enhance and record the local wildlife; to protect wildlife habitats and encourage biodiversity; to encourage wildlife-friendly management of land, gardens and public spaces and to encourage a greater interest in the knowledge and love of wildlife in general.

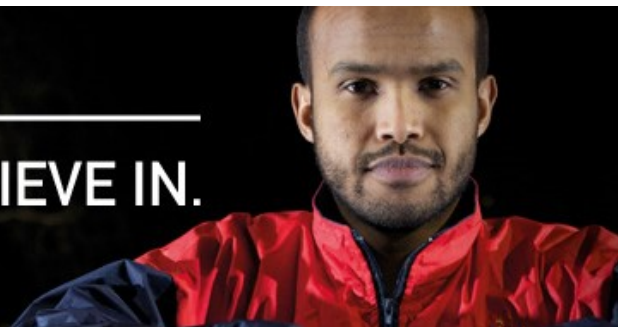
Contacts:
 Coordinator: Linda Wilkins 736044 linda.thequay@btinternet.com
 Secretary: Angela Mace 736677 damage@btinternet.com
 Treasurer: Alexis Smith 736257 g1dik@btinternet.com

All meetings in the Village Hall Kennedy Room starting at 10.00
 Talks at 11.00 unless otherwise specified. Visitors welcome.
 Admission charge: £2.00 for visitors and non-members.
 Members: £1
 New members welcome: Membership £5

PROGRAMME FOR 2015

- February 14th** Hidden Treasures of our Secret Sea (off the East Anglian Coast) by deep sea diver and photographer Rob Spray
- April 11th** Wildlife of Costa Rica - a brief tour of four different biomes by local resident Peter Maddison
- April 27-30 tbc.** 6.00am Nightingale Walk followed by breakfast. A guided tour with local resident Peter Maddison
- June 13th** SWT Hedgehogs & Gardening - update of the Trust's survey findings by Leonie Washington
- June/July/August tbc** Summer Picnic
- July 22nd arrive 10.30am** A trip to Priors Oak Gardens –A guided tour of the specialist butterfly gardens with owner Trudy Willis followed by delicious refreshments and home baked cakes. (Car Share)
- October 10th** AGM followed by Do We Need Bees? & What about Bees' Needs? An account of recent research findings by bee keeper and resident Betsy Reid
- October 5th tbc** Bird Watching on The River Deben
 On board M/V Jahan with Peter Maddison
Depart 11.00am boatyard
- December 12th** Why Ring Birds? By Steve Abbott of the Suffolk Ornithologists Group followed by Members bring & share Christmas Lunch.

STAND FOR WHAT YOU BELIEVE IN. BE A COUNCILLOR.



On May 7th, as well as the Parliamentary elections, there are local government elections for the District Council and the Parish Council.

If you have considered standing for election in the past, but chose not to, this is your next opportunity to do so.

The information below is drawn from the website www.beacouncillor.org.uk

What matters to you in your local area?

Is it the state of the local park, the need for more activities for young people, improving services for older people, making the roads safer or ensuring that local businesses can thrive?

Whatever needs changing in your neighbourhood, you could be just the person to change it by becoming a local councillor. No other role gives you a chance to make such a huge difference to quality of life for people in your local area.

Could I be a councillor?

If you care about the area that you live or work in and the issues facing local people, you could be a **councillor**. Perhaps you enjoy reading the local newspaper and often have a strong opinion on the issues you read about. You may enjoy talking to friends and colleagues about what's going on in the area. You may feel that certain sections of the community or people who live in a particular neighbourhood are getting a raw deal and need stronger representation.

Research tells us that people are most concerned about issues such as crime, schools, transport and the environment. Your local council can make a difference on all these issues and many more, and so can you as a local councillor.

What do councillors do?

Councillors are elected to the local council to represent their local community, so they must either live or work in the area. Becoming a councillor is both a rewarding and privileged form of public service. You will be in a position to make a difference to the quality of other people's daily lives and prospects.

Being an effective councillor requires both commitment and hard work. Councillors have to balance the needs and interests of residents the political party they represent (if any) and the council. These will all make legitimate demands on a councillor's time, on top of the demands and needs of their personal and professional lives. Before you consider becoming a councillor, you may want to discuss it with your family and friends to make sure they understand what you are taking on. You will need their support as you'll have to spend some of your spare time on council business.

How do I become a councillor?



Look at some of the reasons people decide to stand for election as a local councillor. Along with this is all the information you need to know about how to become a councillor, as well as what skills and experience councillors normally have and what's expected once you are elected.

There is also access to further information you might find useful, such as guides and videos about being a councillor.

Further information can be found on the Electoral Commission website - www.electoralcommission.org.uk

**IMPORTANT DATES: 23rd March—Notice of local government elections / opening date for nominations
9th April—Final date for nominations**

**To become a candidate in any local government election, please go to
www.suffolkcoastal.gov.uk/yourcouncil/elections or write to
Suffolk Coastal District Council, Melton Hill, Woodbridge, Suffolk IP12 1AU**

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47 St Helens Street
Ipswich

01473 257242

Woodbridge

01394 385456



We're available 24 hours a day
eastofengland.coop/funerals

A regular lunch in the village hall?



Alas no - or not yet! A small group nearly got off the ground running a three month pilot (January, February March) to see how popular this might be. We've had to cancel as we have just not quite enough volunteers to run it. We might try again in the autumn - if you think you might like to help (cook or help set up, or serve or help wash up and clear away) please get in touch.

It would be helpful, too, to know to if this is something you would like - once a month about a fortnight from the coffee morning - soup and a roll, tea or coffee and fruit or tray-bake for a fiver with all the companionship of the coffee mornings.

Betsy Reid, Dormers, Cliff Road.

DID YOU KNOW?.....this year's Winter Party is entitled

'Knowing me, Knowing you'!

It is Abba's take on the classic *Mr and Mrs* but this is for all ages and members of the family!

Saturday 7th March

at Waldringfield Village Hall.

6.30 pm for a prompt 7.00 pm start.

Meal included - but please remember to bring your own drinks and glasses!

Tickets are on sale from the Post Office van (parked in the car park Mondays, Wednesdays and Fridays 11am - 1 pm) or from Trisha Eaton on 736754.

The price is the same as last year - £10 per adult - £5 for children 12 and under - £25 family ticket (2 adults, 2 children).

Great value for a great evening out!



Waldringfield Gardeners

Spring Family Event
Saturday 11th April

from 3.30 – 5.00 at
Dormers, Cliff Road

Scarecrow competition and plant swap

Scarecrow parade – bring your scarecrow to join the party!

But let him/her watch the world go by from your gate as soon as the Easter holidays start and she/he (or even it) is built – maybe the scarecrows can wave to friends down the road?

Judging at 4.30. And refreshments and Garden Treasure Hunt while you wait.

Plant swap: bring seeds you might not find room to plant, and any plants you have grown that you want to swap or sell.

Free entry: refreshments for sale and donations to Waldringfield Gardeners welcome.

Queries: contact Betsy Reid 01473 736406

ADVERTISEMENT

**IN THIS NEWSLETTER AND THE INTERNET VERSION
ON THE PARISH WEBSITE FOR AS LITTLE AS
£12 PER QUARTERLY ISSUE.**

FOR MORE DETAILS, CONTACT THE PARISH CLERK

Waldringfield Church Field Trust

The Church Field featured in the Parish Plan Survey and the results were encouraging for those of us trying to fulfil the original aspirations of the Trust to maintain the field for casual sport and wildlife habitat.

Assuming that, if you ticked the box, you do that activity at the field, we had a total of 176 people who walk on the field either regularly or occasionally, 91 of whom have a dog or two with them.

Bird watching was popular - 67 people like to watch birds or other wildlife, while 34 people play football or other ball games, either regularly or occasionally, and 28 people fly kites.

The basketball practice area is used by 19 people. It is useful to have some properly obtained figures - it is a small village and, given that some households did not return the survey but may well use the field, it shows what a lot of use it gets - as can be seen on the ground after snow in previous years by the multitude of footprints that appear very quickly.

The Trust will be having a new illustrative notice made to explain how the field came to be presented to the village and the facilities it has, how management for wildlife works and the importance of the long grass areas for insects, foraging birds and small mammals which are, in turn, hunted by raptors such as kestrels and the barn owl. We have also been offered some small signs by Suffolk Wildlife Trust who have provided management advice from time to time over the years. In answer to questions about ragwort, current advice is that it is best left to flower and die - in our circumstances, there is no threat to grazing animals and it supports a variety of insects.

The skylark nesting season will soon be starting so, with 91+ dogs using the field, the importance of keeping them under control can be seen. Unfortunately, there seems to have been an increase in the amount of owners not cleaning up after their dogs. There is a dog bin by the footpath which crosses Mill Road, it is bright red and not easily missed. Owners are asked to comply with the notices, clean up after their dogs and keep them on leads as requested, which means that you know what your dog is doing at all times - the footpaths and football area unfortunately exhibit quite a lot of deposits, which is unpleasant for other users such as the 27 occasional joggers and the children from Waldringfield School who often use the paths for cross country running. It is also an offence subject to a large fine.

The hedges have been cut this year by Mr Parkin and on the inside too as, although wider hedges are beneficial to wildlife, we don't want them taking over the field. Similarly, although young trees sprout up regularly, we are trying to preserve the unimproved grassland habitat so will not let the field revert to a wood, apart from the 5-6 small areas of mixed woodland around the edges. We also have to control gorse from time to time. There is a forest of ox eye daisies coming up which should look good later on in some areas.

Thanks again to those who have turned out for work parties. Anyone wishing to help in any way is very welcome and should contact any of the committee.

NB All figures mentioned from the survey are a sum total of regular and occasional use, plus those who just put a tick

Christine Fisher Kay 736384



Waldringfield Primary School Eco-team

.....collects used printer cartridges (not photocopier or laser toner) to raise money for our Eco projects.

We are also very keen on recycling:

Did you know that it takes 1000 years to decompose a cartridge? And more than 40 million are dumped each year in the UK!

If you would like to help us, please call at the school for an 'Empties Please' plastic bag to stock pile your used printer and toner cartridges - or just deliver them in an ordinary bag!

Thank you very much!

Eco-team 2014-2015

WALDRINGFIELD GARDENERS

invite you to join us at our

SPRING FLORAL ARRANGING WORKSHOP

Saturday 28th March: 10.00am - 1.00pm Kennedy Room, Village Hall.

A Creative Opportunity to make your own Spring Posy Professional help & advice given.

Bring some flowers & greenery from your garden or your neighbours! a vase, basket or any type of container, ribbons, bows, fruits, nuts and anything else which takes your fancy!

We will provide the oasis. No bought flowers please - swap your greenery with others at the event.

Watch and learn, then have a go yourself to make your own creations.

All welcome - refreshments included.

Visitors & Non Members £7.50 — Members £5

Please book your place with Alexis Smith 736257

g1dik@btinternet.com

Membership £5



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**Would you like to be the
Local Recorder for:
HEMLEY**



The Suffolk Local History Council runs a Local Recorders Scheme throughout Suffolk. We administer a network of volunteers to ensure that the 'present' is adequately recorded at local level for the 'future'.

A Local Recorder will note significant happenings in their parish and collect their local village magazines, leaflets, election pamphlets and newspaper cuttings. At the end of each year, they are asked to submit a short report summarising the activities of their parish. The reports are deposited at the Suffolk Record Office and available to future researchers together with the collected items.

If you are interested, please look at the Recorders Pack by visiting www.slhc.org.uk, click on Recorders, then click on Recorders Pack in the text on the left hand side to acquaint yourself with the guidelines of the scheme.

You do not need to be a historian; you do not need any qualifications other than an interest in your parish. In return you will receive a copy of the SLHC Newsletter and be invited to the annual conference specifically for Local Recorders.

To volunteer to help in this important work, please contact recorders@slhc.org.uk

VILLAGE HALL WINTER TALKS SERIES

Make sure that the last two talks are in your diary now. There will be an illustrated talk by A. A 'Gus' Jones on **Thursday March 5th** and a **History Group presentation on Thursday April 2nd** (Please note change from information released in January) Both talks start at 7.30 pm at the Village Hall.

A A 'Gus' Jones, an author and a frequent visitor to Waldringfield, will take us around the world when he tells us about *Scott's forgotten surgeon*, Dr Koettlitz who was not only a doctor but an accomplished photographer, geologist and explorer. Gus will be using some of Dr Koettlitz's own images. Gus comes highly recommended and promises to keep up the exceptionally high standard of this season's talks. Don't miss it.

No season is complete without a presentation by the **Waldringfield History Group**. On April 2nd they will be asking, among other questions, 'Who do we think they were?' as they examine local wills and documents now in the safe care of the Suffolk Records Office but dating back to the times of Edward IV, Elizabeth I and Charles II, not to mention King Edwy!

Who knows? - they could be discussing your ancestors. Start the Easter weekend with some searching questions.

Waldringfield Parish Council

PARISH COUNCIL MEETING DATES

Tuesdays. 7.30 pm in the Village Hall, Kennedy Room.

Remaining meetings in 2015:

March 10, May 19 (Annual Parish Council Meeting) June 9, July 14, August 11, September 8, October 13, November 10, December 8.

ALL PARISH COUNCIL MEETINGS ARE OPEN TO THE PUBLIC and there is an opportunity at these meetings to put information to the Council and ask questions. If anyone wishes to see planning applications, report problems, etc., please contact the Clerk to arrange it.

Contacting the Council:

In writing to: **The Clerk, Waldringfield Parish Council,**
43 Fourth Avenue, Frinton-on-Sea, Essex CO13 9DY

Telephone: **01255 678 888** (with voicemail)

E-Mail: pc.waldringfield@googlemail.com

Your Parish Councillors:

Ian Kay (Chairman) Alyson Videlo (Deputy)
Bridget Rayner Serena Gold

Frances Matheson Janet Elliot Colin Archer

Neil Winship Colin Reid

Website: www.waldringfield.onesuffolk.net

An Introduction to the **Waldringfielders' On-Line Community Hub** by Steve James

"The current 'waldringfielders' Yahoo email list will continue for as long as people want it....."

I have started a website on which I hope to offer services that may be of interest to people of Waldringfield and neighbouring villages. Initiatives like lift share schemes, offers of help, requests for help and local trader recommendations can benefit from a central hub from where information can be stored and retrieved. I must emphasise that this is not a Parish Council initiative.

As a start, I have built a forum where notices and discussion can take place. Anyone wishing to join is welcome to do so. Details are below. The current 'waldringfielders' Yahoo email list will continue for as long as people want it, although the new forum offers more flexibility and control to its members. Suggestions as to what you would like run on the site are welcome but as it is run in spare time, I can't promise to implement them quickly. I will probably be offering advertising space for local businesses in the same way as the parish magazine does, so if anyone is interested, please contact me.

How to join waldringfielders.co.uk:

On the internet, go to www.waldringfielders.co.uk/register-2

Fill in the four pieces of information:

Username (make this up)

Email address

Invitation code (NB the invitation code is WALDRINGFIELDERS001)

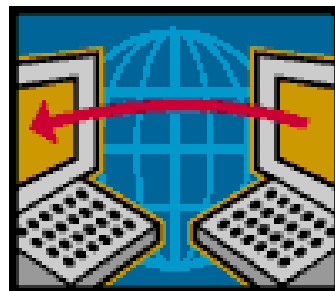
Password (make this up and type it into the two boxes)

Click on 'the 'Register' button

You will receive an email to check it is really your email address. Click on the link in the email to complete the registration.

Use the waldringfielders site by going to www.waldringfielders.co.uk, where you will see the link to the forum.

Go and have a look around and enjoy.



Do you need a Helping Hand?

Our **local** care team has been providing award winning quality homecare since 1989.

A family run company we offer you a **one-to-one** 24 hour live in care service that enables you or your loved one to remain at home with compassion and dignity by assisting with: personal care, companionship, errands and housekeeping.

So if you are looking for an **alternative to residential care** or as a **short term answer** whilst recovering from illness or operation - then we're here to help.



To find out how we can help you,
call: 0808 180 1016 or
visit: www.helpinghands.co.uk

Recruiting
Carers
Now

Waldringfield Sailing Club

Although there is no sailing taking place over the winter and the dinghy park is empty, not all is at a standstill.

The major activity is to complete the refurbishment of our changing rooms. These have not been refurbished for many years and the facilities have become somewhat tired. This work will bring new shower and toilet facilities to make them more contemporary so that changing is a more pleasant experience. This project has largely been funded by Sport England's Inspired Facilities fund, for which we are very grateful.



Despite the disruption, during weekday evenings, evening classes for Yachtsmen are still being run by our training-school.

Maintenance is also a major area of focus during the winter, and a team of volunteers have been quietly servicing and re-painting our various support boats.

During the coming season you may like to look out for the Yachtsman's Service organised by Dorne Prettyman-Waller on July 4th and our weekend regatta featuring shore events on the following Saturday, July 11th. All are welcome to participate in both.

If you would like to find out more about the sailing club and how you can take part, just come along on any Saturday afternoon from mid-March and chat to the people there. You will be most welcome.

Oysters - written and directed by Ivan Cutting

7.30 pm on Thursday 4th June - Waldringfield Village Hall

Oysters is a new touring theatre production from Eastern Angles.

The play is written and directed by Eastern Angles' Artistic Director, Ivan Cutting. Combining local fact and contemporary storytelling, this new play captures the soul of an ancient East Anglian industry, celebrating and preserving the past by putting in on stage.

Focusing on the restoration of an Essex Oyster Smack, the show incorporates oral history accounts of boatbuilding and Oyster cultivation with the fictional story of an Essex boat builder and his intriguing family back-story.

The main character, Mo has just turned fifty and is busy restoring an oyster dredger recovered from an Essex riverbed. Helping him bring the boat back to life is Angie, a young apprentice with chip on her shoulder. Also in the frame are Kasey an intern from the local university, Pamela the formidable fundraiser in charge of the restoration project and the mystical Pearl, an 'Earth Mother' with a potent story to tell. When a piece of Mo's beloved dredger goes missing their lives are up-ended and the past floats to the surface.

Oysters has been researched and developed as part of the Pioneer Sailing Trust *Land and Sea* project, which is focused on restoring the 1893 Oyster Smack *Priscilla*. More details at : www.pioneersailingtrust.org.uk

Eastern Angles are known for creating theatre work with a local flavour. Ivan Cutting's previous maritime-related shows include *When The Boats Came In* (about the Lowestoft fishing industry) and *Beyond The Breakers* (about East Coast Lifeboat service). He also directed the Arthur Ransome adaptation *We Didn't Mean to Go To Sea* and *Up Out o' The Sea*.

Tickets from Colin and Betsy Reid, Dormers. Cliff Rd. IP12 4QL
01473 736506 colin_reid1@btinternet.com

Adults: £8.00 (Early Bird offer: £7.00 up to 30th April)

No separate reduction for seniors this year. Under 18: £5.00

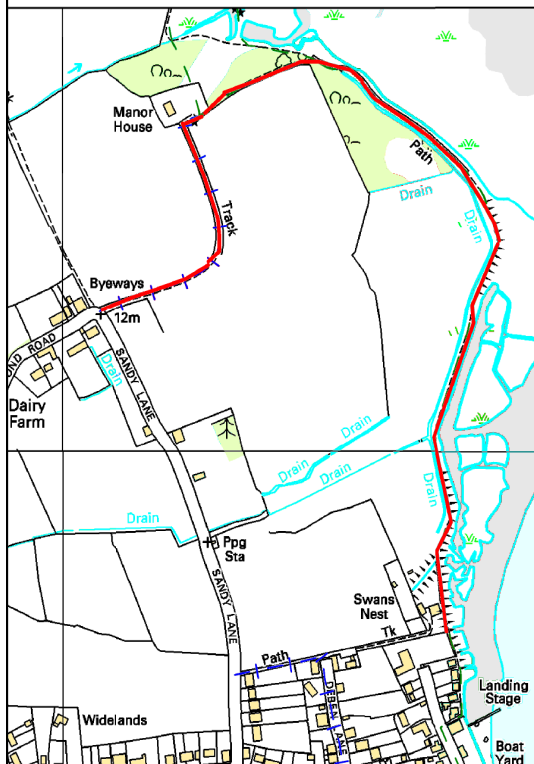
N.B. Children probably need to be over 10 to follow the action.



Early visitors to the Deben (with new family in wake) - Photograph courtesy of Alexis Smith

EMERGENCY NOTICE

Footpath 12 (part)/ BR 33 closed pending
Stage 2 of the Flood Defence Scheme
February 23rd to June 12th



FOR MORE INFORMATION

Project Manager for Broads, East Suffolk &
Norfolk Rivers Internal Drainage Boards
Tel: (Mobile) +44 (0)7754259745

healthwatch
Suffolk

Waldringfield Neighbourhood Watch

I am always happy to hear from residents who would like to sign up to our village Neighbourhood Watch scheme. When Watch warnings are received from the Police, they are passed onto members by email. If you want to join up to the scheme or just need to update your email address, please email me at waldringfieldnw@yahoo.co.uk



Being a member of a Neighbourhood Watch scheme can sometimes qualify you for discounts of your house insurance premiums.

Suffolk Police are continuing to encourage people to join Police Direct for prompt notification of any local problems and they also have their own Facebook group. Links are available from the village website.

The village website Neighbourhood Watch section address is:

<http://waldringfield.onesuffolk.net/about-us/neighbourhood-watch/>

New Crime Prevention Website

Calvin Beckford is a retired Metropolitan Police Officer and Crime Prevention specialist and author who operates The Crime Prevention Website - <http://thecrimepreventionwebsite.com/> - which provides visitors with some extra crime prevention advice. A number of Police forces, including Suffolk and the Metropolitan Police, link to and promote this website.

Scam Advice

This seems to be on the increase and more advice and ways to tackle scams are being devised all the time.

Currently Police advise anyone who suspects a scam, or who has been the victim of a scam, to report it to the police on www.actionfraud.police.uk or 0300 123 2040. However, it is always better to take preventative action where possible and it is good to know what to look for to avoid being taken in, as well as to advise friends and family members when necessary.

The charity **Think Jessica** (www.thinkjessica.com) provides a lot of useful advice about scams.

Local non emergency telephone - 101

Email – Felixstowe.snt@suffolk.pnn.police.uk

Give your views on accessing transport to healthcare services in Suffolk

Healthwatch Suffolk is the local independent watchdog for health and social care services. It exists to find out what people think about local services so that it can use its statutory powers to challenge, shape and improve services for the better.

People have told Healthwatch Suffolk that problems with accessing patient transport to and from healthcare services (e.g. hospitals) in the county is causing a problem for many people and local communities.

Problems with transport can heighten rural isolation and access to community resources, which are key to maintaining independence and central to the future delivery of care and support in Suffolk. This has also been a sentiment resonated among the Age UK Suffolk voice reference panel, which is comprised of over 80 older people – whom the majority are at the higher end of the immobility scale.

Healthwatch Suffolk is therefore seeking to understand your experiences of accessing transport services to healthcare services in Suffolk. Specifically, it wants to understand how the current system affects you, both positively and negatively, in the hope of improving services for all.

It is easy to take part and it only takes a moment to give your views. You can complete a survey online using the following link: <https://www.surveymonkey.com/r/BJMMCXJ>

Hard copy surveys are available on request. If you have any questions about this project or have something to say then you can get in touch with the Healthwatch Suffolk team on 01449 703949 or by email to info@healthwatchesuffolk.co.uk.

WALDRINGFIELD SCHOOL ASSOCIATION

Many thanks to all in the village who have supported our fund- raising efforts over the past year. Culminating at Christmas, with in excess of £600 raised at the school fayre, we have been able to fulfil the majority of the projects on our "wish list", including the provision of an outdoor class room, and, to the children's great delight, a trip to the Rock'n'Roll Panto which went down particularly well.

Not ones to rest on our laurels, we have a few more fund-raising events and initiatives which you may be interested in!

Sat 14 Mar, 5.30 pm in the Village Hall, join us for the inaugural Waldringfield Magnificent Mouse Racing Meet. A simple meal of Bangers, Beans and Jacket Spuds will be served before the racing gets underway.

Tickets will be available from the school office and the post van at £5 for adults, £2.50 for children and £12.50 for a family ticket (two adults and two children). Sponsors are needed for the races, (at £20 for a race and £50 to sponsor the whole event) so if your business would like to raise its profile, this might be a great way to do it! Get in touch with Emma Harraway on 07984 177222 or email Emma on emmabirchley@gmail.com to get your name on the score card.

You also have the chance to bid to own a mouse for the night if you fancy a wander round the starters' enclosure, and there will be a tote available for those who just fancy a flutter. Bring your own liquid refreshment and glasses and come and join us for a bit of fun (NB: No mice will be hurt in this event!!)

Date tbc in the Village Hall, we will be holding the Easter Coffee Morning. There will be Refreshments, Raffle, Cakes and a selection of stalls, with the school children joining us for part of the morning. (We will confirm the date on Waldringfielders and put a notice up outside the school once final details have been confirmed.)

Thu 7 May, Bag2School Collection - if you are planning a spring clean any time soon, please keep hold of any unwanted clothes, shoes (tied in pairs) soft toys, bags, belts, suitcases etc, and drop them off to the school on Tue 5th or Wed 6th of May for our regular recycling collection. We receive 40p per kg of recycling collected, and it is a great way to raise funds for the school while de-cluttering at home! (We are not able to accept curtains, bedding, duvets or pillows)

Sat 6 June - Summer Fayre, Keep the date free to join us for the Summer Fayre which will be opened by the Suffolk School of Samba to get everyone in the party atmosphere.

Ink Cartridge Recycling - The eco-team continue to run the ink cartridge recycling scheme to raise funds for their various environmental projects around the school. If you have any empty ink cartridges you need to dispose of, please drop them off at the school (you can pop them through the letter box if the school is closed) and we can raise up to £1 per cartridge!

Many thanks for your continued support for the school.

Waldringfield School Association Committee



We have an exciting programme of over 90 walks for you in this year's Suffolk Walking Festival. Varied in length and degrees of difficulty, the walks are themed and many include refreshments such as coffee/tea and homemade cake.

They are led by knowledgeable and experienced guides and are a fun and sociable way to get a really good look at our medieval Suffolk villages, elegant market towns, pretty countryside and stunning coastline. Please click on the 'walks' tab to see what's on offer and to start booking your tickets. You can also download a pdf of the brochure or contact us if you would prefer to have a brochure sent through the post.

To find out more about Suffolk, please contact one of our Tourist Information Centres or browse one of the websites covering the area. There is plenty of lovely holiday accommodation including cosy self-catering cottages, friendly B&Bs, elegant hotels, campsites and even a few 'glamping' sites.

www.suffolkwalkingfestival.co.uk

BUS SERVICE 174/179

The bus services to/from Waldringfield are "under review" at the moment (for a paucity of passengers) and some changes have taken place to make users



(current and potential) more aware of the service. For instance, there appear to be new timetables up at the bus stops, although one bus stop appears to have moved from Mill Road to Cliff Road, either officially or unofficially. They are still not overly clear, but seem a lot better than they were.

The writing seems to be on the wall, that continued poor use - combined with national budgetary pressures—may result in the withdrawal of the service supported by Suffolk County Council.

For more information about the service, please go the following section of the website.

www.felixstowe-bus-train-times.co.uk/Woodbridge-to-Ipswich-via-Kirton-Bus-Times

Defibrillator Use and First Aid in an Emergency

In our last edition, we announced the successful installation of the Community Public Access Defibrillator (CPAD) on the rear wall of the Maybush Inn. With this edition, you should have received an A5 card with information to use in emergencies, issued as part of the Community Emergency Resilience Plan.

To take these both a step further, the Parish Council is trying to gauge the strength of local support for what is called a Village Emergency Telephone Scheme (VETS) to supplement the CPAD and/or the interest in attending first aid training sessions (bearing in mind that first aid methods are constantly being updated) to increase the pool of trained first aiders in case of a serious emergency.

Information about the VETS Scheme is shown below and expressions of interest for that and/or the First Aid training should be forwarded to the Parish Clerk. Contact details can be found on Page 6 of this newsletter.

Services



The Community Heartbeat Trust now provides a service to help villages install and run a Village Emergency Telephone System, or VETS. A **third** of all 999 calls are from lone rescuers, so getting help to them quickly is important. VETS is a community run system, and enables up to 10 neighbours to assist pending the arrival of the emergency services. VETS is provided at cost on an annual basis to the village, and uses a simple memorable number unique for the village. The system can also be used for any emergency where additional help is required from neighbours, whether Cardiac Arrest or not.

The availability of VETS helps villages whether or not they are using a CHT provided defibrillator project, and gives a level of reassurance to the elderly, those living alone, and to the infirmed, that there is always help on hand.

This is how it works:



The caller is played a simple message before VETS volunteers answer. If no answer, continue CPR until other help or ambulance arrives. VETS does not replace 999 calls.


The 'People-Heart' logo and CHT logo are trademarks of the Community HeartBeat Trust
Registered charity number 1132824
www.communityheartbeat.org.uk

0845 86 CPR EZ

Suffolk Family Carers

Suffolk Family Carers is a local charity that provides information, support and guidance to Family Carers around Suffolk. We have been offering our services for over 25 years and one of the things we have learnt during that time is that people caring for another person at home, perhaps a family member or friend, don't usually see themselves as a Family Carer, they just see it as part of being husband, wife, father, mother, daughter, son, friend etc.

Because of this, it becomes so easy to forget the importance of your own health and wellbeing, as all of your physical and emotional effort and energy is spent on looking after that person and others who may be involved, such as siblings. You may feel that your own needs do not matter at this time, but in order to provide care and support, you do need to keep your own batteries charged.

In 2015 Suffolk Family Carers will be working with our hospice colleagues in Suffolk to offer an information and support programme for those people caring for someone nearing the end of their life. There will be a series of five informal sessions that offer information and an opportunity to reflect and gain support from others in a similar situation. The programme will run around the County and the first ones started at the end of January. Its aim is to improve the Family Carer's own situation and that of the person they care for.

If you would like to find out more or to book your free place, please call Carly on 01473 835420 or e mail wellbeing@suffolkfamilycarers.org

Flaunt your flowerbeds for St Elizabeth Hospice

Green-fingered supporters are needed to open their gardens to the public from May to September, in aid of St Elizabeth Hospice.

By opening your garden for one morning or afternoon this summer you can make a difference and help St Elizabeth Hospice continue to improve life for over 2,000 local people living with a progressive illness every year.

St Elizabeth Hospice is looking for a wide variety of displays. So whether your garden is traditional or contemporary, tranquil or tropical, cosy or large, why not invite others to admire your horticultural skills whilst raising funds for your local Hospice? You could even get the entire village involved, with the whole community opening their gates and sharing their glorious gardens with the public.

If you would like to open your garden this summer, or for more information, please call 01473 723600 or email fundraising@stelizabethhospice.org.uk

Martlesham Surgery

Update from the Patient Group

At our January meeting, we were pleased to welcome Dr Fitzgerald back after her surgery - part time for now. We have written to thank Dr Tobias for his exceptional cover during last year's shortages.

We had much to discuss including progress with our action plan from our 2014 survey and were pleased to see a number of improvements have already been made as a result of patients' feedback. There won't be a 2015 survey as we're still implementing the action plan, but all GP practices are required to ask patients if would they recommend them to their friends and family. You can find these short survey forms in the surgery waiting room or online at www.mhdoctors.com. Among the many targets set, surgeries are being assessed on how many people give feedback.

We asked if the list of medication attached to each prescription could be updated to remove items which are no longer current. Some of these drugs may no longer be recommended for the same condition, so keeping them on a patient's prescription list can be more confusing than useful. We were advised that patients can ask to have their medication lists updated whenever they visit a doctor or nurse.

Martlesham GP Practice

Did you know that, if you are suffering from a musculo-skeletal disorder, you can refer yourself for physiotherapy on the NHS without needing to go via the doctor? They are based in Woodbridge and you can request an appointment via www.ahpsuffolk.co.uk.

The NHS is now collecting two sets of patient data which you may feel are beneficial or may prefer to opt out of. Although they have similar names, they are not the same. Very briefly:

Care Data is the gathering together of information from large groups of patients in different locations and with different conditions, to help plan where future health services are needed and find better ways of preventing, treating and managing particular illnesses. Individual patient records collated to create this data won't include names and addresses, but they will include things like NHS and NI numbers. Each patient record is then anonymised, by creating a new record without the NHS/NI numbers, before they are issued for research purposes. See www.nhs.uk/caredata for a more detailed explanation.

Summary Care Records are personal to you, so these must contain your name, address etc. They list any medicines you're taking, allergies and any bad reactions to medicines previously experienced. They are not copies of your full health record. Their purpose is to ensure you can be given the right treatment quickly and that mistakes aren't made, should you need emergency care anywhere in England or when your GP practice is closed. See www.nhs.uk/summarycarerecords for more information.

Stepping Out in Suffolk



Health Walks

March, April, May & June '15

AREA ORDER

Walking can... Make you feel good. Give you more energy.
Reduce stress & help you sleep better. Keep your heart 'strong'.
Reduce blood pressure. Help you to manage your weight.

Why is walking the perfect activity for health?

Almost everyone can do it. You can do it anywhere & any time.
It's a chance to make new friends.
It's free & you don't need special equipment.
You can start slowly & build up gently.

Health Walks are.....Free and you do not need to book.

All are Welcome.....Health Walks are graded with approximate times and distances to suit all walkers abilities.

Our walks are.....led by trained volunteer walk leaders to be effective and above all enjoyable.

LiveWell Suffolk

Steps to a healthier future

*Get On Board! Could you catch a bus to your walk?
Finding out routes and times has never been easier
www.suffolkonboard.com*



Contact us if you would like more information:

Health Walks Team, Livewell Suffolk, Adelphi House, Turret Lane,
Ipswich. IP4 1DL

Tel: 01473 229292. email: info@livewellsuffolk.org.uk

Or download a programme at: www.livewellsuffolk.org.uk



The Great British
FISH & CHIPS
Supper

Supporting Spinal Injuries Association

Friday 15th May 2015



sia
spinal injuries association



Make the batter matter

Hold a Great British Fish and Chip
Supper to help rebuild lives after
spinal cord injury.

To request a fundraising pack:

Call **0845 071 4350**

Email fundraising@siafishandchips.co.uk

Visit www.siafishandchips.co.uk

Registered Charity No 1054097



Have fun and raise money for the SIA



The Stables Coffee Shop & Sandwich Bar

MON – SAT 7.30am – 4.00pm

Here at The Stables, we like to use local fresh products every day sourced from in and around the Suffolk area.

We prepare our food and homemade cakes on the premises daily and pride ourselves on providing a friendly and efficient service.

We also have a range of handmade crafts for sale and sell eggs, cheese & milk as well.

Come along and see us soon, bringing the cut-out voucher for a FREE cup of tea with any purchase!



The Stables Coffee Shop

FREE cup of tea
with any purchase
when you bring this
cut-out coupon.



Brightwell Barns

Ipswich Road

Brightwell

IP10 0BJ

07514 536165

