



No. 58 - Winter 2017

Cracking Christmas Fayre!

The clock's ticking to Christmas... but why wait until then for some festive fun?

Waldringfield School Association invites you to the Christmas Fayre on Friday December 8th from 3.15pm to 5pm at the Village Hall.

As ever, Father Christmas will be in his grotto and, this year, a band made up of some of our talented parents and pupils will be performing a classic Christmas hit.

There'll be cakes, candy floss, sweets, toys, teddy tombola as well as a brilliant raffle... and an array of gifts to buy.

Please come along and support fundraising for your local school!

Waldringfield School Association



The Christmas Coffee Morning will be held in Waldringfield Village Hall from 10am-noon on Thursday 7th December.

Do join friends and neighbours for a chat, over a cup or two of freshly brewed tea or coffee, and homemade cakes.



Each person attending, will receive a complimentary glass of mulled wine and a mince pie - whilst stocks last!

There will be a hamper raffle - half of the proceeds of which will be donated to the Woodbridge Salvation Army, who give so much practical support, comfort, and assistance to others throughout the year.

Cards, crackers, and candles will be for sale, and Waldringfield Primary School children will be entertaining us for 10 minutes.

We look forward to seeing you there.

Chris Lyon - for The Coffee Morning Team

Carol singing round the village

Monday 18th December

Meet at the Maybush 6.00-6.30pm

Wear warm clothes and sturdy shoes and bring a torch.

(High visibility jackets/fairy lights etc are all helpful to make sure you can be seen by car drivers).

All welcome from 8.00pm approx. at the Lilacs, Fishpond Road for hot soup and mulled wine etc after the carol singing.

A collection will be made, as usual, for the Ipswich soup kitchen which provides food and clothing for the homeless and vulnerable throughout the year.

WINTER TALKS



The second of this Winter's Village Hall Talks takes place on Thursday, December 7th at 7.30 pm. **David Phelan, a local historian,** will talk on **"St Audry's, Workhouse to Asylum"**. This illustrated talk covers the history of St Audry's from 1765, when it was opened as a Workhouse, through to 1993, when it was closed in favour of Care in the Community. David's talk comes well recommended; it includes not only information on St Audry's itself, but also an examination of the Victorian attitude to poverty and the effectiveness of various regimes involved in the management of mental ill-health.

The History Group tends to take responsibility for one Winter Talk per year. The Group has liaised with the archaeologists responsible for the digs over the 37 kilometre course of onshore power cables from Bawdsey to Bramford. As a consequence, **Richard Newman, historian and archaeologist,** has agreed to talk on **Thursday January 4th** at 7.30 pm. Having had a considerable foretaste of what he has to say, we can vouch for a very interesting evening.

Keep free in 2018 the first Thursdays in February (1st) and March (1st) and the second Thursday (12th) in April. In February, **Anthony and Celia Mason** will amuse with **'18,000 miles and still the lentils are fresh'** – could be nautical miles ! Please note that, from January, the admission fee for each talk and refreshments will be £4.00 - still a very good deal.

Thanks to everyone who came to hear Jim Bacon in November. As a result of your generosity and Jim's, we were able to send £300.00 to EACH.

Gareth Thomas

East Anglia ONE Archaeological Excavations



MEET THE TEAM

FIND OUT WHAT WE'VE BEEN DOING

VIEW THE ARTEFACTS

Archaeology Open Day

Saturday 2 December 2017

10.00am - 4.00pm

Waldringfield Village Hall
School Lane
Waldringfield
IP12 4QP



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Waldringfield Wildlife Group

Invites you to

An Illustrated Talk Glowing, glowing, gone?



The Glow-worm

By Dr Tim Gardiner
an award-winning ecologist.

Saturday 9th December at 11.00 am

Kennedy Room, Waldringfield Village Hall

Admission: Non- members & Visitors £3

Paid up Members no charge

Preceded by a Members meeting at 10.00 am prompt start.

New members welcome (Membership £10)

Followed by the Members 'bring & share' Christmas lunch.

Enquiries: Linda 736044 or Anthony Mason 736740

The glow worm is a declining beetle in the British countryside in desperate need of conservation action. This illustrated talk looks at the life cycle and habits of this charismatic species and what needs to be done to ensure its survival.

Tim is an award winning ecologist, poet and children's author from Manningtree in Essex. Tim is also a bio diversity officer with the Environment Agency working on improving the ecology of rivers and seawalls in Essex. Tim's first collection of poetry, Wilderness, was published by Brambleby Books in 2015. Tim's debut children's book, The Voyage of the Queen Bee, was published by the Bumblebee Conservation Trust in 2016

Tim has agreed to bring some of his children's books to sell, they will make nice Christmas presents. I am hoping he will also read aloud one or two of his nature poems.

Programme for 2018 - come along to find out what the new year has in store.

Call for Community Volunteers



To volunteer or to obtain more information, contact
Suffolk Police's Speedwatch Coordinator in our area,
Sgt Peter Street

Peter.Street@suffolk.pnn.police.uk

or on 01473 613500

www.communityspeedwatch.co.uk

ADVERTISEMENT

**IN THIS NEWSLETTER AND THE
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CONTACT THE PARISH CLERK

(DETAILS ON PAGE 13)

Next Copy Date

19th February

(for publication March 1st)

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WALDRINGFIELD VILLAGE HALL LOTTERY

Draw held for November 2017

Ticket Sales			£238.00
	Winner	Ticket No.	
First Prize	Sally Redfern	146	£ 46.00
Second Prize	David Daniel	37	£ 36.00
Third Prize	Sandy Lewis	113	£ 24.00
Fourth Prize	Emma Barton	244	<u>£ 11.00</u>
Total Prize Money			£117.00



Licence £ 2.00 Profit to Village Hall Trust £119.00

Monthly Draw £ 1 per number from the Promoter, Nigel King, 01473 736060

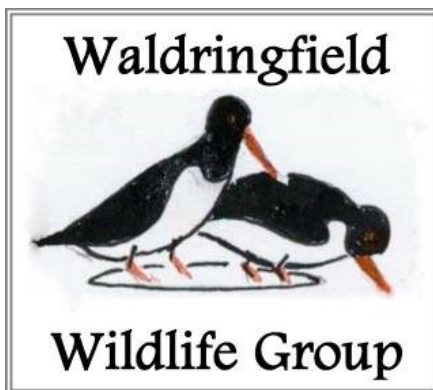
Application for Waldringfield Village Hall Trust Lottery Tickets

Name :

Address :

No. of tickets :

Please put this application form into the Village Hall letter box marked for the attention of Nigel King



Waldringfield Wildlife Group has been adding to the bulb planting around the village with bulbs for late spring nectar, pollen and colour in the verges: 200 each of Muscari, Allium sphaerocephalon (pink), species Gladiolus byzantinus (purple) and Camassia (blue Quamash) which should flower about the same time as the Star of Bethlehem (Ornithogalum) planted in earlier years. Look out for them in May; also the bulbs we planted in earlier years, such as crocus, daffodils and snakes head fritillaries.

We are also delighted to hear from the owners of homes along other verges that they have added to the potential beauty and usefulness (many bulbs provide vital nectar and pollen for early-emerging insects, especially bumble bees) of their borders. We have also put yellow rattle into a couple of areas where the grass grows very vigorously – it is parasitic on grass and hopefully will reduce its lushness and allow other wild flowers to come through.

Betsy and Christine

The Church of All Saints. Waldringfield

After the flurry of activity and expenditure over the late spring and early summer, we have, thankfully, had a relatively quiet time.

Harvest Festival was celebrated surrounded by beautiful floral, hop and vegetable displays. Many thanks to those who decorated the church and/or contributed to the display.



Suffolk Historic Churches Trust annual cycle ride

widened its appeal this September to participants by including walkers, horseriders, walkers with pushchairs, users of wheelchairs etc. It was also presented as a form of personal pilgrimage for which small colourful and informative booklets with maps were produced to help those taking part under the new name of "Ride and Stride."

Drinks and biscuits are always provided by all the churches which can be visited, but this year at All Saints Waldringfield apart from the usual refreshment offerings, a wonderful tea was enjoyed by many in the Church Hall at the conclusion of the day. A splendid spread was laid on with donations of cakes and pastries by willing bakers, and several ladies who helped to serve and clear and generally contribute to a lovely atmosphere. Many thanks to all those who helped, sponsored those taking part and especially to Margaret Quantrill for her commitment in organising the Waldringfield group. We have received from the Trust a cheque for £812.50 as our share from the overall event.

Waldringfield Parish Council generously agreed this year to increase its annual grant to All Saints to £750. We are always very thankful for this grant which is specified as being a contribution towards maintenance of the churchyard. Costs are always increasing and for 2016 were £1,922. This included some essential tree and hedge work and other work besides the huge task of grass cutting, the latter very effectively managed by David Cope of Kirton on a paid basis.

Despite appeals, little voluntary help is forthcoming other than that which a couple of PCC members and a congregation member take on. We thank Michael Frost of Newbourne Heath for more hedgerow work which he regularly does at his own expense. The churchyard provides a peaceful and beautiful setting for visitors, for quiet reflection and for everyone to enjoy.

Remembrance Service was taken by the Reverend Canon Ian Wilson. In Ian's own inimitable and approachable way, he gave a wonderful and thought-provoking sermon to a "full house" not only on acts of remembrance and sacrifice, but on the commandment "Love thy neighbour as thyself." Woodbridge branch of the Royal British Legion Poppy Appeal will, as in the previous three years, benefit from our collection. In place of the old, dusty and rather tired poppy wreath, we have acquired a bright new one from the Lady Haig Poppy Factory which will commemorate those from Waldringfield who did not return from WW1 and from WW2.

Security. In order to comply with our insurers' instructions we have bought a large metal cabinet for the vestry in which we are required to store all church brass items. Our church is always open and the brass is an integral and interesting part of it.

We will have to get used to bringing it out for services and storing it away again, but it is sad that prevalent thefts have impacted in this way. Of course, it is by no means certain that stored items cannot be stolen, but

at least we now have an excellent photographic record and having complied with requirements will be able to claim for any losses. We must be thankful that we have very little lead which is difficult to access...we'd better not tell you where it is!



Services for December

Sunday 17 th .	at 4 p.m.	Carol Service
Wednesday 20 th	at 2 p.m.	Mothers' Union Carol Service
Sunday 24 th	at 11.30 p.m.	Midnight Holy Communion
Monday 25 th	at 10 a.m.	Happy Half Hour with cake to celebrate the birth of Jesus
Sunday 31 st	at 10.30 a.m.	United Benefice Service

We extend a warm welcome to everyone to join in the Christmas celebrations.

Waldringfield Parochial Church Council

I am pleased to tell you that we now have Ballroom Dancing in Waldringfield Village Hall



Courtesy—upload.wikipedia.org

The next session is on Friday 1st December from 5 to 6pm - unfortunately their later classes on the night are full. The cost is £6.00 per person and she would ideally like couples. If you cannot find a partner, don't let that put you off, as I am sure there will be quite a few of you who could partner up on the night.

The Dance Teacher (also called Michelle) would like to see how this first session goes and, if proved to be successful, she will hold more classes for us. So it's time to dig out your Dancing Shoes, find a partner and join what could be a really good class to brighten up these chilly winter nights.

This class is not for the likes of Fred Astaire or Anton Du Beke's out there but for BEGINNER'S only and even those of us who have two left feet can join in, if nothing else, least you will be in good company and I'm sure a few giggles will be had by all.

I hope to see you all there

Michele Pierce—Waldringfield Village Hall Booking Secretary

Waldringfield Church Field Trust

In December we will be having our AGM, scheduled for Tuesday 5th at 7.30 pm in the Kennedy Room at the Village Hall. Anyone interested in becoming one of three elected trustees should contact Rosa Waller in advance for a form to submit. Trustees need to be over 18 years and resident in the parish.

Please come along to the meeting to hear about the field through the year, and have a mince pie and a glass of mulled wine.



The gate has been replaced by Kiwi Fencing, following the damage in the summer by persons unknown. Hopefully, this will last another 15 years at least!

Work parties are under way to control some of the bramble which tends

to spread out into the grassy areas and also gorse which self seeds. Both these plants are excellent for wildlife with the gorse providing shelter in winter for roosting small birds, as well as safe nesting sites in summer for the likes of linnets. Bramble provides food for many butterflies and moths and safe refuge for hedgehogs and so on.

However, too much of them will interfere with our efforts to establish low input grassland – a mixture of grasses and wildflowers which are typical of dry sandy heaths. Therefore, several work parties will be happening to keep it under control. These are advertised on *waldringfielders* but if you would like to be notified personally please let me or another trustee know and we will put you on the list of helpers (especially if you are not on *waldringfielders*).

The trees and shrubs at the field are displaying some lovely autumn colours at the moment. The guelder rose bushes (see opposite) are covered in bunches of large red berries. The kestrel is frequently seen hunting and flocks of small finches are often seen feeding on grass seed heads. Small flocks of starlings seem to hang out there too.

At the recent half term families at the pumpkin event followed a procession of lanterns from the village hall to the river following footpaths around Church Field which was quite exciting in the dark.

Many thanks to Duncan Andrews and Paul Barrell who have been keeping the grass paths and games area cut during summer, and to all our helpers at the various work parties. Thanks also to the dog owners for keeping dogs on leads and cleaning up after them.

Christine Fisher Kay

736384





Waldringfield, Newbourne & Hemley
Scattered Orchard

Fruit Tree Pruning Course with Orchard Enthusiast

Dr Anna Baldwin

Saturday 20th January 2018 Waldringfield Village Hall 9.45am – 3.30pm

Learn how to prune fruit trees. This in-depth course focusses on restorative pruning of older trees with a brief section looking at formative pruning of young trees.

£15 per person – refreshments included (bring your own lunch)



Please bring what you would normally prune with, including secateurs and sharpening tool, pruning saw and gloves if you have them. If not you will be able to borrow tools.

Wear warm clothes and strong footwear.

Bring photos of your trees for individual advice.

If you would like to book please contact Mariah Ballam

mariahskellorn@hotmail.com 07709485979

This course is kindly subsidised by



ORCHARDS EAST
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The Problem of Plastic

We all see plastic bags and similar waste much more than we would like on the road side verges – and suffer from packaging rage at home trying to get into excessively wrapped goods.

TTWoodbridge recently hosted two showings of the film 'Bag It' – you can watch it at home on YouTube – and, following considerable interest, a much bigger meeting than they anticipated in Woodbridge library on 17th November.



This was to try to think of what we might do locally – and came up with devoting a Greenprint Forum (the conduit for popular concerns to the SCDC and Waveney Councils) meeting to the subject with an expert speaker – but also with what we could all do in our own lives.

Courtesy of [greenplanetethics](#)

Deborah Wargate (the Council's Sustainability Officer who heads the Greenprint Forum) had been putting herself through a '(nearly) No-Plastic November' and found on the internet 48 rolls of toilet paper, each individually wrapped in paper, but not sub-packeted into lots of six each wrapped in plastic, which is the only way you can bulk buy locally. More expensive yes, but for her and maybe for others, a justifiable way of voluntarily reducing her use of single use plastic film. There were other examples.

The next day, Phillip Hammond announced a likely tax on plastic packaging – or at least a consultation – which we know may take a long time, and, meanwhile, it is popular pressure (signing on-line petitions, writing to CEOs and MPs etc) but, above, all being part of the change we wish to see by changing our own use habits – and sharing how with each other for comfort and support, and with retailers and manufacturers, so we use the biggest political power we now seem to have, which is how we spend out money to hasten that change.

The evidence for the damage that escaped plastic does in the general and marine environments is incontrovertible and well-known, but you can find links to things members of Greener Waldringfield have found helpful on the GW web-site.

Please join us on the Greener Waldringfield web-site Facebook page to add your comments and suggestions.

We had three meetings this last year – two with John Midwinter FRS as a speaker and one on The Politics of Nuclear Power – suggestions for further events / talks / actions are very welcome!



DO YOU WANT AN ALLOTMENT?

We firmly believe that every village should have an allotment site – and this is even more apposite in Waldringfield as the number of in-fill sites having houses built with very restricted gardens increases.

The 1908 Allotments Act states if more than 6 individual people registered as parliamentary electors write to the Parish Council formally requesting an allotment then the council must take such requests into consideration.. If you would like to see an allotment site in Waldringfield please write to: The Parish Council, via the Parish Clerk at pc.waldringfield@googlemail.co

There are also, we suspect, elderly gardeners who are finding their extensive grounds hard to deal with and would be grateful for a portion to be hived off – ‘garden-share’ is another possibility.

Betsy Reid

FOR YOUR DIARY

Open Gardens: Sunday May 20th 2018

Once again in aid of St Elizabeth’s Hospice.

If you would like to open your garden, help with the teas, marshal traffic etc please get in touch!
Betsy Reid 736506

Notice of Vacancy

There remains a vacancy on Waldringfield Parish Council.

Any local elector interested in applying is welcome to contact the Clerk (see Page 13) for further information and/or go to

www.beacouncillor.co.uk.



Looking for an alternative to care homes? Then consider Live in Care.

At IP Homecare, we believe home is a place, filled with memories and photos, where your routines and food are cooked just the way you like.

Live in Care compares well to the price of a care home but you do not have to sell your belongings and share a Carer with up to 20 others at night. You do not have to eat from a limited menu or wait until a disruptive resident calms down. Instead of becoming institutionalised our Live in Carers will interact with you or a loved one during the day and ensure all is well at night.

To find out more, please call your local care team on 0808 274 2190 or visit:
www.iphomecare.co.uk



Waldringfield Parish Council

Your Parish Councillors:

Ian Kay (Chairman)

Alyson Videlo (Deputy)

Frances Matheson - Serena Gold

Janet Elliot - Colin Archer

Neil Winship - Colin Reid

PARISH COUNCIL MEETING DATES

Tuesdays. 7.30 pm in the Village Hall

Kennedy Room

Meeting Dates 2017/2018:

2017: December 12

2018: January 16, February 13, March 13,
May 15(AGM), June 12, July 10, August
14, September 11, October 9,
November 13 and December 11

**The Annual Parish Meeting
will take place on April 10th 2018
in the Main Hall**

**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

www.waldringfield.onesuffolk.net

The Suffolk Churches Bike Ride and Stride

A total of £1,625 was raised this year by Waldringfield. A big *Thank You* to all the generous sponsors, bikers, walkers and helpers...to those who checked us in at the Church, to those who ran the teas in the Church Room, helped with the Church service and cleared up.

It was a lovely day and enjoyed by us all. Thank you too to the new comers who biked and walked round the Churches for the first time, hope you will do it again Sept. 2018.

Perhaps more people will think about joining in - plenty of time to practice!!

Margaret Quantrill (local organiser)

Greener Waldringfield with Waldringfield Gardeners Pumpkin Party and Lantern Parade

This was attended by about 100 adults and children – cost £3 per family and some staunch volunteer work setting it all up. Children carved pumpkins for a competition in the village hall in the afternoon, pressed apples for juice, competed for the longest apple peel string, and made and tested vegetable boats – the lantern procession went down between the trees at the edges of Church Field and launched their boats on the river while a ghostly sailor drifted by and his story boomed from the shore.

Nothing harmful in the river – only vegetable boats with rolled bees-wax candles – and the soup was served in compostable mugs! And then a bonfire at the top of the Sailing Club car park.

Many thanks to all involved – and if you want to help make next year's even more fun get in touch with Betsy Reid. (736506)



ARE YOU WINTER READY?



The UK's gas and electricity supply is more reliable than ever before. But severe winter weather can still cause damage and disruption.

Be prepared in case you have a power cut or gas emergency:

Know your free emergency numbers

In a power cut dial **105** or, for a gas emergency, dial **0800 111999**.

Prepare your home

Keep a torch handy and get your appliances serviced by a Gas Safe registered engineer to prevent carbon monoxide poisoning. Vulnerable households can get extra support by signing up to the Priority Services Register. Contact your gas or electricity network to find out more. Visit www.energynetworks.org to find out who your network operator is.

Keep your eyes open

Keep an eye on the weather forecast and, if you have a power cut or a gas emergency, check on your neighbours.



Be Winter Ready is brought to you by the UK's gas and electricity networks.

Can you help Healthwatch Suffolk to shape and improve home care services?

Healthwatch Suffolk is exploring people's experiences of accessing home care services (domiciliary care). It is an opportunity for you, your friends or family members to influence and improve these services now and for the future.

The watchdog wants to hear from people that are currently using home care services, have used them in the past or those who may need help at home but have been unable to obtain support in the county.

Domiciliary care is care provided in a person's home. Sometimes it is called home care or 'Support to Live at Home'. Home care can include support with things like helping people to get out of bed, washing, dressing, getting to work, cooking meals, eating, seeing friends, caring for families and being part of the community.

Healthwatch Suffolk will use your feedback to help it understand the issues that people face when accessing care at home and what needs to be explored in detail as part of its developing project. As the health and care watchdog for Suffolk, it can use the things that people share to shape, influence and improve care to our county's most vulnerable residents.

Sharing your experiences couldn't be easier

If you are currently using a service, Healthwatch Suffolk is asking people to take part in a short survey. You can access it using the following link: <https://www.surveymonkey.co.uk/r/homecareinsuffolk>

If you are not currently accessing support or would prefer not to feedback online, please contact the Healthwatch Suffolk team on 08004488234 (Freephone) or by email to info@healthwatchsuffolk.co.uk. Hard copies of the survey and other formats are available on request.



Do you receive care in your home?
You can help us to improve local services.

A PERSONAL VIEW — Most of us want Waldringfield to remain as it was when we arrived, but to expect Adastral Park and further developments East of Ipswich to go away is probably to dream. Longevity, reduced occupancy rates and family fragmentation are increasing demand for homes. Governments of left, right and centre have all required local councils to designate more land for development, consequently Suffolk Coastal and Ipswich as well as the districts west of 'Town', are consulting on where new homes businesses should go: it would be futile and selfish simply to say they should go elsewhere without suggesting where.

We may remind the authorities that the Deben's birds and this part of the AONB need special protection, but from what? People – especially with uncontrolled dogs – are usually mentioned, but not climate change or the motor traffic that generates noise, pollution, litter and deters walking and cycling. Recognising that - like it or not – **all** have historic rights of way, Waldringfield can be thankful that parking is constricted. We may hope that traffic has peaked, but two risks remain.

Some visitors finding no spaces at the end of Cliff Road may park inappropriately along Cliff, Mill or School roads or in Village Way, Sunny Hill or Sullivans: Wasted car journeys and inappropriate parking might be reduced by a '*Car Parks Full*' sign west of Heath Crossroads, provided the advice is reliable, together with some parking outside the AONB boundary.

Secondly, Waldringfielders may feel forced further into car-dependence until we have better bus services and removal of 'barriers' to walking or cycling. A frequent, cheap and swift shuttle-minibus from Waldringfield & Heath, Hemley and Newbourne to access main bus nodes near TESCO and BT is one option that we might study: Any helpers please?

As to walking, with its well established physical and mental health and community benefits, it seems traffic is a significant deterrent. 'Road safety' usually brings speeding to mind but the lack of volunteers for Community SpeedWatch suggests it may not be a serious concern. Habitual walkers may find inconsiderate drivers passing unnecessarily close more menacing.



Many readers will be aware of my four-year campaign for a cheap and safe footway on the vacant verge at Crossways: WPC has decided to hire an expert to advise on the best solution to improve safety for walkers and cyclists as well as vehicles at the junction.

Meanwhile, pedestrians may assert their rights by walking prominently along the actual roadway until they see there is no incoming traffic and may cross safely to reach Fishpond or Woodbridge road. Southbound walking is more challenging because, having crossed to walk on the right, so facing the outgoing traffic, impatient drivers are tempted to drive on the 'wrong' side thus risking a head on collision if an incoming vehicle cannot stop. Drivers will appreciate that many pedestrians cannot climb up on that privately-owned and often overgrown verge.

Neil

National first for East Suffolk



The plan to create a brand new 'super district council' for east Suffolk has achieved a national first – by being given the seal of approval by the Rt Hon Sajid Javid, Secretary of State for Communities and Local Government.

Suffolk Coastal and Waveney District Councils are leading the way by being amongst the first councils in the country to proceed with creating a new 'super district council' to deliver vital services to their communities.

And the proposal moved an important step closer today (Tuesday, 7 November, 2017) by gaining the formal backing of the Secretary of State for Communities & Local Government.

In a written statement to the House of Commons, the Secretary of State confirmed that he is 'minded to' support the proposals of Suffolk Coastal and Waveney District Councils to create a new single authority for the area.

"Having carefully considered all the material and representations I have received, I am 'minded to' implement the locally-led proposal I received from Suffolk Coastal and Waveney district councils in February 2017 to merge their two respective councils to become a single, new district council," he said in the statement.

The Secretary of State explained he had made this decision because he considers that:

The proposal is likely to improve local government in the area (by improving service delivery, giving greater value for money, yielding cost savings, providing stronger strategic and local leadership, and/or delivering more sustainable structures);

The proposal commands local support, in particular that the merger is proposed by all councils which are to be merged and there is evidence of a good deal of local support; and,

The proposed merged area is a credible geography, consisting of two or more existing local government areas that are adjacent, and which, if established, would not pose an obstacle to locally-led proposals for authorities to combine to serve their communities better and would facilitate joint working between local authorities.

He also confirmed that the east Suffolk proposal was breaking new ground, saying: "I intend to assess any further locally-led merger proposals that I receive against these criteria." It is believed this is the first time that the Secretary of State has given his backing to such a plan.

Before he takes his final decision, the Secretary of State has announced there will be a period of time, until 8 January 2018, during which those interested can make further representation to him, including making any suggested modifications to the proposals.

He will then make his final decision, which will be subject to Parliamentary approval.

National first for East Suffolk (continued)

The 'minded to' decision gives the councils the go ahead to proceed with getting everything in place to make the creation of a new council in May 2019 a reality.

This is a significant achievement in its own right and is testament to the forward-thinking approach the councils have taken in terms of ensuring our residents are served in the years to come.

Welcoming the news, the Leaders of Suffolk Coastal and Waveney District Council, Cllrs Ray Herring and Mark Bee, said in a joint statement:

"This is great news for us and the people of east Suffolk. By creating a new, larger and more influential council, we will be able to continue to drive costs down, while maintaining services and investing in our local communities.

"We have a proud record of achieving success through innovative partnership working between Suffolk Coastal and Waveney District Council. We are glad that the Secretary of State has recognised that the creation of this new 'super district' is the next logical step for us to take, if we are to keep on reducing costs while protecting frontline services.

"We need to evolve, if we are to successfully address the shared opportunities and challenges that both councils face, such as the significant reductions in Central Government funding for councils and the need for investment in growth and infrastructure projects, as well as providing more much-needed housing."

In January 2017, Suffolk Coastal and Waveney District Councils both voted to approve the proposals to create a brand new 'super district' council, delivering services to communities in the east of the county.

It is believed this is the first time two councils have voted to formally join together to create a single entity since the local government reorganisation in 1974.

A business case was then submitted to the Department of Communities and Local Government in February 2017.

With the Secretary of State's agreement, the new Council would come into being, and begin operations, following the local council elections in May 2019. The two existing councils will then be formally dissolved with elections to the new authority.

Published by





Invitation to Volunteer Walk Leader Training

Date : 12th December 2017

Time : 10.30 – 15.00 Inspire Suffolk Offices,
Ipswich IP3 9QX

What is Volunteer Walk Leader training?

The Volunteer Walk Leader course is a **free** one-day course for anyone who would like to lead walks for the Walking for Health scheme. This can include front, middle or back markers / Buddy Walkers

Walking for Health is part of England's largest network of health walk schemes, helping all kinds of people to lead a more active lifestyle. Our walks are led by friendly, knowledgeable people, specially trained for the job.

Along with fellow walkers, our walkleaders provide all the advice and encouragement a new walker needs to build fitness at a pace that's right for them. In just a short time, a small amount of regular exercise can significantly improve a person's health, well-being and confidence. And from what our walkers tell us, there's plenty of laughter to be heard on our walks.



By the end of the course you will:

- Understand what Walking for health is about
- Understand the benefits of walking and physical activity
- Get to know the role of a walk leader
- Information on mental health and learning disabilities
- Have access to follow-up support and resources to help people make the most of your
- skills, including a Volunteer Walk Leader manual
- Be confident to lead a health walk in due course (following the guidance that goes with the progress card)
- Have met and shared best practice with other walk leaders

Lunch and refreshments are available throughout the day

What to bring on the day

Suitable clothing and footwear – you will be taking part in a short demonstration health walk.

What is expected of you after the training day?

When you have completed the walk leader training day, your cascade trainer will sign and date your progress card to show that you have attended the training session. They will also need to sign off the following stages of your progress card. You will then observe 1-2 health walks and take note of how the existing walk leaders run them. The final stage is to lead your own walk.



**Places are limited so please email
Claire.McCullough@onelifesuffolk.co.uk
or telephone Claire on 07826516619 to
secure your place.**

Police are appealing to the public to be aware of a spate of burglaries in Suffolk where high value jewellery & large sums of cash have been stolen.

- Always lock all doors and windows, even if you only pop out for a few minutes
- Secure your back garden by locking gates with closed shackle padlocks and having 6ft high fences
- Do not leave tools or bricks in the garden that could be used to force entry
- Have dusk to dawn lights installed around the house
- Leave lights and a radio on timers to make your home look occupied
- Do not leave any items on display
- Avoid keeping jewellery in the master bedroom — hide this in different rooms around your home (not in the bottom of a wardrobe)
- Register belongings e.g. mobile phones, laptops, cameras & cycles on www.immobilise.com
- Consider having a burglar alarm fitted
- Consider using forensic marking to identify jewellery — see www.securedbydesign.com. (Consult your insurance company before marking jewellery)
- Keep valuables in a safety deposit box in a bank or have a safe installed (meeting the following standard LPS 1183: Issue 4, BS EN 1143-1: 2005)
- Never keep large quantities of cash at home, deposit this with your bank or building society

For more detailed crime prevention advice on various subjects, please visit www.suffolk.police.uk/advice/crime-prevention-z

Help us keep our communities safe.

Police advice on a variety of subjects can be accessed via

<https://www.suffolk.police.uk/advice>

To report something, or to otherwise contact Police, use the link

<http://www.suffolk.police.uk/contact-us>