

# Waldringfield

parish newsletter



**No. 73—Autumn 2021**



*Photo—Tracy Dickerson, Waldringfield resident*



## Waldringfield Gardeners

**Garden Share:** if you find you have more garden than you can manage you could 'garden-share' - get in touch with Betsy Reid (secretary of Waldringfield Gardeners at [betsyr@talk21.com](mailto:betsyr@talk21.com)) if you would be happy to grow some veg on a little bit of someone else's garden, or have a little bit you could make available.

**Allotments:** Although Waldringfield does not yet have allotments or a location—the Parish Clerk maintains a list of interested parties should they be able to secure an allotment site in future. Email the Clerk at [pc.waldringfield@googlemail.com](mailto:pc.waldringfield@googlemail.com) if you have not already registered your interest.

### Events from now till Christmas

**4th September** - Veg, Flower and Craft Show: Please see details in following pages

**27th September** - visit to Hyde Hall - we have a guided tour booked. Hyde Hall specialises in dry gardening - maybe this year's early summer was untypical and we have things to learn!

#### **30th October - Pumpkin Party and Lantern Parade**

Start in the village hall in the afternoon for crafty carving and making veggie boats and maybe lanterns - then a spooky walk (except there will be lighted lanterns!) through Church Field to the Sailing Club where we launch the boats on the river and have supper.



**17th November** - WG AGM - Village Hall 7.30 (Subscriptions due - £5 per annum)



**27th November** - Christmas Greenery workshop - your wreaths or other collations will last till Christmas in the cool crisp winter air

WG has a 20 litre apple press, a dehydrator, and a steriliser for bottling fruit -

available to borrow free to WG members but

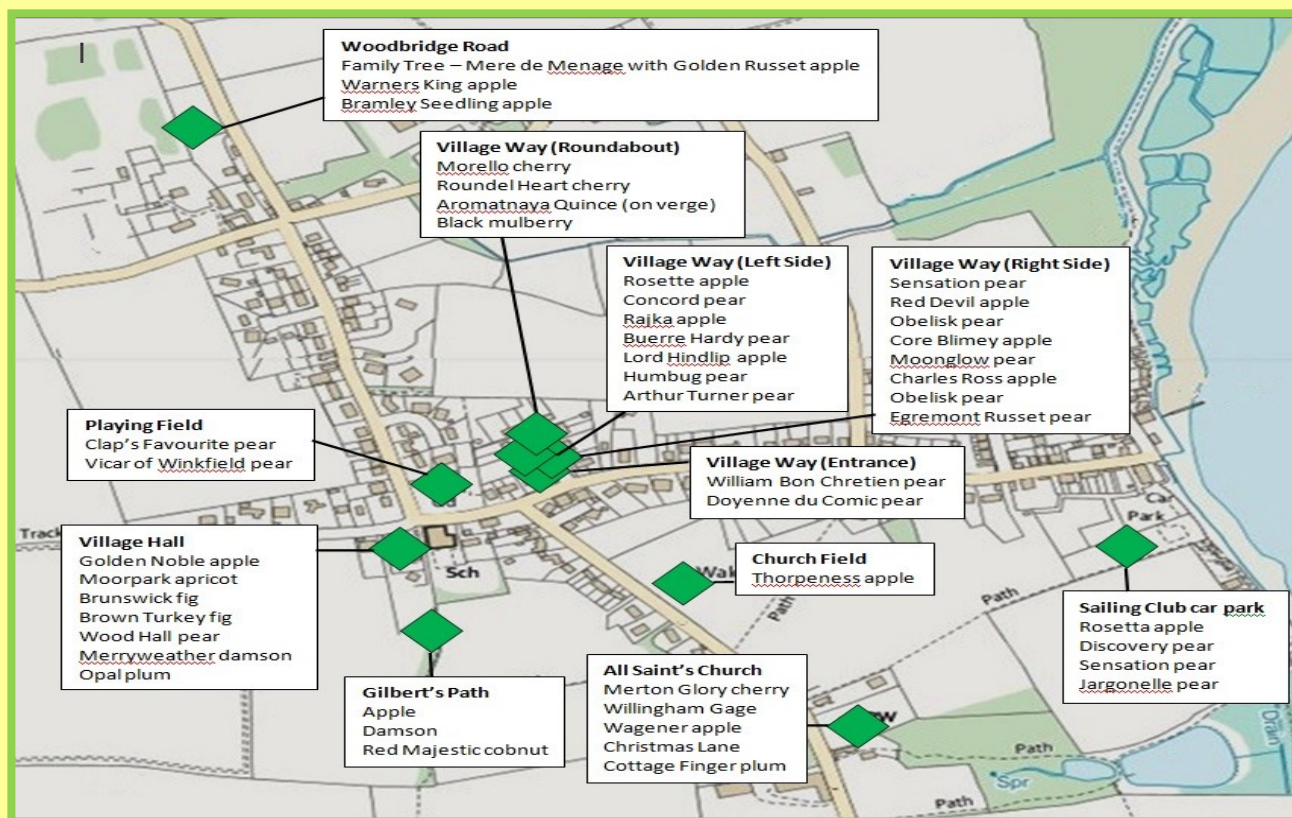
£10 per day for the press and steriliser and £5 for the dehydrator to non-members.



## The Scattered Orchard

Waldringfield Newbourne and Hemley Scattered Orchard will be a decade old next year - most of the trees are doing well.

'fruit for all for free' - please help yourselves when the fruit is ripe!



## Repair Café & Sustainability Day

Saturday 18th September 2021

10.30 – 2.30 Waldringfield Village Hall

£1 entry – in full time education free

- ⇒ **Repair Café** throughout the day. Volunteers welcome to join the team! Bring your items and watch them being fixed for a voluntary contribution: electronics, electrical, plastic welding, PAT testing, bikes, jewellery, clothes etc.
- ⇒ Ian Kay's talk on COP26 10.45 – 11.45.
- ⇒ Greenpeace talk on Palm Oil 1.15 – 2.15
- ⇒ **Stalls** showcasing the GW group's activities,
- ⇒ **Cupboard Love** packaging free supplies,
- ⇒ **Refreshments** available for conviviality!

Website: [greenerwaldringfield.org](http://greenerwaldringfield.org)



**WALDRINGFIELD GARDENERS  
VEGETABLE, FLOWER & CRAFT SHOW  
SATURDAY 4<sup>th</sup> SEPTEMBER 2021  
WALDRINGFIELD VILLAGE HALL**

**ENTRIES TO ARRIVE BETWEEN 11.00am – 12.45pm**  
ENTRY FEE FOR EXHIBITORS: 25p per class.  
1 entry per person, per class  
**Please read the rules.**

**JUDGING from 1.00pm (Closed to the public)**

**OPEN TO PUBLIC 4.00pm**  
FREE ADMISSION-REFRESHMENTS AVAILABLE

***"The People's Choice" Vote for your favourite entry in the show.***  
**AUCTION OF PRODUCE 5.00pm**





## VEGETABLE, FLOWER & CRAFT SHOW RULES

This show is open to all 'home grower' residents of Waldringfield, Hemley, Newbourne and their children. Grandchildren of residents who stay in the villages are also permitted to enter.

**Please use a separate entry form for each person.**

Veg / fruit To be displayed on your **OWN WHITE plates**, china or cardboard & **OWN TRAY**. Please label or mark your **china plates, tray & vases** on the underneath with your name or Dixiephone number. (In case of loss)

**DO NOT** put your name visibly on any item.

*If you do not wish your items to go into the auction please put 'N' on your entry form beside the class number.*

**Queries or Enquiries : Alexis Smith 736257**  
**Email: g1dik@btinternet.com**

Our **AGM** will be held on Wednesday 17<sup>th</sup> November  
Membership is £5 Nov – Oct New members welcome.

Community fruit pressing equipment is available to hire.

## Waldringfield Parish Council



After over a year of conducting our meetings using Zoom, the Parish Council has returned to the usual format: in the Kennedy Room of the Village Hall. We tried on one occasion to have a 'hybrid' meeting (a face-to-face meeting with Zoom access), but the quality for remote attendees wasn't good, and it would take a significant expenditure to improve it to an acceptable standard. The meetings are open to everyone, all are welcome, whether you wish to contribute or not. Dates for the next meetings are updated on the village website.

Many of you will have already noticed that we have a new clerk, but in case you haven't I would like to welcome **Jennifer Shone-Tribley**, who replaced Rebecca Todd in July. Rebecca was an outstanding and very popular clerk, and will be sorely missed, but I'm sure Jennifer will prove to be an excellent replacement.

I would also like to welcome our newly elected ESC District Councillor for the Orwell & Villages District Ward, **Mick Richardson**, who is replacing Melissa Allen, who resigned. Also our new SCC Councillor for Martlesham Division, Patti Mulcahy, who replaced Patricia O'Brien in May (apologies - I should have welcomed her in the June newsletter, but forgot).

For other news items, the Parish Clerk regularly updates the News area of the village website: <http://waldringfield.onesuffolk.net/news/> She also uses the Waldringfielders Google Groups email to forward information.

**Ian Kay, Chair of Waldringfield Parish Council**



## FOR PATIENTS OF MARTLESHAM HEATH SURGERY

In July, we were pleased to hold our first face-to-face meeting since the first lockdown in early 2020. It was so nice to chat in person rather than on screen and having the meeting on a sunny afternoon in my garden made it even more pleasant.

The surgery has now re-opened its door to patients and we all hope that can continue. However, the PPG is investigating whether we can find any grant money to install an intercom with an auto-release door lock, like you find in flats. This will help if the doors need to close again and for evening surgeries when there are fewer staff on site.

The appointment system is operating a 'call-on-the-day' system. We heard that this is being operated in many GP practices and is encouraged by the NHS. At our practice, on average there are 45 appointment slots available every weekday and there should be enough slots available for all those who phone between 8am and 9am on most days. Mondays can be extra busy after the weekend, so appointments that day may run out sooner. If you can wait until later in the week, you are more likely to be successful.

Important – when you call the surgery number, please don't hang up while waiting and redial, because that will cause you to lose your place in the queue.

If you have an urgent need to be seen that day because of an acute condition, and you can't get an appointment, please explain the situation to the receptionists. They will do their best to help you.

There is also the GP Plus service which allows for patients to be booked into appointments by the Surgery for out of hours at other locations e.g. in Woodbridge, Wickham Market, Felixstowe and others. Another source of help is the e-Consult service which can be accessed via the surgery's website at [mhdoctors.co.uk](http://mhdoctors.co.uk).

GP practices all over the country are finding it harder to recruit new GPs and support staff and it is no different here. Our practice is looking to recruit a Physician Associate, who will work under the supervision of a doctor to provide extra support to the medical team. The practice is also hoping to join with the Birches practice in Kesgrave to engage the services of a paramedic, who will deal with minor illnesses and some home visits. These are indications of how our practice is working hard to maintain a good service and build capacity for delivering it.

***Prue - Chair, Martlesham Heath PPG***

## A Tree Warden Writes

As usual at this time of year I will be ordering hedging plants and trees from the Tree Council who are still running a joint venture with the Woodland Trust to plant more hedges in the countryside and where possible hedge trees in with them. Anyone who would like any of these trees or some mixed native hedging is invited to contact me to see what is available FREE of charge. Last autumn we planted several sections of hedging in the Parish and most were successful. Where there have been losses the gaps will be filled in. Last year we had a very dry spring so the advice of planting before Christmas if possible holds good. The plants can then start to get established before the spring and be able to withstand some dry spells.

The Tree Wardens are linked up with the Queens Green Canopy which you may have heard about since the Queen did a tv programme with Sir David Attenborough. There is a website: <https://queensgreencanopy.org/>

*The Queen's Green Canopy (QGC)* is a unique tree planting initiative created to mark Her Majesty's Platinum Jubilee in 2022 which invites people from across the United Kingdom to **"Plant a Tree for the Jubilee."**(quote from the website). From October new plantings can be dedicated to the Canopy and plotted on the website map. There is a lot of information on this website for anyone interested and especially for schools and teachers.



***Oak Tree in our garden***

Meanwhile the tree wardens of Suffolk are continuing to grow lots of trees from seed we have collected ourselves which it is hoped will join the hedges and woods in our various parish canopies.

While some trees in the village have tree preservation orders on them (TPOs). It is the case that all trees are important and provide many benefits including every single leaf fixing carbon from the atmosphere and giving off water vapour which is cooling in summer. Even planting more shrubs and climbers in your garden increases these effects and climbers on buildings have an insulating effect the same as green walls.

***Christine Fisher Kay, Tree Warden—736384***



## Update on the Aadastral Park/Brightwell Lakes Development

Many Waldringfield residents are very familiar with the planned development of 2000 houses on land to the south and east of BT Aadastral Park, but some may not be aware of the background.



The first planning application for 2000 houses on this site was submitted by BT in 2007, to the great consternation of the residents and parish councils of the neighbouring villages. Waldringfield Parish Council played a major role in challenging this development as did the local campaign group NANT – No Aadastral New Town.

This campaign, which included several legal challenges through the High Court delayed any decision on the application for 11 years, during which time BT decided to sell the site.

In 2018 East Suffolk Council (ESC) gave outline planning permission to a fresh application from the new owners of the site, Carlyle Land. Although this application was still for 2000 houses, the design and layout had been significantly improved – the previously proposed 6 storey blocks of flats had been removed, greater emphasis was placed on the design of the “green space” and better provision for cycling and pedestrians. This outline permission, reference DC/17/1435/OUT Brightwell Lakes is still extant and the details can be found on the East Suffolk Planning website.

Three years on from the permission, the site has again been sold, this time to the construction giants Taylor Wimpey who are now planning to take the development forward under the extant outline planning consent. Some preparatory ground works are due to start later this year.

The site will be brought forward in phases with each phase being subject to individual “reserved matters applications” which will provide the detail required to discharge the conditions attached to the outline application. The reserved matters applications will go through the normal planning process which includes public consultation.

The planned first phases will include the Ipswich Rd East access road (current access to the quarry) followed by a new on-site infrastructure road and the new access road off the A12. Providing the reserved matters applications are approved, work on these roads are planned to start in August next year (2022).

The first houses will be built off the Ipswich Rd East access road (120 dwellings) and the access road off the A12 (190 dwellings). This is due to start in August 2023 with the first houses being available in early 2024.

The duration of the build is expected to be 17 years!!

Waldringfield Parish Council will continue to monitor closely the progression of the applications and the building process through the usual planning channels. In addition, WPC is represented on the Brightwell Lakes Community Forum which is made up representatives from the local parish councils, officers from ESC and SCC and Taylor Wimpey and its agents.

We will continue to respond to all the reserved matters applications as they come forward and we would urge residents to do the same so that we can maximise our influence on the nature and design of this very large development on our doorsteps.

Here are some useful links for more information:

- <https://www.taylorwimpey.co.uk/new-homes/martlesham/brightwell-lakes>
- <https://publicaccess.eastsuffolk.gov.uk/online-applications/applicationDetails.do?keyVal=ONU5TCQX06O00&activeTab=summary>

**Janet Elliot**

## Waldringfield Neighbourhood Watch



**The Waldringfield Neighbourhood Watch scheme** Email notices are now being sent out via the new Waldringfielders googlegroup at [waldringfielders@googlegroups.com](mailto:waldringfielders@googlegroups.com). This should mean that more people are being reached. There are two ways to join this group:

- ⇒ **For technically savvy Waldringfielders**, simply go to the following web address, and follow the instructions online <https://groups.google.com/forum/#!forum/waldringfielders/join>. If you run into problems, let the administrator of the email group know.
- ⇒ **For non-technically minded Waldringfielders**, Send an email to [nigel@nigelshore.com](mailto:nigel@nigelshore.com) stating that you'd like to join the new Waldringfielders email group and he'll be in touch with you.

The Neighbourhood Watch group still has a page on the Waldringfield website <http://waldringfield.onesuffolk.net/our-village/neighbourhood-watch/> where you can find lots of information about security advice, more information about different targeted schemes and who to contact for more information.

You can still send information to the Neighbourhood Watch co-ordinator by email and this address is **not** changing for now. It is [waldringfieldnw@yahoo.co.uk](mailto:waldringfieldnw@yahoo.co.uk).

## Waldringfield Sailing Club



The Centenary Year of Waldringfield Sailing Club has continued with some truly memorable events thanks to all those who helped with the organisation.

The biggest event was of course the Regatta Weekend at the end of June where we had some wonderful weather and great sailing on the top of the tide, including the superb spectacle of some of our yachts contesting a timed passage up the river.

### A yacht from the Timed Passage Race



The weekend ended with a stunning Sail Past of around 100 boats of all shapes and sizes including our local RNLI RIB. The Sail Past was followed soon after by the Yachtmans's Service - always a memorable and moving occasion.

### Sail Past



## Waldringfield Sailing Club



The Sail Past began with the dinghies and finished with the yachts.



### Wayfarer Easterns

The Wayfarer Eastern Championships returned to Waldringfield this year on the weekend of July 10th/11th. Representing seven Sailing Clubs, fifteen boats contested the event and despite poor wind on the Saturday, the meeting was a very welcome return to the enjoyment that comes from hosting sailors from other clubs – much missed in 2020.

### Hog Roast Centenary Party

Late July saw a very successful celebratory Hog Roast Centenary Party which brought together 200 Club members from several generations. The rain which was forecast held off and the Club finally started to get the feeling that we were beginning to return normal after such a difficult 18 months.

We now look forward to the next big Centenary event - The Cartoon Trophy weekend in September.

Peter Mills, Commodore WSC

*All photos courtesy of Alexis Smith.*



# paws and purrs

Dog Training Sessions  
Puppy Foundations  
Cat Sitting

Louise: 07790 282188

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

Accredited by the Institute of Modern Dog Trainers  
Trained in Canine First Aid, DBS Checked, Fully Insured  
NARPS UK Certified

**IMDT**  
INSTITUTE OF MODERN DOG TRAINERS

## Waldringfield History Group



Waldringfield History Group will soon be commencing their new season with the first meeting being held in the Village Hall (Kennedy Room), on **Thursday 9<sup>th</sup> September at 2pm**. New members are always welcome so please contact the Secretary, Jane Hall if you would like to join us at [waldringfieldhg@gmail.com](mailto:waldringfieldhg@gmail.com) and she will arrange for members to look out for you and ensure that you receive a very warm welcome.

### History Group News

Following the success of the book 'Waldringfield, A Suffolk Village beside the River Deben,' WHG was contacted by Susan Cattermole née Leech. Susan has very kindly gifted a family painting of Church Farm, Waldringfield to the History Group with a request that the painting should be hung in the village for future generations to enjoy.

Subsequently, Waldringfield History Group contacted the Village Hall Trust and would like to thank them for allowing the painting to be hung in the Kennedy Room, where the History Group has met for many years.

Susan Cattermole is the daughter of Rose Leech, née Nunn and Hugh Leech. Rose Leech was born in 1916 and was brought up in Church Farm. She met and married Hugh while he was working at Rivers Hall as a chauffeur and gardener. Following their marriage, they lived in 'The Lilacs' which was, at that time, divided into two cottages. Hugh and Rose lived in the cottage to the north side and Alfred Nunn, Rose's Grandfather, lived in the cottage to the south side.

Many more fascinating facts and stories about Waldringfield can be found in the book. There are still a few copies available so, if you would like to buy one, please contact the Group using the email address above.



*Left to Right: Marian Bradley, Secretary Waldringfield Village Hall Trust, Jane Hall, Secretary Waldringfield History Group, Phil Hall, Chairman, Waldringfield Village Hall Trust, Susan Cattermole.*

*Photo: John Nayler*

## Waldringfield Church Field Trust

The Ox Eye daisies or Moonpennies as we used to call them were splendid this year. They have spread through almost all of the field now from small beginnings and are all entirely self sown. They have been followed by lots of Yarrow flowers and such things as Hare's-foot Clover in huge quantities, all good for insects and other invertebrates.

During the summer two flower counts were taken by small groups of volunteers, who had to learn the difference between Rough Hawkbit and Smooth Hawksbeard and so on! These were submitted to Plantlife as part of the 'No Mow May' survey of lawns and meadows. The shorter grass areas for games such as cricket have now been cut both by Paul Barrel and more recently by Martin Spall, so many thanks to them.



The cuttings were all raked off by a work party of volunteers and some heaps were made under hedges to encourage slow worms and snakes. Raking off the grass reduces fertility. We are hearing more about the importance of meadows for biodiversity – it's not just about planting trees! Diverse flower meadows are homes for many insects and on a walk round the field you are quite likely to see many grasshoppers, large dragonflies and the small blue damselflies, several species of butterflies and moths plus the various birds

and signs of habitation of mice and voles, badgers and muntjac deer. Kestrels and buzzards are often seen hunting over the field.

Although there have been some dry spells everything seems to be growing quite well. If anyone would like to help on a work party please get in touch if you are not already on the list. There will be more work parties during winter.

**Christine Fisher Kay 736384**

## Greener Waldringfield



The Greener Waldringfield website [greenerwaldringfield.org](http://greenerwaldringfield.org) is now live with details of the climate emergency groups and other environment activities you can help with, in and around the village. The website, in keeping with the organisations core aims, is very low power and not associated with any large corporates, being wholly administered by volunteers and hosted within the village. The organisation is an environmental group without any political affiliation, consisting of local enthusiasts similar to Greener Fram, GreenerSax and Transition Woodbridge.

### The Great Energy Survey

What could be better than saving the planet while saving ourselves some money?



Waldringfield is lucky enough to have been selected with only three other Suffolk villages, to receive (free) professional help with measuring our carbon footprint as well as advice for residents on what we can do to improve it. Not only will this help the planet and our precious local environment, but save us all money too!

There will be a **survey**, which can be taken online or face to face through one of the volunteers who will be knocking on doors (in late September) The survey will be repeated later in the year so that we can see if our footprint has reduced.

**Please help us to make this important project a success.** Look out for more information in the coming weeks.

The help is from a federation of charities called Groundwork (<https://www.groundwork.org.uk/>) who are developing practical community action on poverty and the environment across the UK.

*For further information please : [info@greenerwaldringfield.org](mailto:info@greenerwaldringfield.org), or ring 01473 736630"*

### Greener Waldringfield Party

On the date of our usual monthly meeting (Thursday 9th September) we will be having a PARTY - to celebrate our recent achievements : the phone box grant and launching our new website to name only a few.

All welcome - bring enough food and drink for as many as are in your group. Music and dancing. **Dormers, Cliff Road 7.00pm onwards** -bring a jersey.

Open to Waldringfielders and their house guests. Please contact Betsy know if you plan to attend.

## Mill Road Phone Box



*Artistic impression of new street scene*

We are delighted to announce that Suffolk Coast and Heaths Area of Outstanding Natural Beauty have awarded a Sustainability Grant to move, refurbish and fit out the redundant Mill Road phone box. It will be moving to a new home in Village Way, on the verge adjacent to Cliff Road and No19, where it will balance the street scene complimenting the post box on the opposite side.

The phone box will become the property of the Parish Council and become a hub of information and resources for both villagers and visitors, signposting events, highlighting attractions, heritage information, walking and cycling routes, wellness activities and sustainable living etc.

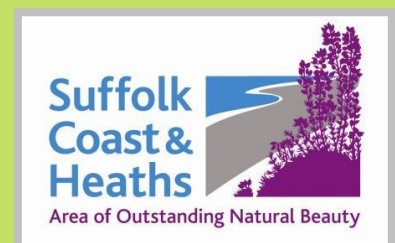
It will be leased and managed by Greener Waldringfield in line with their key objectives and working alongside the AONB team to ensure the messages support the priorities for protecting the special area in which we live and enhance the appreciation of the wildlife and their habitats with whom we share our home.



More information available on our website: [www.greenerwaldringfield.org](http://www.greenerwaldringfield.org)

If anyone is interested in joining in with the refurbishment work, please get in touch:

**Sue Quick 01473 736630 or [info@greenerwaldringfield.org](mailto:info@greenerwaldringfield.org)**







# Martlesham Climate Summit

Saturday, 25th September, 2021—10.00 – 15.30

St Michaels Church, The Drift, Martlesham Heath

## List of Talks

## List of Stands

10.00 **Introduction.** What the science is telling us and how we can all start to do something about it. Paul Whitby and Dave Green (co-chairs).

10.30 **The Climate Emergency – why it matters.** James Mallinder, East Suffolk Council Cabinet Member for the Environment.

11.15 **Biodiversity and a changing climate: examples of issues with particular reference to the Save our Suffolk Swifts project.**

Simon Hooton.

11.45 **Getting off gas: Air Source Heat Pumps (the numbers).**

Dr Phil Wallace (resident).

12.30 **Break**

13.30 **Re-wilding your garden** Rob Dunger (Felixstowe radio) & Catherine McMillan

14.00 **Saving plastic – managing a Refill shop.** Tracey Goddard, Woodbridge ECO Refill shop

14.30 **My experience with Solar PV + Battery (the numbers).**

Phil Bull (resident).

15.00 **Plenary.** Speakers reconvene for open Q&A session.

15.30 **Close**

Martlesham Parish Council

Design a 'wildlife friendly garden' competition (primary age) entries and 'have a go' on the day.

Martlesham Householders Ltd (MHHL)

Martlesham Conservation Group/Suffolk Wildlife Trust

Refill ECO shop (Woodbridge)

East Green Energy Ltd

Greenscape Ltd

Save Our Swifts (am)/Martlesham Tree Warden stand (pm)

Replacing a domestic gas boiler with a heat pump: the numbers

My experience with a domestic solar PV + battery system

Recycling challenge

Try some vegan food and recipes.

Feedback board – your comments, suggestions & ideas

**The 'Runway café' will be open during the summit for refreshments**

## Village Hall News

It has been very good to see activity increasing again at the Village Hall. Eastern Angles performed 'Red Skies' to a near capacity, socially distanced, audience on 23<sup>rd</sup> July, and since then, the Hall has hosted two weddings and, sadly, a funeral. It is heartening that the Hall is gradually returning to its central role in the community and we look forward to welcoming more events, clubs and societies back as we head into autumn.

I am delighted that the Coffee Team have agreed to restart monthly coffee mornings with the **first Coffee Morning being held on Thursday 2<sup>nd</sup> September.**

The **September Lottery Draw** will also take place 'live' at this event.

We are also looking forward to hosting the Waldringfield Gardeners' **Produce Show on Saturday 4<sup>th</sup> September** and the Greener Waldringfield **Repair Café on 18<sup>th</sup> September.**

This year, the 'new' Village Hall will be 20 years old and it is a testament to the foresight and resolve of those villagers who worked to create it. Over the past few months, the Committee have been busy working on a number of initiatives to ensure that the Hall continues to remain a valued community asset for the next 20 years. We have recently been successful in being the only village hall in Suffolk to have obtained funding for an energy audit, to be carried out in August, which will help us to become 'greener' in this climate emergency.

This year's **AGM of the Village Hall Trust will be held on Monday September 13<sup>th</sup> at 7.30** in the Kennedy Room. All are welcome.

**Philip Hall**, Chair, Waldringfield Village Hall

**For a full list of forthcoming events please visit the Village Hall calendar on [waldringfield.onesuffolk.net](http://waldringfield.onesuffolk.net)**

For more information, contact: Marian Bradley 01473 736126 or [villagehall.bookings@btinternet.com](mailto:villagehall.bookings@btinternet.com)

## Badminton

Waldringfield Village Hall—7.30 pm till late - £3 per session.

The badminton and social evening is restarting! Every one is welcome from beginners to more experienced players and I hope the evening will provide a welcome back to normal life.

First session is **Thursday , 2 September** at 7.30pm and every Thursday onwards. *Note: due to scheduling difficulties—this has moved from Tuesdays to Thursdays*

**Please contact John Nayler, 01473 736228**



## BODY STRETCH AND CONDITIONING.

A very popular class stretching to music. Suitable for all levels , men and women .

Keep supple and toned and enjoy the company of the class at the often organised coffee and cake get togethers after a class.

**Every Friday 1 till 2 pm**

**Waldringfield Village Hall**

Bring a mat and some water.

On a just turn up basis each class is £8 .

Teacher : Di Taylor BSY, BSYPT, C2GO, Exercise to music .

For more info. 07748611730



## SEATED EXERCISE FOR FALLS PREVENTION TASTER CLASS

Would you like to improve your strength and balance? Does concern about falling keep you from getting out and about?

The ActivLives charity already offers weekly classes, their "Step by Step" programme, and Greener Waldringfield has arranged for them to have a taster session free of charge in Waldringfield Village Hall (IP12 4QP) on **Monday, 6<sup>th</sup> September 2021, at 12 noon**. If there is sufficient interest, this will become a weekly class.

There is evidence that regular falls prevention exercise can help you to maintain strength, balance and flexibility that enables you to carry on doing the things you enjoy. The OTAGO exercise programme is designed to help keep you mobile, active and independent.

Specialised exercises can make it easier to get out of a chair, stay steady on your feet, improve your confidence, reduce your risk of falling and increase your ability to carry out day to day tasks for yourself.

For further information about Seated Exercise, have a look at this link to the ActivLives website: <https://activlives.org.uk/activhubs/step-by-step/>

If you would like help with transport to attend this taster session on the 6<sup>th</sup> September, please contact Greener Waldringfield via **Mary Beth Skellorn** at [mbskellorn@gmail.com](mailto:mbskellorn@gmail.com)



# IS YOUR HOME SAFE FROM FIRE?

## Safer Home Visit



Please contact us if you:

- Have concerns over fire safety in your home
- Do not have working smoke alarms
- You cannot hear your alarms at home

A **free** visit by a specialist Prevention Practitioner, Community Fire Volunteer or Operational crew. SFRS Prevention team and Firefighters are dedicated to saving lives by working with the community, discussing fire safety and offering advice to eliminate or reduce the risk of a fire occurring in the home. **Free** smoke alarms will be fitted if you do not have any.

Suffolk Fire and Rescue Service



### Customer feedback,

*Mrs B has phoned in to pass her thanks on to your practitioner for a very helpful Safer Home Visit. Mrs B said the service was excellent, efficient, and feels far more safe after the visit.*

**Call Fire Business Support 01473 260588**

### WALDRINGFIELD PARISH COUNCIL

#### Your Parish Councillors:

Ian Kay (Chair)  
Janet Elliot (Vice Chair)  
Serena Gold—Colin Reid  
Colin Archer—Chris Lyon  
Sue Quick—Joanne Doyle  
Paul Beaumont

*To contact the Clerk:*  
**Jennifer Shone-Tribley**

Low Farm, Ipswich Road, Waldringfield, Suffolk  
IP12 4QU

Telephone: 01473 736475

E-mail: [pc.waldringfield@googlemail.com](mailto:pc.waldringfield@googlemail.com)

**Next meeting: TBC, see website and notice-boards for details**

**ALL PARISH COUNCIL MEETINGS ARE OPEN  
TO THE PUBLIC**



Woodbridge Choral Society

## Messiah & Annelies

### Taster Rehearsal

Tuesday 7<sup>th</sup> September  
7.15 - 8.45 pm

Kyson School, Woodbridge IP12 4HX

### Interested in singing?

Even if you have not sung for years, you are welcome to join us at our first rehearsal of  
Handel: *Messiah* & James Whitbourn: *Annelies*.

*Annelies* is a moving work that brings to life the diary written by Annelies Marie Frank from 1942 to 1944.

Following the rehearsal, you will be able to find out more about the choir and have a chance to chat over drinks and nibbles.

*Performances will be at St Mary's Church, Woodbridge on 6<sup>th</sup> November (Annelies) and 11<sup>th</sup> December (Messiah)*

For further details, please contact Jane Hall  
([assistantvicechairman@woodbridgechoralsociety.org](mailto:assistantvicechairman@woodbridgechoralsociety.org))  
or [woodbridgechoralsociety.org](http://woodbridgechoralsociety.org)