



Find out more about the message that talented young artists Elsa Stock and Milly Ballam wish to convey on page 11.

No. 71—Spring 2021



Adieu!

I am writing to let you know that I shall not be standing in the next election, on 6th May.

I have been in local government since 1999, first as District Councillor at Suffolk Coastal DC (1999-2015), then from 2001 as County Councillor for Martlesham and villages. At SCDC I held a Cabinet position for Port Health which gave me an insight into the workings of the Port, some 15 years ago! I held the position for 4 years until I was asked to take up a Cabinet position, at SCC, for Children and Young People (2005-2009). Children and Young People was a challenging post. It still is! When I was in situ, education was conducted within a 3-tier system – primary, middle and senior schools. It was decided to bring Suffolk in line with the rest of the country and into the 2-tier system; the majority of my time was spent in going to schools and extolling the benefits of an education system that did not require three schools per pupil.



I enjoyed, very much, my year as Chairman of Suffolk County Council (2011-12). I had the tremendous opportunity to journey around the county and visit the towns and rural areas and meet the people that run and organise companies, events and their local communities. I saw first-hand the efforts many people make to bolster their establishments and society. So much is done to the benefit of society but not enough to 'show' the good. In my view, the media tend to place too much emphasis on the negative.

For the past eight years I was Chairman of the Police and Crime Panel (2013-2020), which involved meeting monthly to discuss the work of the Police & Crime Commissioner and his relationship with the Police Force.

I believe I have been most fortunate. The area that I have looked after has had its issues, notably housing at BT (which I and parishioners managed to stave off for 7 years), but with the constant interest and help from parish councils all has been dealt with tirelessly. To have parishes that are so concerned with development and wish to be involved is particularly gratifying, for residents and for councillors alike.

I'm sure it will be rather strange to no longer go to parish councils and be involved. However, I do have 12 grandchildren, mostly in the home counties, and it will be such a treat to visit them on a more regular basis, and for them to come to our home, once we get back to 'normal'.

With all my very best of wishes.

Patricia O'Brien, Retiring County Councillor for Martlesham Division

For Patients of Martlesham Heath & The Birches Surgeries

I am writing this as heavy snow is falling in early February. The good news is that the Covid-19 vaccination programme has been going very well and we thank all those at The Grove in Felixstowe, including many volunteers, who are working hard to deliver these for our patients. Thank you also to all those patients who are taking themselves or others to Felixstowe in order to receive their vaccinations.

There is also a completely separate booking system, inviting patients to visit one of the big vaccination centres now operating in Ipswich and elsewhere. These are not GP-led, so you may receive an NHS letter from that system as well as an invitation to attend The Grove. It's up to you which invitation you accept – not both obviously.

Martlesham PPG has assisted the Martlesham Heath surgery in purchasing some floor-standing social-distancing screens for the waiting room. These were kindly funded by Martlesham Parish Council. We are most grateful for their support.

Prue – Chair, Martlesham Heath PPG *(in collaboration with the chair of The Birches PPG)*



Village Hall Trust Lottery

Monthly draws have continued and results have been posted on Waldringfielders. If you would like an email with the monthly results, please let me know.

Without the monthly Coffee Mornings to meet the new residents in the village, I have not had the opportunity to explain what the WVHT and its Lottery is all about. So, I do not intend to write a long explanation now but would invite any new resident to contact me and I shall reveal all.

To all you regulars, you know the valuable contribution the Lottery makes to the finances of your village hall and thanks as ever for your continued support.

Don't forget – "You have to be in it to win it!"

Nigel King, Promoter

ngking@btinternet.com

01473 736060

07703 569364

Waldringfield



Wildlife Group

Swifts Need Your Help

Following on from the two previous swift articles in the parish newsletter, which described what's happening to our swifts and what we can do about it, we are pleased to report that the WWG Swift Project is beginning to gain momentum within the village.

Firstly, Suffolk Coasts and Heaths AONB have supported Waldringfield Swifts by providing six swift boxes for the front gable of the Primary School with an integrated call sound system and two further boxes for the front gable of the Village Hall. Headmistress, Sarah Wood, has received offers of help from pupils' parents to install the six boxes along with the integrated call sound. Hopefully, we might have similar offers for the Village Hall swift boxes.

Additionally, six swift boxes have been distributed to residents for installation and a further six boxes have been made by a resident – one of which will be installed in a significant position in lower Waldringfield, where we know swifts are nesting. It will be a significant enhancement if other residents in this part of Waldringfield followed suit, as we know that swifts nest in colonies and remain faithful to their nest sites. Adding extra nesting sites might encourage expansion of this colony.

We are also very grateful to receive financial donations from village residents which will contribute to our fund to help cover the cost of installation of the swift boxes by a tradesperson with the right equipment and insurance where help is needed.

This is the time to start putting up swift boxes and adding a call sound to call the swifts to these potential new sites for the first arrivals of the adult swifts from Africa in the first week in May. Birds occupying a new nest box or nest site in May could be experienced breeders that have returned to find that their old nest site has been blocked up or otherwise removed. Birds that show interest in nest boxes in June and July will more likely be potential first-time breeders in their 3rd or 4th calendar year. Birds of this age returning from southern Africa tend to arrive in the UK towards the second half of May, slightly later than the experienced breeders. A new nest box may attract a new pair to breed if they discover it, but the chances are greatly increased if swift calls are played at or near the nest box. Birds show interest by repeatedly flying up to the box – sometimes perching on or close to it – and then dropping away again. When they do this they are known as 'bangers'. Some bangers breed immediately, but some just take note and return the following year to breed. Calls can be played from the time swifts return in early May until the end of the month (for displaced breeders) and then again from mid-June to the end of July (for the first-time breeders). Once a nest box appears to be regularly occupied, you can stop broadcasting the calls. It's recommended that calls are played each day between 0600 and 0900 and again between 1800 and 2100. Maximum volume isn't necessary and if the weather is particularly wet or cold, there is little point in playing the calls, but however you decide to time the broadcasts, some calls are better than none at all.

A swift chick will leave the nest at just 4-6 weeks old and will then fly constantly for 2-3 years until it is time for it to nest itself. It is one of the fastest and most graceful birds that spend most of its life in flight. It feeds, drinks, mates and even sleeps on the wing, only coming to earth to breed and this is where we can help. We hope that this project will increase the numbers in the skies above Waldringfield and will go some way to helping these magnificent birds thrive.

We remain hopeful that a local tradesperson will come forward to help with swift box installation when help is needed, as they can be tricky to install in a safe way, but we do have members of the Wildlife Group who are volunteering at their own risk.

If you would like to find out more about how you can help swifts, please contact Linda Wilkins: linda.thequay@btinternet.com who can provide more information on swift call sound systems and how to set these up. We have swift boxes available for installation this year.

Linda Wilkins, Coordinator of Waldringfield Wildlife Group



Photo thanks to Swift Conservation

Waldringfield Wildlife Group Village Verges Project

In the long-ago Spring of 2020, Waldringfield Wildlife Group were planning a small exhibition and discussion day about our village verge project, which has been going now for 10 years. However, like so many things, this event in the Village Hall had to be cancelled. We still hope to be able to do this at some point, especially perhaps for those new to the village, so here is a bit of background.

Since 2008, the Wildlife Group has been working to re-introduce diversity to our verges around the village. Over 30 sites throughout the village have been involved. Some were privately-owned and others publicly-owned and managed by the Parish Council. Thousands of bulbs were planted and plugs of wildflowers were grown which were then planted out. This was funded by an annual grant from the Parish Council and also by generous contributions from members. One easy way of making a difference is to allow the grass in the verges to grow a bit longer before cutting. Many contain wild plants already just waiting for a chance to flower. Spring bulbs also need to be allowed to die down without their leaves being chopped off or the crocuses and daffodils will not flower next year. Plants flowering in the longer grass need to set seed to increase. Diversity is also aided by cutting different areas to different lengths, and at different times of the year allowing some plants to flower later in the summer.



Pheasant's eye narcissus planted on the corner of Mill Road/Cliff Road with wild buttercups and plantains supplying seeds for birds and nectar for bees.

Last February, just before lockdown, I was lucky to be able to attend a conference all about road verges held in Ipswich but with delegates from all over the country. This was organised by the Suffolk Naturalist Society. Speakers from Plantlife and other organisations were full of enthusiasm about the changes some councils had made to the management of verges, bringing back the lost wildflowers which used to appear before years of close clipping and spraying. Anyone interested in wildflowers and the environment is recommended to view the Plantlife website and campaigns at www.plantlife.org.uk

Cutting the verges perhaps once or twice a year, or not until midsummer, encourages different species to develop. It is important to remove the cuttings, as if they are left soil fertility is increased, encouraging more rampant grass growth (which leads to other species being overwhelmed). As with many things, we are all learning more about these practices as we go along. We found we can use sickles and scythes to carry out limited cutting in some areas. We are also experimenting with yellow rattle, a plant which extracts nourishment from the roots of grasses, reducing their vigour.



Verge of Ipswich Road allowed to grow during the pandemic.

As a result of Covid, many councils were forced to reduce grass cutting to protect their workforces, who were often depleted or shielding, electing to only cut roadside visibility splays and attend to major growth essential to public safety. In many places this allowed a profusion of wildflowers to flourish. Management has to follow this up by removing the long growth when it is eventually cut.

It has been encouraging that since the village verges project was started over 10 years ago, more and more privately-owned verges around the village have also been allowed to grow longer and develop wildflowers. There is now much more awareness of the downward trend in wildlife populations referred to in so many newspaper articles and TV programmes.

Anyone who would like help to make their verge more wildlife-friendly is welcome to get in touch with the Wildlife Group. We might plant bulbs if wished or support other wildflower planting projects. When we eventually get our display event, please come along and find out about more ways of helping wildlife, and perhaps join the group.

Christine Fisher Kay, on behalf of Waldringfield Wildlife Group





Will 2021 be The Year of the Allotment?

WALGA (Waldringfield Allotment & Leisure Gardeners Association) is hoping that this year we might finally live up to our name! Our group was most fortunate in hosting a Zoom talk on 'Allotments Then and Now' from Karen Kenny on Thursday 18th February.

Karen is an experienced speaker and broadcaster for local radio gardening programmes. She is involved with many environmental partnerships in Ipswich and East Anglia. Now retired eastern region representative for the National Society of Allotment and Leisure Gardens covering Suffolk, Essex, Norfolk, Bedfordshire, Buckinghamshire, Hertfordshire, Cambridgeshire and North London, and still active with the Suffolk County Allotment Association and local Ipswich management team, and latterly with Garden Organic, she was the perfect boost to galvanise us into action for 2021.

It is now over 12 years since Karen came to our inaugural meeting in 2008 and advised that we needed credibility as an organisation with 1) a bank account (with a good sum in it) – done! 2) records of continuous activity – done! 3) a regular programme of events – done! These, she said, would put us in a strong position to set up and run an allotment site.

So now, after her inspiring and entertaining talk, and more interest since Brexit and COVID changed the face of our sourcing of fruit, flowers and veg, we are feeling a renewed vigour to find a suitable site! With the benefit of Karen's experience helping local groups with training in allotment acquisition and management, and her genuine interest in supporting our group, we are ready to get going.

If you are one of the many people who have: had your name down on the Parish Council list for some time; been inspired to grow more produce in some way this last year or intend to get round to it; are eager to do something about climate change and reduce your carbon footprint; or, like me, have already madly extended and converted the existing flowerbeds into an amazing conglomeration of bulbs, annuals, peas, rhubarb, rainbow chard, runner beans, courgettes, lettuce, spinach, rocket and 5 varieties of tomato (I nearly forgot the hanging baskets of strawberries, and the enlarged and healthier compost heap) and have run out of space! – GET IN TOUCH, we need you...



Photo copyright National Allotment Association

We want our allotments to be a focal point for the village, a beautiful place where everyone is welcome to be involved, so if you are a gardener or aspire to be a grower (of any age or experience), or if you own any land in the village and would be interested to talk to us, do let us know.

Just a few facts from Karen's talk:

- *Allotment gardens relieve stress and are a proven mental health resource.
- *They are known to be the most fertile land areas in the country as they are constantly tended and mulched.
- *When well-managed, they are beautiful, ordered and organised places, full of the abundance and joy of nature.
- *They are places that ensure we eat everything and waste nothing.
- *A full-size plot can sustain a family of 4 in produce each year.
- *It is the best way to keep fit and healthy, no gym membership needed.
- *They allow us to significantly reduce our carbon footprint as we dig the soil, make compost, harvest water, encourage wildlife, share stuff, re-use and recycle, and no packaging!
- *MOST important – future generations must have the chance to grow their own food.

Please see page 10 for our Gardeners 2021 Calendar (may be printed but, to save paper, keep it on your electronic desktop!).

Please contact:

Sue Quick suequick@yahoo.com for further information
WALGA, Rivendell, Cliff Road

NB if your name is on the Parish Council list, please get in touch too, as we are not allowed to see the list for data protection reasons.



Photo copyright National Allotment Association

We welcome **NEW** members

We have a WhatsApp group

Apple press and bottling steriliser

Scattered Orchard project

Community Composting

We also have a mission to acquire allotment plots to further our yield of glorious produce!

If you would like more information or would like to join us, please contact:

Sue Quick - Chair
suequick@yahoo.com
07768586068

Betsy Reid - Secretary
betsyr.t21@btinternet.com
01473 736506

Alexis Smith - Treasurer
g1dik@btinternet.com
01473 736257

Mariah Skellorn - Scattered Orchard
mariahskellorn@hotmail.com

Linda Wilkins - Composting & Wildlife
linda.thequay@btinternet.com

RHS

Affiliated Society membership 31994874



 **The National Allotment Society**
National Society of Allotment and Leisure Gardeners Ltd



You automatically become a member of these societies, with part of the £5 subscription (due each November) and have the benefits of their magazines, insurance, legal advice and, with the NAS, access to their discounted seed scheme with E W King & Co.



W.A.L.G.A.
WALDRINGFIELD ALLOTMENT &
LEISURE GARDENERS
ASSOCIATION

**WALDRINGFIELD
GARDENERS**



We are a group for everyone who grows for pleasure or production, to share their enthusiasm and expertise. We are part of the Greener Waldringfield community, encouraging wildlife, biodiversity and co-operation in caring for our environment.



GARDENERS CALENDAR 2021



JANUARY

Hedge Heroes have planted trees and hedges during this month

FEBRUARY

Thursday 18th, 7.30 pm

ALLOTMENTS TALK BY KAREN KENNY

Zoom code will be sent out

MARCH

As and when...

PRUNING SCATTERED ORCHARD TREES

APRIL

As and when...

AD HOC - SEE MY GARDEN

Anyone with something in their garden to show off to alert of best days to see!

MAY

Monday 24th (provisional)

VISIT TO WAKELYNS AGROFORESTRY HUB

£5 per person for guided tour

Time and date t b c

MAY/JUNE

Friday 28th May through to Sunday 20th June

SCARECROWS & SUNFLOWERS

Children display their creations around the village with prizes for the most creative / best efforts

JUNE

Sunday 20th 14.00 - 18.00

OPEN GARDENS

Village Hall and gardens around the village, proceeds for St Elizabeth Hospice

JULY

Date t b c

OAK TREE LOW CARBON FARM

Wild flower meadow, free visit

AUGUST

Date t b c

RHS HYDE HALL VISIT

SEPTEMBER

Saturday 4th

PRODUCE SHOW

Village Hall (Open for entries 11.00 - 12.45 & visitors from 4pm)

OCTOBER

Sunday 31st 14.00 - 18.00

PUMPKIN PARTY & LANTERN PARADE

Village Hall to Sailing Club

NOVEMBER

Wednesday 17th, Village Hall or by Zoom

NOVEMBER

Sunday 27th 09.00 - 12.00

CHRISTMAS GREENERY WORKSHOP

Village Hall

Hedgehog Highways

Elsa and Issy Stock and Milly Ballam have been learning about how to help hedgehogs (which are now an endangered species) to survive in our village.

Their biggest obstacle is that boundary fences and walls are becoming more secure than ever, which makes it difficult for hedgehogs to hunt over a large enough area to find what they need.

The girls have discovered that we can all help hedgehogs by creating a 'hedgehog highway' and making our gardens accessible to them. This is easy to do – simply make a CD-sized hole at the bottom of a fence panel or dig a small hole under your fence.

Other ways that you can help hedgehogs in your garden are, firstly: to leave piles of sticks and collected leaves. This not only helps to make habitat for the insects and invertebrates that hedgehogs feed on, but it also can provide hibernation areas for them. You can also help by not using herbicides and pesticides, in particular slug pellets, as these will poison the food of hedgehogs and other small mammals.



A Tree Warden Writes

Tree wardens have been busy this year, in spite of lockdowns – although these have placed severe restrictions on work parties and work getting done. However, new initiatives have begun and there is undoubtedly a wider interest in trees, tree planting and the natural world.

In October 2020, the Suffolk Tree Warden Network decided to start our own mostly small-scale nurseries to grow our own trees from locally-collected seed, referred to briefly in the last newsletter. This is seen as something which will carry on into the future to preserve our local gene bank of trees. We have been collecting seed from many types of tree and stratifying them – giving them cold treatment such as being outside for a winter or two before they are checked for germination. The species have different requirements and we have been supplied with information booklets as well as soil and containers. In Waldringfield I have been able to sign up several willing tree nurses who have taken this on, as well as the reception class at the school, who have extracted seeds from berries and fruits collected locally and started them off in containers. Anyone who would like to join in is welcome to get in touch. On the broader county-wide picture there are other nurseries spread far and wide, including about 15 small ones and several larger ones and a number of schools. The funding is from Suffolk 2020 fund.

Hedge-planting continues, although unfortunately some planned work parties were prevented from happening. As Tree Warden I obtained a large consignment of trees supplied by the county in alliance with the Tree Council and the Woodland Trust. These went into several hedges around the parish and the work is ongoing. I hope we can have another work party when the restrictions are lifted. I also have spare trees if anyone is interested in planting them on their own land. They are all native trees and hedging shrubs.

*Christine Fisher Kay, Tree Warden,
01473 736384*



Socially-distanced hedge-planting on Newbourne Road

Waldringfield Church Field Trust Update

The Church Field Trust could do with more members to help run the field – we have space for three appointed from the village and at present there is only one, plus the two from the Parish Council and two from other village organisations. If anyone feels they would like to join us, the duties are not onerous – about 3 convivial meetings a year, usually in someone's house but sometimes at the field, plus the AGM at the end of November. Trustees need to be resident in the village and be over 18 years old, and sign up to the aims of the Trust. It would be useful if they could help on work parties (when we are allowed to have them again) but not essential, as there are other background tasks to be done. For example, this year we are going to be looking at some fundraising. Please get in touch for more information if you are interested.

If anyone would like to join in work parties without being a committee member, you are very welcome to, so please get in touch and we will put you on the list of volunteers. Jobs range from some pruning and clearing of excess gorse and bramble, to scything longer areas from time to time and printing off notices about dogs being kept on leads. Various jobs around the field are in line to be done by contractors in the near future, notably sorting out the car park and replacing some fence posts.

Since I last wrote in the December newsletter the hedges have been cut. The nesting season will now be starting. I did not get any photos of the snow at the field, being restricted to my immediate locality, so if anyone has taken any nice photos of the field in the snow – especially showing animal footprints, snowmen or igloos – please send along to me for publication perhaps next time (with acknowledgements of course).

Christine Fisher Kay, Chair of the Trustees, 01473 736384



Church Field, taken on 2nd January 2021

News from Waldringfield History Group



Project 2020 Vision & Book Orders

You may already be aware of Waldringfield History Group's project to create a record of life in the village in 2020. If you have not yet returned your 2020 questionnaire and family photo, there is still time. Please return all questionnaires to Deben House, Cliff Road or return electronically to waldringfield2020@gmail.com. If you have mislaid your questionnaire and would like another copy, please contact our Group at waldringfield2020@gmail.com.

Waldringfield History Group still has a few copies of its book '*Waldringfield, A Suffolk Village beside the River Deben*' available for sale. If you would like a copy of the book or further details, please contact the Group via our email address, waldringfieldhg@gmail.com

Meetings & Events

Like many village groups and societies, Waldringfield History Group has been unable to meet in person this season. Nevertheless, a series of interesting monthly meetings have been held by Zoom between November and February, and several members have carried out extensive research and presented their work to the Group. Our February meeting included a presentation of research relating to the Waldringfield World War Two Rolls of Service. An exhibition of WW2 research is planned in the Village Hall as soon as circumstances permit.

The Group meets again on **Thursday 9th September**. New members are always welcome.

For more information about membership, please contact the Hon. Secretary using the email address waldringfieldhg@gmail.com

Jane Hall, Hon. Secretary of Waldringfield History Group
Alison Videlo, Chair of Waldringfield History Group

News from Waldringfield Parish Council

For nearly a year the Parish Council has been conducting its meetings remotely, using Zoom. Whilst this has worked quite well, we hope to return to normal meetings later this year but will continue to meet by Zoom until the current restrictions are relaxed. Details of all future meetings will be posted on Waldringfielders, the village website and the PC noticeboards in the usual way, and of course members of the public are welcome to attend.

Since April 2020 we have considered 13 planning applications, far less than normal, obviously because of the pandemic (the average figure for the last ten years is just under 20 per year). We have also commented on the Sizewell C application and approximately 13 other consultations. These have included ESC's Local Plan, Government changes to the planning system, Rural Transport Strategy and many more. We have also updated our Emergency Plan and declared a Climate and Ecological Emergency. I will describe these in more detail when I produce a report for the Annual Parish Meeting, which I hope we will be able to have face-to-face later in the year.

We have bought and installed a new bench (at the end of Mill Road), and replaced the parallel bars in the playing field, in addition to the usual ongoing maintenance. We have also provided funds for the Wildlife Group, Church Field Trust, Parochial Church and Village Hall.

Finally, I am sorry to report that we will be losing our County Councillor, Patricia O'Brien, who will not be re-standing as a Councillor beyond March. Patricia has been our County Councillor for 20 years, during which time she has worked tirelessly for Waldringfield, promoting our interests at county level and helping us in countless ways. She was a joy to work with and will be sorely missed.

Ian Kay, Chair of Waldringfield Parish Council

A Brief Update on Planning

As Ian writes, the Parish Council will normally consider an average of approximately 20 planning applications a year. These will usually be within the boundaries of the Parish, as the Parish Council is what is known as a 'statutory consultee' for these applications. We are also able to comment on any application that we believe will have an impact on Waldringfield.

We do not have decision-making powers but we can provide important local information and identify where we believe the application may or may not comply with the National and District Council Policies. All of the comments submitted by the Parish Council can be read on the Waldringfield website at <http://waldringfield.onesuffolk.net/parish-council/planning-applications-for-waldringfield/>

Most residents will be aware of the recent application to develop a site for static holiday lodges and touring caravans. The site was just beyond the Waldringfield Heath crossroads and so was in the Parish of Brightwell. Nonetheless the Parish Council, along with a significant number of Waldringfield residents and visitors, felt that such a development would have a number of negative impacts on Waldringfield and its surrounding countryside and wildlife. The Parish Council submitted a robust objection to this application, citing the non-compliance with numerous planning policies. The applicant subsequently submitted new plans but has now withdrawn the application (at least for the time being).

The most significant application to affect us is undoubtedly the development of 2,000 houses at Brightwell Lakes (aka Adastral Park). It's hard to believe that this site was singled out for development some 13 years ago. At that time, the intention of the developer and the landowner (BT) was to create a very urban environment, for example the plans included 6-storey blocks of flats. The Parish Council, along with the group No Adastral New Town plus more than 4,000 petitioners, objected strongly to the location and the design of this development.

Most people will remember that the objections were heard in the High Court, where it was ruled that the development could take place. Subsequently the land was sold to Carlyle Land and a new outline planning application was put forward, which was approved by the District Council in April 2018. Although the development still includes 2,000 houses, there are no towerblocks and the design and layout of the estate is a little more sympathetic to the location.

Since 2018 there has been little or no visible activity at the site, however, the Parish Council now understands that work was continuing in the background, centring on Carlyle Land establishing Homes England support to commence early infrastructure investment. We now expect to hear shortly of further news and when delivery of the development will begin.

The Parish Council will continue to monitor the progress of the development and flag up any issues as they occur.

Janet Elliot, Waldringfield Parish Council Planning Group

Greener Waldringfield Gets Greener!

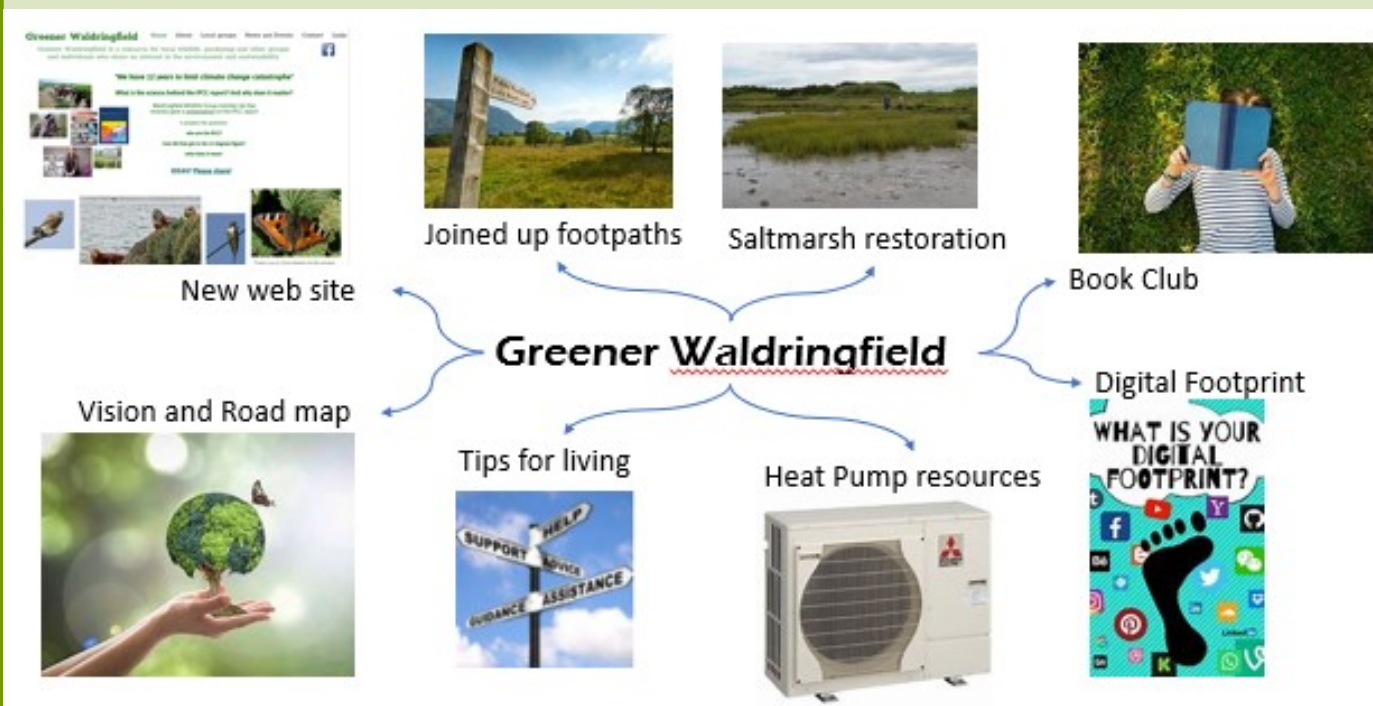


You may already know that Waldringfield Parish Council has declared a Climate and Ecological Emergency, following the majority of other councils across the country (East Suffolk 24/06/2019) and ahead of The United Nations Climate Change Conference (COP 26 Glasgow) in November this year. The Greener Waldringfield group will be working with the PC as it responds to this important agenda.

Since 2009 we have been established as a group that includes the Wildlife Group and Waldringfield Gardeners (WALGA), and includes offshoots such as Community Composting and The Scattered Orchard Project, and we are a part of PAN (Pesticide Action Network). These groups already have climate and ecological interests at the heart of their activities; you may have seen our local hedgerows being planted with new native trees and hedge plants and, now a whole year ago, you may remember the Sustainability Day with Repair Café on 29th February 2020. Flushed with the success of this event, which showcased the urgency of climate action and offered support with everything from electric bike selection to reducing waste by sharing or repairing all manner of items, we feel proud to lead on developing a strategy document for the local area. As such, at our recent meeting on 4th February, a constitution was adopted, a core group and officers elected and the treasurer was instructed to open a bank account, so that we can apply for grants and generally be more open and accountable in our new duties.

We need more people to come forward with initiatives to help with this cause – this is just the start!

We are currently working on:



If you are interested in getting involved in one or more of these areas – eg sharing your experiences of reducing your carbon emissions, becoming a Plastic Action Champion, protecting biodiversity by re-wilding part of your garden, building on some of the excellent local initiatives in East Suffolk, or just bringing your skills and enthusiasm, as “what happens next is up to us!” (David Attenborough) – please get in touch:

Email: info@greenerwaldringfield.org

Monthly Zoom meeting: second Thursday of the month at 19.30, next one 11th March. EVERYONE WELCOME!

All Saints' Church

Christmas seems some while ago now with many ultimately disappointments for many of us. Amidst the avalanche inflicted on us from all sides from the retail industry and coming to terms with not celebrating in our usual fashions, the message of hope that Christmas brings was loud and clear.

Christmas services mean a great deal to many people, and it is a time of reaching out in parishes and celebrating the message of hope and love together at services around Christmas. Our vicar, Ian Wilson, and our Assistant Curate, Sarah Jenkins, have worked tirelessly throughout all the lockdowns and beyond to bring us recorded services and messages to share on a virtual basis. A very few services with very limited permitted attendance have also taken place. We were happy that once again the children from Waldringfield Primary School wished to decorate our Christmas tree, which they did beautifully. They were able to hold their usual Christmas service in the church, sadly minus any family etc being able to attend, but did video the service for sharing with family and friends.

Sad news is that the old wooden crucifix was stolen from the altar. This was always on the vestry windowsill, but since our insurers stipulated that all brass, silver etc must be locked away when the church is not in use the wooden crucifix was kept on the altar as a focal point for visitors to the church and those who wished to use it for private reflection. The PCC is united in its determination that our beautiful church should always remain OPEN.

Glad news is that a generous family in our parish undertook to have an exact replica made in lovely grained oak. This has been placed on the altar and blessed.

Poor Henry has exploded!!! Henry has worked for many years helping to keep our church clean each week. He has been put to rest, and on valuable advice from one of our donors in the village we researched and bought a Shark upright vacuum cleaner which is ideal. The main cleaning part can be detached and used to clean in and under those awkward spaces. It isn't an easy task to keep all those nooks and crannies clean and our Shark should prove most useful.

In 2018, just over £2,000 was spent on woodworm eradication and treatment following an insurance valuation with accompanying recommendations. The technicians advised us that we should make best efforts to keep the church as free from dirt and dust as possible, so a quick replacement for poor Henry had to be found.

Funds All Saints' is maintained by a very small band of volunteers on behalf of the parish, which is responsible for the church, and which is there for all parishioners, regardless of beliefs. It will be there, and we expect it to be there, for all of us, in times of happiness and sadness. The PCC also maintains the church hall, which is normally available for a donation. We were unable to hold vital fundraising events for the whole of 2020, and 2021 looks doubtful just yet, neither has the PCC made any appeals for funds. We are a registered charity, and in common with most our income has been very seriously depleted, whilst heavy costs are ongoing. For example, in March we will be paying around £1200 for insurance renewal. Our small list of greatly respected monthly, quarterly and annual donors has been generously maintained, although three of those have been lost in the past few months due to natural causes.

If you would like to donate towards poor Henry's nifty successor or simply to ensure the survival of our historic and treasured asset, please contact our treasurer, Harriet Earle (harriet.earl@btinternet.com)

Waldringfield Parochial Church Council wishes you blessings and a peaceful and healthy 2021.



Suffolk Accident Rescue Service (SARS) is an emergency medical charity, operating in Suffolk and its border areas. Volunteer SARS clinicians provide immediate and advanced medical care to patients with serious or life-threatening conditions or trauma. SARS responders have enhanced prehospital skills and are authorised to carry specialist drugs and equipment not normally found on frontline ambulances – they can undertake procedures and provide a level of patient care that would not normally be available outside the hospital environment. Since SARS started in 1972 it has helped treat thousands of patients and saved countless lives.

SARS receives no central government funding and relies on voluntary fundraising to maintain its activity. The clinicians give up their time and provide their skills without charge. This 'donation' of time equates to many hundreds of thousands of pounds each year, and the benefit that SARS clinicians can bring to a patient in terms of life-saving interventions, relief from pain and quicker recovery times is immeasurable.

The last year has been a really challenging time but the amazing volunteer SARS clinicians gave over 6,000 hours of advanced prehospital medical care throughout Suffolk in 2020. They were called out to over 100 locations across the county, including callouts in your local area – all of this during a pandemic. And 2021 looks set to be another busy year, with SARS responders being mobilised to 100 incidents so far...



SARS is also helping combat the pandemic with charity volunteer and retired responder, Dr Andy Mason currently vaccinating staff at the West Suffolk Hospital. Andy is very keen to continue his work after the initial programme at the West Suffolk Hospital has been completed. "I would really love to continue to be part of the vaccination programme in the local community. I am convinced that this is the way forward to ensure that the country can escape from the grip of this pandemic. The vaccination programme will save lives and protect our precious NHS and I am honoured to be able to be part of that."

There are many ways you can also get involved and help support SARS this year. Please take a look on the SARS website www.sars999.org.uk/get-involved/

Or why not sign up to the SARS 999 Lottery. For as little as £1 a week you could win up to £25,000 while helping save local lives. To sign up please visit www.sars999.org.uk/lottery/

We are always keen to hear from you so please get in touch via email admin@sars999.org.uk or phone **01359 244186**. Thank you!

Join us on social media – follow us, like, share or retweet. Help raise awareness of our cause by promoting us to your social networks



How Headway Suffolk Has Helped its Community During Covid

A year on since the Covid-19 pandemic hit, this is how local charity Headway Suffolk, which supports adults living with brain injury, stroke and neurological conditions, has continued to help its clients throughout.

As the peak of the virus struck, Headway had to close its Bury St Edmunds hub, its four outreach hubs and its face-to-face support and therapy services, as well as drastically reducing the number of clients at its Ipswich hub. Like many charities, we feared for our financial stability and survival.

We saw a big increase in demand for our homecare services from Suffolk County Council to help hospitals with the discharge of patients.

To support those isolated at home, we adapted and created new services.

We implemented a virtual hub so clients could access rehab and social activities remotely and provided free devices to those who needed them. Activity books were also sent out regularly to help stimulation.

Supermarkets felt such an unsafe place to visit and online deliveries were tough to access, so we registered with the local authority to produce and deliver nutritional hot meals, as well as a food bank to supply parcels of food and essential products.

Counselling sessions moved to remote support and saw an increase as clients naturally struggled with anxiety and stress at such a difficult time. And our phones were always open to offer a friendly, listening ear.

With gyms being a no-go zone, we adapted by supporting clients at the local outdoor gym in between lockdowns so they can work on their fitness, improve mental health and play sports, such as basketball and walking football.

As things gradually began to ease, we have been able to resume some face-to-face services and clients can now get support with physiotherapy, speech and language therapy and occupational therapy.

Our Ipswich hub is now open Monday to Friday and our Bury St Edmunds hub is currently open Wednesday to Friday, but naturally many clients still feel safer at home until things improve.

We continue to operate strict procedures on infection control, social distancing, temperature checks and full PPE. Our staff team have received the first dose of the Covid-19 vaccine and will receive the second dose in April.

Headway Suffolk would like to thank everyone who supported us throughout a traumatic 2020 and has ensured we continue to survive and thrive into 2021 to support all our clients.

If you would like to support our cause, please visit www.headwaysuffolk.org.uk or see us on Facebook and Twitter as @HeadwaySuffolk.

On Wednesday 12th May, we hold our annual Neuro Conference, which will take place online and tickets are just £20 each with an impressive line-up of speakers:

Steve Thompson – England Rugby star and dementia sufferer; Dawn Astle – better safety in football campaigner; Dr Michael Grey – neuroscientist at UEA; Sam Norris – speedway rider and brain injury survivor; Dr Sajid Alam – stroke lead at Ipswich Hospital.

To book, call 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk. Details at www.headwaysuffolk.org.uk/events. Sponsorship and trade stands are available.



WALDRINGFIELD PARISH COUNCIL

Your Parish Councillors:

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

To contact the Clerk:

Rebecca Todd
5 St George's Terrace, Church Road,
Felixstowe IP11 9ND
Telephone: 01394 271551
E-mail: pc.waldringfield@googlemail.com

Meeting Dates for 2021

9th March
13th April (Annual Parish Meeting—subject to change)
11th May
8th June
13th July
10th August
14th September
12th October
9th November
14th December

Meetings are currently conducted on Zoom—joining details are published with the agenda or can be obtained from the Clerk.

ALL PARISH COUNCIL MEETINGS ARE OPEN TO THE PUBLIC

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Next Copy Date – 14th May

(for publication from 1st June)