

**WALDRINGFIELD GARDENERS
PRODUCE, FLOWER & CRAFT SHOW**

SATURDAY 10TH AUGUST 2019

**WALDRINGFIELD VILLAGE HALL
ENTRIES TO ARRIVE BETWEEN
11.00am – 12.45pm**

**ENTRY FEE FOR EXHIBITORS: 25p per class
1 entry per person, per class**

NEW this year!

There will be a table upon which you may place your surplus produce & baking to sell. All items must be marked with your name & price. You will be required to take turns manning this table for a short while between 4.00 – 5.00pm

**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

See rules & entry form inside

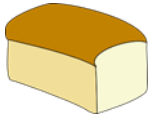


Wonderful Morris Dancers performing on the day of the Open Gardens

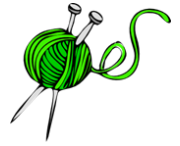


The Webber family's 'Sleeping Mexican' - one of the amazing scarecrows on display

PRODUCE, FLOWER & CRAFT SHOW RULES



Classes are open to Waldringfield, Newbourne & Hemley resident home growers and their 'grandchildren' who come to stay with them in the 3 villages. Classes open to all ages.



Please use a separate entry form for each person.

Veg / fruit / cakes: To be displayed on your **OWN WHITE** plates, china or cardboard.

ALL FOOD to be **COVERED** with plastic box, wrap, cling film etc.
DECORATED CAKES / PIES may be displayed in a clear see-through container with a lift-off lid.



Recipe for Victoria sponge: 6oz flour / sugar / butter, 3 eggs red jam only - no cream. Only a light dusting of caster or sieved icing sugar on top - no decorations.



Bread to be displayed on your own breadboard.

Please label or mark your **china plates** on the underneath with your name or phone number (in case of loss).

DO NOT put your name visibly on any produce / item.

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

Community fruit-pressing equipment available to hire.
Composting hot bins for sale.



Queries or Enquiries: Alexis Smith 736257

VEGETABLES

- V1 Cucumber
- V2 Leek
- V3 Marrow
- V4 Squash
- V5 Sweetcorn
- V6 Beans Broad-3
- V7 Beans French-3
- V8 Beans Runner-3
- V9 Beetroots-3
- V10 Carrots-3
- V11 Chard leaves-3
- V12 Chillies-3
- V13 Courgettes-3
- V14 Garlic bulbs-3
- V15 Kale leaves-3
- V16 Onions-3
- V17 Parsnips-3
- V18 Peppers-3
- V19 Pods of Peas-3
- V20 Potatoes – white skin-3
- V21 Potatoes – red skin-3
- V22 Tomatoes with calyx on-3
- V23 Tomatoes cherry with calyx on-3
- V24 Tomatoes plum with calyx on-3
- V25 Any other veg not listed above-3
- V26 Plate of 5 mixed vegetables
- V27 Tray of 10 mixed vegetables
- BH1 Bunch of 5 herbs
- BH2 Bunch of 10 herbs

NOVELTY

- N1 Longest runner bean
- N2 Heaviest potato
- N3 Funniest shaped vegetable

EGGS

- E1 Brown-3
- E2 White-3
- E3 Varieties/colours/mixed-3

FRUIT

- F1 Apples cooking-3
- F2 Apples eating-3
- F3 Pears-3
- F4 Plums-3
- F5 Bunch of grapes
- F6 Strings of Black or Redcurrants-3
- F7 Mixed fruits-5

PRODUCE

- PJ1 Jar of chutney
- PJ2 Jar of fermented fruit or veg
- PJ3 Jar of honey
- PJ4 Jar of jam - berry
- PJ5 Jar of jam - currant
- PJ6 Jar of jam - any other fruit
- PJ7 Jar of jelly
- PJ8 Jar of lemon curd
- PJ9 Jar of marmalade
- PJ10 Jar of piccalilli
- PJ11 Jar of pickled onions

BAKING

- Food to be covered with plastic wrap/cling film etc.*
- B1 Decorated Cake (decoration only to be judged)
 - B2 Fruit cake
 - B3 Victoria sponge cake: to given recipe *
 - B4 Biscuits-3
 - B5 Buns made with a sweet yeast dough-3
 - B6 Decorated cup cakes-3 (decoration only to be judged)
 - B7 Fruit scones-3
 - B8 Bread rolls-3
 - B9 Hand-made brown loaf
 - B10 Hand-made white loaf
 - B11 Cheese scones-3
 - B12 Quiche Savoury
 - B13 Raised Pork Pie
 - B14 Sausage rolls-3
 - B15 Scotch eggs-2

HOME-BREW

- HB1 Beer / Cider / Wine
- HB2 From the hedgerow / fruit juice

FLOWERS: FROM YOUR GARDEN

- GF1 Pot plant in your care (for at least 2 years)
- GF2 Pot plant grown from seed or cutting by you
- GF3 Single flowering stem in a vase
- GF4 Single rose in a vase
- GF5 Vase of cut flowers

HANDICRAFT MADE BY YOU

- H1 A short poem (maximum 20 lines) about the garden or gardening
- H2 Bees Wax item
- H3 Crocheted item
- H4 Cross stitch item
- H5 Drawing - any medium
- H6 Jewellery item
- H7 Knitted item
- H8 Needle-felted item
- H9 Needlework item
- H10 Painted picture
- H11 Paper or Card item
- H12 Pottery or Ceramic item
- H13 Tapestry item
- H14 Upcycled / Recycled Item
- H15 Wooden item
- H16 Your other handmade item

PHOTO (MAX SIZE A4)

- P1 Activity on the river
- P2 View in the village
- P3 View of the river
- P4 Wildlife in the village/river

**NB: We are using
CLASS NUMBERS this year.**

Waldringfield School Association

We had a successful Spring term of events, including the most enjoyable Easter Coffee Morning in April. Thank you for your support at this fundraiser, which raised £409.58 to be spent on the refurbishment of the school play area. We were very pleased to welcome Councillor Susan Harvey to judge the pupils' Easter/Spring greeting card competition. She also donated £1000 from her community budget for our project.



SUMMER FAIR
★★★★★★★★★★★★★★★★★★★★
SATURDAY 15TH JUNE
12 - 2 PM
★★★★★★★★★★★★★★★★★★★★
GAMES ★ FOOD ★ DRINK ★ FUN

BOUNCY CASTLES	MINI TRAIN RIDE	RAFFLES	COCONUT SHY
NERF GUNS	FACE PAINTING	WELLY WANGING	BEAT THE GOALIE
		TOMBOLA	

... AND MUCH MORE !

WALDRINGFIELD PRIMARY SCHOOL
FREE ENTRY ★ ALL WELCOME

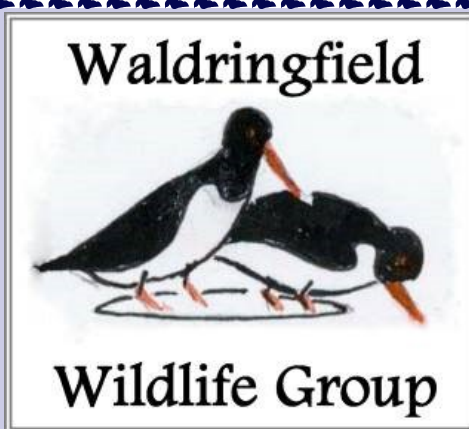
We warmly invite all villagers to our upcoming **Summer Fair** on **Saturday 15th June, 12-2pm**. There will be a variety of games, food and refreshments. We will hold a raffle of prizes donated by local businesses and our stalls will be selling items such as toys, stationery and Katie's Garden plants. We hope to see many of you there. All proceeds will go directly towards providing extra resources for the school children.

Katherine Murphy
Chairperson of the WSA

The next WWG illustrated talk is on **Saturday 8th June**, starting at 11am in the Kennedy Room at Waldringfield Village Hall. The talk, by top Suffolk forester, Gary Battell – Woodland Advisor at Suffolk County Council and winner of the 2017 Woodland Heritage, Peter Savill Award – is titled **Trees and Woodland in Suffolk and Beyond**. The talk follows on from a members' business meeting which starts at 10.00am. A refreshments break is at 10.45am. No admission charge for members; non-members £3 (visitors welcome).

9th July – field trip to Foxearth Meadows Nature Reserve for Dragonflies and Damselflies. A guided tour with Mark Prina, Reserve Manager. Arrive 10.30am.

Contact Linda Wilkins, Coordinator, via email: linda.thequay@btinternet.com



OPEN GARDENS

Waldringfield Gardeners fifth Open Gardens with the St Elizabeth Hospice was on a rather chilly Sunday 19th May, but the number of visitors was only very slightly down on last year and they were, as usual, delighted with the variety of gardens open for them. We had ten, large and small, showing many of the different ways of being a gardener. The village looked festive with the annual scarecrow display, including two recumbent Mexicans (hiding their faces under sombreros!). Sally and Holly did a scarecrow quiz, and the Morris dancers (the group Tim and Sue Power regularly dance with) stamped and jingled near the pub, again at the Village Hall and finally at Low Farmhouse.

The 'wildlife sunflowers' were a new initiative this year – Lizzie and John made 32 plywood sunflowers and 21 children from the village painted them one very wet and windy Wednesday. Each Open Garden had some positioned by a feature demonstrating how gardens are good for wildlife.

And finally the tea – Alexis and her team of 13 served over 200 cream teas throughout the afternoon!

KATIE'S GARDEN CHARITY EVENINGS

Katie's Garden charity evenings are taking place on **6th June** (in aid of Suffolk Age UK, as part of its 2019 'GardenFest') and on both **27th June** and **22nd August** (for the St Elizabeth Hospice 'Great Garden Trail'). Between 4-7.30pm there will be 'Behind the scenes' talks and tours of the growing areas, with light refreshments available. 10% of all sales will go to the charities.



RIVERS HALL SUMMER FETE

SATURDAY 7TH SEPTEMBER

Starting from 2.30pm



Summer Fete for all the family in aid of our dear little church, All Saints:
At Rivers Hall, Fishpond Road, Waldringfield.

Lots of activities and competitions for every age!

Zip wire

Races (including 3-legged and sack race)

Splat the rat

Fancy dress

Skittles and bowling

Coconut shy

Dog competitions

Plant stall

And many more fun things!

Teas and ice creams



A Tree Warden Writes



Free Trees and Hedging

In April I attended the Suffolk Tree Warden Annual Forum and Annual General Meeting at Ufford to hear of new developments in the world of trees. The meeting included an update from Edwin Van Ek, Outreach Adviser for the Woodland Trust. This year they are financing a push to plant more trees in the countryside, particularly in view of the Ash Dieback disease. Numbers of trees have been declining at an alarming rate for many years, but the likelihood of ash disease spreading and the devastation of the ash trees in the countryside may lead to an even faster loss of

trees. To this end, packs of 50 trees of a number of large growing species including oak, hornbeam and small leaved lime, are being made available to tree wardens, to plant, with landowners' permission, in suitable places in the countryside. These do not have to be by a public footpath and can be on land belonging to private individuals or other owners.

In our village you may notice many of the larger oaks trees are of similar age and are beginning to decline. The trees for future generations need to be planted now.

Existing non ash trees in hedgerows could also be tagged to prevent cutting along with the hedge, as hedge trees of the future.

Filling in Hedges

Hedgerows in general act as vital ecological resources. They form wildlife corridors, provide shelter and foraging for many species, and reduce erosion by wind and run-off.

We can also obtain packs of hedging plants in various mixes of native species, such as hawthorn, blackthorn, hazel, rose etc. Anyone thinking they may have potential to infill gaps in a hedge or a corner where a larger tree can be planted is invited to get in touch with me as soon as possible, as I need to get the order in by the end of June. The actual trees would not arrive until November when they would be planted while dormant. All the canes and tree protection tubes would be supplied.



We also heard about interesting projects in other parishes. Tree Wardens are supported by the Tree Council, which was started in 1974 as the effects of Dutch Elm Disease became apparent.

Christine Fisher Kay, Tree Warden for Waldringfield

01473 736384

Calling all Villagers and Village Landowners – let's protect and enhance our village by creating

Waldringfield Woodland

For some years now it's been my dream to plant a woodland somewhere on the outskirts of our beautiful village. We are so fortunate to benefit from the many wonderful habitats that both land donors and hardworking village volunteers have created in recent years, but woodland is the one natural wildlife habitat that we lack.

Having spoken to many residents about this plan, some have suggested planting trees in less-used corners of odd-shaped fields and replanting both hedgerows, and larger trees in hedgerows. Both of these suggestions are great ideas and things that I would very much like to do, but they don't satisfy my desire to plant a substantial area of mixed woodland. There are several reasons to go for a bigger area. Firstly, in light of last year's report from the UN's International Panel on Climate Change, stating that we have roughly a decade to significantly reduce our carbon emissions, if we wish to avert the worst effects of a temperature rise of greater than 1.5°C, I feel a great urgency to do what I can to assist in meeting this challenge, and planting lots of trees is one of the best ways that we can help mitigate for our emissions. In response to the report, many countries have set a target of planting a billion trees in the next 5 years. Sadly, we don't currently have such leadership, but that should not stop us from acting. I'm also very aware that the building of a new town on our doorstep will begin imminently, bringing with it further pressure on our environmentally sensitive and much loved AONB. If we were able to position such an amenity as a large woodland between the village and the new town, then new town-dwellers would have another close-by destination that isn't our already overly-busy village, at peak times. Perhaps the woodland could also combine a quantity of car parking space, which would lessen the traffic into the village, as people seeking a day out in Waldringfield could then easily walk into the village.

Some might argue that we should not plant woodland on agricultural land. This is an argument that I completely understand, and it is true that we will need all the land we can grow on if we are to stop importing food at a cost to our planet. However, the current national policy of allowing development on greenfield sites does mean that our agricultural land is also under threat from development – a far more permanent loss of our ability to use the land to feed ourselves.

I propose that we come together financially to buy some land upon which we can plant **Waldringfield Woodland** to protect our wildlife and our village from further development, whilst at the same time mitigating some of our carbon emissions.

I am currently talking to landowners about what might be possible, and if I come up with a solution I will be in touch to call a meeting. If you own land and are interested in the plan, or if you would like to be involved in any way, please get in touch.

Mariah Ballam mariahszellorn@hotmail.com 07709485979

A MESSAGE FROM SUFFOLK POLICE

As the days gradually get longer (and hopefully warmer!), we naturally tend to have windows and doors open more, spend more time in the garden and take time out to enjoy the beautiful Suffolk countryside. Please take every opportunity to ensure that criminals are not able to spoil your day by following a few simple steps:

- Always lock your external doors, even when you are at home.
- *Check* the doors and windows are secure before leaving the house or at night, especially doors like French doors that may not have been used for months. Don't assume another member of the household has done it.
- Don't leave keys in the locks or within reach or sight of the door or window. Make sure you have a fire plan so everyone in the house can leave quickly in the event of an emergency.
- Windows should be left secure when the room is unoccupied.
- Never leave a door or window insecure to allow a pet or family member access.
- Never leave car keys within reach or sight of the doors or windows.
- Lock cycles in a secure shed or garage. Fit a secure ground anchor and lock them to that too.
- Always lock tools away after working in the garden to prevent them being used to force entry.
- Ensure your rear garden is secure and lock gates.



Further First Principle crime prevention advice can be found on the Suffolk Police website www.suffolk.police.uk.

All Saints' Church

Easter Day The most important time in the Christian calendar was celebrated with a joyous and well-attended service, surrounded by beautiful flowers, Easter baskets and other decorations generously provided by volunteers. We all enjoyed chocolates at the end of the service.

New Books We are delighted to be using the new communion service books, which thankfully restore the traditional Lord's Prayer. The books were generously donated in memory of David Dearlove, whose family have had many years of connection with Waldringfield, and who latterly made his home here with Bridget.

Baptism The Welham family has a long tradition of weddings and baptisms in All Saints. Granddaughter Emma Adams and her husband Terry returned with their third son to be baptised. Otis Albert was christened by the Reverend Canon Ian Wilson in what the family has said was a truly happy and joyous occasion.

Weddings Emma Morton-Clements and Jeremy Doe, two of our congregation from Rushmere St Andrew, will be married at All Saints by Ian Wilson on 13th July and banns have been read for the first time. Charlotte Bland and Carl Page will be married by Ian on 31st August. We wish them much happiness.

Annual Yachtsmen's Service on the shore at 6.30pm on Sunday 30th June. The preacher will be our bishop, the Right Reverend Martin Seeley, who as of last week was unaware that he would be brought by boat in the traditional flotilla procession. The Woodbridge Excelsior Band will be playing, as ever. Collection proceeds, after expenses, will be divided equally between All Saints and Felixstowe Coast Patrol. This is a very small charity, run entirely by volunteers, to provide in-shore safety to the many visitors who flock to enjoy Felixstowe's beaches, many of whom are unaware of any dangers which might not be evident. Funds are stretched, with volunteers having to buy their own kit at around £500 each. We hope that you will support and enjoy this traditional occasion.

Damage was sustained to the church hall on two occasions in less than two months, once by unauthorised vehicles parked by the Highways Department's contractors and again by a gigantic articulated lorry and trailer "lost by satnav". Costs have to be borne by the PCC as it is not possible to prove damage, and our insurance carries an excess. If you are walking near or visiting the church and see such large vehicles using the drive, you don't have to become involved but PLEASE take a registration number.

Good news Many will be unaware that the land on which our greatly valued church hall stands does not belong to the PCC, and there has been clear danger that we could be required to demolish or remove the hall. After four years of sometimes fraught negotiation and dogged persistence, we are now on the brink of the Diocese transferring the land to the ownership of the PCC. The Deed of Transfer has, after having been rejected by the PCC on more than one occasion, now been drawn to our satisfaction, signed and returned. The transfer will take place hopefully next month which means that we should be secure. We are still negotiating with the owners of the New Rectory over maintenance costs of the shared access. Never a dull moment in the church! The PCC maintains our truly lovely and historic church and the not so lovely but oh so useful hall on behalf of the village. Enjoy the peace and tranquillity of our wonderful asset, and perhaps think now and again what you could do to help in this task.

Grant We are grateful to the Parish Council for their annual grant which is ring-fenced for the upkeep of the churchyard, and which goes a fraction of a way towards the costs.



Auction of Promises outing to Anglesey Abbey

Waldringfield Sailing Club



Coming up at Waldringfield Sailing Club – The Regatta

The annual Waldringfield Regatta will be running from the evening of **Friday 28th June** through to **Sunday 30th June**. Highlights include the infamous shore events starting at **2pm on Saturday 29th June**. This starts with the children's sandcastle-building and fancy-dress competitions. This year's fancy dress theme is "Aliens". These are followed by a series of beach- and water-based races for U13s and older! The shore events afternoon is great fun whether as a participant or just a spectator. The Sailing Club would love to see you all there.

On **Sunday 30th June**, the Regatta closes with the Yachtsmen's Service, where the Bishop of Dunwich, Mike Harrison, will be preaching. The service starts at 6:30pm. Again, everyone is welcome to participate.



Photo copyright: Alexis Smith

VILLAGE HALL NEWS

We are looking for a Treasurer for the Waldringfield Village Hall Trust. Do come and join our friendly team of volunteers who keep the Hall running. We cannot manage without you! Phone Colin on 736506 or Marian 736126 or email: villagehall.bookings@btinternet.com. Or just grab any member of the committee, we won't bite!

Our Annual General Meeting is on Tuesday 25th June at 7.30pm in the Kennedy Room. Drinks and nibbles for all attendees. If you have any points of view, please turn up. We would welcome any new members for our committee (see above!)

VILLAGE HALL TRUST LOTTERY

	March	April	May
First Prize	£46 Mary Tucker	Christine Bugg	James Weller
Second Prize	£36 Serena Gold	Ann Stock	Roy Quantrill
Third Prize	£25 Nigel King	Kevin Runnacles	Sue Power
Fourth Prize	£14 Mrs M Pemberton	John White	Robert Forsdyke
Fifth Prize	£10 Mick Lake	Norman Rea	Maggie Kershaw



The financial year for the V.H. Lottery ends with the June Draw. So, the collectors will be knocking on doors from the end of May into June to collect the annual subscription of:

£12 (12 x £1 per month per ticket – July 2019 to June 2020).

Please be aware of the valuable contribution the Lottery makes to the finances of your village hall and I hope all existing ticket holders will renew their subscription in due course.

This leads me on to prompt all those of you who, for whatever reason, are not taking part at the moment and I would ask if you would consider having a go this time around. There are a number of new residents in the village, some of whom I have seen and chatted with, but a number I have not. I would ask that you contact me by email or telephone with your interest to join in, so I can arrange for a collector to call upon you. So, thanks again to all of you who are taking part, and may I take this opportunity to thank the collectors, existing and new, for their help in doing the job they do.

Nigel King, Promoter Tel: 736060 Email: ngking@btinternet.com

SUFFOLK COUNTY COUNCIL

SEND

Suffolk, like many other local authorities, faces a large increase in demand for placements for a variety of special educational needs and disabilities (SEND). Suffolk's SEND Sufficiency Plan (2018) identified that the number of children and young people with SEND will increase by 18% between 2017 and 2020. This compares to an overall growth in the school age population in Suffolk of 4%. Working together with parents/carers, education providers, partners and children, Suffolk County Council wants to create more specialist education places. On 23rd April, Suffolk County Council's Cabinet agreed a financial investment of up to £45.6 million to support the development of a number of local specialist provisions. This will enable Suffolk children to have the opportunity to strengthen their roots within their local community. The £45.6 million investment will create over 800 new specialist education places in the county. This will include three brand new special schools and 36 specialist units attached to existing mainstream schools. A significant number of these specialist units will be opened by September 2020.



Preferred Primary School Policy

On 16th April, the council reported that it had received 7,505 applications from parents indicating which primary school they would prefer their child to be educated at in Reception for this year. Over 98.6% of children were offered a place at one of their parents' preferred schools. Some 7,037 children received offers for their first preference school and 7,403 children received an offer for one of their three preferred schools.

New School Travel Policy

September 2019 sees the implementation of Suffolk's new school travel policy for 5 to 16-year-old children. Children who will be starting at a new school in September 2019 will be eligible for SCC funded school travel when they live over 2 miles (under 8 years old) or 3 miles (over 8) walking distance from their nearest suitable school that would have had a place available for them. The new policy is being phased in to protect travel arrangements for children who are already receiving SCC funded school travel under the current policy.

Domestic Abuse Champions Network

A search is underway for volunteers to join a network of Champions to spread the message of support for those experiencing domestic abuse. The Network is looking for people who are eager to raise awareness of domestic abuse and to make changes. The Champions will provide free training to equip for skills: to spread awareness, recognise signs of abuse and share information for support within organisations and networks. Email dachampions@suffolk.gov.uk

Patricia O'Brien, SCC Councillor

STAND UP TO CANCER COFFEE MORNING

This wonderful event, featuring delicious goodies, delectable delights and a huge helping of fun, raised over £700 – well done to the organisers and supporters alike!



The next **Coffee Morning** will be held in the Village Hall on **Thursday 6th June (10am-12noon)**.

COULD YOU APPEAR HERE?

Are you a local resident with a fascinating story to share? Do you have an interesting tale to tell about Waldringfield? Or do you simply wish to impart some useful information or advice?



Contact the Clerk, who will be happy to hear from you!

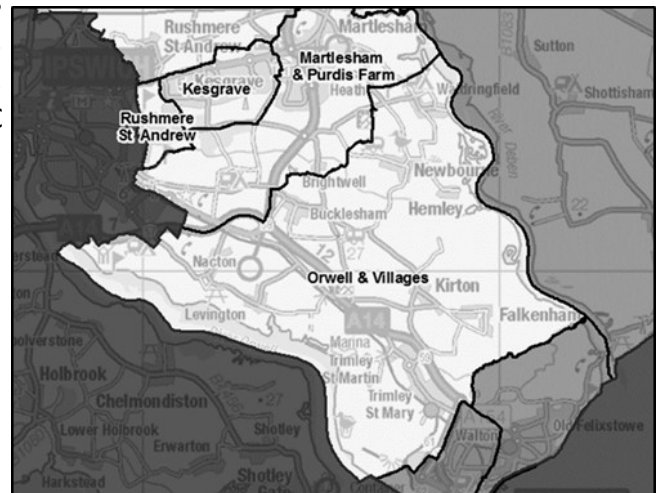
District and Parish Elections

You will no doubt be aware that we had Parish and District Council elections on 2nd May. In Waldringfield Parish there were only seven candidates for nine places, so we were all elected unopposed. Alyson Videlo decided not to stand. Many thanks to Alyson for her dedication and hard work, having served on the PC for over 20 years.

This leaves two vacancies on the PC. If you would like to contribute to the community by being a councillor, please contact our clerk, Rebecca Todd, by email at pc.waldringfield@googlemail.com or phone 01394 271551. You can find lots of information about the activities of Parish Councils, and the responsibilities of councillors, at <https://www.nalc.gov.uk/our-work/elections> and <https://beacouncillor.co.uk/>

At the District level, our member for Kirton Ward, Susan Harvey, decided not to stand, so many thanks to Susan for all her hard work on our behalf. The ward is now called Orwell and Villages (see map), and, because it is larger, has two members representing it. They are Melissa Allen and Richard Kerry, and the PC looks forward to working with them.

Ian Kay, Chair of Waldringfield Parish Council



DID YOU KNOW?

Volunteers' Week takes place every year from 1-7 June and is an opportunity to celebrate volunteering in all its diversity.

<https://volunteersweek.org/>

Waldringfield Parish Council

Annual Accounts to 31st March 2019

Notice of the period for the exercise of public rights and other information required by Regulation 15 (2), Accounts and Audit Regulations 2015.

NOTICE is hereby given that the audit of the Annual Accounts for the Parish Council has been completed.

A full set of documents is published on the Parish Council section of the website.

The Accounts will also be available for inspection by local electors for the statutory 30-day period between **17th June and 26th July**. Please contact the Clerk to arrange an appointment if required.

The Appointed External Auditors are:
PKF Littlejohn

WALDRINGFIELD PARISH COUNCIL

Your Parish Councillors:

Ian Kay (Chair)

Frances Matheson Serena Gold

Janet Elliot Chris Lyon

Colin Reid Colin Archer

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 2019

11th June, 9th July

13th August, 10th September

8th October, 12th November

10th December

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

MARTLESHAM SURGERY – PRACTICE & PATIENT GROUP (PPG) NEWS

We have been a bit quiet over the past couple of months because we've been busy welcoming FIVE new members to our group – a big thank you to all our members, new and existing. We've also been working on an exciting new project.

As a PPG, we were delighted to obtain funding to run a series of three falls prevention programmes over the next year, which could help up to 24 patients. The surgery identified those who are at higher risk of falling as a result of muscle weakness, poor balance or other long-term health conditions. The PPG then hosted an information event on 16th May to explain more about what's involved. If you were invited to attend but couldn't come on that date, it's not too late. The first programme starts in September and there will be two more to follow. If you would like to find out more, please get in touch with Lynne Marsh, Practice Manager at the surgery (email lynne.marsh@nhs.net or leave her a note with reception).

If you are interested in joining the PPG or would like to know more about what we do, please email: MartPPG@gmx.com or leave your contact details with reception marked 'FAO PPG'.

HEALTHWATCH SUFFOLK

Kesgrave High School's children will potentially benefit from changes in how their mental health and emotional wellbeing is supported, after taking part in a report released this month focusing on the challenges they face in and out of school.

Healthwatch Suffolk's "My Health, Our Future" project reveals troubling statistics surrounding body image, self-harm, self-esteem, cyberbullying, and social media use.

The full report can be downloaded directly from the Healthwatch Suffolk website at www.healthwatchesuffolk.co.uk. If your child or family feel that they need support, you can get in touch with the Children and Young People's Emotional Wellbeing Hub on 0345 600 2090, or find further contact details for information and advice for young people in Suffolk by visiting The Source at <http://www.thesource.me.uk>.

MOBILE GROCER

Sonya and Sheila bring their white van to Waldringfield every Tuesday:

11.10 to 11.30am in Sullivan Place then

11.40 to 12noon in Village Way

They are a lifeline for those residents who don't drive, so please help to keep the service going and benefit the environment at the same time. Local produce, competitive prices, no driving and plastic-free – what more could you want!

**TO ADVERTISE FOR AS LITTLE AS
£12 PER QUARTERLY ISSUE**

CONTACT THE PARISH CLERK

Next Copy Date – 16th August

(for publication 1st September)

Funeral
Services

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Here for
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26 Quayside,
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