



HARVEST SUPPER

**WALDRINGFIELD
VILLAGE HALL
SATURDAY 5TH OCT**

7pm (for 7.30pm)

**A tasty supper with musical interludes
and entertainment**

Tickets £10 (£5 for under 12s)

**Tickets available at the next two coffee mornings
(5th Sept & 3rd Oct)**

or phone Marian on 01473 736126



THE BFBBQ PARTY

Sunday 8th September, from 12pm onwards

**In the garden at Rivers Hall, Fishpond Road,
Waldringfield IP12 4QX (plenty of parking)**

In order to raise money for our church, All Saints' (an ongoing necessity), there will be a big family BBQ with lots of fun for all and a delicious Sunday lunch! BBQ sausages, burgers and butterflied lamb from Duncans. Salads and vegetarian options. Roberto's delicious ice cream, lollies and strawberries and cream. Soft drinks (free). Pimms and wine bar.

Plenty of fun for children, including a bouncy castle. Interesting stalls for all: plant stall, 'homemade' stall and 'pink elephant'. AND a mega raffle!

Family (2 adults & up to 3 children) - £35

Individuals - £15 each

Prebooked tickets will save £2.

Prebooking would be helpful, so the required amount of food and refreshments can be ordered.

Telephone: Rolls B 01473 736780 / Serena G 736437 / Margaret Q 736522 / Bridget D 736664 / Anne P 736697

Email: rab@keme.co.uk



SUFFOLK COUNTY COUNCIL REPORT - AUGUST



Communities are being invited to have their say on the **Green Access Strategy - Rights of Way Improvement Plan**. The plan, which looks at rights of way access up until 2026, details why green access is so relevant to Suffolk's population and its visitors, and it focuses on how green access can benefit quality of life.

On 10th July 2019, an event was held at one of Suffolk's most sustainable business centres to celebrate the **carbon reduction efforts** of over 400 Suffolk and Norfolk businesses. Lord Deben, founder of Suffolk's 'Creating the Greenest County' partnership in 2007, was a guest speaker. Professor Nic Bury, Professor of Environmental Toxicology at the University of Suffolk, was also a guest speaker at the event, and said: "This event recognises the excellent work businesses in Suffolk are making in reducing their carbon footprint to Create the Greenest County. These organisations are inspirational and show what can be achieved. We face numerous environmental issues, widespread environmental pollution and biodiversity loss".

On 5th July 2019, the **Ipswich Northern Route Consultation** began. Eleven drop-in sessions were held throughout July where members of the public could find out about the project and speak with the team. The three potential routes for a new east/west link between the A12 and A14 corridors are:

- *An inner corridor from Martlesham to Claydon;
- *A middle corridor from Woodbridge to Claydon;
- *An outer corridor from Melton to the A140 near Needham Market.

The consultation information and questionnaire are available at www.ipswichnorthernroute.org.uk and the consultation will run until Friday 13th September 2019.

PATRICIA O'BRIEN

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

10th September, 8th October,
12th November, 10th December

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

**Do you want to make a difference and be involved in shaping the future of the local community?*

**Are you concerned about your local area and want to support the community?*

**Do you want to represent the views of local people and ensure that community interests are taken into account?*

**Do you have time or expertise which could benefit your community?*

If so, there are currently **2 vacancies on Waldringfield Parish Council**. If you are interested in becoming a Parish Councillor, please contact the Clerk to register your interest or for more information.

PLAYING FIELD - ANY SUGGESTIONS?

The Parish Council is considering what future improvements could be made to the playing field. The purchase of any equipment and payment for the work required will obviously be dependent on funds available. With some suggestions, a budget can be agreed, reserves built up and local funding streams approached.

The playing field currently has: a seesaw, swings, a fort, a slide, goalposts, a sandpit, a stepping snake, parallel bars and a log train. There is a large free area, open for multi-use. Other playing fields have installed adult workout equipment - might this be something of interest to villagers?

The Parish Clerk welcomes your suggestions. Send them to: pc.waldringfield@googlemail.com



Emily (7 years old) and dad Alan won the RNLi race in July and the Round the Island race in June.

Photo courtesy of Alexis Smith.

WALDRINGFIELD HISTORY GROUP

The History Group will hold its first meeting of the new season on **Thursday 12th September at 2pm in the Kennedy Room.**

Meetings are held on the second Thursday afternoon of each month.

We are planning a new programme of trips and guest speakers for the 2019/2020 season and making further progress with our book.

New members are very welcome. If you would like to attend any of our meetings, please contact the History Group at Waldringfieldhg@gmail.com We look forward to hearing from you.

MARTLESHAM SURGERY – PRACTICE & PATIENT GROUP (PPG) NEWS

Update on our Falls Prevention project (last reported in June): Both of our first two exercise programmes are now full, but we still have a few places left on the third programme starting early 2020. We held an information event about this in May at the Pavilion and hope to hold another one in the autumn. If you received a personal invitation to the May event and couldn't attend, but you would like to know more, please leave a note with reception saying you'd like to attend the next one.

I am pleased to report that our recent campaign for increasing PPG membership has been very successful. We now have 10 members. This is allowing us to tackle more projects for the benefit of patients. Watch this space for updates.

At the time of writing, the practice is about to undergo a CQC inspection (similar to an Ofsted inspection for schools). The PPG will have an input into this on behalf of patients.

There is a new patient survey in the waiting room if you would like to provide feedback about the surgery. The results will be considered by the Practice and the PPG. You can also feed back your experience of the Practice via the website (www.mhdoctors.co.uk). Please tell us what is going well as well as suggestions for anything that can be improved.

PPG Chair



Headway Suffolk
IN THE MINDS

NEURO CONFERENCE

Wednesday 16 October 9.30am - 4.30pm

Ashtons LEGAL
IM **East of England COOP**
Wherstead Park Ipswich IP9 2BJ

CHRIS TARRANT
TV/Radio Broadcaster
Chris will discuss his recovery from a stroke

DR JANE HAWKING
Author, Teacher & ex-carer
Jane will talk about autism

DR HILDA HAYO
CEO, Dementia UK
Dr Hayo will speak about dementia

DR C BRIERLEY
Neurologist
Dr Brierley will perform neuro examinations

DR MR CHOWDHURY
Stroke Consultant
Dr Chowdhury will present on communication

headwaysuffolk.org.uk/events  

Tickets: £40 - call 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk

Small Changes Make a Big Difference

That is the message, as Suffolk County Council launches a new campaign looking at our relationship with alcohol.

Four short films have been produced following the stories of characters ('Billy Binge', 'Tellybox Trish', 'Big Match Barry' and 'My Time Mandy'), speaking about when and where they drink alcohol. The films cover different habits when it comes to alcohol consumption; weekend binge drinking, drinking at home, drinking as a reward, and excessive drinking to celebrate an event or occasion, such as a football match.

The campaign offers guidance and advice about how much is too much, the benefits of reducing alcohol intake and the small changes people can make to their drinking habits, which can make a big difference to their mental and physical wellbeing.

Evidence suggests direct links between alcohol and heart and liver disease, diabetes and some types of cancer. Alcohol is also highly calorific, contributing to weight gain. It can also influence the quality of sleep and take its toll on physical appearance over time.

The campaign highlights that as well as the health benefits, reducing alcohol consumption can also bring social benefits, such as being able to spend more quality time with your loved ones, saving money for something more meaningful and losing weight.

Some of the small changes suggested by the campaign are:

*Did you know that you drink more slowly when you're sitting than when you're standing? So, pull up a chair, take it easy and savour your drink.

*Rounds make it very easy to drink more than you planned. When it's your round, why not quietly buy yourself a soft drink or a lower-strength beer? You can substitute every second drink with water, non-alcoholic beer, coffee or a soft drink.

*A great way to avoid overdoing things is to drink with your main meal only. And keep that bottle off the table. Just pour one glass and put it away!



STRETCH & TONE

The Friday stretch and tone class, although extremely well attended, can always accommodate a few more. Suitable for all levels. Maybe you are recovering from an injury and need to get back into exercise or just haven't done anything lately. Do come and join the ladies and gentlemen (4 men at present), on a **Friday 1pm till 2pm, £7 per session**. Just turn up or for further information contact Di Taylor (BSY) didee33@hotmail.com 07748611730.



Waldringfield Wildlife Group

Invites you to an Illustrated Talk

Swifts—a bird you can help!

by Edward Mayer



11.00am Saturday 12th October

Kennedy Room, Village Hall

Admission: Non-members & Visitors £3

Members: No charge

Preceded by AGM at 10.00am

New members welcome - Membership £10.00

WALDRINGFIELD PUMPKIN PARTY

Saturday 2nd November 2019

3pm at Waldringfield Village Hall

Pumpkin Carving

Vegetable Boat Making

Beeswax Candle Making (for your Vege Boat)

Lantern Making

Tea and Cake

Pumpkin Prizes for Largest, Scariest, Most Unusual Pumpkins

5pm Pumpkin Parade to the Sailing Club

Send Your Veg Boat Down the River

Ghost Stories

Food at the Sailing Club: Hot Dogs and Vege Hot Dogs, Soup and Rolls, Apple Crumble

Sailing Club Bar Open

Live Music

Bonfire

£2 per family to take part

Cash only Food and Drink at the Sailing Club

Come and join our Zero Plastic Event

Contact: Mariah Ballam 07709485979



Waldringfield Wildlife Group & Greener Waldringfield News

At its July meeting, the Parish Council updated its parameters for considering planning applications to take into account recommendations from Waldringfield Wildlife Group and Greener Waldringfield. We were interested to see that later that month developers were ordered to do more to protect Britain's cherished wildlife by the Communities Secretary, The Rt Hon James Brokenshire MP (Sunday 21st July). This can only be guidance at this stage, until it has the force of law when, we hope, it is incorporated into the forthcoming Environment Bill.

For the first time the government has set out its expectations on how developers can protect specific species, including using 'hedgehog highways' and hollow swift bricks (both part of our recommendations) which are installed into the walls of new-build homes, allowing the birds to nest safely.

From submitting proposals to councils to then building new homes, house builders should think about the long-term impact of their developments on the local ecosystem, both during and after construction. This includes greater emphasis on using innovative ways to allow nature to thrive – such as drainage areas to create attractive wetlands for birds and amphibians to live alongside people.

The Communities Secretary said: 'Building the new homes this country needs must not come at the detriment of our natural heritage. It's right that as we deliver houses for people, we must also provide homes for wildlife too – whether that's for hedgehogs, frogs, newts or birds.' He also recommended more tree planting and room for meadow development.

WWG and GW have noted gratefully that the Parish Council has responded to recent planning applications explicitly quoting their new nature-protecting parameters and hope that these can be brought explicitly to the attention of builders and developers. We hope that in the future we can all work together to strengthen these.

Betsy Reid

Waldringfield Wildlife Group & Greener Waldringfield

Waldringfield Primary School has added to the things it collects for recycling: as well as printer cartridges and batteries, which we have done for some years, we now collect pens (biros, board markers, felt-tips – the lot) and crisp packets. We're happy for all of you to help!

Eco-team

'Green Day', planned for 19th October, is now deferred to late January or early February – date to be confirmed soon.

We had planned – and still plan: an electric bike workshop; a talk by Jason Alexander on his 'Rubbish Walks' (local anti-plastic campaign); a digest of the most recent IPPC report; and something on repair and exchange of clothing and sustainable fashion. The delay means YOU can be much more involved in celebrating the things Waldringfield does towards mitigating climate breakdown and biodiversity collapse and deciding how to build on them effectively to make our village more resilient. We'll arrange a meeting around mid-September to get more ideas together – please get in touch!

VILLAGE HALL NEWS

The **Harvest Supper** will be held on **Saturday 5th October**, 7pm for 7.30pm. As usual, please bring your own drinks and glasses. Tickets £10, £5 for under 12s, available at the Coffee Mornings on 5th Sept and 3rd Oct, or phone Marian on 01473 736126. Entertainment will be musical interludes and surprises. Our annual Pantomime will be held in the new year.

A new **theatrical production** is airing on **Thursday 10th October: 'Duets'** – a comedy, staged by the Horizon Theatre Group. Tickets £8. Box office: jaynelindill2@btinternet.com or telephone 07864 084423.

New **Beginners Pilates** class, starting on **Monday 9th September** at 9.30am. For more information, contact Tony Boardman on 07964 325783, or visit www.tonepilates.co.uk

Yoga is moving to **Wednesdays** 10am to 11 am. Ian Bentley, telephone 07877 358163.

Mobile Grocer On Tuesday mornings 9.50am to 10.10am Village Way, then 10.20am to 10.40am in Sullivan Place. Please support this lifeline for those residents without cars.

Mobile Library 3.15pm to 3.45pm on Thursdays 5th Sept and 3rd October in Village Way. Use it or lose it!

A Date For Your 2020 Diary!

Please can you make a note in your diary / on your calendar for 2020 for the concert I am organising on 7th March, to be held in the Village Hall. It will be performed by members of the Trianon Music Group and the profit from a (hoped for) sell-out evening will be shared between the charity FIND and the Waldringfield Village Hall Trust. If you are not aware of what this charity does, I have the following extract from their website for your information:

For nearly 30 years, Families in Need (FIND) Ipswich has offered a lifeline to people in Ipswich and the surrounding areas who are experiencing poverty and despair. We provide free food parcels and personal care items to help people get through a crisis, as well as furniture, bedding and other household items where the person or family has none.

An army of over 80 volunteers regularly give their time freely to check and sort the donated food, collect items from local stores, make up the food parcels and deliver them. It's a six-day a week operation. The demand for food parcels has risen year on year and FIND now distributes an average of 100 parcels every week and even more at Christmas – more than 6,000 every year.

I do not yet know the programme, let alone whether I shall be selected to play! For further information, do not hesitate to contact me: Nigel King, 01473 736060, ngking@btinternet.com

VILLAGE HALL TRUST LOTTERY

2019		June	July	August
First Prize	£46	Adam Sterry	Anne Parkinson	Joe Clarke
Second Prize	£36	Saskia Johnson	Julia White	Chris Williams
Third Prize	£25	Nigel Bugg	Miss E Cutting	Liz Melero
Fourth Prize	£14	John Naylor	Mark Barton	Ann Maddison
Fifth Prize	£10	Gareth Thomas	Bim Sharpe	P Lambert



The new lottery year began on 1st July – thank you to all of you who have bought a number for the year 1st July to 30th June. Please be aware of the valuable contribution the Lottery makes to the finances of your village hall and, again, I would like to prompt all those of you who, for whatever reason, are not taking part at the moment – it is not too late to join in and the old maxim applies: 'You have to be in it to win it!'

So, thanks again to all of you who are taking part. May I also take this opportunity to thank the collectors for their help in doing the job they do.

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

Winter Talks 2019-20

7.30pm in the Village Hall—Adults: £4 Under 19: No Charge

Thursday 7th November

Benjamin Britten – Life, Work and the Suffolk Coast

Lucy Walker of the Britten-Pears Foundation will give a richly illustrated talk with plenty of extracts from Britten's music.

Thursday 5th December

A History of Tea and Tea Drinking

Andy Schooler will give a light-hearted talk and there will be a chance to sample some unusual teas.

Thursday 9th January

Gallipoli

Neville Stein on why the 1915-16 campaign was fought, why it turned into a disaster for the Allies, and the extent of its immediate and wider impact.

YOU CANNOT BE SERIOUS

No, this is not an invitation to a confrontational game of tennis. Instead it is a reminder that sometime earlyish in the New Year 2020 it is proposed that those residents of Waldringfield with some sense of fun will be exposed to yet another Pantomime, probably as part of the Winter Party. Anybody out there who would like to join the usual motley group who put on these shows please, please come forward! We've become known as the Pantomimers - we are small in number, some of us are small in stature (I used to be taller but I'm now shrinking) and some say we are all pretty short in talent (well, they should try learning lines - we don't).



If you enjoy a good laugh or if you are a bit on the crazy side and if you don't mind being totally confused by the script (which is home-baked and sometimes described as 'off the wall' - as in Humpty Dumpty) - then you are just the person for us. We'll find a job or a part for anybody. Contact Gareth Thomas (01473 811745 or drgthomas@btconnect.com) before the end of October.

Previous productions: Hansel and Gretel, Humpty Dumpty Off the Wall, The Wind in the Pillows, A Ladd in Trouble, Pinot Kio, The Howl and the Puddy Tat.

Neighbourhood Watch in Waldringfield

General Reminder

There is a Neighbourhood Watch page on the village website <http://waldringfield.onesuffolk.net/our-village/neighbourhood-watch/> which has useful information about schemes which may help you to protect yourselves and your property. If you wish to join the Waldringfield NW emailing service you need to download a registration form from this page on the website and send the completed form to: waldringfieldnw@yahoo.co.uk. You will then receive an invitation to join.



Rogue Trader Alert

Three vans have been reported calling at doors in Mid Suffolk and Ipswich, attempting to sell teak garden furniture, using aggressive tactics. The vans were reported in Hemingstone, Pettaugh and in the Whitton area of Ipswich. The traders state information such as having garden furniture 'left over' from a trade show, or an unwanted delivery of furniture etc. Trading Standards advice is not to buy, and to report any approach from such traders to them via 03454 040506.

Suffolk Trading Standards are providing the following top 10 tips on how to deal with doorstep sellers:

1. Never sign or agree to anything on the spot.
2. Check the trader's identity. Always ask for an identity card and look up the organisation to check the salesperson's identity is genuine.
3. Be wary of special offers or warnings about your home.
4. Always shop around for the best price.
5. Read the small print. Always read documents carefully before you sign them and make sure you fully understand your rights.
6. Double check the facts. Make sure you fully understand the total costs of the transaction –including estimates, delivery and installation and the arrangements for after-sales servicing.
7. Talk to someone you trust for a second opinion.
8. Don't hand over a cash deposit. Avoid handing over money before work is started. A reliable trader will never ask you to do this.
9. Think very carefully before you agree to a trader starting any work straight away. If you agree to have any work done or goods delivered within the seven day cooling-off period, you may have to pay if you later change your mind and cancel the contract.
10. Trust your instincts. If it sounds too good to be true, it probably is.

Know your rights around the law and cold calling doorstep traders

If you pay or agree to pay over £42 for any services or goods that are sold to you in your home, then:

- you have 14 days to cancel the agreement. If you cancel, any monies that you have paid should be returned to you
- the trader must give you a written notice of your cancellation rights when you agree the contract. If the trader doesn't provide you with this information, they commit a criminal offence. This protection applies even when you invite a trader to your home.

Although doorstep calling is not illegal, the law states that a trader who ignores a resident's request to leave and not return commits a criminal offence. Any trader that puts you under pressure by suggesting you have to make a decision there and then, or that the 'special price' is only available for a limited period in order to make you sign up, may be committing a criminal offence. Doorstep traders are trained in sales techniques and can be very persuasive. Be very wary of signing anything as you may give up your rights to cancel. Our advice is to always say "No thank you – please leave" and then immediately close the door. If the trader won't go away, tell them that you will call Suffolk Trading Standards. If you feel under real threat or in danger, you should contact Suffolk Police.

Drivers Targeted with Fake Fines

Action Fraud has received an increase in reports and intelligence where elderly victims are being targeted by individuals purporting to be police officers or traffic wardens. The victims are being approached whilst parked in a car park and are told by the suspect that they have parked illegally or broken a speed limit and a photo has been taken of their car for 'evidence'. Victims are advised that they will face a substantial penalty fine unless they pay a smaller upfront fee immediately. Victims, who opt for paying the smaller penalty, will be directed to a parking meter and asked to enter their card and PIN. These parking meters have been tampered with by the suspect in order to retain the card. Once the victim inserts their card and are asked for their PIN, the victims are shoulder surfed for their PIN by the suspect. Once victims input their PIN, the card is retained by the machine and victims are told by the suspect to seek help from the company who operates the parking meter or their bank. What you need to do

- If you are suspicious about the authenticity of the fine, do not pay it until you have verified it with your local council.
- Always shield your PIN from view when using an ATM machine, and never share your PIN with anyone.
- If your bank card is retained by an ATM machine, contact your bank immediately to inform them.

Credit Card / Bank Fraud



Have you been called by someone purporting to be from your bank or credit card's Fraud Department? Action Fraud has received a number of reports of residents receiving calls stating that there is a problem with the account, or there has been suspicious activity on their account. On each of these occasions the caller has attempted to obtain personal information.

- Banks will never ask you to transfer money into a 'safe account'.
- Banks will never ask you to reveal personal information including your PIN, or passwords for online accounts.
- Never be persuaded to download any software or visit a site because someone on the phone has told you to.
- If a call seems suspicious end it immediately. Don't be afraid to hang up if you feel you're under pressure.
- Check statements regularly for transactions that you do not recognise.

If you have received a call report it to Action Fraud on 0300 123 2040 or online here: <https://reporting.actionfraud.police.uk> If you have given out your personal details, or transferred any money, contact your bank or credit card company immediately. Use a different phone, or ensure you wait 5 minutes for the line to clear before calling your financial provider.

Funeral
Services

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Here for
you every
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26 Quayside,
Woodbridge

01394 647909

www.eastofengland.coop/funerals



WALDRINGFIELD GARDENERS

Thank you very much to all those who supported the Waldringfield Gardeners Produce, Flower & Craft Show. It was lovely to see some new faces there, some of whom were winners, so well done. We hope to see more of you entering next year. The overall winner was John Smith, closely followed by Michele Pierce and Chris Lyon. Our Junior expert was Bea Quantrill, excelling with her decorated cupcakes again.



Photo: Keith Pierce

If there are any other classes which you would like, please let us know asap before we plan next year's schedule. Also thank you to all our helpers and bakers – without your assistance the show would not have been possible

Forthcoming Events

Sat 2nd Nov Pumpkin Party 3.00pm @ The Village Hall, followed by Pumpkin Parade to the beach @ 5.00pm. Details Betsy Reid 736506 betsyr@talk21.com

Wed 27th Nov AGM & seed swap, with mulled wine & mince pies. 7.30pm @ Dormers. Details Keith Pierce 736443 keithpierce1000@hotmail.com

Sat 30th Nov Christmas Greenery Workshop 9.30am @ The Village Hall. Details Alexis Smith 736257 g1dik@btinternet.com



COFFEE MORNINGS

Thursday 5th September

Thursday 3rd October

Thursday 7th November

10am-12noon



A wonderful photo, courtesy of Alexis Smith.

**SEE YOUR ADVERT
HERE**

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

CONTACT THE PARISH CLERK

pc.waldringfield@googlemail.com

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