



No. 66—Winter 2019



Waldringfield's

**CHRISTMAS
ARTISAN FAYRE**

Join us for our luxury Christmas Fayre: bringing together local artisans & crafters, offering a unique range of gifts for Christmas...

- Handmade Jewellery • Luxury Crackers & Cards • Textiles
- Wooden & Leather Gifts • Pottery & Pyrographics

**SATURDAY 7TH DECEMBER • 10-3PM
VILLAGE HALL • IP12 4QP • £1 ENTRY**

Visit our Food Hall for quality local produce & Christmas Hampers. Refreshments from the WI.

Waldringfield Church Room Craft Group

Christmas Coffee Morning

Monday 2nd December

10am-12noon in the Church Room

Raffle – large hamper of Christmas goodies to be won

Craft, decorations and cake stall

£1 entry includes a drink, mince pie or cake

All proceeds to St Elizabeth Hospice

Everyone welcome – come and join us for a relaxing morning.



For further details, contact Margaret or Sheila 736522 or 736268.

ALL SAINTS' CHURCH

For **Harvest Festival** our church was decorated in traditional fashion. For the second year we invited contributions from the village for Ipswich FIND (Families in Need). Generous gifts were displayed amongst traditional harvest fare – different ways to celebrate and share the goodness of the earth. We were able to deliver four large boxes of non-perishable foods and other necessities, plus three boxes of fruits and vegetables. A letter of thanks from a Trustee of FIND has been shared on Waldringfielders, a copy of which is on the church noticeboard.

Suffolk Historic Churches Trust annual Ride and Stride on 7th September was locally well supported by walkers, cyclists and generous sponsors due to the efforts of village organiser, Margaret Quantrill, and her band of helpers. We have just received a share of net county proceeds of £607.50 for All Saints. The Trust benefits all county historic churches in need of financial support for essential repairs and restoration. Thank you all who supported in any way.

Remembrance Service on 10th November was well attended and the collection of £81.50 will, as has been our custom for the past few years, be donated to the Woodbridge branch of the Royal British Legion. (Local donations to local people within the Poppy Appeal.) The marvellous simplicity of our church is always emphasised by the displays of remembrance poppies, which this year included a good many crocheted and knitted by Waldringfield residents. If you missed this, have a look at our own village Roll of Honour in brass on the north wall of the church. Similarly, if you missed donating to the Poppy Appeal, it's not too late. Just pop your donation in one of the blue envelopes next to the donations box just inside the church door – be sure, please, to write "RBL" on the envelope to ensure the right destination.

Thanks to the **Waldringfield Craft Group** which has generously donated £100 towards the on-going task of maintaining the church hall. The group meets on alternate Monday afternoons in the hall. Ask Margaret Quantrill or Sheila Payne for details. The group will be holding its annual coffee morning in the church hall on Monday 2nd December from 10.00am until 12.00noon. There will be a splendid hamper to be won, and as usual all proceeds will be donated to St Elizabeth's Hospice.



Waldringfield Churchyard. Thanks to three older parishioners who, without any ado, have undertaken two very large tasks in the churchyard – clearance and disposal of the enormous pile of accumulated rubbish, and clearance and ordering of a large patch on the right of the church path. They have been thanked individually, but we should all be mindful of the need to keep this wonderful and peaceful place in as good an order as we are able. The 'usual suspects' to whom it falls to do this work are most grateful. Our annual maintenance costs are huge and really only cover basic essential work from March until the end of November.

Work at Deben View. We are pleased to report that the PCC has put some effort into establishing a good working relationship with the new owners, which extends to the architect and the builder. Amicable agreement has been reached with regards to the shared access to church, hall and new property, and the shared upkeep of this access. In order to maintain this good relationship and our legal requirement, we must ask that visitors to the church hall and churchyard do not at any time block this access from the road to the edge of the new property.

Thanks to Donors. The PCC acknowledges and sends grateful thanks to all those who contribute financially to the upkeep of our historic church. Our unique and precious village asset would not survive in present form without you and your generosity.

Save the Date! FRIDAY 24TH APRIL. Good news! Our industrious fundraising group will be staging its celebrated biennial **Auction of Promises** in the Village Hall. Lots of time for us to think about what we could offer in terms of promises and to look forward to a very enjoyable evening.

Christmas when the traditional decorations by a small group of ladies are so much enjoyed by visitors to the church. These bring the Christmas message loud and clear as soon as the porch door is opened. A good point at which to send thanks especially to Jackie Brinsley and Anne Maddison for many years of truly beautiful displays. This year the children of Waldringfield School have been invited to contribute to the displays.

December services will be published on Waldringfielders throughout the month.

8th Evensong at 6.30

15th Holy communion at 9.00

22nd Carol Service at 4.00. There will again be a visit by the choir which has been so well received in previous years. After the service everyone is invited to the church hall for wine, soft drinks and small "eats". Last year supplies just held out so we will make sure that we are well provided, and the heating will be on!

24th Midnight Holy Communion from 11.30

25th Christmas Day Happy Half Hour at 10.00. Last Christmas Day the church was full and lots of small children added to the joy.

29th United Benefice Service at Falkenham 10.30.



Waldringfield Parochial Church Council wishes you a happy Christmas and a peaceful new year.

Waldringfield
BAPTIST CHURCH

LOVE CAME
DOWN AT
CHRISTMAS

www.waldringfieldbc.org.uk

Waldringfield
BAPTIST CHURCH

Sunday 15th December, 6pm
Christmas Lights Carol Service
(with hot mince pies & sausage rolls)

Sunday 22th December
Christmas Nativity Family Service 10:30am

Christmas Lights Carol Service 6pm
(with platefuls of mince pies and sausage rolls)

Christmas Day Service, 10:15am - 11am

www.waldringfieldbc.org.uk
or call 01473 736 285

Find us on:  



Waldringfield Primary School

Preparations are now well underway for our Christmas events. You and your extended families are warmly invited to our Christmas Fair, which will be held in the Village Hall on **Friday 7th December** from 3.15-5pm. As usual, there will be a range of stalls including games, crafts, gifts, sweets and refreshments. There will, of course, be an extra special guest in red... Children can meet Father Christmas in his grotto and receive a small present.

The school Nativity Play will be held on **Tuesday 10th December** at 2.30pm in the Village Hall. The WSA will be providing refreshments and we invite everyone in the community to attend.

We do hope you will join us for these special upcoming events. Your company and support is very much appreciated.

Katherine Murphy, Chairperson of the WSA

MEET ME IN MY GROTTTO

**You are invited to our
Christmas
Fair**

**Friday 13th December
3.15 - 5.00pm
Waldringfield Village Hall
Games - Gifts - Grotto
Raffle - Refreshments**

**FREE
ENTRY**

Made with PosterMyWall.com



Katie's Garden is selling cut and pot-grown Christmas trees and seasonal wreaths again this year. There is free local delivery for orders placed up to 18th December! The nursery is open every day up to and including Sunday 22nd December, 9am to 4pm Mondays to Saturdays, 10am to 4pm Sundays. We will be closed on 23rd and 24th December, reopening in the New Year.

For Christmas tree prices and details of all our other seasonal ranges, please call us on 01473 736717, see katiegarden.co.uk or Facebook. Thank you for your custom during 2019!

Christmas Carolling Thursday 19th December

Meet in the Maybush at 6 for 6.30pm, followed by singing through the village led by musical maestro Neil Cawthorn. Coming to rest in the Kennedy Room at the Village Hall, there will be delicious homemade soup, festive mulled wine and mince pies (and maybe more singing!). Should you wish to continue the merriment then please BYOB! To share the cost of the hall and victuals, we would ask for a contribution of £5pp (children free). If you're unable to join the carolling, listen out for angelic singing if you prefer to stay warm and snug in your home! Collection proceeds will go to homeless charities.

A cartoon illustration of two children in winter clothing. The boy on the left wears a red hooded hat with holly leaves, a green jacket with a red bow tie, and green pants. The girl on the right wears a green and white striped hat with holly leaves, a red and white checkered scarf, and a green dress with a red and white checkered skirt. Both children are holding an open book and appear to be reading or singing. The background has small white circles representing snow or bubbles.A photograph of a festive Christmas coffee morning spread. It features a glass of mulled wine with cinnamon sticks and orange slices, several round cookies, and white snowflake decorations on a wooden surface. The background is decorated with holly leaves and berries.

The **Christmas Coffee Morning** will be held in Waldringfield Village Hall on **Thursday 5th December** from 10am-12noon. In addition to the usual tea/coffee and cake to purchase, there will be a free glass of mulled wine or cider, and a mince pie, for each person attending (as long as stocks last!). We will be having our popular 'hamper raffle'. If you would like to contribute anything for the hamper, this will be very welcome. The cut-off date for donations is 1st December. We look forward to seeing you there.

Jingle bells, and kind regards, Chris Lyon – on behalf of The Coffee Morning Team
01473 736291

Waldringfield Wildlife Group

Invites you to

An Illustrated Talk



BIG GULLS NEED FRIENDS

By

STEVE PIOTROWSKI

Saturday 14th December at 11.00am

Kennedy Room, Waldringfield Village Hall

Admission: Non-members & Visitors £3

Paid up Members no charge

Preceded by a Members' meeting at 10.00am (prompt start).

New members welcome (Membership £10)

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

Enquiries: Linda 736044 or Anthony 736740

Allotments in Waldringfield

In the past there have been several allotment sites in Waldringfield, but sadly now there are none. Allotments are great for wildlife, encourage community spirit and healthy exercise, and of course provide cheap and packaging-free tasty fresh fruit and vegetables.



As you may know, the Parish Council is required to seek to provide allotments if there is sufficient demand from parishioners. In the survey for the 2014 Parish Plan, 30 people said that they would make use of an allotment if one were available, and the Parish Council has had 13 direct requests for allotments, so there is clearly a demand.

In co-operation with WALGA we have done some initial investigations, but so far haven't managed to find any sites in or near the village that landowners would be willing to rent. The requirements are:

- *6,000 to 9,000 square metres (1.5 to 2.2 acres) without a community orchard, 14,000 square metres (3.5 acres) with a community orchard. Obviously the size would, to a large extent, depend on the location.

- *Access to mains water.

- *Vehicular access.

Although purchase is theoretically possible, a more likely arrangement is rental, at agricultural rates. An agreement would have to be drawn up between the landowner, the Parish Council and the Allotment Association. These are normally for extended periods, such as 14 years, with options to renew or, if the arrangement is terminated, the land would be returned to the owner in its original condition. All legal and other expenses would be paid for by the Allotment Association, with possible help from outside sources of funding.

If anyone owns land they would be willing to consider renting for allotments, or knows anyone who might be interested, please contact either the PC's Clerk, Rebecca Todd (see contact details on back page) or Betsy Reid (736506), who will be able to provide more information.

Ian Kay (Chair of Waldringfield Parish Council)

Recycling

Earlier this year, the Suffolk Waste Partnership removed cartons and Tetra-Paks from the list of materials that can be placed in household recycling bins. New industry regulations require cartons to be sorted separately from cardboard and it has been decided this is not a viable option. Cartons can still be recycled by taking them to any of the 11 Recycling Centres in Suffolk.

Here is a handy guide about exactly what Suffolk residents can place in their recycling bins:

<https://suffolkrecycling.org.uk/my-bins/what-can-i-put-in-my-recycling-bin-at-home>

The wider Suffolk Recycling website is an excellent and reliable source of information about recycling and waste in Suffolk.

If you have considered home composting, Waldringfield Community Composters still has a couple of Hotbins for £60 each (retail at near £200) and lots of bokashi bins for those adventurous enough to try something new! Lots of friendly help and advice available!

A Tree Warden Writes

As a result of the recent call to plant trees and hedges I am expecting the delivery of a large amount of hedging and about 40 trees to the village at the end of November. There will be some work parties taking place with dates yet to be confirmed. Anyone who would like to help with hedge planting is invited to get in touch so that when dates are confirmed you can be kept informed. Also, anyone who can fit in a tree or two on their land, perhaps in a hedge, is invited to get in touch – these are trees such as oak, hornbeam, small leaved lime and field maple. These plants are all supplied by the Woodland Trust who are working together with the Tree Council to improve the poor state of tree cover in Britain.



Church Field in 2005 with newly planted hedge and trees

Christine Fisher Kay 736384

Waldringfield Church Field Trust: Update

The AGM is coming up but by the time you read this it may be over! It's on **Monday 2nd December** at 7.30pm in the Village Hall Kennedy Room.



We had a good work party on 8th November when bramble was removed from the top end of the field (see accompanying photo). There will be another work party on **Tuesday 10th December**, aided by volunteers from the Suffolk Coasts and Heaths AONB. We hope to reduce some of the exuberant gorse at the top end, as it can die off if it gets too big. This will be prickly work so bring strong gardening gloves or gauntlets and wear stout clothing. The AONB helpers will be there from 10am until 3pm and we will use the Church

Room for lunch. Village volunteers may come for as long or as little as you like. Other tasks on offer will be reducing the bramble where it isn't wanted and perhaps some scything. Both gorse and bramble are very good for wildlife, with bramble being the food plant for many butterflies and moths and a good nectar source for bees too, as is gorse, however the low input grassland is also very important at Church Field, so a balance has to be maintained. As the soil is poor and it receives no fertiliser it encourages a wide range of different flowering plants and grasses which have arrived spontaneously.

Also, recently a huge variety of fungi has sprung up – from fairy rings to various boletus and the edible field mushrooms and puff balls. However please don't eat them unless you are really sure of identification. There is lots of fruit such as wild apples, guelder rose berries, hazel nuts and rose hips all of which we hope will help the wildlife through the winter. There are signs of rabbits, which are welcome as they are now also under threat, and badgers, which seem to do rather well in Waldringfield.

The football goal net has been replaced and a new basketball net was also installed. The grass in the playing area and footpaths has been kept cut through the summer by Paul Barrell who manages to keep the old mower running (touch wood!).

As usual, anyone interested in taking a turn as a trustee, or volunteering with work parties, is invited to get in touch.

Christine Fisher Kay – Chair of the Trustees (at present) – 14.11.2019

Tel: 736384

Hedgehogs in Waldringfield 2019



Mill Road hedgehog
Photo by Jan Kelly

There have been a few reports this year of hedgehogs in gardens in and around the village. On 21st May a dead hedgehog was found on the road near the playing field. A hedgehog (live) was seen not long afterwards in the same area. In June hedgehogs were reported, one in a garden on Cliff Road and another at Japonica Cottage. 3 hedgehogs were regularly visiting a garden on Mill Road for food in July. On 25th August (the night of the big thunderstorm) a hedgehog was seen near the beach huts. Signs of hedgehogs have appeared in the garden at Dormers (droppings). Through October and November hedgehogs continued to visit Mill Road. Given that hedgehogs regularly travel 1-2km in a night these may be the same individuals but as they are a bit spread out it seems more likely that we do still have a small population of hedgehogs in and around the village.

It would be useful if sightings were reported to our recorder, Pam Crawley (736636). It seems we often find out about the hedgehogs in conversation and they have not been reported by the person who saw them. We probably need to publicise more decisively efforts to keep track of where hedgehogs are, whether they are breeding and ways of improving their environment. Several hedges have been replaced by what look like impermeable fences and at the very least these could have hedgehog holes (13 x 13cm) made for access.

According to the People's Trust for Endangered Species, the decline of hedgehogs in urban spaces shows signs of being halted but in agricultural areas it continues to be serious. They believe that publicity and action by individuals is helping hedgehogs in gardens but the lack of foraging areas in the countryside, due to removal of hedgerows and large-scale use of pesticides (which destroy their food), are likely reasons why hedgehogs are not bouncing back.

Hedgehogs need to range widely to find the correct food (invertebrates) and water, and to find a mate. The People's Trust for Endangered Species website (PTES) has a number of really good advice booklets, such as this one: Hedgehog ecology and land management (for land managers) which is 20 pages of good advice. <https://ptes.org/wp-content/uploads/2019/02/HEMP.pdf> There is an interactive map – the Big Hedgehog Map – which Hedgehog Street is managing in collaboration with all the other groups, where hedgehog sightings can be logged. There are currently about 9 sightings showing in our parish area, but it is not clear when these were added, presumably this year. Hedgehog Street also has lots of information, as does Suffolk Wildlife Trust. The following link is to a poster describing gardening to help hedgehogs (and other wildlife) on the SWT website: <https://www.suffolkwildlifetrust.org/hedgehoggardening>

Christine Fisher Kay 12.10.19

A Few Hedgehog Tips for Autumn

Tip 1: Linking up Gardens

Hedgehogs keep active into November and December. Make sure they have access to all our gardens by linking them up with, for example, a hole of 13cm diameter in a fence.

Tip 2: Avoid Casualties

- Before lighting a bonfire check for any hedgehogs who may have made it their home. Preferably light the fire in a different spot from where you collected the wood etc. and add the material to it bit by bit.
- Check that there is an easy way of climbing out of a pond if a hedgehog fell in.
- Check any long vegetation before strimming, as strimmers can cause horrible injuries to hedgehogs which may be hiding in the undergrowth. Also leave some undergrowth for them to hide in.

Tip 3: Leave Leaves

Hedgehogs need a lot of leaves to line their nests and insulate them through the winter, so piles of leaves they can access or collect are important.

Tip 4: Check out Websites

Hedgehog Street has some great videos of hedgehogs and lots of information. Also see Suffolk Wildlife Trust for information.



NEWS FROM WALDRINGFIELD HISTORY GROUP

Our new season began on 10th September with a memorable trip to Harwich via the foot ferry from Felixstowe. We were given a hearty welcome on the Ha'penny Pier by the Harwich Town Crier in full traditional dress. Our guide, Andy Schooler, met us in the very informative Visitors Centre and entertained us with poetry and quotations as we enjoyed an excellent



Maritime Heritage Trail of the town,

including a glimpse of two of the society's ongoing restoration projects – the Electric Palace Cinema and the house of Christopher Jones (Master of The Mayflower). There was a wealth of interesting buildings and a well-restored double treadmill crane built in 1667.



We enjoyed an excellent pub lunch with partners and friends in the 16C Samuel Pepys Inn, named after the eminent diarist and MP for Harwich in the 1600s. Then, in the afternoon we were given a most informative tour of the impressive circular Redoubt Fort, built in 1808 to defend the port of Harwich against Napoleonic invasion.

On 4th October, members of the group visited The Woodbridge Museum at its new site on the former Whisstocks boatyard. We were given a private viewing of the very camera which gave rise to the founding of our Group – the exquisite camera built by Waldringfield resident Thomas Naunton Waller in the 1890s. His glass slides of the village and the river were digitalised by Stan Baston and shown to the village by our President, Joe Clarke, in 2007 and we have been in action since.

The third organised visit of the season will be to Butley Priory. Originally a 14C monastery, it is now used as a fairy tale wedding venue but the owners are keen to present its historical attributes. Also this season are two afternoon talks which will be open to non-members, so please put the dates in your diaries:

Robert Simper will talk about **“The Eastern Shore of the River Deben”** on **12th December 2019 at 3.30pm** (more information opposite).

Bob Merrett, custodian of Woodbridge Museum, will talk about **“Maritime Woodbridge”** on **13th February 2020 at 2pm**.

Tickets for each talk are £5 and available from waldringfieldhg@gmail.com and include our famous afternoon tea!

If you are interested in becoming a member of our group, please contact Jane Hall at the same email address.

Robert Simper comes to Waldringfield



Waldringfield History Group is delighted to announce that Robert Simper, local author, publisher, sailor, and partner in the family seafood business “Simper’s Silver Harvest LLP” has agreed to come and talk to us. The talk will be open to non-members and is entitled:



“The Eastern Shore of the River Deben.”

Date: Thursday 12th December 2019 in the Village Hall at 3.30pm.

Tickets are £5 each and will include our famous afternoon tea (tea or coffee, cake and scones). If you would like a ticket for this event, please contact Jane Hall at waldringfieldhg@gmail.com

Tickets will also be on sale at the December Village Hall coffee morning and via Alyson Videlo and Margaret Lake at Waldringfield Sailing Club.

Waldringfield History Group

Project 2020 Vision



A collaborative project
to record village life in
2020 and the future



Please help us to
make history

Waldringfield History Group is proud to present Project 2020 Vision, a village gift from the Present to the Future, a community record for posterity that will be updated and celebrated by the local community every 20 years. We want to collaborate with diverse local groups and individuals, to record all aspects of village life, including the local environment and its wildlife. Launching in April 2020, please express your interest below to take part.

Please complete and return this slip to:

Amanda Sims at Deben House, Cliff Road, Waldringfield IP12 4QL or
email waldringfield2020@gmail.com

Name:..... Group name.....

Email and/or tel no:.....

Can you join Amanda and WHG members for coffee and discussion on Project 2020 Vision at Deben House on 10th December at 1pm? YES/NO

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** at 7.30pm, to be given 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 know the programme yet, let alone whether I shall be selected to play!

Tickets @ £10 each will go on sale from 6th January and can be obtained by contacting me, preferably by email: wvht.tickets@btinternet.com or by telephone (number below).

For any other information, do not hesitate to contact me:

Nigel King 01473 736060 ngking@btinternet.com

Winter Talks 2019-20

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

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.



The annual pantomime will take place at the Winter Party on 15th February, entitled *'I'm a'right Jack'*.

Village Hall Trust Lottery

2019

First Prize	£46
Second Prize	£36
Third Prize	£25
Fourth Prize	£14
Fifth Prize	£10

September

Libby Ruffle
Mr M Garfied
Martin Lloyd
Chris Baldry
Liz Lord

October

Joyce Forsdike
Matt Moore
Richard Mills
Robert Forsdike
Pat Nunn

November

Jane Spall
Mark Barton
James Barclay
Nicki Wellingham
Mr K Fisher



We are now coming up to half way through the Lottery Year but it is never too late to join in! Just contact me before the December coffee morning and I'll get you added in – the old maxim applies: “You have to be in it to win it!” You will 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 and ask if you would consider having a go.

Nigel King, Promoter

Tel: 736060

Email: ngking@btinternet.com

Waldringfield Sailing Club

Over the weekend of 6th-8th September, the Dragonfly class celebrated its seventy years since the Waldringfield one design Dragonfly was launched. The first boat to hit the water was No. 17 which had a bottle of champagne broken across its bow. The Dragonfly has a sister class in Dublin harbour and three of the Irish boats and many owners and crew came over to help celebrate with us!



Photo courtesy of Alexis Smith

Suffolk Trading Standards



Ofcom has received reports of a rise in a type of scam known as ‘Wangiri’ phone calls. These are calls in which the scammer will ring a person’s phone number but immediately hang up in the hope that the recipient will call back. If the person calls the number back, they will then find themselves connected to an expensive number, such as an international number, which will be charged at a premium rate. This can leave them facing a costly charge for the call. Some people say they have received several of these missed calls. The calls mainly originate from small or developing countries. The most recent cases, for example, have included calls originating from countries like Botswana, Guinea and Guyana. These have dialling codes that begin with +267, +224, +592 respectively. If you miss a call from a number you don’t recognise – particularly from overseas – don’t return the call. Also, you should block any unfamiliar overseas and premium-rate numbers and share them with your phone company, so they can investigate. We understand that O2 and EE customers have been targeted so far, but customers on all networks should check their accounts for recent payments to see if they have been unknowingly charged for calling one of these numbers. If you think you have fallen victim to this scam, contact your provider as soon as possible, as well as Action Fraud, the UK’s national fraud reporting centre. Ofcom also has guides on dealing with nuisance calls and messages, and missed call scams.

There are so many posts currently circulating on Facebook claiming that everyone who shares them will receive a shopping coupon or will be entered into a prize draw to win shopping vouchers. Each post denotes a sense of urgency giving a very short time limit to take part. The posts also feature an image that supposedly depicts one of the vouchers you will receive. These posts are fraudulent and have no connection to the named retailers. Nobody who participates will receive a coupon or any vouchers. If you see one of these giveaway posts, don’t be tempted to participate. You have no chance of winning the promised prize, and you may risk your privacy and security by sharing your personal information with online scammers.

Research shows that strong relationships can form between socially isolated individuals and scammers because of the regular contact that they make. Lonely people are **FOUR** times more likely to fall victim to scams. Alleviating social isolation is one way of combating loneliness and helping to stop those individuals being a scam victim. The best way we can protect our community is to work together to **end loneliness**. Make a point of calling in on elderly and vulnerable neighbours and checking that they are okay. Call a friend or family member that you haven’t spoken to for a while. Don’t let someone you know become a scam victim.



STRETCH & TONE

This is a class with basic moves to stretch and tone, culminating with some relaxation at the end. Designed to accommodate all levels and ages. It is becoming really popular, with 5 men regularly attending. With the coffee and cake we have a couple of times a year, after a class, this is a great way to get to know each other more.

Friday 1pm till 2pm, £7 per session. Just turn up or for further information contact Di Taylor (BSY) didee33@hotmail.com 07748611730.

**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.

Funeral
Services

East of
England
COOP

Here for
you every
hour of
every day

26 Quayside,
Woodbridge
01394 647909

www.eastofengland.coop/funerals



WALDRINGFIELD PARISH COUNCIL

Your Parish Councillors:

Ian Kay (Chair)
Janet Elliot (Vice Chair) Serena Gold
Colin Reid Colin Archer
Frances Matheson Chris Lyon

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

Next meeting: 10th December

Provisional Meeting Dates for 2020

14th January, 11th February, 10th March,
12th May, 9th June, 14th July, 11th August,
8th September, 13th October, 10th November,
8th December

14th April – Annual Parish Meeting

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

**SEE YOUR ADVERT
HERE**

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

**CONTACT THE PARISH CLERK
pc.waldringfield@googlemail.com**

**Next Copy Date – 14th February
(for publication 1st March)**