

# martlesham monthly

FEBRUARY 2021

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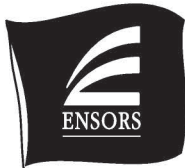
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# martlesham monthly

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**THIS MONTH'S PHOTOGRAPH** . By D Johnson

**A new path and sign on Martlesham Common,**

The sign is one of the three new information boards that were produced by the Parish Council in collaboration with Greenways Project . They give information on nature, history and site management and were unveiled in October.

They are part of improvements that include improved footpaths, new signs and framed entrances.

Hopefully, many people will have found them useful over recent weeks.

**1st Martlesham Scout Post**

Thank you to all those who supported the Christmas postal service in any way.

We're grateful to Duncan's Bakery, Black-Tiles Lane Post Office and J's fish and chip shop for hosting the boxes, all those who posted their cards and those that sorted and delivered them safely.

You might be interested to know that a total of 261 cards were posted resulting in £68.30 for Scout funds.

**1ST MARTLESHAM SCOUTS**

For all enquiries regarding joining the groups please contact  
Timandra Howell  
martleshamscouts.thowell@yahoo.com.

Becoming a helper or hiring of the Scout HQ please contact Rachel Pennick  
01473 610437

**GIRLGUIDING MARTLESHAM**

Currently we have

1 Rainbow Unit (ages 5-7), 3 Brownie Packs (ages 7-10), 2 Guide Companies (ages 10-14) & 1 Ranger Unit (ages 14-18) meeting around the Parish.

If you are interested in joining as a member or helping as a volunteer, please contact Jo at  
jo.d@btinternet.com (Martlesham) or  
www.girlguiding.org.uk/interested (HQ).

Come join the fun & start your Guiding adventure today!

**MOBILE LIBRARY TIMES**

**Current service summary**

All libraries will remain shut until further notice.

The mobile service and home library services are suspended until further notice.

**Fines and loan return dates**

We have extended all loans until 1 March 2021 and overdue charges are also suspended.

If you have any questions or concerns regarding your current loans our customer service team will still be available and happy to help (you can leave a message at weekends and during the bank holidays):  
help@suffolklibraries.co.uk  
01473 351249

**You can continue to use the eLibrary and online events and activities.**

**Suffolklibraries.co.uk/elibrary**  
**Suffolklibraries.co.uk/whats-on**

**POLICE**

In case of emergencies please always call 999.

In non-emergency situations call the new number 101.

E-mail: the Safer Neighbourhood Team  
Woodbridge.snt@suffolk.pnn.police.uk

**COMMUNITY RESPONDERS**

Martlesham Community Responders are a group of 3 volunteers (funded entirely by donations) who are trained to provide first aid and resuscitation skills. We provide a first response to many 999 calls received by the East of England Ambulance Service Trust within Martlesham, Martlesham Heath, Waldringfield, Newbourne and Brightwell, in support of and until the arrival of an emergency ambulance.

For further details contact Johnny Dixon  
01473 622160(johnny.dixon@btinternet.com)

**Editor:** Gwynneth Johnson

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martleshamadverts@gmail.com

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martleshamleaflets@talktalk.net

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**Latest copy date is the  
12th of the preceding  
month.**

Please e-mail contributions to :  
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**MARTLESHAM MONTHLY ONLINE**  
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In order to standardise the publication of telephone numbers, all contributors are asked to include their STD code with their telephone number. Contributors are also requested to limit their articles to approximately 250 words.

**DISCLAIMER**

The views expressed in the Martlesham Monthly are those of the contributors and are not necessarily supported by the editor.



# MARTLESHAM PARISH COUNCIL

**STAY AT HOME**

**PROTECT THE NHS**

**save lives**

## National Lockdown

We all have our own personal challenges relating to coronavirus. Please keep supporting and looking after each other in safe ways. Please follow the key message to **STAY AT HOME** unless you have an essential reason to do otherwise.

### Here are some key contacts if you or anyone you know is struggling:

- HOME BUT NOT ALONE - 0800 876 6926 - Support for Clinically Extremely Vulnerable to access support with shopping, medication and community volunteers.
- NHS VOLUNTEER RESPONDERS - 0808 196 3646 - Support with shopping, medication, transport to medical appointments and friendly check in calls.
- MEDICAL ISSUES - NON URGENT - Support available via 111 or [www.111.nhs.uk](http://www.111.nhs.uk). Your local GP surgery is also available as usual.
- MENTAL HEALTH - 111 - Wellbeing Suffolk - 0300 123 1781. If in crisis, Samaritans can help too - 116 123.
- FINANCIAL SUPPORT - Suffolk Advice and Support Service - 0800 068 3131. Council Tax, Housing Benefit - 0333 016 2000.
- SOCIAL CARE/SAFEGUARDING - Customer First - Adults - 0800 917 1109, Child - 0800 800 4005.  
Webchat also available - [www.suffolk.gov.uk/about/contact-us](http://www.suffolk.gov.uk/about/contact-us).
- FOODBANKS - The Teapot Project, Woodbridge - [www.theteapotproject.net](http://www.theteapotproject.net). Families in Need - 01473 83335.

**For the latest information on coronavirus, please visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)**

## Two Parish Councillor vacancies

Two vacancies remain for parish councillors to be co-opted at a full Council meeting. If you are interested in what it means to be a parish councillor, take a look at our website and facebook page, join a Zoom council or committee meeting or contact the Clerk who can put you in touch with an existing councillor to hear all about it first-hand! All our meetings are currently held on-line, and the staff are working from home but despite that we have recruited 3 new councillors in the past year who have been busy supporting our work & bringing forward fresh projects to benefit our parish.

## Work of the Recreation & Amenities Committee

The Parish Council has three main Committees. Here is a flavour of what our

Recreation and Amenities Committee does:

- It implements the Parish Council's land maintenance contract. This includes cutting the grass and maintenance of the land round the Village Hall in Top Street, Kronji's Piece and the Recreation Ground in The Street, the Community Hall complex and the picnic area in Felixstowe Road, and the Green on Martlesham Heath. Our contractor looks after our four play areas and the bike trails, carrying out repairs as well as the grass cutting. They keep the bus shelters clean and tidy. They undertake general maintenance which arises from time to time.
- A number of working groups report directly to the committee - Sports Fund, Community Orchard, Wildflower Project, Kronji's Piece & Recreation Ground

Steering Group & Portal Woodlands Conservation Group.

- It oversees the work of volunteers. We are particularly grateful to councillors and non-councillors who regularly inspect our play areas, trees and footpaths.

We should not forget to acknowledge the help of the Greenways Countryside Project in maintaining the Common Local Nature Reserve behind the Community Hall.

James Baker, the Project Manager, has worked with us for many years and has established a new five-year management plan for the area, which will be funded by money secured from the developer of the Travis Perkins site on Felixstowe Road. We did object to this development but at least there is some compensation.

We hope this gives you some insight into how the Council spends your money on looking after our environment.

## Virtual Meetings

PARISH COUNCIL MEETING: WEDNESDAY 03 FEBRUARY, 7.30PM

DEVELOPMENT PLANS COMMITTEE: WEDNESDAY 10 FEBRUARY, 7.30PM

FINANCE & GENERAL PURPOSES COMMITTEE: WEDNESDAY 24 FEBRUARY, 7.30PM

PARISH COUNCIL MEETING: WEDNESDAY 03 MARCH, 7.30PM

MEMBERS OF THE PUBLIC ARE WELCOME TO OBSERVE AND PARTICIPATE IN THE PUBLIC FORUM AT THESE MEETINGS.

To join any of these meetings, please contact the Clerk, see below, no later than 5pm the day before the meeting to receive an invitation or see our website or noticeboards for further details.

## Contacting the Council

Clerk to Martlesham Parish Council, Parish Room, Felixstowe Road, Martlesham, Woodbridge IP12 4PB

Telephone: 01473 612632 - please leave a message if no reply and we will get back to you as necessary

e-mail: [clerk@martleshamcouncil.org.uk](mailto:clerk@martleshamcouncil.org.uk)

website: [http://](http://martlesham.onesuffolk.net)

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Please "Follow Us" on our Facebook page which is @Martlesham Parish. The full address is <https://www.facebook.com/MartleshamParish>



## FROM YOUR CONSERVATIVE DISTRICT COUNCILLOR CHRIS BLUNDELL FEBRUARY 2021

### The Pandemic

Now that the COVID-19 vaccine is being rolled out there is hope that the tragic loss of life and suffering will soon be over. I have prayed for such a relief constantly as my heart goes out to all who have suffered as a result of this virus. We must all continue to be vigilant and follow the rules as best we can. Unfortunately, this made the celebration and enjoyment of Christmas and the New Year a quiet time. However, I do wish for everybody to have a much better healthy and successful 2021 when we should be able to get back to some degree of normality.

### The Local Community Partnership

In my last report I invited organisations to bid for funds of up to £1500 each to promote projects that were designed to improve the environment in our particular partnership area. I am pleased to report that this invitation was well received. There were thirteen applications of which twelve were approved and they are:

1. Play2Day Martlesham. Children to plant, grow and harvest fruit and vegetables in two raised borders.
2. Friends of Grundisburgh School. To run a 'Creating Safe Spaces Program'. Fence off an existing woodland and plant native woodland undergrowth to encourage fauna and flora thus creating a learning platform.
3. Bredfield Parish Council. To stimulate the

conservation of nature. Project to focus on Bredfield Jubilee Meadow and Orchard.

4. Martlesham Saplings. To provide recycling / healthy eating resources. Items that the children use can be re-used over and over again.

5. Playford Parish Council. Replacement of an Oak tree planted in 2019, but died, to commemorate 100years since the end of WW1.

6. Martlesham House Builders Ltd (MHHL) Request to reseed the area opposite Coopers Road adjacent to the Pill Box, refurbish the Bench and move it further back from Eagle Way.

7. Gorseland Primary School. Education in Biodiversity and Recycling. To create and Improve a habitat for wildlife and to encourage learning about conservation.

8. Cedarwood Primary School. To establish a tranquil Peace (Memorial) Garden that will include a hedgerow, bug hotels bird feeders and nesting boxes.

9. Kesgrave Town Council. Pergola Piece Conservation Project. The project is to revitalise the area and to encourage cyclists and others to respect the garden.

10. Martlesham Conservation Group. To purchase a bush cutter by the group in order to help maintain the conservation site in Martlesham.

11. Portal Woodlands Conservation Group



(Martlesham). To purchase 2 bush cutters and spare blades in order to help maintain a natural habitat in the area.

12. Heath Primary School. Wildlife Habitats Project. To introduce swift boxes, bat boxes, a hibernaculum by the school pond, hedgehog houses, toad holes and reptile homes.

### Chairman's Comment.

It is clear that the focus is on encouraging children to become more aware of the world that we live in and hopefully instil that understanding for later in their lives. I shall look forward to seeing all these projects completed and hope to report on them later this or early next year.

*If you would like to have further information on any of the foregoing topics or any other East Suffolk Council matter please contact me by email at [chris.blundell@eastsoffolk.gov.uk](mailto:chris.blundell@eastsoffolk.gov.uk)*

*Otherwise by phone on 01473 622716*

### ST. MARY'S CHURCH CAR PARK.

The car park at St. Mary's Church is a private car park for the use of all those attending church services and visiting loved ones in the church yard. The church has rented the land from the landowner for many years and relied on donations for its upkeep.

However, over the years it has come to be used as a public car park for walkers and dog walkers and during the lockdowns has become heavily used by people seeking exercise and fresh air in these difficult times.

This has resulted in extra wear and tear to the surface of the car park. The church appreciates that the car park is an important asset to the local community and does not want to stop the public from having access to it. We would also prefer not to impose a formal parking charge for those who use it. It would therefore be appreciated if those who use the car park would make a small donation using the QR code or collection box between the entrance and exit.

We would like to thank all those who have been making donations over the years and hope that you continue to enjoy the peace and beauty of the church yard and surrounding country side.

With grateful thanks from the Church Wardens of St. Mary's.



*St Mary's Martlesham*

### MIKE HALL

Sadly Mike passed away in December after a long and courageous battle with cancer.

Mike took part in many village activities including playing guitar in St Michael's Church music group, helping with Martlesham Monthly, committee member of Martlesham Conservation group and, before its closure, a member of the Village Produce Association.

Mike will be much missed by Kay, Kerry, Daniel and their families.

Kay would like to thank everyone for their kind messages and support during this sad time.





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## MARTLESHAM HEATH HOUSEHOLDERS

### **Damage to fence between the SSSI and the farmer's fields**

Recently people have been damaging the fence between the SSSI and the farmer's fields to the South of the SSSI particularly next to the remaining runway. We would ask that these fences are left alone and remind you that you should only walk on the designated public rights of way on the fields to the South of Martlesham Heath. The SSSI has seen a tenfold increase in walkers over 2020. It is an important part of Suffolk heaths and we would ask that this area is respected, and you stick to the existing paths.

### **The Mega Bash**

The Mega Bash will shortly take place Covid-19 and lockdown willing. Prior to that there is a large-tracked flail operation to cut back gorse. This has Banksmen protecting the public and we would ask that you listen to the Banksmen and do not go near the flail. It will be only for a week or so and there will be plenty of areas still available for you to walk on.

### **AGM in 2021**

Due to the Coronavirus, consideration is being given to postponing the AGM from March to later in the year. A final decision has not been made but it looks likely that the AGM may be held on Tuesday 8 June 2021. This will be confirmed later.

### **Annual Maintenance Surcharge**

A small number of members who had not paid their 2020/2021 Annual Maintenance Charge by 1 December 2020 were charged a £10 surcharge. Chasing outstanding fees is time consuming and the surcharge (as agreed at the March 2020 AGM) is there as an incentive for members to pay their fee on time.

### **Gorse Management**

We carried out some gorse management in January. Also, the entrance onto the heath from Pine Bank was widened to allow the Fire Brigade access in the event of any fires starting during the drier months of the year. Any established trees will be left to try and suppress the

growth of the gorse. We have planted some wild flowers on a section between Whinfield and The Grove. The taped area will be taken down in mid-February when the seeds would have established themselves. We also have a host of other tree maintenance taking place throughout the village

### **A Village of Vision? (3 of 6)**

**Gillian Darley (AJ Information Library, September 1979)**

In 1942 the Bradford Property Trust bought the Brightwell Estate, of which the aerodrome at Martlesham Heath was but a small part. In 1960 this was released by the Ministry of Defence and the first planning application for a village on the site was submitted in 1963. The place seemed to be an inspired choice. Land unfit for agricultural use, but well suited for building; excellent communications and a site equidistant from the growing port of Felixstowe and the county town of Ipswich; a scheme which fell neatly into the regional planning strategies of the time and which was wholeheartedly supported by the county planning officer. In fact, by 1965 the idea of a village had given way to a town. Clifford Culpin and Partners produced a master plan for a town of 10,000 but 'the plan has been so drawn as to be capable of being the first part of a much larger scheme'. By coincidence, this was the year that Richard Crossman gave the go-ahead for New Ash Green, 'a new model village'. In view of the unhappy vicissitudes of that project in succeeding property booms and slumps, it may have been a blessing in disguise that planning tangles, hinging mainly upon the provision of roads and drainage, delayed the successful planning application for Martlesham Heath, once again a village, until 1973- almost 10 years to the month after the first one.

Land values and the cost of infrastructure, together with a perennially uncertain and mercurial housing market, are the major deterrents to the development of new settlements on a relatively small scale. It

was a shrewd purchaser who sniffed out the Brightwell Estate in the middle of World War II; it was a shrewd seller who released plots to the Post Office for the construction of its Research Establishment, and to the Suffolk County Constabulary for its new Headquarters; it was a shrewd developer who leased the units on the industrial estate, first in the hangars and outbuildings of the aerodrome and then in a series of new warehouses and factories. The development of Martlesham Heath could, therefore, support a few uncertainties and marketing hiccups as well as the considerable financial commitment to a new link road, the spine road of the village itself and extension of drainage facilities, only feasible because of low original outlay.

The unusual mixture of factors where Martlesham Heath is concerned-the poor quality land, the low price at the time of sale, the location, the neat equation with regional planning policies over a lengthy period-have allowed Parker's scheme to come to fruition. It would be highly unrealistic to expect to find a similar selection of fortuitous circumstances elsewhere. It would be flying in the face of evidence-the struggles at New Ash Green and Bar Hill, even the delays and problems encountered by Parker himself -to imagine the possibility of a rash of new villages, whether developed by local authority or private initiative. There is little doubt that the way forward lies in an incremental policy-whether this be envisaged as village infilling or additional hamlets according to the existing settlement patterns.

### **Contact and further information**

If there are any issues that you feel that need attention please do not hesitate to contact Martlesham Heath Householders Ltd by leaving a voicemail on 01473 612207 or by email to <mailto:martleshamheathhouseholders@gmail.com> or by post to Martlesham Heath Householders Ltd, PO Box 897, Martlesham Heath, Ipswich, Suffolk, IP1 9PB.



### MARTLESHAM BRASS

#### 'Making Music Fun in East Anglia'

Unfortunately, all band activities are currently suspended.

We would like to thank all those who contributed to our charity carolling collections before Christmas in both Martlesham and Kesgrave, which raised £336.27.

Further donations and online fund-raising events have raised in excess of £500.

The money will be shared between FIND in Ipswich and The Bus Shelter Ipswich.

When band activities fully resume, we will be happy to hear from anyone who is interested in joining us, with or without experience.

Liz Howard. (Publicity Officer)  
e\_m\_howard@talk21.com  
01473 625617.

Registered Charity No.1100922. Visit our website [www.martleshambrass.co.uk](http://www.martleshambrass.co.uk)

### GORSELAND PRIMARY SCHOOL AND HEDGEHOG NURSERY

We are once again welcoming children of Key Workers and those with an EHCP into school and Nursery during the current lockdown and closure of schools. For families with children at home, we are supporting them through remote learning, utilising Google Classroom, which, through the video function, enables children to communicate with the rest of their class and teachers on a regular basis.

In addition, we are contacting all children as often as we can to see how they are doing and to support them with their work, including listening to them read.

We are also supporting families with food baskets and have set up a Gorseland Community Food Bank, with the specific aim of supporting children in need that attend our school, during the coming weeks. A trolley will be left outside next to the main school office entrance. If you would like to drop off any items whilst you are out on your daily walk, then this would be greatly appreciated. Please ensure that you social distance if you should come into contact with other families and wear a mask whilst on the school site.

We would be particularly grateful for the following items: Pasta, Rice, Tinned goods (such as baked beans, soup, custard, rice pudding, tuna, fruit) and Eggs. All items will be quarantined for a period of 3 days before being distributed.

Thank you in advance for any donations you are able to make.

We hope that you all stay safe during these ongoing challenging times.

### BRIGHT STARS

Would you like to receive our Bright Stars Activities for pre-school aged children?



Bright Stars normally runs free fun Activity Sessions for Pre-school aged children with their parents, grandparents, friends, family and/or carers at St Michael's Church Centre, Martlesham Heath, on the 2nd and 4th Monday mornings of each month during term time. They usually involve singing, games, making crafts to take home and telling stories from the Bible.

However due to the coronavirus pandemic restrictions we are unfortunately not able to meet in person at present so are instead keeping in touch remotely. We have been, and still are, sending out activity sheets by email and/or post for the children to enjoy doing with their family and/or carers. We began the new year accompanying the three Wise Men as they went to visit Jesus. There was a colouring and sticking activity, plus a story to read, and song to sing to the tune of 'Twinkle, Twinkle, Little Star' – a very appropriate tune for the theme!

If you have or look after a child/children of pre-school age and would like to receive our sheets, please give us a call on the telephone number below.

If you would like further information please contact:

### SANTA'S SLEIGH RUNS

We were very pleased at the response and the pleasure we gave to all for 1 month old to 90+ who came to see Santa it seemed to raise spirits a lot.

The Members of the Deben Rotary Club of Woodbridge would like to thank all those who donated to our Trust Charity Fund in December 2020.

We collected with the Santa Sleigh on the whole of Martlesham Heath over four evenings, one evening in part of Melton, one evening part of Martlesham and on a Saturday Morning the Thorofare in Woodbridge we collected £1,920.73 which will be used to help causes Locally, Nationally and on an International front.

If you would like to more know about our work, when we meet and about Membership please contact Rotarian Ian O'B. Baker 01394 382419 or [ianmeadhome@btconnect.com](mailto:ianmeadhome@btconnect.com)

We hope you have a successful and Happy New Year.

Yours, M. Ian O'B. Baker.

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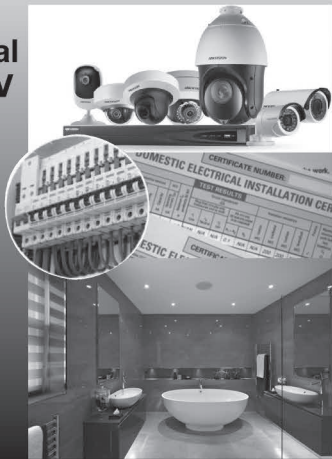


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## THE AMERICAN SQUADRONS AT RAF MARTLESHAM HEATH DURING WW2

**The 356th Fighter Group of the United States Army Air Force was based here at Martlesham Heath from October 1943 to May 1945.**

It was formed in the United States on December 8th 1942 and consisted of three squadrons, the 359th, the 360th and the 361st.

They were despatched to England on the Queen Elizabeth in the autumn of 1943 and were first based at Goxhill in Lincolnshire where they were equipped and received their aircraft. They were Republic Aviation P47 "Thunderbolts". Many of these were flown to England via the northern route. Refuelling in Newfoundland, Greenland, Iceland and Scotland en route.

They then flew to Martlesham Heath in October 1943. Pilots of the 359th Fighter Squadron were billeted at Kesgrave Hall. Pilots of the 360th Fighter squadron were billeted at Playford Hall and pilots of the 361st Fighter squadron were billeted in houses around the aerodrome at Martlesham. Many houses in Deben avenue had been commandeered by the RAF in 1940. For a while the Americans shared the aerodrome with Typhoons of 56 Squadron, RAF.

Martlesham, with its proximity to the coast was an ideal base for the Americans, whose fighters were sorely needed to escort the daylight USAAF heavy bomber sorties over occupied Europe.

Before the arrival of the 356th FG hard runways were laid and a new control tower constructed. The original control tower having been destroyed by the Luftwaffe earlier in the war. Many of you will have seen the wall of sandbags next to the Martlesham Heath Aviation Society Control Tower Museum. These revetments were fairly recently discovered beneath the undergrowth. They have been there for the last 77 years! Their original purpose was part of a line of protective bays for aircraft.



The photograph shows the blast walls that were originally part of the construction. The museum has a good copy, taken from the balcony of the control tower, showing an historic image of the aerodrome in wartime.

The 356th FG consisted of three separate squadrons. The 359th, whose pilots and officers occupied Kesgrave Hall, (now Milsom's Hotel). The 360th, who occupied Playford Hall and the 361st, whose personnel were deployed in houses around the airfield. Deben avenue in particular was mostly commandeered for that purpose.

The group flew P-47 Thunderbolts until they were replaced by P-51 Mustangs in November 1944. Aircraft of the 356th were identified by a magenta/blue diamond pattern around their cowling.

The P-51 Mustang was originally ordered from the North American Aviation company by an Anglo French purchasing commission in 1940. The Allison engine proved unsuitable for high altitude combat and was eventually replaced by a Rolls Royce Merlin, which powered the British Spitfire and Hurricane. The P-51 Mustang was then transformed into one of the most successful aircraft of WW2

However, fighters from the 356th were engaged primarily in bombing and strafing missions after 3rd January 1944, with its targets including U-boat installations, barges, shipyards, aerodromes, hangars, marshalling yards,

locomotives, trucks, oil facilities, flak towers, and radar stations. Bombed and strafed in the Arnhem area on 17, 18, and 23 September 1944 to neutralize enemy gun emplacements, and received a Distinguished Unit Citation for this contribution to the airborne attack on the Netherlands. The winter of 1944-45 was notoriously bad, one of the worst on record and many flights were cancelled at the last-minute. Maintenance on open airfields was incredibly difficult and accidents increased because of cloud, ice and snow. In mid January, five P-51s were lost, crashing on snow packed runways, being lost in cloud or suffering from taxiing accidents.

As the war ended the 356th had seen only eighteen months of active service, a short time that had allowed them to amass 276 "kills" on the ground and in the air. Whilst apparently being the lowest 'score' in the US Air Force Fighter Groups, it doesn't detract from the determination nor the skill of the brave pilots who flew with the 356th. A total of 72 airmen lost is inscribed on the monument on the Barrack Square.

The group flew its last combat mission, escorting B-17's dropping propaganda leaflets, on 7 May 1945. It returned to Camp Kilmer New Jersey and was inactivated on 10 November 1945. In November 1945 Station 369, as it was known to the Americans was returned to the RAF

*Alan Powell.*





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## WHY NOW IS A GOOD TIME TO PRACTISE YOGA

**I have had a number of people getting in touch with me recently, who have practised yoga before and are keen to get back to it. And they are not sure how to go about it.**

The regular yoga practice they enjoyed earlier in their lives may have been pushed aside as commitments grew, children arrived, work pressures increased or caring commitments took over. These things happen and when we find we suddenly have space to breathe, think and reflect, we realise what we are missing.

In the current situation your regular face to face yoga sessions may have been replaced by Youtube videos or zoom classes and if you are not able to access these easily then you probably feel in need of guidance.

The most important thing to remember is that after a break in your yoga practice, your body will probably have changed. So you are unlikely to slot back into your old practice routines. Health conditions affect the body, childbirth can alter a woman's body, a more sedentary lifestyle may lead to tension and tightness. And if you have been involved in

active sports such as running or cycling, then your body will have become stronger and more muscular and probably less flexible.

In yoga, we try to achieve a balance between strength and flexibility, energy and calm, an awareness of what is around us and personal, quiet focus. And a regular practice helps us to achieve this.

**So for those of you who would like to return to yoga and who can't access online resources, what should you do?**

Reflect on your previous yoga practice and identify three simple postures you can recall in detail and practise them as if you had never done them before – with your new and different body. Avoid stronger, advanced poses – go back to basics and be open minded and explore how your different body responds to the gentle stretch of, for example,

**Triangle (Trikonasana)** or to a easy, seated forward stretch. And always begin with **Tadasana, the Mountain (standing)** pose. I often say to my clients that when practised well, with precision and serenity, this pose is all you need. So just find a quiet spot, stand in Tadasana, relax your shoulders, align your feet, watch your breathing become lighter



Trikonasana, the Triangle

and experience the quietness of yoga.

If you'd like to discover more, do tune in to the Georgy Jamieson show on Saturday mornings on BBC Radio Suffolk at 11.40am for Yoga on the Radio where I guide listeners through a simple posture each week. And you can learn yoga with me during lockdown – more details are on my website at [izzyyoga.co.uk](http://izzyyoga.co.uk), or call 01473 625115, or email [izzy@bluepebblecoaching.co.uk](mailto:izzy@bluepebblecoaching.co.uk). I'm also on Instagram – look for Izzy\_Yoga.

Izzy Ixer 10 January 2021

## INNER WHEEL CLUB OF WOODBRIDGE - January meeting report

Woodbridge Inner Wheel members were reminded at their January zoom meeting of the pleasures of going to the cinema, and The Riverside Cinema in particular. Tina Wiseman has been with The Riverside since 1999 when, after a career in childcare and child protection, she was persuaded by Stuart Saunders into joining the cinema. As a member of the Company of Four she had been more used to singing and dancing on stage, but is now engrossed in the intricacies of managing the business and planning the annual schedule of films that we all love to see. We were given an insight into the hold that large film distributors have over how and when cinemas may show their films, and also the large amounts of money they charge the cinemas for the "privilege" of being permitted to show their films. Next time you are sitting in the cinema and those annoying "ads" come on, you should be aware that they bring in much needed revenue to the cinema. Tina thanked the community of Woodbridge for supporting The Riverside which is one of the highest grossing independent cinemas in the country, and is often in the top five! Live broadcasts from Opera, Ballet, Musicals, the National Theatre, etc have been very successful and from a cautious start these

showings are now exceedingly popular. The lock-downs have, of course, been challenging and because of social distancing requirements the number of available seats has been reduced by two-thirds. For the safety of their clientele, the decision to close the cinema had been taken just before the latest lock-down was imposed, but the cinema is ready to re-open just as soon as it can. IW Members agreed they will be delighted to return just as soon as it is safe, and wished Tina and The Riverside every success when it can re-open.

The difficulties of supporting charities in the current circumstances is no doubt being discussed by all service clubs throughout the country. Members had the opportunity to raise funds for President Jan Whitaker's 2020/21 charity, SERV, by subscribing to a quiz devised by one of the members, Sharon Proctor. Trusting people not to resort to Google, it was necessary to know your chocolate bars, be "tuned in" to Dingbats, and work out anagrams, as well as being aware of popular culture, and having music knowledge back into the 1950s! The quiz was distributed amongst family and friends, and the final amount raised has yet to be calculated, but hundreds of pounds was expected to be the final total. It had been stressful for Sharon compiling the quiz, but it

had been a successful initiative and she was thanked for her hard work.

Members continue with knitting hats and blankets for premature babies at The Ipswich Hospital, hats for the Seaman's Mission at Felixstowe, squares that are made into blankets for distribution abroad. The International Officer also has 35/40 knitted Teddies that, when possible, will be sent to children in difficult circumstances in the world.

In the UK members of Inner Wheel Clubs support refuge centres for abused women, child centres and drop-in centres, school breakfast clubs and much more. Inner Wheel in Great Britain and Ireland has raised over £2.8 million for various charities in the past two years. All this is carried out in the spirit of friendship and service. In February, Woodbridge Inner Wheel will hear from a representative from Lighthouse a charity that the Club supports. Lighthouse provides a safe and supportive refuge in Ipswich and offers a range of community services and courses to support women, young people and children to rebuild their lives after domestic abuse.

*If you would like to know more about Woodbridge Inner Wheel, please do look at our website <https://woodbridgeinnerwheel.org.uk>*



## **SPEAK EASY MARTLESHAM**

Speak Easy has started its new year online again, using Zoom.

Speak Easy is part of Toastmasters International, and we offer public speaking opportunities. We provide a fun and supportive forum to speak, and to evaluate.

When we are not facing a pandemic, we usually meet at Richard's Room in Martlesham, but for now we are finding our online format really effective. It also enables us to include guests from further afield - giving us the opportunity to be even more inclusive!

When we can get back to our meeting place, we also hope to offer hybrid meetings - with a small group meeting in person, linked to a Zoom call. We look forward to being able to offer the best of both worlds, when it is safe and permitted to do so.

Guests are welcome to join Speak Easy to see what we have to offer, and to take part if you would like. We hope you will choose to become a member, whether to beat public speaking nerves, develop your abilities, enter competitions, or help us run the club!

Speak Easy meetings are held on alternate Thursdays, on 4th February, 18th February and 4th March

Join at 7:00pm for a 7:15pm start and finishing at 9:30pm

Speak Easy is an inclusive and diverse group, open to anyone 18 years or over.

If you would like any further information, or to attend one of our online meetings please contact Adam Green:

*Adam Green: [vppr@speakeasy.org.uk](mailto:vppr@speak-easy.org.uk) or [www.speak-easy.org.uk](http://www.speak-easy.org.uk) or find us on Facebook: *Speak Easy Martlesham**

## **FOR PATIENTS OF MARTLESHAM HEATH AND THE BIRCHES SURGERIES**

**Martlesham PPG has continued to meet online throughout 2020 and we will continue to do so as long as necessary. We were very aware of the pressures facing our surgery staff, so some meetings have been patient members only. Progress on our projects has been slow going, so I will tell you more once we know they can go ahead and are nearer to implementation.**

**At the time of writing, this is what we know about Covid-19 vaccinations for patients of Martlesham Heath and The Birches surgeries. Any updates will be on the surgery websites ([mhdoctors.co.uk](http://mhdoctors.co.uk) and [thebircheskesgrave.co.uk](http://thebircheskesgrave.co.uk)) and notices in surgery windows.**

Patients of both practices will be offered appointments at The Grove Medical Centre in Felixstowe (we are in the same Primary Care Network) where they have bigger premises. They will have direct access to our patient records so you don't need to take your NHS number (as being circulated via social media).

Vaccines are expected to be delivered to The Grove on Friday 15th January and, assuming that happens, they intend to start vaccinating the next day. A few of our practice nurses, receptionists and admin staff have volunteered to deliver vaccines or act as volunteers at The Grove and will be called upon if needed.

If you are housebound, you will not be expected to travel to Felixstowe, so yours will be administered locally, the same as care home residents.

Please DO NOT CONTACT ANY SURGERY to request a Covid-19 vaccination. You will be contacted and offered an appointment when it is your turn, so please make sure your surgery has your current contact details if these have changed recently. Once an appointment is accepted, please make sure to attend so as not to waste it.

There is a priority list for the vaccines starting with care home residents and staff, then the oldest patients aged 80 and over and health and social care workers. They will be followed by patients aged 75 and over, then 70 and over and adults who are clinically extremely vulnerable (not including pregnant women). The next two groups are 65 and over, then adults in an 'at risk' group. After that, the priority list goes down in 5 year age bands and finally, the tenth band is everyone under the age of 50. You can see the full priority list and who is included in the 'at risk' groups on the surgery websites.

When you go, please wear a face covering and go alone unless accompanied by a carer etc. Also, please bear in mind that you may have to wait outside for your turn, so dress appropriately. After you've had your vaccination, please continue to maintain social distancing, mask wearing and hand washing to reduce transmission of the virus and keep us all safe.

While you are waiting to hear, flu vaccinations for patients aged 50-64 are still available, so contact your own surgery if you'd like one.

Hopefully, by the time you read this, spring won't be far away and we can all look forward to the warmer weather and less worrying times.

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

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## **USED STAMPS AND COINS APPEAL FOR ST ELIZABETH HOSPICE**

A big thank you to all the kind folk who saved their used stamps over Christmas and popped them through my letterbox. I now have several carrier bags full to take to the hospice in Foxhall Road, Ipswich.

The hospice relies on donations for a large part of its funding, so the used stamps plus any unwanted foreign or old British coins which you give can really help them - especially at this difficult time when their charity shops have been closed for so long.

Please continue to support the hospice by saving your used stamps throughout the year, just remember please to leave a margin around each stamp so that the perforations are not damaged.

Thank you all for your continuing support,  
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## Birchwood Primary School



At our last OFSTED inspection, the inspection team judged every area possible to be Outstanding. This follows over a decade of staff diligence and commitment in shaping and refining our curriculum offer:

"Pupils are taught a highly stimulating curriculum which is both broad and balanced. They have many and varied opportunities to study and hone their skills. The learning environment in lessons enables pupils to thrive and develop into self assured, confident individuals. Pupils have exceptionally positive attitudes to learning. They take huge pride in their work and are keen to show their successes both inside and outside of school" (OFSTED October 2016).

• Outcomes for pupils are excellent. Pupils enter the school in Reception with broadly average achievement. As a result of the outstanding Quality of Education, pupils exit Birchwood with achievement above that of their peers nationally. Often, significantly above in terms of both progress and attainment. Impact is far greater than simply test results. Birchwood is one of only 2 school DEFRA approved egg production units in the UK! The children record daily egg production, label and market the eggs, produce weekly spreadsheets on profit v outgoings, order food and materials and care for the flock. This gives them first hand business 'life experience,' before transferring to Secondary school.

• We offer an extensive range of additional clubs, activities and support and extension programmes for children to participate in and our staff team constantly research and embrace new initiatives.

Our vision statement underpins all that we do.

"Passionate about learning."

If you would like to find out more about our school or arrange a visit, please contact the office

Valiant Road, Martlesham Heath, Ipswich, IP5 3SP

Telephone (01473) 610701

Email [admin@birchwood.suffolk.sch.uk](mailto:admin@birchwood.suffolk.sch.uk)

Website [www.birchwoodprimary.co.uk](http://www.birchwoodprimary.co.uk)





## MARTLESHAM CONSERVATION GROUP

Given the situation with respect to the increasing cases of Covid, the Megabash on the Martlesham Heath SSSI planned for Saturday 13th February with the Greenways project team has been cancelled. We hope to hold one next year (2022) at a similar time of year or even one later this year in the autumn if conditions are favourable.

The Greenways team have been busy on the Martlesham Heath SSSI during January undertaking some more heathland maintenance. The aim has been to both benefit the special wildlife that depends on lowland heath for its continued survival and also to improve access and movement around the site for members of the public and for emergency vehicles that may need to get onto the site in the event of a fire for example. Areas of gorse and other scrub have been cleared, which will hopefully allow more heather and acid grassland to flourish. A typical species that could benefit would be the Silver Studded Blue butterfly that relies on heather and other heathland flora and insects for its survival. Penetration of more light to the ground will also help the ground to warm up and be of benefit to a wide range of insects such as ants and butterflies, and reptiles that need the warmth of the sun to become active.

February can be a month of transition for wildlife. Some birds have already started to sing. This chorus of song is likely increase throughout February and on through the later spring months as migrating birds arrive from more southerly regions of our planet. If there are warmer days in late February reptiles such as adders can begin to emerge and bask in the stronger rays of sunshine. If the weather is cold please remember that your garden could make a real difference to the survival of some wildlife. Please continue to provide water and food for birds, and don't be too keen to tidy up; you could have a hedgehog under that pile of branches and leaves.

Please get in touch with your wildlife observations or if you are interested in our activities, via the phone number below or via our e-mail [martleshamconservationgrp84@gmail.com](mailto:martleshamconservationgrp84@gmail.com).

Phil Smith 01473 625630



## PORTAL WOODLANDS CONSERVATION GROUP

Well, at the time of writing we have just entered 'lockdown 3'. This has rather scuppered our plans for what we had hoped to complete over the next couple of months. We are going to be limited pretty much to only responding to safety issues in the woodland. So, if you manage to get out into the woods for your exercise, which we hope you do, then please let us know if you spot anything that might need attention.

At home, a reminder to check your bird boxes to make sure they are clean and in good shape before the bird nesting season which starts in March.

Hoping everyone stays safe and healthy.

### Dates for the Diary

Unfortunately, all upcoming events have been cancelled due to the Coronavirus. However, if you would like to sign up or get in touch, we are always pleased to welcome new faces.

New volunteers of all ages and abilities are always welcome. No experience needed. For further information, please contact us at [pwcg.martlesham@gmail.com](mailto:pwcg.martlesham@gmail.com), phone: 01473 612632 or visit our website: [pwcg.onesuffolk.net](http://pwcg.onesuffolk.net) or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

*Photographs Woodland Walk , and Robin  
By S Corley*



## FOOD POP UP SHOP

Our next Pop Up Shop will be held at St Michael's, Martlesham Heath, next to the Green, on Sunday 14 February from 1-2pm.

Unfortunately we are still not allowed to serve refreshments and there will be a one-way system in operation so you will come in at the main door and leave via one of the fire doors onto the Green.

Please note, you must wear a facemask to make use of the Pop Up Shop.

If you see the banner on the front of the church, you know we'll be open on Sunday. We look forward to seeing you soon.

Rev Margaret Rittman.

## MARTLESHAM COMMUNITY HALL - CLOSED FOR NOW

Unfortunately the Community Hall and Richards Room remain closed for now, due to COVID-19 restrictions.

The Management Committee recently decided to keep the venues closed until at least the end of March. We believe few, if any, of our regular hirers will be allowed to hold their group meetings or activities as normal until at least then. Also, the social distancing rules have prevented us from taking any 'one-off' party or other large event bookings since the start of the pandemic.

We are looking forward to the success of the vaccine roll-out and a gradual return to normality during the second quarter of 2021.

We're very keen to welcome you back as and when we can!

You can check our website [mchall.org.uk](http://mchall.org.uk) for updates. You can also contact us with any general queries, via our website contact form or call us/leave a message on 01473 623203.

### MARTLESHAM VILLAGE HALL TOP STREET

Although we have regular bookings for evenings throughout the year, morning and afternoon sessions are available.

The hall is ideal for small groups who need to meet at a reasonable cost, discount for residents of Martlesham.

*For any queries or bookings please contact 01473 623655.*

## Do you feel like you have given up a lot of things recently?

With the lockdown we have given up meeting with friends, going out to restaurants and coffee shops, having space to ourselves as we try to work from home whilst home schooling our children and of course the big one that hit our news as the lockdown was announced – going to the zoo.

So as we move towards the middle of February and the church season moves to lent, perhaps the idea of giving things up seems ludicrous. Who could suggest such a thing, and is there even any more that we could give up?

Ash Wednesday is the 17th February and marks the start of lent. Traditionally a season of fasting – of going without – in order to make space for God. But if, like me, you feel you have given up much already and the thought of stopping even the little things that are bringing you joy at the moment seems just a step too far, is there a better way?

In the bible, God speaks to the people through the prophet Isaiah and tells them what his thoughts on fasting are: *This is the kind of fast day I'm after: to break the chains of injustice, to get rid of exploitation in the workplace, free the oppressed, cancel debts. What I'm interested in seeing you do is: sharing your food with the hungry, putting clothes on the shivering ill-clad, being available to your own families. Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage.* (Isaiah 58:6-9).

So perhaps in that list there is something – however small – that you could do this lent (or before) to make a difference for ourselves, our families and our communities. And if you feel you are struggling and want extra support, do reach out. The church buildings may be temporarily closed, but the church is still active.

Revd. Toby Tate

[toby@martleshamcofe.org.uk](mailto:toby@martleshamcofe.org.uk)



Martlesham Benefice

## MARTLESHAM LADIES CLUB

With lockdown still in force we must look for the positive signs that life may return to normal sooner rather than later. We can take comfort from the fact the days are gradually lengthening and Spring is on its way. In spite of the changes COVID has brought to our human lives, Nature continues as she usually does. We can see the signs of Spring all around us. In my garden there are a pair of blackbirds and two hedge sparrows already thinking about nest building. Snowdrops have been blooming since before Christmas followed by bright yellow aconites. The buds on some shrubs and trees are swelling and will soon burst into bloom.

With the help of this vaccination we will beat the virus and be able to meet and enjoy our meetings again. For the present we must keep in touch by phone and emails. To find out more contact Doreen Boar 01473 622768

### THE MARTLESHAM HEATH PAVILION

Martlesham Heath Pavilion is a great location for children's parties at the weekend.

You can check availability and book the Pavilion online at:

**[martlesham.org.uk/pavilion](http://martlesham.org.uk/pavilion)**

Alternatively, please contact the booking secretary:

**email: [bookingsecmhp@gmail.com](mailto:bookingsecmhp@gmail.com)**

phone: 07732 199712

### MARTLESHAM COMMUNITY HALL AND RICHARDS ROOM

**You can find out about our venues at our website—[mchall.org.uk](http://mchall.org.uk).**

You can check hire rates, if they're available and make an online booking request.

Alternatively you can call our Booking Secretary on 01473 623203.

If leaving a message, please speak slowly and repeat your telephone number.



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## THE CHURCH IN MARTLESHAM & BRIGHTWELL

**RECTOR:** The Revd Toby Tate The Rectory, 17 Lark Rise, Martlesham Heath  
Church phone 01473 612659 (rest day Friday)

**ASSOCIATE MINISTER:** The Revd Margaret Rittman Woodlea, The Street, Martlesham  
07914 771061 (working days: Sunday, Wednesday, Thursday)

**CURATE:** The Revd Christine Pinder 3 Mayfields, Martlesham Heath  
07555 748345 (working days: Sunday, Wednesday, Thursday)

**READERS:** Carolyn Smith 74 Heathfield, Martlesham Heath  
Malcolm Rittman Woodlea, The Street, Martlesham

**ELDERS:** Janet Foster janetwf33@gmail.com  
Margaret Rollins 9 Angela Close, Martlesham 01473 623868  
Simon Smith 11 Squires Lane, Martlesham Heath 01473 612410 (evening only)  
Liz Welham 23 Deben Avenue, Martlesham Heath 01473 622709  
Lynn Wilder Kenton, Nr Debenham 01728 860627

### Services for the Month

#### Online

on Facebook and YouTube. Search for 'Martlesham Benefice'

*During the current crisis, all public  
worship services in our church  
buildings are suspended.*

### Sunday 7th February

10am All Age Holy Communion  
5pm Zoom After Hours

### Sunday 14th February

10am All Age Holy Communion

*Face to face services will resume  
as soon as it is safe to do so.*

### Sunday 21st February

10am Holy Communion  
10am Family Zoom  
7pm Zoom Reflecting with God

*For up to date news and support  
follow us on our Facebook page  
or contact a member of our minis-  
try team (details above)*

### Sunday 28th February

10am All Age Holy Communion

*Our thoughts and prayers are with  
you all at this difficult time.*

**A warm welcome awaits you at all our services online.  
It would be helpful if you could contact Toby by the Saturday before for Zoom codes.**

### Midweek Services

Wednesdays 10am Morning Prayer on Facebook and YouTube

**Prayer Diary** Please include the following as an addition to your daily prayers:

#### February

- 5 For the safety of all road users
- 6 For everyone struggling with an addiction
- 7 Help us to hate all that is selfish and base**
- 8 For everyone suffering financial hardship
- 9 For everyone awaiting delayed surgery
- 10 For the residents of Whinfield & Whinfield Court
- 11 Give thanks for the work of animal charities
- 12 Give thanks for those recovering from illness
- 13 For refugees and asylum seekers
- 14 Give thanks for Love in all its forms**
- 15 For the work of Christian Solidarity Worldwide
- 16 For grandparents and great-grandparents
- 17 For the residents of Woodside
- 18 For our clergy and ministry team
- 19 For all members of emergency services

20 Give thanks for the friendship of neighbours

**21 Help us to see the world through the eyes of Christ**

22 For those with ongoing health problems

23 Give thanks for Christian friendship

24 For the residents of York Road

25 For loved ones we are unable to meet

26 For everyone who is doubting their Christian faith

27 For everyone who is homeless or sleeping rough

**28 May we speak to those we meet with the words of  
Christ**

#### March

1 Remember that Christ is the light of the world

2 Give thanks for those administering Covid vaccinations

3 For the residents of Acorn Way

4 Give thanks for all God's unnumbered blessings





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