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MAY 2024

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Front cover photo

A view of Martlesham Creek, from
Dominic Wiles

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Contributors are 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 or the editorial team.

TREE OF THE MONTH MAY 2024 - Agvambari – culinary quince



This quince can be found in Bright's Orchard, located opposite Gorseland Primary School and Nursery and the nearby Aviation Museum at the Control Tower.

A quince is a small round pear shaped fruit, usually ready to be harvested in October or November.

Quince fruit is hard, astringent and bitter when raw but versatile when used in cooking and in particular, great for making jellies, jams and other preserves.

Bright's Orchard, a Martlesham Council Community initiative, is well worth a visit at this time of year when many of the trees bear blossom.

There are several varieties to discover; apples, plums, medlars, damsons as well as quince, all interesting and certainly fruit you are unlikely to find in our local shops and supermarkets.

MOBILE LIBRARY TIMES

Tuesdays

Angela Close: 1.30-1.45pm
Bridge Farm Day Nursery 1.50-2.20pm
Falcon Mobile Home Park: 2.30-2.55pm
Douglas Bader: 3.00-4.30pm
7 May, 4 June, 2 July

Thursdays

Play2Day Nursery Gloster Road 10.15 - 10.45,
Douglas Bader: 11-12noon
23 May, 20 June, 18 July

<https://www.suffolklibraries.co.uk/mobiles-home/using-the-mobile-library-service/>

COMMUNITY RESPONDERS

Martlesham Community Responders are a group of 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@btinternet.com

GIRLGUIDING

Currently we have 1 Rainbow Unit (ages 4 – 7), 1 Brownie Unit (ages 7-10) & 1 Guide Unit (ages 10-14) meeting on the Heath.

If you are interested in joining as a young member, or helping as a volunteer, please contact Jo on martleshamguides@gmail.com or www.girlguidingsuffolk.org.uk & select the "join" or "volunteer" buttons on the home page.

Come & join the fun & start your guiding adventure today!"

1st MARTLESHAM SCOUTS

For all enquiries regarding joining the groups please contact membership@martleshamscouts.org.uk
For becoming a helper or hiring the Scout HQ, please contact Lindsay Macleod lindsayfw@msn.com

POLICE

In case of emergencies please always call 999. In non-emergency situations call the new number 101

Email the Safer Neighbourhood Team
woodbridge.snt@suffolk.police.uk

Martlesham Council

Biodiversity

Under the 2021 Environment Act, public authorities including town and parish councils must consider what they can do to conserve and enhance biodiversity, agree policies and specific objectives based on their consideration and act to deliver their policies and achieve their objectives.

National Hedgerow Week, one of the Tree Council's seasonal campaigns, will be celebrated this month (6th-12th May 2024).

Hedgerows are often the unsung heroes of the British countryside, they form the UK's largest wildlife habitat, are a major part of our landscape and cultural heritage and are crucial to halting biodiversity decline and tackling climate change.

Martlesham Council embraces the importance of hedgerows and in March, the Martlesham tree wardens ordered and planted two areas of hedging at the Recreation Ground. All the plants selected were native species and sourced locally.

A dog rose hedge was planted just in front of the pumping station and a further section of native mixed hedging was planted near to the Bowls Club. The cost of the plants was covered by a grant from the Tree Council.

At the end of March, the Council also heard that they had received a grant of £9,700 from the East Suffolk Council Kesgrave, Rushmere St Andrew, Martlesham, Carlford and Fynn Valley Community Partnership. We were delighted to be awarded this grant which was the result of a team effort involving Council staff, councillors and the Recreation Ground and Kronjis Piece Steering Group. The Council is looking forward to using the money to facilitate a sensory area which forms part of its Biodiversity, Enhancement and Accessibility in Martlesham, 'BEAM' project.

A reminder that Martlesham Council is running a wildlife friendly garden competition to be judged in November. Prizes, kindly provided by Martlesham in Bloom, will be awarded at our next volunteer evening towards the end of this year. Further details of that evening will



be forwarded to our volunteers and prize winners nearer the time.

As the days are getting longer, May is an ideal time to get out into the garden to take some photos for your competition entry. You may submit up to three photos per person per month if you wish.

During the month of May, consider leaving some grassy areas long to help pollinators and encourage nectar-rich plants such as clover.

Look out for the arrival of swifts in Martlesham this month and report any sightings to Martlesham Council. We will be turning on our own swift calling system very soon to help encourage swifts to visit the Council's boxes. In the last couple of decades, swift numbers have dropped by around 50%. If we can make our gardens and community spaces insect friendly, this will help feed good numbers of young.

Please send your wildlife friendly garden competition photos and any explanatory notes or sightings to enquiries@martleshamcouncil.org.uk

Forthcoming meetings

Parish Council meeting – Wednesday 1st May

Recreation & Amenities Committee - Wednesday 8th May

Please note that Parish Council meetings will be held in the Parish Room, Felixstowe Road, Martlesham, IP12 4PB.

All meetings start at 7.30pm and are open to the public, who are welcome to ask questions or make comments to the council during a public forum.

Before attending, we strongly recommend you check our website or noticeboards in case of changes.

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:

enquiries@martleshamcouncil.org.uk

website: <http://martlesham.onesuffolk.net>

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

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May 12 & 26
June 9 & 23
July 14 & 28

**All are welcome to join us for our church service
at 10am and/or tea and coffee at 11am
Please Note New Timings**

Martlesham Heath Householders Ltd

Work on The Meadow on Eagle Way

You may have seen volunteers recently working on the Meadow on Eagle Way. The Gorse and brambles have been cut back to the fence line again. The meadow itself has been de brambled as much as possible and then planted with Teasel, Foxgloves & Verbena. The rest of the area has been over sown with more sandy soil meadow seed which includes poppy, cornflower and yellow rattle seed as well as others. Here hoping to a lot more colour in the meadow this year if the birds, rabbits, and deer allow!

Annual General Meeting

The Martlesham Heath Householders limited AGM will take place on Wednesday 5th June 2024 at the Martlesham Heath Pavilion starting at 7.30pm. Work is now underway preparing the notice to be sent out within the next couple of months. Please take time to read the notice and attend the meeting.

Martlesham Village Fete Saturday 20 July 2024

The annual village fete is booked for Saturday 20 July 2024 – please come along and enjoy.

Volunteers

This is a call to any residents who would like to volunteer a bit of time. It is important that a good base of volunteers is maintained. For anyone interested it is a good opportunity to see what goes on behind the scenes and have your say on a variety of issues that arise from time to time. Should you be interested please leave a voicemail on 01473 612207 or send an email to martleshamheathhouseholders@gmail.com

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 martleshamheathhouseholders@gmail.com or by post to Martlesham Heath Householders Ltd, PO Box 897, Martlesham Heath, Ipswich, Suffolk, IP1 9PB.

MHHL Website

A reminder that lots more information about Martlesham Heath Householders Limited can be obtained on our website at www.mhhl.co.uk

Martlesham Village Fete

Saturday 20th July 11.00 – 4.00 The Green Martlesham Heath

Last month we gave you an idea of the entertainment planned; this month we will look at the stalls which will be at the fete.

We will have stalls already booked from last year which include charities which do a lot of good work in Martlesham and the surrounding districts, these include the RSPCA and Woodbridge Lions. These national bodies will be joined by smaller local groups which support charities such as the Woolly Wonders and Home Start, with quite a few more in the pipeline.

We will also welcome exhibitors from local businesses which will include crafts, books and cosmetic products, ideal purchases for yourself or delightful gifts for friends and family.

A third group of stalls will be from those organisations which make Martlesham a great place to live in, as they provide facilities and services for us all and crucially in this day and age work towards safeguarding our environment. These include the Parish Council, Martlesham Heath Householders and Martlesham Climate Action; joined by Suffolk Repair Shed and Transition Woodbridge.

Stalls are still being booked so this can only give a flavour of what to expect. If you are interested in having a stall to publicise your business, crafts or activities please contact the organisers as below.

Don't forget this is all in addition to the fairground, entertainment, refreshments and children's activities we have planned. Do come along and make a day of it.

The fete is organised by a working group of Martlesham Council which can be contacted at mvfete@gmail.com if you have any questions or would like to book a stall or volunteer to help



Summer edibles and preparing for summer

Now it is May gardens are bursting with growth to enjoy, and we seem to be hurtling towards summer! If you have been growing summer plants from seed and you have strong growing seedlings you can pot them up into small pots if you have not done so already. Once settled into them and growing start putting them outside during the day and bringing them back under cover at night for a couple of weeks to get them used to outdoor conditions; a process called hardening off. Beware of the temptation to plant out summer bedding too early because in May we may still get cold snaps! Beginning of June is safest.

It is a great time to start growing some tender (ie do not like cold weather) edible additions to your summer garden, whether in borders or containers. Beans are a wonderful addition; French climbing and Runner beans will provide a tasty harvest with French climbing and runner beans often flowering and producing beans for months and looking particularly ornamental with their flowers on twining stems. You can start them all indoors, sowing one or two seeds per small pot or module in a tray then keep them in a propagator or on a warm windowsill where they will germinate and start to grow. If you sow some, wait then sow more you will have plants of different ages on the go, maximising your opportunity for a succession of harvests.

It is not too late to sow tomato seeds, they will just flower and fruit a little later in the season than plants sown earlier. Sow them in small pots, modules or trays in warm conditions, like the beans, then pot into single pots once seedlings have several leaves ready to plant out a few weeks later in summer. There is a wide choice of tomato varieties including hanging ones for containers and hanging baskets.

The other winners with these edibles are pollinators, in particular bumblebees who will visit their flowers and pollinate them, they gain the pollen and nectar, and you gain with the subsequent harvest!

For further information about Martlesham in Bloom please contact: martleshaminbloom@gmail.com or J Maureen Burrows (Secretary) on Tel 01473 625196

News from Birchwood Primary School

Have you seen the fabulous artwork up around the Valiant Road/Eagle Way junction?

This is the handy work of Birchwood Primary School pupils who worked together with the Rock, Paper, Scissors project aiming to make our roads safer by encouraging drivers to use our roads as carefully and safely as possible. The Junior Road Safety Officers are keen to spread the word too, so please DRIVE CAREFULLY!

Birchwood Primary School's Team Green would like to remind everyone to help them with recycling.

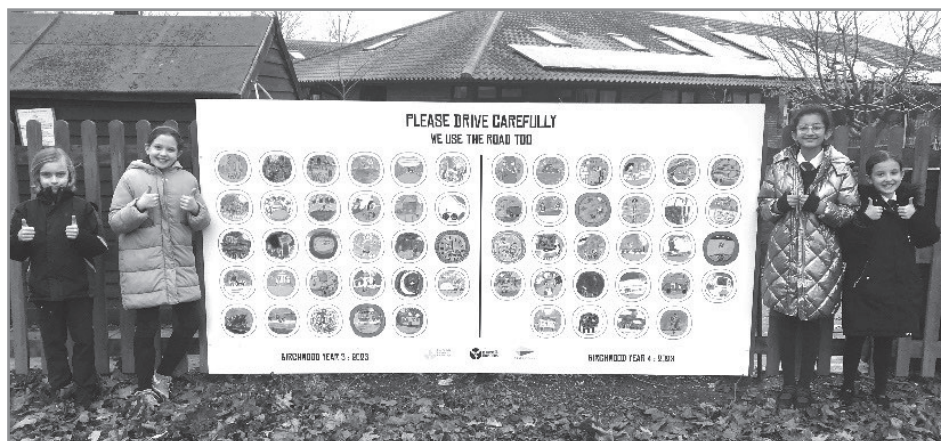
Please feel free to drop off any of the following to the recycling bins in our Recycle Alley, at any time when the school is open. Please press the button on the gate for the office to let you in.

- Babybel wax wrappers and plastic packaging
- Toothbrushes, electric toothbrush heads, dental floss and empty floss containers
- Old prescription spectacles
- Old pens
- Clothing and textiles
- Bras
- Used stamps.

Not only do some of our collections help charities like Breast Cancer Awareness and the Bone Cancer Trust but we also are preventing lots of waste going to landfill

- so help us to help our planet!!

Thank you.



MARTLESHAM BRASS

'Making Music Fun in East Anglia'

The Martlesham Brass Spring Concert takes place on Saturday 11th May 2024 in St Michael's Church Centre Martlesham Heath IP5 3SL at 7.00pm. Tickets cost £4.00 each (primary school age children free) and are available to reserve by calling 07544 962205, by visiting www.martleshambrass.co.uk or on the door.

If you feel you would like to learn to play a brass instrument, or if you already play and would be interested in joining us, please email join@martleshambrass.co.uk - we currently have spaces available in our beginners band. Members are supplied with an instrument on loan for the time they remain in the band. The subscription is just £7 per month.

Liz Howard (Publicity Officer)
publicity@martleshambrass.co.uk
 07544 962205
 Registered Charity No.1100922.
 Visit our website
www.martleshambrass.co.uk

KESGRAVE LIBRARY NEWS

Sunday Crafts 10.00 – 12.00 noon – during

May we will be making the following crafts:

Sunday 5th – This week we are making paper bag kites. What design will you choose?

Sunday 12th – Why not pop along and create a boating lake scene this week.

Sunday 19th – Using lolly sticks, we are making snakes – how long will your snake be?

Sunday 26th – It's the Monaco Grand Prix this weekend. Pop along and make a racing car.

Activities are free. Parents must stay with under eights.

Word Play Sessions – Every Thursday

Morning. Trained staff run these free sessions.

Tot Rock – 9.45 – 10.15 a.m. – active songs and rhymes for pre-school children.

Baby Bounce – 10.45 – 11.15 a.m. – Gentle songs for you and your baby to enjoy.

No need to book. Please just pop along. We look forward to seeing you soon.

Story Time – Fridays 9.45 – 10.15 a.m. Fun stories, rhymes, and songs – this is a free activity. We hope to see you soon.

Lego Club – every Tuesday 3.30 – 4.30 p.m.

Free play with each child given a basket of Lego bricks to create designs of their choice. We hope to see you soon.

Morning Book Group – Tuesday 10.00 a.m. 7th May at the library. The group are discussing Agatha Christie: A Very Elusive Woman by Lucy Worsley. **Afternoon Book Club** – This group's next meeting is Thursday 2nd May at 2.45 p.m. where they will be discussing A Rose Petal Summer by Katie Fforde. **Evening Book Group** – Thursday 30th May 7.00 – 8.00 p.m. The group

are currently reading Mrs England by Stacey Hall.

If you are interested in joining any of the above book groups, please contact library staff. The library supplies copies of the titles being read.

New - Family History Sessions – Saturday 4th May – 2.00 – 4.00 p.m. Are you interested in researching your family history? Need to know more about the different types of records and how to access them?

Why not book an hour-long session with our volunteer who can help you begin your journey into finding out all about your family history? Please ring 01473 626103 to book

Stay and Play – Every Tuesday 10.00–11.00am.

Bring your little ones to our Stay & Play group for a relaxed and informal opportunity to meet other parents and carers, share experiences and chat. Our Stay & Play groups are a chance for parents to socialise and give their babies and young children a fun, interactive play session that engages their senses and helps their development. These sessions are suitable for under 5s.

This event is part of our Me Myself and Baby perinatal support service. The aim of the project is to help reduce isolation and improve emotional wellbeing for new parents.

Bank Holiday Closures – The library is closed on Monday 6th and Monday 27th May 2024.

Opening Hours -

Monday 9.00–12.00 noon
 Tuesday 9.00–12.00 noon/2.30–5.00 pm
 Wednesday 2.30 – 6.00 pm
 Thursday 2.30 – 8.00 pm
 Friday 9.00–12.00 noon/2.30–6.00 pm
 Saturday 10.00–5.00 pm
 Sunday 10.00–3.00 pm
www.suffolklibraries.co.uk

Martlesham Conservation Group

Many thanks to all those who attended our last work party when we created small patches of bare ground for the benefit of solitary bees and wasps, reptiles, butterflies and some birds that like to eat seeds off the ground. These bare patches should gradually be colonised by fresh new heather plants too. We were also fortunate to discover two young adders in the midst of the area we were working in. Adders have been seen across the heath in good numbers and so dog owners are advised to take care and keep their dogs on a lead as this action could avoid unnecessary distress or injury.

The birdlife on the heath picked up during March and April with the arrival of several migrants. Chiff Chaffs appeared in mid March, with some Blackcaps a little later and Nightingales about 10th April. On the warmer days a few butterflies appeared, including Brimstone, Comma, Peacock, Small Tortoiseshell, Orange Tip and Green Hairstreak. Buzzards are seen regularly drifting across the sky with occasional appearances of Kestrels and Peregrine falcons (these have been nesting on the BT site for several years) and Red Kites. Throughout May butterfly species should appear in greater numbers including the Green Hairstreak butterfly a heathland species that relies on gorse as its food plant, the wandering Orange Tip, and Speckled Wood. As for other birds, hopefully our heath and woodland will resound again to that prolific songbird the Nightingale especially at night, whilst other species including migrants such as Garden Warbler, Whitethroat and Lesser Whitethroat add to the soundscape during the day. We may also be fortunate to hear the beautiful song of the woodlark on the common and heath as we have been able to do in previous years.

For our work party in May we will be undertaking a walk around the wood to the south of the green on Martlesham Heath on Sunday 12th May starting at 10am. We will try to identify the bird species present by sight and song. Please meet outside the Douglas Bader PH and bring a pair of binoculars if you have them. You may be interested in taking part in our work parties or wildlife surveys please contact us and please let us know if you have any interesting wildlife observations. We will return to the heath for practical work on Sunday 2nd June at 10am when we will be cutting bracken.

martleshamconservationgrp84@gmail.com

Phil Smith 01473 625630

U3A EAST SUFFOLK: More treats in store for u3a East Suffolk members

A national and - in fact - international organisation for the older, mostly retired, members of the community, u3a provides opportunities to learn, to keep active, have fun and make new friends.

That is the goal of u3a, and East Suffolk's branch – with more than 2,500 members – is bursting with ideas, with enthusiasm and opportunities. It's easy to join, and the benefits are many.

Alongside well over 150 different volunteer-led interest groups, there is a lively programme of talks held at venues across East Suffolk.

In June, for instance, members can enjoy talks on a variety of topics at venues in Felixstowe, Woodbridge and Saxmundham. These include "The Six Wives of Henry VIII", "The Wildlife of the East Suffolk Coast" and "An introduction to AI". Please note that the latter two are changes of speaker from the originally published programme.

June is also the month of u3a East Suffolk's AGM, which is provisionally arranged for Monday 10th June at 2.00pm at Kesgrave War Memorial Community Centre.

Full up to date information is available on the u3a website:
www.u3aeastsuffolk.org.uk.

East Suffolk u3a members are older, retired or semi-retired people who have joined with a view to getting the most out of life. They are meeting up at lunch clubs, in walking groups, quizzing, practicing foreign languages, discussing arts and sciences and making new friends and memories.

New members are welcome, with the expectation that they will contribute to the success of the group. Membership is on an annual basis, costs less than £20 for a full year and gives members access to all the organisation's many activities.

For more information about u3a please see the website or call the secretary on 0300 123 3913.



Bright Stars Activities sheets for preschool aged children. Would you like to receive them?

At the moment we are sending out free activity sheets by email and/or post on the 2nd and 4th Mondays of each month during term time, for the children to enjoy doing with their family and/or carers, instead of meeting in St Michaels Church Centre, Martlesham Heath.

At Easter we used all kinds of things to celebrate and remind us of the new life that Jesus has given us. Chocolate eggs remind us of the new life of chicks which hatch from eggs and bunnies made us think of baby animals that are born, and all the new flowers and plants that are growing made us feel cheerful as we celebrated Easter.

We had two Easter cards to colour and decorate to send out to friends and family.

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; we look forward to hearing from you.

*If you would like further information, please contact: Sonya & Maureen Burrows
Tel.01473 625196*

Portal Woodlands Conservation Group

Our next Volunteer work morning is Saturday 18th May from 10:00 to Noon, meeting at the Education Area. New volunteers of all ages and abilities are always welcome. No experience needed. For further information, please contact us at pwcg.martlesham@gmail.com, phone: 01473 612632 or visit our website: pwcg.onesuffolk.net or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

SUFFOLK COUNTY MUSIC GROUPS

Applications will be opening for our 2024-25 County Music Groups, so please keep an eye on our website if you would like to apply. Or alternatively email county.musicservice@suffolk.gov.uk and we can add you to our mailing list, so you receive this information directly into your mail boxes!

"It's great to be amongst like-minded musical friends and make new ones, great to play with others at a good standard" youth music groups music student.

*Find out more information here:
www.suffolkmusicclub.co.uk/take-part*



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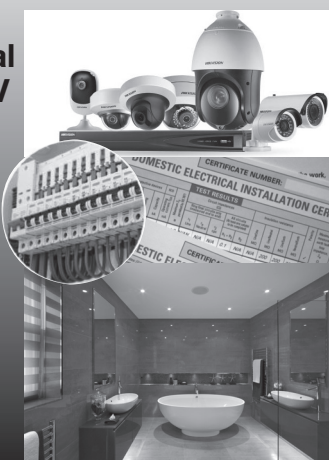


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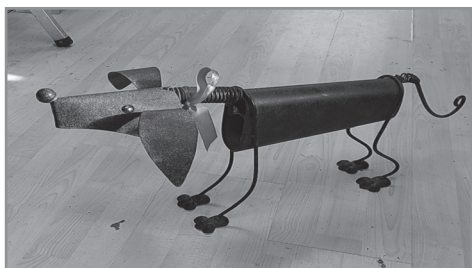
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So much happier now his head is re-attached!

Tales from the Repair Shed #10

We need saving from ourselves!

The whole idea of the Suffolk Repair Shed is to reduce the amount going to landfill. Now you may think that that would involve the kind of stuff you see at the tip in the small appliances section. Toasters, vacuum cleaners (don't tell them your name, Dyson!) CD players etc. And for the most part you would be right as the picture shows.

But now and again someone comes in with something which they really love, and which would never ever go to landfill while the original owner has anything to do with it. We aren't in The Repair Shop territory here; these items often have no value beyond sentimental, and generally there is no back story to satisfy the needs of a reality TV show.

But the owner loves it. Even worse the

people here can't resist a challenge. So off we go down rabbit-holes which are by any measure complete nonsense. There's an "Ice-ice Baby" snowman who gets a new 3d printed gear, because "my wife thinks it's funny".

"Would you like to look at this reed organ I've been given?" "The head has fallen off my metal dog." "I've got this old guitar amp to fix....." And so it goes on.

Jobs like this provide some diversion from the norm, and sometimes take an inordinate amount of time. So it's lucky we are not for profit! But it's probably inherent in the nature of the people here that curiosity sometimes overcomes common sense, and in some ways that's the best bit. Because provide a space where we can share tall stories, experience and skills. Maybe you should try it.

For more information:

www.suffolkrepairshed.org, email

hello@suffolkrepairshed.org

<https://www.facebook.com/profile.php?id=100091867569554>

<https://www.instagram.com/suffolkrepairshed/>

Suffolk Repair Shed Ltd is a non-profit company established in June 2022. It started operations in October 2022. It is staffed entirely by local volunteers.

Have you lost your sense of fun?

Maybe yoga can help!

You may be surprised to find that there's fun and laughter in our yoga classes! Easing your body of tension and learning to enjoy freedom of movement are two of the benefits of practising yoga which I hear about most often and the reason many people come to a regular yoga class. Once you feel free and relaxed and the tension eases away the joy of life can return.

Life is difficult and our bodies can become accustomed to holding tension – and after a while we often don't notice the hunched shoulders, tightness in the tummy, stiffness in the back. A few gentle stretches and most people notice that this inbuilt tension starts to reduce, blood flows around more easily, a feeling of harmony develops and importantly - we can breathe more naturally.

We have all heard about the benefits of breathing well and sometimes finding this natural breath isn't quite as easy as it sounds. If you feel tense your breath may be high in your chest and your abdomen may not relax. After a few yoga sessions most people begin to find their breathing improves and this more natural way of breathing is another way of increasing your overall sense of wellbeing.

We have spaces in our daytime classes at Melton on Tuesdays and Martlesham Heath on Wednesdays – I share these classes with my qualified and experienced colleague Linda James. If you prefer you can come and see me in Martlesham or Woodbridge for one to one yoga sessions. This a great way of preparing for a class and getting back into the swing of yoga. Some clients love having their own regular, personal yoga sessions which I tailor to suit their needs and are also perfect if you are a beginner, a returner or an advanced practitioner or yoga teacher looking to achieve some of the advanced yoga poses. I'm also available online. Qualified with the British Wheel of Yoga, I have been teaching for over 30 years and I have seen hundreds of people of all ages find ease and calm through practising yoga. And as a qualified coach I support you in making the change to a healthier lifestyle. For more information about classes and one to one yoga please call me on 01473 625115, email me at izzy@bluepebblecoaching.co.uk or go to my website www.izzyyoga.co.uk.

Suffolk Wildlife Trust

Plants for Wildlife at Foxburrow Farm Nature Reserve, Melton

Suffolk Wildlife Trust's Woodbridge Wildlife Group offer people in the area an opportunity to get out and buy plants and second hand books, teas and cakes during their forthcoming "Plant Sale" on Sunday 5th May 2024 at Foxburrow Farm Nature Reserve, Saddlemakers Lane, Melton from 2pm-4pm. Please come along and support Suffolk Wildlife Trust in our efforts to conserve the wildlife of our wonderful county. Foxburrow Farm is continuing in its rewilding journey so there is also the opportunity to explore the paths and see the changes occurring.

Early Morning Wildlife Walk

On Sunday 19th May we have an early morning wildlife walk around Bromeswell Green nature reserve from 7am to 9:30am. Meet and park at Melton Riverside Car Park. What3words: after.piglets.otters. Adults £5 under 25s free. Places limited – advance booking essential via our website. No dogs except assistance dogs.

Phil Smith 01473 625630

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THE WOOLVERSTONE PROJECT

The Woolverstone Project, based at Alton Water, recently celebrated 30 years of providing sailing experiences for people with disabilities.

Last year the project supported over 160 disabled sailors, taking them for more than 1380 sails. All this would not be possible without the help of a small army of volunteers, contributing around 3,500 volunteer hours a year.

To enable us to continue to offer disabled sailors the fun and freedom that sailing brings we are always in need of more volunteers. Sailing experience is useful but not essential.

If you are interested in becoming involved and enjoying the satisfaction which comes from helping others please come along to Alton Water on any Monday morning except Bank Holidays, or email us on chair@woolverstoneproject.org.uk

Further information is available on our website woolverstoneproject.org.uk

WICKHAM MARKET FLOWER CLUB

The East Suffolk Group are holding an Open Meeting on Friday 28th June at Kesgrave Community Centre, IP5 9JF. Doors open at 1pm for 2pm start. Demonstration by Rekha Naidoo – "Inspirations of India". Tickets available from Giovanna, contact number 01394272180, priced at £16 per person. This includes a strawberry cream tea. There will be a Raffle, several stalls and a Sales Table. All welcome.

We are holding a Fashion Show in conjunction with "Chaffinch" on Friday 17th May at Wickham Market Village Hall. Doors open at 6.30pm for 7.30pm start. Light refreshments and a raffle and 50% of money raised will be donated to a charity. It would be lovely to welcome you to any of these events.

TRIANON MUSIC GROUP

We are delighted to announce Trianon Music group's forthcoming Community Concert, in the beautiful setting of Harvest House, Felixstowe, in aid of Save the Children Fund. The hour-long performance from 7.30pm on Saturday 18 May, will feature fifteen members of the Symphony orchestra's string section. The programme has a wonderful selection of well-known classics, by composers such as Elgar, Holst, Bach and Delius, in addition to guitar solos from gifted teenager Kea Emina. Refreshments will be available after the concert.

Tickets, which cost £10 (£4 for students and U16's), are available from The Card Centre in Hamilton Rd, by emailing cathjbury@gmail.com, or on the door.

If you would like more information about our concert programme, the music we play, purchasing tickets or joining us as a performer, please contact us via our web page tmg.org.uk

If you would like to "make music" with the TMG, please contact us via our web site.

Richard Boother – Publicity Officer
publicity@tmg.org.uk

WOODBIDGE MEN'S SHED

A steering committee has been formed to initiate the setting up of a Men's Shed in Woodbridge.

Men's Sheds, which are part of a national organisation, are defined as community spaces for men to connect, converse and create. They are for men aged 18 and over to meet, discuss shared interests and put these interests into practice. These could be carpentry, metal working, car maintenance and many others. For some it may just be a place to socialise over a cup of coffee.

To gauge the level of public interest in the project the committee is hosting a series of drop-in mornings.

These will be held at the Jetty Lane Pod which is on the Avenue in Woodbridge IP12 4BA. They will be from 10.00 to 13.00 on Thursdays fortnightly from May 9th.

If you are interested in this venture please come along for a coffee and chat. Future dates are May 23rd, June 6th and June 20th.

If you would like further information please contact Robin Pivett at r.pivett128@btinternet.com



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Would you like to try playing bowls?



WHY NOT COME AND PLAY BOWLS WITH US!

The club is holding an open day At Martlesham Recreation Ground on Saturday 1st June between 10.00am and 4.00pm

All equipment will be supplied just bring a pair of flat-soled shoes

For more information Please contact

Club Chairman Mike Hart Tel: 01473 401013 Email: michael.g.hart@ntlworld.com
Club Secretary John Anderson Tel: 01473 808678 Email: jt.anderson@tiscali.co.uk

Open Gardens

Martlesham Heath

Saturday 1st June 1200-1700hrs

Entrance map and tickets from Martlesham Heath Scout Hut, IP5 3PL between 1200-1630hrs

- £5pp, Under 11's free
- Over 10 participating gardens
- Refreshments available

Contact Mike: drawekim@hotmail.co.uk
Supported by Martlesham Scouts and raising funds for Martlesham Wilds Nature Reserve

Badminton in Kesgrave

Woodbridge Badminton Club will be running a summer badminton club on a pay-as-you-play basis at the Kesgrave Community Centre Sports Hall on Thursday evenings 8pm - 10pm starting on 2nd May. The cost is expected to be £6 per session.

In the meantime we are playing at Kesgrave High School for the winter season (September-April). Adult club night is 7:30pm to 10:00pm on Wednesday evenings with the last session on 24th April. You can come along for a guest session for £6 to try us out, refundable if you join as a member. We welcome a range of abilities but unfortunately not complete beginners at the adult club.

For latest details check out our website at <https://www.woodbridgebadminton.co.uk> or email contact@woodbridgebadminton.co.uk.

MARTLESHAM LADIES CLUB

There will only be two meetings during May. The meeting planned for 2nd May 2024 has been cancelled as the Richard's Room is being used as a polling station for the local elections.

The remaining two meetings are on 16th May when Dr Geoffrey Kay will give a talk entitled 'Over Sexed, Over Paid and Over Here'. This describes the escapades of the American GIs in Suffolk during WW2. The second meeting is on 30th May when Michael Slade will explain 'How We Hear'. He is an audiologist and he will explain how to look after our hearing.

Looking ahead to next month, on 13th June Capt. John Jarrold will tell us about the varied work of the Salvation Army.

MARTLESHAM BOWLS CLUB

Would you like to try playing bowls? If so why not come to your local bowls club at Martlesham Recreation Ground. The club is holding an open day on Saturday 1st June between 10.00am and 4.00pm. All equipment will be supplied just bring a pair of flat-soled shoes.

The club actively bowls in several local leagues and also encourages social bowling on Thursday and Saturday afternoons at 2.00pm. They would love to see some new faces. Why not come along and give it a try?

For more information please contact

Club Chairman Mike Hart Tel: 01473 401013 Email: michael.g.hart@ntlworld.com

Club Secretary, John Anderson 01473 808678 or 07547727439 Email: jt.anderson@tiscali.co.uk

CITIZENS ADVICE

OUR NEXT FREE ADVICE SESSION IN KESGRAVE IS ON TUESDAY 21st MAY

New research from Citizens Advice finds almost a quarter of people in the UK, equivalent to 12.4 million, have experienced a problem with an item they've bought since October 2023.

The charity's study found consumers spent over £2 billion and six million hours - an average of £64 and 94 minutes per person - trying to fix these issues. Some examples include, people needing to take time off work to return a parcel within set hours or racking up phone bills hanging on the end of a customer helpline.

We can help you with these consumer problems and can also help with tax, debt, benefits, family issues and much more.

Our free drop-in service is there to help you. We are in the Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, IP5 1JF on the third Tuesday of every month between 9am and 12 noon.

No appointment is necessary and there is plenty of free parking at the centre.

For further information call Citizens Advice East Suffolk on 0808 278 7866

Summer's coming

As summer approaches, our thoughts turn to the 'Great Outdoors' and how we can enjoy it and benefit from it. Croquet might be the answer. It can be leisurely fun or highly competitive. It can be played by almost anyone, and is recognised as being good for our physical and mental wellbeing.

On Bank Monday, 6th May Ipswich Croquet Club (ICC) will hold the second of this year's Open Days at Bucklesham Road, IP10 0AA. (///what3words waitress.escorting.landlords.) The gates will open at 10 AM and close about 4 PM. All will be invited to enjoy a game of croquet and enter various competitions.

National Croquet week runs from 18th to 28th May. Anyone wishing to try their hand and get a taste of the sport should contact Martin Brown at ICC who will be delighted to arrange for you and your family/friends to have a go.

ICC will also have its usual stand at the Suffolk Show on Wednesday 29th and Thursday 30th May. You are invited to learn all about croquet and try your skills at hitting balls through hoops.

For further information : www.ipswichcroquetclub.com.

Or Email: croquetclub.ipswich@gmail.com,

Tel/text: 07780 704 792.

MARTLESHAM HEATH AVIATION SOCIETY

On Friday 5th April we welcomed Terry Holloway who, amongst other things, mentioned his love of Gliding.

Terry's introduction to gliding, as a teenager, was to fly in gliders like the tandem seat T31 Glider, (flown by many Air Cadets between 1951 and 1986) – and flown from Martlesham Heath until the Airfield closed in 1963. Terry first flew from Christchurch and then other airfields like Bicester.

He briefly went through the history of gliding and mentioned that the Germans were not allowed to operate military aircraft between the wars – but , as war looked increasingly likely they encouraged teenagers to fly in similar Gliders. Many of these young glider pilots later formed the core of the Luftwaffe.

Similar gliders were also flown by the RAF Air Cadets, and for civilian gliding enthusiasts in Great Britain

The Glider became very useful in the 2nd World War, with (perhaps unsurprisingly) Germans using troop carrying Gliders to bypass Belgian defences – crossing canals that were one of the Belgian's chief defensive lines.

Terry then talked about modern gliders and how sophisticated they have become. They now contain instruments that help the pilots find Thermals (rising columns of air) and others indicate how fast the Glider is rising (or falling) as it soars.

Terry had always had an ambition to fly a glider over the highest mountain in Chile, Mount Aconagua.... which is 21,000 feet high. The Chilean Airforce was looking for some new gliders – Terry had a look around, and using his contacts managed to source 5 Cessna C172 Gliders, for around £70,000 each. If he wanted new ones they would cost about £270,000 each.

So the adventure started. The RAF already had very close contacts with the Chilean

Air Force, and Terry and his team of RAF pilots went with the Gliders to train the Chilean's fly the new gliders.

They flew from a Chilean Air Force station at Santiago, the Gliders being towed launched by a Cessna Bird Dog light aircraft.

It is not easy to fly Gliders in this area, as close to the Andes, weather and thermals are very unpredictable. Terry said there are about 253 missing planes that have crashed somewhere in the Andes range. For all its dangers, the terrain is fascinating.

After some practice flights their five new gliders with mixed RAF and Chilean Air Force Crews all got used to flying above the unforgiving terrain.

At last success. Because of the height they were aiming to fly at, they all had to wear oxygen masks – and take special precautions to avoid frost-bite. They could not even take sandwiches with them – as the temperature dropped to about -40C and the sandwiches froze solid. They ward off altitude sickness by drinking lots of CoCo Tea!

They celebrated with a riotous party.

Terry went on to talk about some other aircraft adventures and career. On leaving the RAF he became Engineering Officer at Marshall's Aerospace at Cambridge Airfield. He still works for them – but not full time.

Despite being ground based at Marshall's he managed to have flights in Lightning and Hawker Hunter Jet Fighters, as well as taking the control in Carolyn Grace's Two Seat Spitfire, as well as flights in De Havilland Tiger Moths. For many years he owned a rare De Havilland "Puss Moth". He has now flown in well over two hundred different aircraft.

The Evening was really fascinating – and we look forward to keeping up our contact with Terry.

Our next monthly meeting on Friday 5th May at the Martlesham Heath Community

DEBEN ROTARY SPRING CONCERT

The Rotary Club of Woodbridge Deben is hosting a Spring Concert featuring Woodbridge Choral Society with Andrew Leach on piano. The concert will include a wide variety of music from composers such as Handel, Verdi, Flanders & Swann and Lennon & McCartney.

**The concert will take place at
St Michael's Church
Martlesham Heath
4pm on Sunday 19th May.**

The concert is free and there will be a collection for donations to support Deben Rotary Club charities.

There will also be an opportunity to conduct a part of the Hallelujah Chorus for the winner of a simple auction on the day!

We look forward to seeing you to enjoy some great music and support some worthwhile charities.

WOOLLY WONDERS

Martlesham's Premier Knitting and Crochet Group

We meet every Thursday 10 -12noon for sociable knitters and crocheters, in The Runway Cafe

Centre, Felixstowe Road IP12 4PB is our Annual Review of another successful year.... and a look forward to the next one. This will be followed by a look at the History of the Society – which started in the mid 1970's. We will see what Martyn Cook and our President Roger Harrison have found in our Archives.

Looking to later in the year.... Two day out trips are now booking, and our Annual Sunday September 8th Special Event looks like being really special!

MARTLESHAM COMMUNITY HALL AND RICHARDS ROOM

You can find out about our venues at our website - 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 623 203. (Monday to Saturday 08:00 - 20:00).

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

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

Alternatively please contact the booking secretary:

Email: bookingsecmhp@gmail.com

Phone: 07732 199712

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

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| Services for the Month | Martlesham Heath St Michael's Martlesham St Mary's Brightwell St John's | Online on Facebook and YouTube. Search for 'Martlesham Benefice' |
|------------------------|---|--|
| Sunday 5th May | St Michael's 9.30am Coffee and pastries 10am Breakfast Church St Mary's 11am Holy Communion | 5pm Zoom After Hours |
| Sunday 12th May | St Michael's 10am Holy Communion St John's 6.30pm BCP Evening Prayer | 10am Holy Communion |
| Sunday 19th May | St Michael's 10am Morning Worship St Mary's 11am Holy Communion | 10am Morning Worship 7pm Zoom Reflecting with God |
| Sunday 26th May | St Michael's 10am Holy Communion St John's 6.30pm BCP Evening Prayer | 10am Holy Communion |

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

Midweek Services Wednesday 8th and 22nd May: 10am Holy Communion at St Michael's

Prayer Diary Please pray daily for peace and include the following as an addition to your daily prayers:

May

5 for all leading services today

6 Bank Holiday - for safety on the roads today

7 for all mental health workers

8 for the residents of Lugano Avenue

9 Ascension Day - remember this Holy day

10 may we be good neighbours

11 for pupils studying for exams

12 for Pop-up shops and all helpers

13 for all who need to use Pop-up shops

14 for all who donate to food banks

15 for the residents of Main Road

16 give thanks for family and friends

17 for all attending Friends on Friday

18 for all who have died recently

19 Pentecost - for all free to praise the Lord in safety

20 for all recently bereaved

21 for all protecting the environment

22 for the residents of Manor Road

23 for the unemployed

24 for the homeless

25 give thanks for the beauty of Spring

26 Trinity Sunday - Bless Father, Son and Holy Ghost

27 Bank Holiday - may we enjoy this day and all we do

28 for all farmers at this time

29 for the residents of Mayfields

30 for the plight of people in Ukraine

31 for all who are lonely

June

1 for all NHS workers

2 for all living with cancer

3 may we welcome all visitors to local churches

4 for all people in The Holy Land

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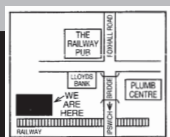
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