

# martlesham monthly

AUGUST 2022

Produced and Distributed by Volunteers

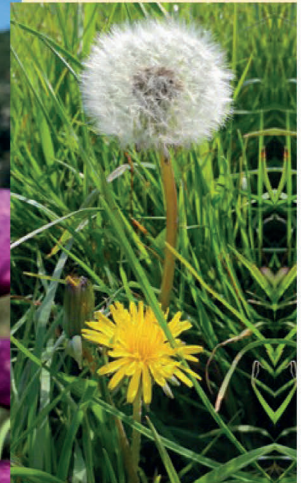
www.martleshammonthly.com | 



11 - 17 year group  
First Prize  
Brook Birkin  
Age 13



18 and over First Prize Gemma Black



7 - 10 year group  
First Prize  
Zander Jordan Hawes  
Age 7

Winners - Martlesham Wildflower Photographic Competition

**BUTCHERS**  
**Duncans**  
& **BAKERY**

Your independent Supplier of Local British Meat and Handcrafted, Delicious Bread and Cakes

Opening Hours:  
Mon-Fri 8.00-5.00  
Sat 8.00-2.00

See our range of ready to cook dishes  
Credit and Debit card facility available

Tel: BAKERY 626828  
BUTCHERS 626044

16-18 The Square

**PAULS TREE SERVICES LTD.**  
LAZY ACRES, LOWER ROAD, FALKENHAM, SUFFOLK  
TEL: 01394 277776 MOB: 07979 226497

- All Waste Chipped and Removed from Site
- All Aspects of Tree Surgery and Felling
- Professional Work at a Fair Price
- Emergency Services Available
- Free Quotes on Request
- Pruning and Reshaping
- Hedge Trimming
- Stump Grinding
- Fully Insured

EMAIL: paulstreeservicesltd@hotmail.com VISIT: www.paulstreeservices.co.uk

*The*  
**Janet-Sarah**  
*Hair Design*  
*Centre*

17 THE SQUARE, MARTLESHAM HEATH.  
PROFESSIONAL SALON FOR LATEST  
FASHION IN STYLING AND COLOURS.

TEL: 01473 624001

**Martlesham**  
**Body Repair Centre** Est. 2000

Your Local Paint & Accident Repair Specialists

- All Major & Minor Accident Repairs (all vehicles)
- Body Skirts, Paint Chips, Scuffs & Dents
- Alloy Wheel Refurbishment
- Volkswagen, Audi, Mercedes & Porsche Trained
- Quality Workmanship at Competitive Prices
- Insurance Recognised
- Courtesy Cars (subject to availability)
- Rear Parking Sensors - Supply & Fit

Call in today for a free estimate ...  
Unit 19, Martlesham Creek Industrial Estate, Sandy Lane,  
Martlesham, Woodbridge, Suffolk, IP12 4SD  
Telephone: 01394 388799 • www.mbruc.uk

**MARTLESHAM**  
**HEATH**  
**PAVILION**

Village Hall for hire with

- Free wi-fi
- Accessible facilities
- Air-conditioning
- New projector
- Small kitchen
- Sports changing room
- Ideal for children's parties, meetings, clubs & societies

Check availability & book online at  
[www.martlesham.org.uk/pavilion](http://www.martlesham.org.uk/pavilion)  
or email:  
[bookingsecmhp@gmail.com](mailto:bookingsecmhp@gmail.com)  
Phone: 07732 199712

## P.A. LAST

HOME & GARDEN  
MAINTENANCE

PATIOS, FENCING, PATHS,  
GARDEN CLEARANCE,  
SHED BASES, TURF LAID,  
RE-POINTING, PAINTING

IPSWICH 287542  
MOBILE 07742015384  
PAUL40LAST@GMAIL.COM

FREE ESTIMATES



MAKING  
**LOCAL  
KNOWLEDGE**  
COURT

Call David Chittock on 01473 220022  
Email: david.chittock@ensors.co.uk

 **Ensors** Chartered  
Accountants



**Jemma Burgess**  
BA (Hons) MCFHP MAFHP

For all foot health care needs in the  
comfort of your own home.  
I look forward to making your feet twinkle!  
Fully insured 18110101 and CRB cleared.

Contact me on:  
**07522 579047** or  
**(01473) 612911**  
<https://jemmaburgess10475.wixsite.com/twinklestoos>



Essex & Suffolk   
**PEST SOLUTIONS**

Your local pest control experts  
for home & business

- Free advice, fast response
- Highly accredited (NPTA)
- Fully qualified & insured
- Discreet - unmarked vans

**T: 01473 328092**

[info@eandspestsolutions.co.uk](mailto:info@eandspestsolutions.co.uk)

## Beautevas

beauty & skin clinic

all your beauty needs taken care of

facials  
waxing  
electrolysis  
eyelash & brow tint  
eyebrow shape  
manicure  
pedicures  
gel polish

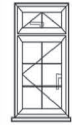


advanced anti-ageing  
comcit facial  
sunbeds  
ipl hair removal  
massage  
caci facials  
specialised foot care

**01473 610606**  
[www.beautevas.co.uk](http://www.beautevas.co.uk) (online booking available)

15 The Square Martlesham Heath Ipswich IP5 3SL

## Barry Clamp & sons Ltd.



Quality installation and replacement.

- Windows, Doors, Conservatories in
- UPVC, Aluminium and Hardwood
- also Fascias, Soffits and Cladding.



WHERE QUALITY COUNTS!

for a free no  
obligation quotation... Call us today  
**07801 030634**

No pushy salesman,  
just honest advice from the owners.

[www.barryclampandsons.co.uk](http://www.barryclampandsons.co.uk)

91 Dobbs Lane, Kesgrave, Ipswich

## Gas Service & Central Heating Repairs

**Chris Westaway**

British Gas Trained ♦ Gas Safe Registered



## COMPASS HEATING

4 York Road, Martlesham Heath, Ipswich, IP5 3TL

Boiler Replacement ♦ Power Flushing

Central Heating ♦ Boilers ♦ Fires ♦ Water Heaters ♦ Radiators & System Controls  
Landlords Certificates ♦ Gas Safety Inspections

Email: [compass.heating@btinternet.com](mailto:compass.heating@btinternet.com)

Mobile: 07730 580875

## DMonkey Computers



Microsoft Certified  
Professional  
Systems Engineer

- Upgrades / Repairs / Diagnostics
- Laptops / Desktops / Printers
- Windows speed-up
- Virus / Spyware removal
- Wireless setup
- Networking
- Data recovery
- Security
- Broadband tune-up
- Helpful advice
- Home/site visit - or return to base
- Tuition
- VHS to DVD conversion

Daytime  
Evenings  
Weekends

Also \*\*\* Website Design and Hosting \*\*\*

Call: 01473 610440 or 07521 731578  
email: [support@dmonkey.co.uk](mailto:support@dmonkey.co.uk) web: [www.dmonkey.co.uk](http://www.dmonkey.co.uk)

## MARTLESHAM SERVICE CENTRE LTD

- ✧ Servicing and repairs to all makes and models of motor vehicle.
- ✧ Competitive rates on tyres, clutches, brakes etc.

 MOT TESTING STATION

MONDAY-FRIDAY 8AM-5.30PM

UNIT 20 BETTS AVENUE  
MARTLESHAM HEATH • 01473 631111

## A bright start at Martlesham Nursery

Looking for a local nursery?  
We'd love to show you around.  
Meet our qualified staff, take  
a look at our play rooms and  
gardens, and find out how we  
can fit in with your needs and  
look after your child.

Give us a call on 01473 611881.

**Pixels Nursery  
Martlesham**

[www.alpha-nurseries.co.uk](http://www.alpha-nurseries.co.uk)

Ofsted 'Good'  
August 2016



# martlesham monthly

**AUGUST 2022**

**Produced and Distributed by Volunteers**

## Front Cover Photograph

The front cover features the 3 winners of the Wildflower Photograph competition that took place at July's village fete.

A Well Done to everyone who took part.

Photo of a trap door spider taken by J Oliver of Portal Woodlands Conservation Group



## GIRLGUIDING MARTLESHAM

Currently we have

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

If you are interested in joining as a young member, or helping as a volunteer, please contact Jo on [martleshamguides@gmail.com](mailto:martleshamguides@gmail.com) or [www.girlguiding.org.uk/get-involved](http://www.girlguiding.org.uk/get-involved) (HQ).

Come join the fun & start your Guiding adventure today!

## 1ST MARTLESHAM SCOUTS

For all enquiries regarding joining the groups please contact

Timandra Howell

[martleshamscouts.thowell@yahoo.com](mailto:martleshamscouts.thowell@yahoo.com).

Becoming a helper or hiring of the Scout HQ please contact

Lindsay Macleod

[Lindsayfw@msn.com](mailto:Lindsayfw@msn.com)

## 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  
5 July, 2 August, 30 August

## Thursdays:

Douglas Bader: 10.15–11.45am  
21 July, 18 August, 15 September  
<https://www.suffolklibraries.co.uk/mobiles-home/using-the-mobile-library-service/>

## Joining

If you live in Suffolk or a neighbouring county complete the online form and we'll post your card to you.

Alternatively, visit any Suffolk Mobile library with proof of identification and we'll give you a card.

## 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](mailto: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  
[johnny.dixon@btinternet.com](mailto:johnny.dixon@btinternet.com)

**Editor:** Gwynneth Johnson

**Advertising:**

[martleshamadverts@gmail.com](mailto:martleshamadverts@gmail.com)

**Collation and Assembly:**

Ken Davies (01473 611109)

**Distribution:**

Rob Webb (01473 625786)

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

Please e-mail contributions to :

[martmonthly@btinternet.com](mailto:martmonthly@btinternet.com)

Or deliver your copy to

19 Farriers Close IPSWICH

IP5 3SN, preferably word processed.

**MARTLESHAM MONTHLY ONLINE**

[www.martleshammonthly.com](http://www.martleshammonthly.com)

**And on Facebook**

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

## Parish Council Vacancy

Martlesham Parish Council is seeking a Deputy Clerk to join its busy team based in the Council Offices off Felixstowe Road. The successful candidate will support the work of the Clerk and the Recreation & Amenities Committee in its work covering site management, play areas, rights of way issues, supporting working groups such as the Community Orchard Working Group and the Wildflower Project and more...

For details on the Deputy Clerk vacancy and how to apply please see the Parish Council's website - <http://martlesham.onesuffolk.net>

## Councillor vacancies

If you take an interest in looking after local play areas, street furniture, open spaces; want to try and influence housing, business, retail development in your parish; want to improve footpaths, pedestrian & cycling facilities or take an interest in ensuring public funds are properly accounted for and allocated where needed, then Parish Council membership might be right for you! As the full Council does not formally meet in August, the next opportunity to be appointed is 07 September 2022. Please contact the Clerk for more information or just come along to a meeting – we'd love to hear from you.

## Village fete

A full report on the Village Fete, which took place on Saturday 16th July, will be in next month's newsletter.

New play equipment and sports area now open at the Jubilee Play Space - in honour of

The Queen's Platinum Jubilee.

There is a new circular group swing, multi-climber tower with slide and climbing features, a wobble bridge, fireman's pole, inclined net bridges and a spin ball with ladder. Basketball posts and two football goals have also been installed on a newly laid tarmac surface.

The opening was held on Friday 15th July, with much help and enthusiasm from the children at Martlesham Primary Academy. The Academy held a poster competition with the winning artist getting to cut the ribbon, also winning the chance for their classmates have the first go on the equipment after the official opening. Goody bags and prizes were given out to celebrate the event. Head on over to our website for the photos!

## Grants to local organisations in 2023

The Parish Council will be considering all applications for grants from local organisations in the autumn. If your group wishes to apply for a grant, please use the following email [enquiries@martleshamcouncil.org.uk](mailto:enquiries@martleshamcouncil.org.uk) to request an application form. All application forms to be completed and returned to the Parish Council by Monday 10 October 2022. These grants are awarded for the financial year 2023/24 and will be presented at the Annual Parish Meeting in April 2023.

## Preventing fires

Dry weather makes it easy for wildfires to start on heathland. Help us prevent this by making sure any cigarettes are put out and

disposed of properly. Please warn your children that discarded bottles and cans can reflect the sun and cause fires.

If you see a wildfire dial 999.

## Forthcoming meetings

No full Parish Council meeting in August

Parish Council – Wednesday 07 September 2022

Recreation & Amenities Committee – Wednesday 14 September 2022

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](mailto: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>

## Pop Up Shop

St Michael & All Angels Church  
The Green, Martlesham Heath



Every 2nd & 4th Sunday of  
the month

1- 1.30pm

14 & 28 August

11 & 25 September

09 & 23 October



Finding food bills a  
challenge?

Come and fill one of our  
carrier bags for £2



## **From your Conservative District Councillor for Martlesham, Brightwell, Foxhall and Purdis Farm. Chris Blundell. August 2022.**

### **East Suffolk Council elects a new Chairman for 2022/23.**

The council has elected its new chairman for the 2022/23 municipal year. Jenny Ceresa, who represents the Carlton Colville ward, was appointed to the role at the annual general meeting of the Full Council. Jenny was voted in as a councillor in 2015 and has since served as a member of the planning committee and scrutiny committee. She was also elected to Suffolk County Council for Lowestoft South in 2017 and chairs the county council Development and Regulation Committee. Cllr Ceresa's deputy for the 2022/23 municipal year will be Martlesham and Purdis Farm ward councillor, Chris Blundell.

### **Central Government.**

Today (10th July 2022), as I write this column I cannot but feel sad at the events that have recently unfolded at Central Government. To some extent their troubles will reflect through the political party system to all members of that party. My primary concern is to help create and maintain the quality of living in the communities that I represent in as good a state of wellbeing as possible. With help from the dedicated East Suffolk Council officers, I would like to think that I have achieved something of those goals.

### **Cabinet Decisions.**

Every month the East Suffolk Council's Cabinet meets to make decisions that do not require the full council's approval. Most decisions are of a house-keeping enabling nature. This month (July 2022) decisions made by Cabinet included:

That a procurement process to purchase 23 new Refuse collection vehicles be started. This is being done to ensure an efficient, adaptable and resilient waste and recycling collection service for East Suffolk and to reduce maintenance costs and service disruptions.

That the Head of Operations be authorised to implement a review of existing parking management regulations within the East Suffolk District. Also, that a Supplementary Budget of £21k for 2022/2023 and £42k for future years be approved for the appointment of a Highways Technician/Engineer to provide the resource and capability necessary for undertaking the review and implementing the consequent changes to parking management regulations within the district.

### **Residents are invited to have a say on a new planning document.**

East Suffolk residents are invited to have their say on a new planning document covering small-scale residential developments in the countryside. A consultation on the draft 'Housing in Clusters' and 'Small-Scale Residential Development' in the Countryside' Supplementary Planning Document (SPD), which provides guidance on the development of small-scale housing of up to five dwellings, was launched on Friday 17th June 2022.

All comments received by 5 pm on 5th August 2022 will be considered and taken into account when finalising the 'Housing in Clusters' and 'Small-Scale Residential Development in the Countryside' SPD, which will be adopted later in 2022. Once adopted the SPD will be a material consideration in determining planning applications.

You can view and comment on this consultation at: [www.eastsuffolk.gov.uk/planning-policy-consultations](http://www.eastsuffolk.gov.uk/planning-policy-consultations).

### **Murrill's Park Play Space.**

This is a development undertaken by East Suffolk Council to refurbish and substantially improve the children's play space in Murrill Park in Purdis Farm. The refurbishment is currently under way and it is expected to be completed by the end of the July 2022. It is planned to have a formal opening ceremony in mid-August with the children from the local area participating in the opening ceremony.

*If you wish to have further information on any of the foregoing topics or any other district council matters, please contact me by email at [chris.blundell@eastsuffolk.gov.uk](mailto:chris.blundell@eastsuffolk.gov.uk). Otherwise by phone on 01473 622716.*

## **Martlesham Heath Householders AGM**

The AGM was held on 8 June 2022. The following directors, Mr D Markham, Mr A Macleod and Mr D Boswell were all re-elected. Mrs A Thomason has resigned as a director and Company Secretary and Mr D Markham has taken over this role.

### **Martlesham Village Fete 16 July 2022**

We hope that everyone that attended the village fete on Saturday 16 July 2022 had an enjoyable day. Martlesham Heath Householders Limited had a display for interested parties to come and find out more about what we do.

### **Additional Bin on Jubilee Green**

As we have reported over recent months there has been an increase in dog waste being left on the Jubilee Green (previously North Green). To address this antisocial issue MHHL have funded an additional dog poop bin on the Jubilee Green at the northern end. There are bins already at the village square and at the southern end of Green entering Farriers. We sincerely hope that dog owners will be vigilant and do the right thing.

### **Future Invoices by Email**

If you would like to receive the Annual Maintenance invoice via email in future years, please go to the MHHL website [www.mhhl.co.uk](http://www.mhhl.co.uk) where you will find a blog with a link to allow you to register.

### **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](mailto:mailto:martleshamheathhouseholders@gmail.com)

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

## Yoga with Izzy Ixer

*British Wheel of Yoga Teacher and Personal Coach*

One to one – Groups – Masterclasses  
Indoors – Outdoors – At home on Zoom  
Yoga for back pain – Breathing techniques

*Martlesham and Woodbridge*  
Beginners – Returners – Advanced – Athletes



[www.izyyoga.co.uk](http://www.izyyoga.co.uk)  
or call 01473 625115



## High-Spec Plastering

### Specialists in:

- Venetian Polished Plaster
- Natural Clay Plaster
- All Internal Plastering
- Monocouche Coloured Render
- Sand and Cement Render
- Coving and Cornice Fitting/Replacement

Donald: 07907 088498

[www.hi-spec-plastering.co.uk](http://www.hi-spec-plastering.co.uk)



## martlesham monthly

WOULD YOU LIKE TO ADVERTISE IN THIS SPACE?

WE TAKE ADVERTS ON A MONTHLY BASIS -  
PLEASE CONTACT US FOR MORE INFORMATION.

[martleshamadverts@gmail.com](mailto:martleshamadverts@gmail.com)

**MARKS & MANN**  
estate agents

# TIME TO MAKE A

# M VE

Call 01473 396007

[contactmartlesham@marksandmann.co.uk](mailto:contactmartlesham@marksandmann.co.uk)

[www.marksandmann.co.uk](http://www.marksandmann.co.uk)



## GIRLGUIDING MARTLESHAM DISTRICT

### 1st Brightwell & 2nd Martlesham Heath Guides

The Guides have had a busy Summer Term, making the most of the lighter & warmer evenings. So far the Guides have made snacks, star maps & investigated their local area to gain the Explore Skills Builder badge. The Guides spent a night at Hallowtrees go karting, playing games & enjoying smore's round the campfire, & visited the beach at Felixstowe to do a "biodiversity blitz", owl themed beach art & a scavenger hunt. To finish the term we will be running a camp skills evening, pitching tents, knotting & lighting fires, & holding a

HOOT Trail themed evening with owl quizzes & challenges to gain the Girlguiding Suffolk HOOT Challenge badge.

7 of the Guides attended Give It a Go Day in June, an opportunity to try more adventurous activities, such as archery, rifle shooting, climbing wall, grass sledging, orienteering, team building, & we hope to hold a Sleepout sometime in the coming months.

Currently we have spaces at both our Guide Units in September, for young women aged 10-14 years. Come & join the fun.

Happy Holidays Everyone!

**1st & 2nd Martlesham Heath Brownie Units** are both looking for extra adult helpers from September. We have 2 thriving Brownie Units in Martlesham, both are urgently seeking new regular volunteers to help run their weekly meetings.

If you have a couple of hours spare each week & would like to help our young people gain new life skills in a fun & friendly way, please contact us.

**1st Martlesham Heath Rangers** It is with great sadness that I announce that without any new young members our local Ranger Unit will be closing at Xmas. Since 2003 Rangers has offered a fortnightly, fun, friendly & safe space on the Heath, for young women aged 14-18. In our 19 years, over 60 members have done some or all of the following, attended the BIG GIG (a pop concert for members), attended many Unit & County Camps, tried new & challenging activities, met on zoom & Facebook throughout the pandemic & helped out in the local Community. In April 1 of our members achieved her Gold Award, the first in Suffolk to do so, Well Done Harriet, & Good Luck as you go off to University in the Autumn. Thank you to all the young people & the adults who helped make the Rangers such a special place.

*For all new member & volunteer enquiries, please contact Jo on [martleshamguides@gmail.com](mailto:martleshamguides@gmail.com).*

## KESGRAVE LIBRARY NEWS

**Summer Reading Challenge Crafts – are running during all the challenge sessions as per the times later in this article.**

Sunday 3rd – Saturday 13th: We are using old CDs, to make fish with 3D fins.

Sunday 14th – Saturday 20th: This week we are making secret coders. What message will you send?

Sunday 21st – Saturday 27th: Which vehicle will you choose for our moveable world of vehicles?

Sunday 29th – Saturday 3rd September: – Why not pop along and design a windmill this week.

Activities are free. Parents must stay with under eights.

**Word Play Sessions – These free sessions are run by trained staff every Thursday morning and are running all throughout the summer holidays.**

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

**Baby Bounce** – 10.45 – 11.45 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.

**Afternoon Book Club** – There is no afternoon book group this month due to the reading challenge. They are currently reading *The Child* by Fiona Barton and *Here We Are* by Graham Swift.

**Evening Book Group** – Thursday 25th August 7.00 – 8.00 p.m. The group are

currently reading *The Dying Day* by Vaseem Khan.

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

### Summer Reading Challenge

Saturday 16th July – Sunday 4th September.

There is still time to sign up for this year's challenge 'Gadgeteers'.

Kesgrave's sessions are running as follows:

Monday 9.30 – 11.30 a.m.

Tuesday 2.30 – 5.00 p.m.

Wednesday 2.30 – 5.30 p.m.

Thursday 2.30 – 5.30 p.m.

Friday 9.30 – 11.30 a.m.

Saturday 2.30 – 4.30 p.m.

Sunday 10.00 – 1.00 p.m.

This is a free activity and open to all ages from pre-school upwards. Children will need their own library card, which can be issued before the challenge begins. Please speak to staff. Adults will need to bring ID to act as guarantor.

To finish the challenge each child needs to read 6 books, at least one of which needs to be non-fiction. There are prizes and stickers throughout the challenge to motivate our young readers to finish, as well as competitions to enter.

**We are launching the challenge with a party on Saturday 16th July at 2.30 p.m.**

**Hope to see you there!**

Please speak to staff for details.

**Home Library Service** – If you would like to access the library but are unable to visit us, Kesgrave runs four home library routes where volunteers come out with a selection of books to your homes. To access this service please ring the library or log on the Suffolk Libraries website and complete the online form.

**Knit and Natter** – every second and fourth Thursday 2.30 – 4.30 p.m. These sessions are restarting following a long break due to Covid. Why not pop along and meet some new people? Don't knit – just pop along for a natter. Tea/coffee and biscuits are provided. Donations towards the cost would be welcomed.

PC Hannah Canning will be at Kesgrave Library on Friday 19th August 9.30 – 11.30 a.m. PC Canning is available for you to talk through anything that is concerning you or you may wish to bring along bikes, so they can be postcode marked for safety.

**Bank Holiday – Monday 29th August – the library will be closed on this date.**

**Cancer Support Group** 10.30 – 11.30 a.m. – we are restarting this on the third Monday morning each month in the library from September. Our volunteer who helps run these sessions, is available to help on any aspect that may be worrying you, whether you are currently suffering from cancer or a carer in need of advice.

### 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

Maggie Lusher Kesgrave Library Manager

Tel: 01473 626103

[suffolklibraries.co.uk](http://suffolklibraries.co.uk)

## MARTLESHAM CONSERVATION GROUP

The heathland of Martlesham Heath is particularly able to support a range of butterflies as there is a great mix of vegetation including heather, gorse, grassland and trees with areas of short vegetation that suit many butterflies. These butterfly species include a nationally rare species, the Silver Studded Blue butterfly that uses heather and some other plants as its caterpillar food plant.

This year the Silver Studded blue butterflies on our heath SSSI emerged in the second week in June. Hot spring weather seems to bring forward their emergence whereas cool wet weather seems to push back their emergence. They could be seen in small numbers on our heath in the area of heather to the north of the barbed wire boundary fence. Several years ago they occurred across more areas further northwards on our heath, where currently they are absent. Our ongoing management work is aimed at producing a greater area of the heather and other ground conditions they require, hopefully to encourage them to spread northwards. The total number present this year, however, looks low, similar to last year. The year 2018 was the last time we had a much higher total. There is much still to learn about the natural history of all butterflies and especially butterflies like the Silver Studded Blue which has a particularly complex natural history involving the subjugation of ants amongst other things.

Although a common plant of heathland, Bracken is poor for conservation purposes as unfortunately it only supports a narrow range of wildlife in part due its toxic nature but also because it has the ability to smother other underlying plants. The dwarf shrub layer of heather and grassland that it may have replaced is much more beneficial in comparison, supporting a wide range of invertebrates and higher animals (birds, reptiles, and mammals such as rabbits). Consequently it is important to reduce the extent and coverage of bracken in order to promote more heather and grassland to the benefit of a wider range of wildlife. Bracken continues to dominate in some areas of our heath although we have had some success in pushing it back in other areas due to an ongoing regime of cutting and spraying. Our work parties over this summer have focused on trying to control bracken in a particular area that has underlying heather.

In August we may see some Grayling butterflies, these are a typical butterfly of dry sandy heathland relying on sparsely growing fine grasses such as Sheep's Fescue and plenty of bare ground in open sunny positions. Several areas of the heath were scraped to help promote similar conditions. You may also see the second emergence of several other butterflies including the Common Blue and Brown Argus butterflies.

Our work party in August will take place on Sunday 7th August at 10am. Please meet on the Martlesham Heath SSSI on the bank that runs east-west just along from the interpretive sign that sits between Heathfield and the Oaks.

Phil Smith 01473 625630

martleshamconservationgrp84@gmail.com

## Clearing the Tumulus—photo P Davies



## PORTAL WOODLANDS CONSERVATION GROUP

In June, on another fine morning, with wildlife all around, our Volunteers worked hard clearing the northern tumulus.

Of note, a copper-coloured slow-worm enjoying the warmth and a spider lurking in its funnel web waiting to pounce. Foxgloves were still showing well. Fortunately, we were able to clean the graffiti off our noticeboard without too much trouble.

This year's glow-worm survey counted the eerie green lights of 10 females dotted around the woods. Still a very low number, but good to be in double figures after several years of just a few.

Our Volunteers have a break in August, so the next work morning is Saturday 17th September from 10:00 to Noon, meeting at the Education Area. Please bring your own gloves, refreshments and, if possible, tools. Please visit <https://pwcg.onesuffolk.net/volunteer-work-mornings/> for full details of how we are operating our volunteer work mornings.

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](https://pwcg.onesuffolk.net) or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

## Foxglove—photo J Oliver







# DOYLE ELECTRICAL SERVICES LTD.

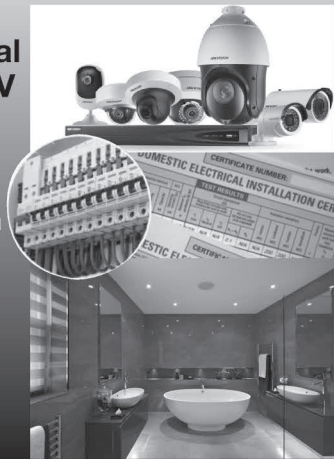


## Domestic and Commercial Electrical Contractors, Solar PV and Renewable Energy Specialists

NIC EIC Approved Contractors, established for over 25 years. New Commercial and Domestic Electrical Installations, LED Lighting, Electrical Safety Testing, Electric Vehicle (EV) Charge Points, Structured Cabling, CCTV, Fire Alarm, Solar PV.

Telephone: 01473 622674  
Fax: 01473 620941  
Email: sales@doyleelectrical.co.uk  
Website: www.doyleelectrical.co.uk

Unit Q Bristol Court,  
Martlesham Business Park,  
Martlesham, Suffolk IP5 3RY



## DRS KITCHENS & BATHROOMS

Quality Fitted Kitchens and Bathrooms

Darren Smith  
Tel : 07809723186  
darren.dsdesign@icloud.com

# WILL WRITING

## MAKE A NEW WILL OR UPDATE/AMEND YOUR EXISTING WILL

- Affordable professional will writing service from **£95** for a simple will or **£145** for two 'mirror' wills
- Home or online consultations available

*For a free, no-obligation discussion call*

**01473 659024** or email [hello@cswills.co.uk](mailto:hello@cswills.co.uk)

**Christopher Steward – Will Writer**  
[www.cswills.co.uk](http://www.cswills.co.uk)

## Providing the best quality flooring to Ipswich and Woodbridge



As a family business with over thirty years of experience, Deben Carpets & Flooring are experts in supplying and fitting the finest quality flooring and carpets across Ipswich and the local region.

Visit our showroom in Martlesham and view our large range of carpets and floor coverings, or alternatively, we can bring flooring samples directly to your house where we can also offer a home measuring service.

### Our range of floor coverings include:

- Stainfree Carpets
- Wool Carpets
- Karndean Flooring
- Cushion Vinyl

### We also offer:

- Free estimates
- Specialist rental carpet packages
- Free Home Consultation

Tel: **01473 626097** [www.deben Carpets and flooring.co.uk](http://www.deben Carpets and flooring.co.uk)

Unit N Bristol Court, Betts Avenue, Martlesham Heath Business Park, Ipswich, Suffolk IP5 3RY

[info@deben Carpets and flooring.co.uk](mailto:info@deben Carpets and flooring.co.uk) DebenCarpetsAndFlooring

## ChipsAway Ipswich

Express Car Body Shop

- Bumper scuffs
- Paintwork scratches
- Minor dents
- Small accidental damage
- Alloy wheels
- Repairs fully guaranteed
- Same day service
- Convenient local bus service available and park and ride
- Courtesy car available (Subject to availability)
- Open Monday to Friday 9-5pm Saturday 9-1.30pm



Before

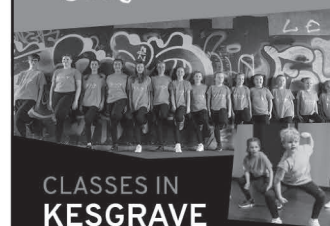


After



Please call Paul Geary **01473 613352**  
or visit [www.chipsawayipswich.co.uk](http://www.chipsawayipswich.co.uk)

Unit 16, Anson Road, Martlesham Business Park,  
Martlesham Heath IP5 3RG



CLASSES IN  
**KESGRAVE**  
+ OTHER AREAS IN  
& AROUND IPSWICH

[cdcstreetdance.co.uk](http://cdcstreetdance.co.uk)



## martlesham monthly

WOULD YOU LIKE TO ADVERTISE IN THIS SPACE?

WE TAKE ADVERTS ON A MONTHLY BASIS - PLEASE CONTACT US FOR MORE INFORMATION.

[martleshamadverts@gmail.com](mailto:martleshamadverts@gmail.com)

# **martlesham monthly are pleased to sponsor this page**



## **MARTLESHAM COMMUNITY RESPONDERS**

Martlesham Community Responders are a small group of volunteers who are trained to provide local emergency support to the East of England Ambulance Service. We are trained in First Aid and resuscitation, and living locally we can provide an initial response to many emergency 999 calls for the Martlesham area, and we can then assist the ambulance crew after their arrival.

There are dozens of Community First Responder (CFR) groups across Suffolk, and as volunteers we only respond to calls from Ambulance control to help patients in an emergency at the discretion of the Ambulance Service, depending on the individual circumstances of each call.

As we are a small team, we are not able to be on call all of the time, but working in conjunction with the BT Adastral Park Ambulance team, we do endeavour to be available as much of the time as possible. If anyone would be interested in helping us by joining the team and training as a CFR, then please take a look at <https://www.eastamb.nhs.uk/join-the-team/community-first-responders> or contact me at [johnny.dixon@btinternet.com](mailto:johnny.dixon@btinternet.com)



## **Martlesham Heath Baby and Toddler Group meets every Wednesday and Friday at Martlesham Heath Pavilion Session time is 10.30 – 12.00 (term-time only)**

We have play time, along with song time with instruments, before providing a drink for the children, and tea or coffee for the parent/carers.

**Session prices are £3.00 for the first child and £1 for any additional children  
£5 capped fee for Childminders**

Sessions have to be pre-booked as we are limited on attendees, so please follow our Facebook page. We are only taking bookings one week in advance and to book you need to message the Facebook page directly. Please email for more information.

**Find us on Facebook  
email: [MHBTG@outlook.com](mailto:MHBTG@outlook.com)**

The extraordinary aviation history of Martlesham Heath from the Great War to the jet age, local wartime exploits, and other general Aviation topics, are covered at our monthly meetings. The 1st

Friday of the month at The Community Centre, Felixstowe Road IP12 4PB @ 7:30 p.m. (subject to any Govt restrictions)

**General contact details:**

**Howard: 01473 274300.**

**Website: [www.mhas.org.uk](http://www.mhas.org.uk)**

**Control Tower Museum:**

**Call 077 077 11104**

**[mhasmuseum@mhas.org.uk](mailto:mhasmuseum@mhas.org.uk)**



Visit our Control Tower Museum, behind Parkers Place, off Eagle Way, IP5 3UZ. In normal times open Sundays 2-5 pm, from early April to the end of October. To find out more about the local story just turn up, - easy parking.



We have an enthusiastic and friendly team of volunteers keeping the Museum and Society running. Why not get involved?



East Anglia's Children's Hospices (EACH) cares for children and young people with life-threatening conditions across East Anglia and supports their family. EACH is a life-line for families at an unimaginably difficult time. Help us be there for future generations, helping every child make the most of life – no matter how short.

**[www.each.org.uk](http://www.each.org.uk)**



Registered charity no. 1069284

## MARTLESHAM CLIMATE ACTION

### Martlesham Repair and Climate Advice Hub, Refill shop + TerraCycle facility.

The Repair and Climate Advice hub is taking a summer break, so the next one will be on Saturday 10 September, 10-12 as usual in St Michael's church next to the green on Martlesham Heath. If you need refills, the ECO Refill shop is in Woodbridge and other places for refills including Poppy's Pantry, Hasketon farm shop and Cupboard Love.

Email: [martleshamrepairhub@gmail.com](mailto:martleshamrepairhub@gmail.com)

### Carbon Reduction – doing your bit.

In these times of rapidly rising costs and other pressures and worries, it is easy to put climate change and it's increasingly obvious adverse impacts on the 'back burner'. It is worth remembering though, that if we don't start seriously addressing ways to reduce our carbon footprints, the impacts of climate change will become so severe (and we are talking about 10-20 years if serious action is not taken by governments and us as citizens now) that current issues will pale into insignificance. We can all start to make small changes to our behaviours as outlined in previous articles and it is important to start. How do you eat an elephant? Answer: one bite at a time! Have a look on our website for ideas and advice.

### Embodied Carbon

As you progress along a carbon reduction journey it is often very difficult to decide if

you are doing the 'right thing'. For example if you are considering a car, do you buy an Electric Vehicle (EV)? How do the overall carbon emissions associated with buying and running an EV compare to a petrol/diesel car? The answer is 'it depends'! A broad-brush analysis shows that the 'embodied carbon' of an EV is higher than a small petrol/diesel (12-14 tonnes v 6.7-8.5 tonnes). Embodied carbon refers to the carbon dioxide emissions associated with a product's manufacture. However, as you drive the car, the carbon dioxide emissions associated with running it (mainly the average CO2 associated with generating the electricity used to charge it up) are significantly less than burning petrol/diesel and eventually there is a crossover point where it is better from a carbon emission point of view to run an EV. The mileage this occurs at varies but is typically around 30 000 – 40 000 miles at the moment. In other words, it is better for your carbon footprint to buy an EV rather than petrol/diesel after driving around 30-40 000 miles. This crossover mileage will decrease as the National Grid de-carbonises further. Also, if you are a low mileage driver looking to replace an existing petrol/diesel car it might be better to wait and continue running your existing car rather than get an EV from an overall carbon footprint perspective.

Of course, the best solution is to not run a car at all and use public transport, bike or walk. We need cheaper and better public transport and better cycle ways!



### Heat Pumps

There are lots of misconceptions and questions around using an air source heat pump to replace your gas boiler. Firstly, this is a 'no-brainer' from an embodied carbon perspective. It is estimated that you become carbon negative relative to a gas boiler within less than 2 years even if you replace a new gas boiler. I am embarking on the 'getting off gas' journey myself, so will update you on what I learn! Watch this space although you can read about existing experiences of residents on our website.

Dave Green, co-chair Martlesham Climate Action (a Parish Council working group)

Website:

[www.martleshamclimateaction.onesuffolk.net](http://www.martleshamclimateaction.onesuffolk.net)

E-mail:

[martleshamclimateaction@btinternet.com](mailto:martleshamclimateaction@btinternet.com)

Twitter: @martleshamclim1



### Post-Pandemic Pétanque

After nearly 2 years delay due to COVID restrictions, Pétanque can finally be played at Kesgrave Community Centre (KWMCC)! The first home league match for the Kesgrave Rollers took place on Sunday 5th June and the team met before the match to mark the occasion.

The piste was created and laid in 2020 with support from local charity SPARK (Sports, Amenities and Recreation in Kesgrave) and benches for players and spectators from the East Suffolk District locality budget. This real team effort has brought a great facility to KWMCC and has meant that the Rollers are

now able to practice and host their own games at Kesgrave Community Centre.

The Kesgrave Rollers brought home a win on Sunday June 5th with the final score: Kesgrave Rollers 3, Westerfield Pointers 1.

### New!

After our extremely successful yoga classes, KWMCC will now be running drop-in Pilates throughout July and August. The Beginners Pilates class is on Mondays 19:15-20:00 - £10 and Tuesdays 11:00 - 12:00 - £7.

These classes are run by the brilliant Manon. For any further details, please contact her direct on 07773456078.

Table Tennis is back! Come along to KWMCC to play your game of table tennis. It is just £12 an hour and up to 4 people can play at a time. Lots of slots available – please contact us on the bookings details below.

### Upcoming Events

For more details on The Roaring 20's Christmas Party Nights, please email [molly@kwmcc.co.uk](mailto:molly@kwmcc.co.uk) – Register your interest

today and pay at a later date! This is not one to miss! With our parties being on just two nights this year, tables are selling fast so come party with us this Christmas... Tickets are £35 for a night of canapes, dinner, dancing and entertainment on Friday 2nd and Saturday 3rd December 2022. We are really looking forward to seeing those fabulous flapper frocks, smart suits, bowler hats, Charleston brow bands and Great Gatsby feathers!

A Sentimental Journey tickets are now on sale – Sunday 16th October, 14:00 – 16:00, tickets are £5.50 each and include refreshments. Come along to our Ropes Hall where we'll be recreating the music of the 1940's with singing sisters Jane & Julie + 1. Come along, dress up and sing & dance with us!

For more details of the event, please go to the 'Events' section on our website [www.kwmcc.co.uk](http://www.kwmcc.co.uk).

For bookings: Call 01473 612648 or email [reservations@kwmcc.co.uk](mailto:reservations@kwmcc.co.uk).

Registered Charity Number 1186279.



## DAVE CHAPMAN MOT and Service Centre

Dave Chapman  
Formerly Of Autofit

- MOTs
- Servicing
- Tyres
- Air Conditioning
- Diagnostics
- Cambelts
- Brakes
- Batteries
- Exhausts

8 Betts Avenue Martlesham Heath Ipswich Suffolk IP5 3RH  
Tel: 01473 927927 | [www.davechapmanltd.co.uk](http://www.davechapmanltd.co.uk)

DCS Electrical



Call Dan on  
07741 270230  
Fully Approved and Insured

[dcs.electrical@outlook.com](mailto:dcs.electrical@outlook.com)

"Your local friendly electrician"



## martlesham monthly

WOULD YOU LIKE TO  
ADVERTISE IN THIS SPACE?

WE TAKE ADVERTS  
ON A MONTHLY BASIS -  
PLEASE CONTACT US  
FOR MORE INFORMATION.

[martleshamadverts@gmail.com](mailto:martleshamadverts@gmail.com)

## KWMCC

KESGRAVE COMMUNITY  
& CONFERENCE CENTRE

*Situated in an excellent location, near Ipswich in the heart of Suffolk, Kesgrave Community and Conference Centre is a stone's throw from the A14 and A12 trunk roads.*

**Choice of function rooms** – suitable for business meetings, corporate events, training, exhibitions, weddings, christenings and private functions. The centre also boasts an indoor sports hall and extensive outdoor area which can be used for all types of sporting events and activities.

**Easy to get to and free parking**  
**Licensed bar and flexible catering options**  
**Friendly professional staff**

**Kesgrave Community and Conference Centre**  
Twelve Acre Approach, Kesgrave, Ipswich, Suffolk IP5 1JF  
Tel: 01473 612648 • [reservations@kwccc.co.uk](mailto:reservations@kwccc.co.uk) • [www.kwccc.co.uk](http://www.kwccc.co.uk)  
Registered charity number 1186279



## Slimming World

taste the *freedom*

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Woodbridge</b>	<b>Woodbridge</b>	<b>Martlesham</b>	<b>Martlesham</b>
Woodbridge Town FC	Woodbridge Town FC	Richards Room	Community Hall
17 Fynn Road	17 Fynn Road	Felixstowe Road	Felixstowe Road
IP12 4LS	IP12 4LS	IP12 4PB	IP12 4PB
5:30 or 7:15 P.M.	9:30 A.M.	9:30 A.M.	8:30 or 10 A.M.
Call or message Lisa on 07752 006399	Call or message Lisa on 07752 006399	Call or message Lisa on 07752 006399	Call or message Lisa on 07752 006399

**NO BOOKING REQUIRED**

 [slimmingworld.co.uk](http://slimmingworld.co.uk)

  
touching hearts, changing lives



## Martlesham Fencing & Gardening Services

New fencing & repairs

All types of fencing  
supplied & fitted

Gardening projects &  
maintenance

Call Kevin on 07943853860  
[martleshamfencing@gmail.com](mailto:martleshamfencing@gmail.com)  
[www.martleshamfencing.co.uk](http://www.martleshamfencing.co.uk)



## HUNNABALL

Family Funeral Services

Here **whenever** you need us  
Funerals | Memorials | Pre-paid Funeral Plans

**Hunnaball of Ipswich**  
420 Spring Road, Ipswich, IP4 5NE  
**01473 717464**  
also at Dove House, Norwich Road **01473 748808**  
[www.hunnaball.co.uk](http://www.hunnaball.co.uk)



## MARTLESHAM COMMUNITY HALL

### COMMUNITY HALL VOLUNTEERS - a personal appeal

I've decided to write this month's piece from a personal angle.

We've been looking for some volunteers to help us run the Hall (and Richards Room) for a while now. I'm sad to say that - at the time of writing - in spite of recent appeals in Martlesham Monthly and other community media, plus posters on the parish noticeboards, I've had no response.

Martlesham Community Hall is a community charity; we rely mostly on volunteer effort. There are currently three of us actively managing and running the Hall and Richards Room - David and Patricia Embery and me. David helped build the Hall in 1987 and has been actively involved ever since - he's currently both Hall Manager and Treasurer. Pat is our hard-working Bookings Secretary. Both deserve our sincere thanks! However the workload ideally needs to be shared more. There are a number of reasons for this, not least that it would let us tackle more ambitious improvement projects better and quicker, whilst at the same time keep on maintaining our facilities well.

Perhaps this is a volunteering opportunity for you - especially if you have project management, building services or allied practical ('DIY') skills and experience? Or alternatively, if you have experience in administration or fund-raising. Interested in helping? I'd really like to hear from you. You can call me on 01473 622721 or send me a message via our website contact page [mchall.org.uk/contact](http://mchall.org.uk/contact) (select Volunteer under Message For/Re.). Any help is appreciated, it doesn't have to be a regular commitment.

We're still making improvements though. We're currently installing a projector and PA system in the Community Hall. This will be finished and available shortly. At the beginning of September we'll be replacing the Community Hall ceiling tiles and redecorating. The Hall will be closed from Tuesday 30 August to Sunday 11 September inclusive for this work. We've contacted any hirers affected. The Richards Room is unaffected by these closures.

PS: We have availability - especially at the weekends - for that special party or family event. If you want to make a booking or check availability - go to [mchall.org.uk/booking](http://mchall.org.uk/booking) for a simple '1-2-3' check and booking request process. Details and photos of Community Hall and Richards Room are on the website. Alternatively, you can call 01473 623203.

*Ian Read Chairman*  
[mchall.org.uk](http://mchall.org.uk)

---

### RSPCA OPEN DAY & FUN DOG SHOW—SUNDAY 4TH SEPTEMBER

In addition to our friendly fun dog show, we will be having an RSPCA tombola and raffle, games, refreshments, BBQ, and bric-a-brac stalls. Craft stalls include animal themed novelties, natural face care products, soaps, chutneys and jams, pyrography and watercolour art. We'll also have pet accessories, dog treats and grooming products. Animals Asia will be there, as well as a stall supporting street dogs in Greece.

Sunday 4 September

11:30am - 3:30pm

RSPCA Animal Centre, 2 Mill Lane, Martlesham, IP12 4PD

Dog Show registration from 12 noon. Judging from 1pm

Parking at Community Centre. Disabled parking only at Animal Centre

Entrance fee £1 for adults & 50p for children under 12

(No unaccompanied children under 14)

**All proceeds will go to the RSPCA Suffolk Central Branch to help animals in need in the local area.**

### What really happens in a yoga class?

A weekly yoga class typically lasts for an hour and a half, and some people may think this is a long time to be "doing yoga poses"!

Well, it's not all about getting into yoga poses. This term we have been delving into the chakras and understanding more about keeping them in balance and group members have enjoyed discovering more about this interesting subject. We've also focussed on improving our balance and strength - this is important after periods of time last year when some people were less active. And we are finished the term with learning a simplified version of salute to the sun - without the tricky bits!

In these regular groups we find a balance between the traditional practice of yoga, which includes awareness of the philosophy behind the practice, with postures, breathing and relaxation and it continues to be a popular combination. There's room for moments of humour too, so that everyone feels relaxed in the group.

When we start again in September we will have some additional spaces available on Tuesday afternoons in Melton and on Wednesday afternoons in Martlesham Heath. We also have an online group on Tuesday mornings at 9am for those who work from home, care for others at home or simply prefer to practice at home.

Linda James and I share the term between us and are both committed to ensuring that everyone gains what they need from each session, so we suggest modifications and adjustments to help you get the most out of your practice and more advanced poses for those who are ready. We want you to leave each session feeling energised and relaxed! And we know that group members also enjoy the companionship and friendship of the yoga groups.

We restart after the Summer break on 6/7 September 2022 and it would be good to see you. I also offer one to one yoga sessions in Martlesham and Woodbridge and online during the Summer break and free of charge consultations so I can help you decide what's best for you.

Do get in touch and find out how yoga can help you!

*Izzy Ixer MCMI, BWY Dip*  
[www.izzyyoga.co.uk](http://www.izzyyoga.co.uk)  
[izzy@bluepebblecoaching.co.uk](mailto:izzy@bluepebblecoaching.co.uk)  
01473 625115 and leave me a message

## MARTLESHAM HEATH AVIATION SOCIETY

Our monthly meeting on Friday 1st July featured an illustrated talk by Howard Cook. Howard is well known to us. This was his third visit. He first visited us way back in 2004 when he was accompanied by Clive Denny. They launched a project to fly a Spitfire and a Hurricane to Malta. The story of this is on YouTube and is entitled, "Merlins Over Malta - The Defenders Return".

Howard's subject was, "How the Hawker Hurricane Came To Be." It was essentially the story of the development of aircraft from the wooden struts and canvas era of the Great War.

When the Great War ended we had by far the largest air force in the World, with some 22,700 aircraft and 200 operational squadrons. However, this was quickly reduced to a fraction of this number. It was the use of aeroplanes to bomb dissident rebels in the middle and far east that persuaded the powers that be that the RAF had an important part to play. Sending a few bombers to quell the uprisings was so much less costly than sending troops long distances.

The Hurricane was an aircraft consisting of a mixture of modern welded metal framework construction and fabric covered rear fuselage. It was a transition to modern manufacturing methods, whereas the Spitfire was a mostly metal design. It was less manoeuvrable than the Spitfire, but was nevertheless an easily repaired and versatile gun platform that proved its usefulness throughout WW2.

A fascinating insight into the development of aviation between the wars and a vote of thanks was given by our president, Mr Richard Barker.

Our next meeting, on Friday 5th August, will be a talk by Mr Ron Clayton entitled, "The Shingle Street Mystery - Did the Germans Really Land On The Suffolk Coast in 1940?" There has always been much talk locally and hopefully Ron Clayton will be able to shed some light on the story.

All meetings are held in the Martlesham Community Hall, (IP12 4BE) and start at 7.30pm, with a tea/coffee break. Non-members are welcome for a payment of just £4 at the door.

Alan Powell 01473 622458

[www.mhas.org.uk](http://www.mhas.org.uk)

### **Our Control Tower Museum is now open on Sunday afternoons from 2pm to 4.30pm until October 20th.**

For more information about Martlesham's aviation history visit our web site [www.mhas.org.uk](http://www.mhas.org.uk).

## SPEAK EASY AT MARTLESHAM

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. We meet at the Richard's Room in Martlesham, and we are also using our Zoom format to enable greater participation, including from abroad. We do encourage new members to join us in the room, where we add the online audience giving us the experience of one meeting.

Guests are welcome to join Speak Easy to see what we have to offer, and to take part if you would like. On a typical evening, you can expect introductions, a round of impromptu speaking, three prepared speeches, and evaluations throughout.

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. Our next meetings are 7th and 21st July, and 4th and 18th August

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@speak-easy.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*



## MARTLESHAM IN BLOOM

As we head into August many summer plants are in full flower, giving us weeks of wonderful colour, scent, and enjoyment. If you continue to deadhead some, such as Cosmos, Dahlia, Penstemon, and Marigold they will be encouraged to produce even more flowers.

If you have containers, window boxes or hanging baskets full of summer flowering plants, especially annuals, they will welcome a feed, liquid tomato food works well as it is orientated towards encouraging flowering. Food crops in containers, such as tomatoes and beans, will also enjoy tomato food to encourage flowering and fruiting.

If you have any gaps in your borders or displays, they can be filled with the pots of colourful plants which we mentioned planting up in July's article. The plants can just be put into the gap in their pots, they do not need planting out. If you do not have any handy there will still be flowering plants for sale in nurseries and garden centres that you can buy to use. Those with single flowers, i.e., where you can see the centre of the flower, are best for encouraging pollinators.

Although many plants will be in full flower some annuals will already be producing seed, which once the seeds or seedpods are dry and brown, can be collected and saved in a paper bag or envelope, labelled, and kept in a dark, dry location ready for sowing next year. Examples of those that work well are Pot Marigolds (*Calendula officinalis*), Honeywort (*Cerinthe major*) and Morning Glory (*Ipomoea*).

Lastly, but by no means least, take the time to walk around or sit, and enjoy your plants and gardens and the insects and other wildlife they attract.

For further information please contact:

[martleshaminbloom@gmail.com](mailto:martleshaminbloom@gmail.com) or J Maureen Burrows (Secretary) on 01473 625196



T: 07934 384 501 ■ E: ginkgotreesurgery@hotmail.co.uk

www.ginkgotreesurgery.co.uk



## ALL ASPECTS OF TREE SURGERY

Crown reductions, fruit tree pruning, crown thinning, crown lifting, dead wood removal, hazard tree removal, coppicing, pollarding, hedge cutting, re-planting, site clearance, wood chipper & operator hire, stump grinding or eco plugging, timber milling, fire wood processing, fire wood, wood chip supplied on request.

*Fully qualified and insured  
£5 million public liability insurance  
All waste removed from site  
24 hour emergency call out*

**Please call us for professional advice and a free quote.**

## Keep Fit

Low Impact Workout

Get Active

Stay Fit

Improve

• Strength • Stamina • Suppleness

**Martlesham Heath on Tuesdays**

**9 30 a.m.** Stay Fit Strength

**10 45 a.m.** Keep Fit

**01473 620511**

## GB Jackaman

Plumbing & Bathroom Specialist

*Established 25 Years*

All trades to complete your luxury bathroom. We can supply and fit, or fit only.

Free Advice and Quote:

01473 613218

07751 806101

jackamang@aol.com

# PJ PRINT

LITHO & DIGITAL PRINT

Everything you're looking for in a Printer



PJ Print (East Anglia) Ltd, 16 The Quadrangle Centre, The Drift, Nacton Road, Ipswich IP3 9QR  
Tel: 01473 276010 Email: info@pjprint.com Web: www.pjprint.com

**FREE\***  
Mirrored cabinet or high raised toilet with any full bathroom installation

**ahm**  
installations

★★★★★ | 9.19/10  
Checkatrade.com

**Bathing a problem? We can help**

- Wet rooms • Walk in showers and baths
- Waterproof wall panelling • Slip resistant safety flooring
- Grab rails, shower seats & raised toilets • Established family business
- Disabled Facilities Grants • Zero VAT on disabled bathrooms • Discounts for over 60s, SSAFA and EX Service personnel

Call for our friendly advice, free survey and quote

# 01394 333334

info@ahminstallations.co.uk  
www.ahminstallations.co.uk

\*Terms and conditions apply, visit our website for more details.



## 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

Website www.birchwoodprimary.co.uk



## **MARTLESHAM LADIES CLUB**

The AGM was held at our last meeting of the season. In her report the Chairwoman reminded us of the varied topics of our meetings. They ranged from several interesting talks, craft afternoons, a visit to Beth Chatto's garden, a Christmas party and a visit from a shepherdess with her lambs. The afternoon meetings have proved very popular and numbers have steadily increased. All the committee members are happy to remain in office but we have a new Social Secretary. The Treasurer said the club was in a sound financial position and we have decided to support the Light House appeal for our chosen charity.

The next meeting will be on 8th September when Hawk Honey will give a talk on beekeeping. The annual subscriptions of £10.00 will be collected and the cost to attend each meeting remains at £2.00.

Meetings are held on alternate Thursday afternoons at 2 30pm in the Richards Room. To find out more contact June Peck 01473 790126

## **MARTLESHAM BRASS**

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

Having enjoyed a busy July, Martlesham Brass are having a break during August. Rehearsals will start again at the beginning of September, ready for their birthday concert at the beginning of October - there will be more details about this next month.

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](mailto:join@martleshambrass.co.uk) for more details. Please note that we operate a waiting list for new members.

*Liz Howard. (Publicity Officer)*

[publicity@martleshambrass.co.uk](mailto:publicity@martleshambrass.co.uk)

07544 962205

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

## **WOODBIDGE MODEL BOAT CLUB.**

The year 2022 sees the Woodbridge Model Boat Club reaching its 40th year and in celebration we are hoping to have a sail-in of 40 models on the water at once on WEDNESDAY 17TH AUGUST, at Woodbridge Model Boat Pond.

Members will assemble the boats from 10.00 am to 11.00am and then sail as a flotilla around the pond between 11.00 am and Noon. The public are welcome to join us at the pond side for this event to view the variety of boats and yachts from club members.

Informal sailing will continue into the afternoon.

The Club always welcomes new members if you are interested in building and sailing model boats. Any enquiries please contact me. Geoff Lambert [wmbcchair@btinternet.com](mailto:wmbcchair@btinternet.com)

*Chairman Woodbridge Model Boat Club.*

## **SUFFOLK TANGO**

### **"Argentine Tango for Beginners"**

As Summer gives way to Autumn, what better time to explore Argentine Tango, with its evocative music, and its mixture of elegant and playful moves. Suffolk Tango is excited to be able to offer you the chance to join our New Beginners Course, starting on Thursday 15th September, 6.30 -7.30pm at the Martlesham Community Hall, Old Felixstowe Rd, Martlesham, IP12 4PB. The fee for each lesson will be £7 and this will entitle class members to stay to watch, or join in, with the Improvers Class which follows. This will be an opportunity to meet and dance with the local Tango Community. It's not essential to come with a partner, but nice if you can. To find out more about this fabulous dance, check out our website - [suffolktango.org.uk](http://suffolktango.org.uk) - where you will find an introduction to Argentine Tango as well as details about our venues, activities and mailing lists. You can find us on Facebook. If you have any questions or would like to register your interest please contact Julia by email: [contact@Suffolktango.org.uk](mailto:contact@Suffolktango.org.uk)

## **WOOLLY WONDERS**

We had a lovely day at the fete in July.

Lots of happy customers and donations for our seaside themed stall came to £264. We have donated all this to the work of E.A.C.H.

Many thanks to all involved to make such a successful day

## **U3A EAST SUFFOLK OPEN DAY: AN OPPORTUNITY FOR OLDER PEOPLE TO EXPLORE NEW OPPORTUNITIES**

**East Suffolk u3a group is holding its annual Open Day in Kesgrave on Friday 2nd September.**

It is an opportunity for people who are no longer in full time work to discover opportunities to learn new skills, make new friends and to take up a new hobby or interest. The meeting, between 10.30 and 12.30 is at Kesgrave Community Centre, off Bell Lane.

A national organisation, with nearly half a million members, u3a has a strong local following of more than 2000 members, and offers its members a choice from approximately 160 different activity groups, all run and administered by the membership.

Activities include discussing the arts, history, science, learning a new foreign language and more. Other groups arrange walks of different lengths, take part in quizzes, dine out and visit gardens and other places of interest.

A key - and much-loved - part of u3a's offering is the regular speaker programme, with talks held at four venues across East Suffolk. The programme restarts in September 2022, after the summer recess.

There are no entry qualifications to u3a, no barriers to joining and lots of activities to get involved in. New members are welcome with the expectation that they will participate and contribute to activities.

Please visit the website [www.u3aeastsuffolk.org.uk](http://www.u3aeastsuffolk.org.uk) or call the membership secretary on 0300 123 3913 to find out how u3a membership can help you keep in touch with others, find new interests and friends and learn fresh skills.



While writing this article the sun is shining and it is a comfortable temperature. It is getting close to the summer school holidays. A period when many people with children will be taking a break from their daily routine and might be travelling near or far to go on a holiday. Some of you will have taken the opportunity to have a break before the schools will close for approximately six weeks. It is time to relax and do different things and recharge our batteries. I wish every reader a lovely summer and hopefully a time to relax.

We are not the only people who need a break from our daily routine. When you look in the Bible, in Exodus, you can read that God took a day's rest from creating the earth, the sea, the birds and the flowers. Furthermore, in the scriptures you read about Jesus taking time away from the people to take a rest from things he was doing. He will have reflected on the work he has been doing and getting ready to carry on the tasks he was carrying out. So, from this we can see a time to rest is important for everyone.

If you are not going away but stay in Martlesham, The Runway Coffeeshop, will be open in the mornings on Tuesday, Thursdays, Fridays and Saturdays for a friendly chat and lovely refreshments and delicious cakes. Happy holidays.

Marga Gibbs van Dijk, Church Reader

### ORWELL FLOWER CLUB.

If you love flowers, we'd love to see you.

We meet at the Tower Hall, Broadlands Way, Rushmere St Andrew IP4 5SU at 7.15pm on the 4th Thursday of the month.

We have excellent demonstrators, and our raffle is a chance to win one of their beautiful arrangements. Refreshments are available. We are friendly and welcome guests, who are asked to pay £7.

Our next meeting is Thursday 22nd September when our demonstrator will be Barbara Collins. For more information, contact Maggie Thomas, Secretary, 01473624699

We're having a Colours Fashion Show and Pop up Shop Thursday 20th October at St Michael's Church Centre, Martlesham Heath. High Street brands at least 50% off. Tickets are £10 including light refreshments.

For tickets and information, contact Janet Dye 01473 601750 or Beryl Mee 01473 413534.

### HEADWAY SUFFOLK dementia group - Martlesham

Local charity Headway Suffolk runs a monthly social support group for people living with dementia in Martlesham.

The group takes part in a variety of stimulating and engaging activities, such as indoor games, cognitive exercises, discussions and social interaction. The cost includes fish and chips lunch and refreshments. The person with dementia must be accompanied by a carer.

**Date/Time:** 4th Thursday of the month, from 11.45am - 3.15pm

**Venue:** St Michael's Church Centre, The Drift, Martlesham IP5 3PL

**Cost:** £7.50 per person

**Next Date:** Thursday 25 August 2022

**Contact:** Maureen Howes on 01473 712225 or email maureen-howes@headwaysuffolk.org.uk

**More details:** www.headwaysuffolk.org.uk/dementiamartlesham

### Our Christian Aid Week 2022 total

Thank you to everyone who made a donation this year either in a red envelope or online, and to all the volunteers who delivered envelopes.

Our red envelope collection totalled £405 – a good amount for a delivery-only collection on a limited number of roads – and our e-envelope total is currently over £1,000. But it is not too late to add to that! You can still give online, or over the phone by calling 08080 006 006.

The need worldwide just seems to be growing every day, and making a donation is a wonderful way of sharing love with our vulnerable neighbours living in poverty. On behalf of the poor and vulnerable people of the world, thank you.

Carolyn Smith

### DEBEN ROTARY CHARITY GOLF DAY

The Rotary Club of Woodbridge Deben are hosting a Charity Golf Day at St.Audrys Golf Club, Melton on Friday 19th August.

The event is in support of Headway and local Rotary charities. Teams of 4 players, consisting of two pairs, will play 18 hole Greensomes for the Marie Hunt Shield.

Cost of entry is £20 per player to include bacon roll on arrival.

For further details please contact Ivor Guppy at guppy952@btinternet.com or to download an entry form please visit our website at www.debenrotary.org.uk

**The Memory Cafe**, run by the two Rotary clubs and Woodbridge Inner Wheel, continues to flourish. Our next meeting is on Wednesday August 27th at Woodbridge Football Club at 10.30. We look forward to welcoming friends old and new with refreshments, conversation and music.

If you would like any further information please contact Rotarian Martin Kenyon on 01394 386933.

### 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.

### 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 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.

Building  
God's  
Family  
Together

## 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 Christine Pinder 3 Mayfields, Martlesham Heath  
07555 748345 (working days: Sunday, Wednesday, Thursday)

**READER:** Carolyn Smith 74 Heathfield, Martlesham Heath

**ELDERS:** Janet Foster janetwf33@gmail.com

Margaret Rollins 9 Angela Close, Martlesham 01473 623868

Simon Smith 11 Squires Lane, Martlesham Heath 01473 612410 (eve only)

Liz Welham 23 Deben Avenue, Martlesham Heath 01473 622709

Lynn Wilder Kenton, Nr Debenham 01728 860627

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'
<b>Sunday 7th August</b>	St Michael's 10am All Age Holy Communion Service	10am All Age Holy Communion 5pm Zoom After Hours
<b>Sunday 14th August</b>	St Michael's 10am Morning Worship St Mary's 11am Holy Communion St John's 6.30pm BCP Evening Prayer	10am Morning Worship
<b>Sunday 21st August</b>	St Michael's 10am All Age Holy Communion Service	10am All Age Holy Communion 7pm Zoom Reflecting with God
<b>Sunday 28th August</b>	St Michael's 10am Morning Worship St Mary's 11am Holy Communion St John's 6.30pm BCP Evening Prayer	10am Morning Worship

**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.  
In the event of changes to Covid-19 restrictions find up to date service information on our Facebook page.**

**Midweek Services** Wednesday 10th and 24th August: 10am Holy Communion at St Michael's

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

August

5 for those suffering with long COVID  
6 for all volunteers  
7 for our local hospices  
8 for those struggling with rising prices  
9 for those undergoing treatment for cancer  
10 for the residents of Roma Avenue  
11 those who have difficult relationships with their families  
12 for the youth of our country  
13 for all organ donors & their families  
14 for those attending the Pop-up shop in St Michael's  
15 for all those who work on The Square  
16 for our play spaces in the village  
17 for the residents of Saddlers Place  
18 for the gift of music  
19 for all humanitarian workers throughout the world  
20 for those getting married today

21 for older people who live in our parish  
22 for those persecuted for their faith  
23 for the staff at our doctors' surgeries  
24 for the residents of Sandy Lane  
25 for the precious gift of clean water  
26 for the harvest and all farmers  
27 for those without a home  
28 for all those who lead our local churches  
29 for those mourning a loved one  
30 for all sports men & women  
31 for the residents of School Lane  
September  
1 for the staff at our local schools  
2 for the final day of the school holidays  
3 for all members of The Merchant Navy  
4 for the changing of the seasons

# ONE STOP MOT & SERVICE CENTRE

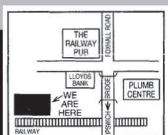
## FREE COLLECTION & DELIVERY

- Servicing & Repairs
- Brakes & Clutches
- Tyres & Exhausts
- Motorhome Repair Specialist
- Shock Absorbers – Welding Work
- Wheel Alignment & Balancing
- Full Diagnostic Service
- Class 4 & Class 7 MOT Testing
- Online Booking Service Available
- Car Air Conditioning

## Kesgrave Tyre & Exhaust Centre

MasterCard **223 Foxhall Road, Ipswich**   
[www.kesgravetyres.co.uk](http://www.kesgravetyres.co.uk)

**IPSWICH**  
**01473 710720**



## Fraser-Hann Financial Services Ltd.

Need pension or investment advice?

We have been offering friendly, local, professional and independent financial planning advice for over 30 years.

Fraser-Hann Financial Services Limited  
 12 Holly End, Martlesham Heath, Ipswich IP5 3UW  
 Authorised and Regulated by the Financial Conduct Authority

**Tel: 01473 620530**

**E-mail: [chris@fraser-hann.co.uk](mailto:chris@fraser-hann.co.uk)**

**Web: [www.fraser-hann.co.uk](http://www.fraser-hann.co.uk)**



## martlesham monthly

WOULD YOU LIKE TO ADVERTISE IN THIS SPACE?

WE TAKE ADVERTS ON A MONTHLY BASIS – PLEASE CONTACT US FOR MORE INFORMATION.

**[martleshamadverts@gmail.com](mailto:martleshamadverts@gmail.com)**

## Specialist Tree Services

- Tree Surgery
- Section Dismantling
- Tree Felling
- Hedge & Shrub Pruning
- Tree Planting
- Stump Grinding
- Firewood

**FREE QUOTE!**

FRIENDLY PROFESSIONAL  
 ADVICE & FULLY INSURED

**The Tree GP**  
 THE TREE SPECIALIST

**Tel: 01473 232626**  
**Mob: 07917 725445**

**email: [bednchri2@yahoo.com](mailto:bednchri2@yahoo.com)**  
 N.P.T.C. Qualified





**BOOTH (TARMACADAM) LTD  
SURFACING CONTRACTORS**

Unit 20a Seven Acres, Newbourne Road,  
Martlesham, IP12 4PS.

Family Run Business  
Celebrating 50 years  
Free Surveys & Quotations



Commercial & Private  
Jobs Undertaken.  
Tarmac, Resin, Tar & Shingle  
Driveways – Footpaths  
Car Parks – Sport Surfaces

Tel: 01473 811757  
Email: [office@boothtarmacadam.co.uk](mailto:office@boothtarmacadam.co.uk)  
[www.boothtarmacadam.co.uk](http://www.boothtarmacadam.co.uk)



**J. T. WILDING LTD.**

YOUR LOCAL  
HEATING, GAS, OIL, ELECTRIC & PLUMBING  
ENGINEERS

Boiler Replacement and Installation  
Modifications, Maintenance and Servicing  
24 hour Emergency Service (for regular customers)  
Fixed Price Gas and Oil Servicing



**01473 611 744**

[jtwilding.co.uk](http://jtwilding.co.uk)

28 Anson Road, Martlesham Heath IP5 3RG



**Hairdressing**

by

*Carolyn*



Professional hair-care at competitive prices  
in the comfort of your own home.

Tel: (01473) 287542 - Mob: 07710 432813



Aerial, Satellite And CCTV Specialist  
Covering Ipswich And The Surrounding Area



- Digital TV aerial installation
- Freesat installation
- Poor signal problems aerial & satellite
- CCTV installations
- Freesat & SKY service calls
- Multiroom viewing aerial & satellite
- FM & DAB aerial installations
- TV wall mounting
- Domestic and commercial installation
- Free quotations

Call Digital Dimensions on 01473 716976 or 07860 156421  
Web: [www.digital-dimensions.tv](http://www.digital-dimensions.tv) Email: [info@digital-dimensions.tv](mailto:info@digital-dimensions.tv) Like us on Facebook



**FARTHING**  
FUNERAL SERVICE

Local expertise since 1840 from dedicated family funeral directors.

We are here to guide you through every aspect of  
your farewell. With our experience, compassion  
and attention to detail, you can depend on us.

650, Woodbridge Road  
Ipswich 01473 272711 [www.farthingfunerals.co.uk](http://www.farthingfunerals.co.uk)

**BARKER  
GOTELEE**  
SOLICITORS

LIFE | LAND | BUSINESS

CONTACT US ON  
**01473 611211**  
[barkergotelee.co.uk](http://barkergotelee.co.uk)

41 BARRACK SQUARE, MARTLESHAM HEATH,  
IPSWICH IP5 3RF.

**We all need legal  
services from time  
to time**

- Accident claims
- Company transactions
- Dispute resolution
- Elderly client services
- Employment law
- Family breakdown
- Insolvency and debt recovery
- Moving home
- Powers of attorney
- Probate
- Wills, trusts and tax

**J.W. MILLER**

PAINTING & DECORATING

YOUR LOCAL DECORATOR  
FOR MARTLESHAM HEATH

TELEPHONE: 01473 626728  
MOBILE: 07888 699306

