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SEPTEMBER 2025 • Produced and Distributed by Volunteers www.martleshammonthly.com | 



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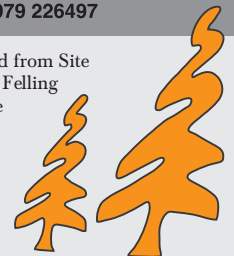
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MOT TESTING STATION

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Martlesham Monthly

Produced and Distributed by Volunteers

FRONT COVER

Oak tree on the path to Martlesham Creek.

Photo: D Johnson

Tree of the Month – English Oak, (*Quercus robur*)

This magnificent oak tree can be found on North Green, Martlesham Heath. It was kindly proposed by Mr David Embery, a resident of Martlesham Heath. Mr Embery remembers the tree as a sapling, making it approximately 50 years old.

The tree benefits from its open position giving it a fine regular shape.

According to the Woodland Trust, the wise old English Oak holds a special place in our culture, history and hearts.

It supports more life than any other native tree species in the UK.

If you would like to propose a 'Tree of the Month', please get in touch with us at enquiries@martleshamcouncil.org.uk



Online:

www.martleshammonthly.com
And on Facebook

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Please email contributions to
martmonthly@btinternet.com

The copy deadline for issues is the 12th of the previous month.

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.

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 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

We have Beavers (6-8) who meet each Tuesday, Cubs (8-10.5) each Monday, Scouts (10.5-14) each Thursday and Explorers (14-18) who meet the first Monday of each month

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
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

MOBILE LIBRARY TIMES

Tuesdays (Route 10)

Angela Close: 1.30-1.45pm
Bridge Farm Day Nursery 1.50-2.20pm
Falcon Mobile Home Park: 2.30-2.55pm
Douglas Bader: 3.00-4.15pm
September 23, 2025
October 21, 2025
November 18, 2025

Thursdays (Route 3)

Play2Day Nursery Gloster Road 10.10 - 10.40,
Douglas Bader: 10.50 - 11.50
September 11, 2025
October 9, 2025
November 6, 2025

<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

Martlesham Council

Summer Fête

We would like to thank everyone who braved the British summer weather on 19th July and attended the fête on the Green.

Despite the forecasted weather, the day turned out to be mostly dry and the turnout was good.

Special thanks should go to Mike Irwin, Helen Davey and the band of volunteers whose drive, determination and hard work ensured the event went ahead smoothly.

We would love to hear from anyone wishing to join the fête volunteer team to enable us to continue with this annual community event.

Pathways, Footpaths, Cycleways and Public Rights of Way

We have received several concerning reports from members of the community about the way pathways, footpaths, cycleways and public rights of way are being used in and around Martlesham.

These routes can fall under the jurisdiction of Suffolk County Council highways or

private landowners, and some are permitted rights of way. The Parish Council will aim to assist members of the public where possible by putting them in touch with the relevant landowner or authority if necessary. We would urge members of the public to be mindful and considerate of all users while out and about.

A12 Major Road Network Improvements

Updates from Suffolk County Council regarding the A12 Major Road Network Improvements, including a map of the proposed new Martlesham footbridge and construction compound, can be found on the Suffolk County Council website. www.suffolk.gov.uk

Forthcoming Parish Council Meetings

The next full Parish Council meeting will take place on Wednesday 3rd September.

Subsequent meetings are:

Recreation and Amenities Committee:
Wednesday 10th September

Parish Council meeting: Wednesday 1st October

Development, Environment and Transport Committee: Wednesday 15th October

Finance and General Purposes Committee: Wednesday 22nd October

All Council meetings start at 19:30 and are open to the public, who are welcome to ask questions or make comments to the Council during a public forum.

Contacting the Council

Councillors and staff can be contacted at the Parish Room, Felixstowe Road, Martlesham, Woodbridge, IP12 4BP.

Telephone 01473 612632. Please leave a message if no reply and we will get back to you as necessary.

Email enquiries@martleshamcouncil.org.uk

Please follow us on our Facebook page which is @martlesham Parish.

The full address is <https://www.facebook.com/martleshamParish>

We can now be followed on Instagram, @martleshamparishcouncil

Martlesham Heath Aviation Society

On Sunday September 7th 11-4:30 WE HAVE A "Showcase Event" at your local Martlesham Heath Control Tower Museum.

Come and join us for a great day out - Enjoy the songs of those war time years, see the classic and Military vehicles, plus stalls, food and drink, dancing.

Explore our museum, bunker, underground and Anderson Shelter.

We have some games for younger and older children, .. and other novel attractions - and a large collection of Vintage and veteran Civil and military vehicles.

This year we have a strolling close up Magician, Punch and Judy, a re-enactment display in homage to British Soldiers who fought in Burma in World War 2.

Entry to the Event and Museum is FREE - but we hope you will give generously to help us maintain and further improve our Control Tower Museum.... said to be the third best refurbished World War Two such building in Britain!

We have a Grand Raffle - with many lovely prizes.

The Control Tower is located behind Parkers Place, off Eagle Way, Martlesham Heath, IP5 3UZ

You can also get to it via the bottom end of Deben Avenue as it is near Gorseland School.

For more information go to www.mhas.org.uk, or find our Martlesham Heath Aviation Society Facebook page: Martlesham Heath Aviation Society | Facebook

Or call 074 234 047 04



*Martlesham Heath
Aviation Society*



SUNDAY 7th SEPTEMBER 2025

11.00am to 4.30pm

"MHAS—Showcase Event"

Come and join us for a great day out — enjoy the songs of those war time years, see the classic & military vehicles, plus stalls, food, dancing, our museum & so much more...



VENUE:

Martlesham Heath Control Tower,
Located behind Parkers Place, Off Eagle Way,
Martlesham Heath IP5 3UZ

MHAS General information:

www.mhas.org.uk



The Control Tower Museum opens every Sunday between 6th April to 26th October 2025, 2—4.30pm. We are also open to groups by appointment. For more info regarding the museum or group visits, please look on the website www.mhas.org.uk or call 07707711104

*Control Tower Museum
Free Entry, Donations
greatly appreciated*

V1 08/06/25

MARTLESHAM HOUSEHOLDERS LTD

Newly Planted Trees

A Tree Guard was erected around the small willow sapling on the main village green near Birch Woods. A water bag was also put inside and a nearby resident has volunteered to add water as and when needed. The water bags have been successfully trialled with some saplings on Eagle Way with a nearby resident again topping up the water bags regularly. A big thank you to all the volunteers and residents. Note that a tree will be planted at the Queens Canopy and another on the Jubilee Green in the autumn using tree guards and water bags. If anyone who is local to the planting would like to volunteer to top up the water bags every now and then, it would be much appreciated.

The Bee Café

The Bee Café is thriving thanks to volunteers who have looked after it since its inception a couple of years ago. Lots of bees and butterflies can be seen attracted by the carefully selected bee friendly plants. This is just a small project which is part of a national drive to stop the decline in the bee population which is vital for the overall health of the countryside.

Dumping of Green Waste

This is a reminder to everyone that MHHL will not tolerate garden/green waste being dumped on our land. We have had reports of this taking place behind Broomfield next to the SSSI. Please put it in your Green Bin or take it to the Foxhall Recycling Centre.

An Increase in dog litter

We have had complaints that there has been an increase in dog litter not being removed and put in the appropriate dog bins. I know that this is a regular issue but please cleanup after your dog.

The Annual Maintenance Charge

September means that you will soon receive the MHHL annual maintenance charge. The £45 charge is the same as last year and covers the year, 1 July 2025 to 30 June 2026. Please make your payment either on or before 1 October 2025. Remember that a surcharge of £10 will be charged on 1 December 2025 if no payment has been made. Your payments are vital and will go towards the ongoing work in the woods, the village greens, the SSSI area and ad hoc repairs and maintenance etc.

Please use the MHHL Website

On a regular basis we are asked questions about a whole host of different issues with regards to Martlesham Heath. About 90% of these queries could be resolved by simply looking at the MHHL website. A lot of effort has gone into this website, and you will find a lot of answers on the website. The website includes information on the various covenants. Furthermore, you will find information about the policies including car parking, GDPR, Building Work, Fire Breaks, Trees, Drones & CCTVs etc. Additionally, you can find an interactive map of Martlesham Heath and much more information. Please refer to www.mhhl.co.uk

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.

MARTLESHAM POPPY APPEAL 2025

Thank you to all of our volunteers who helped with the Poppy Appeal last year.

As usual Tesco are kindly allowing us to collect at their Martlesham store and we are looking for any volunteers who are willing to give up some of their time, even if it is only a couple of hours, starting on Thursday 23rd October through to Tuesday 11th November. All help will be appreciated.

If you are interested, please contact me, Kim Wright, Martlesham RBL Poppy Appeal Organiser, via email kwandbw@gmail.com or via my mobile 07775 761340.

NEWS FROM

JENNY RIDELL-CARPENTER MP

Martlesham and Martlesham Heath are two really important villages in my constituency (I can say that as Martlesham Heath is where I grew up, so I'll be forgiven for having a little bias). We're a growing community with strong close links to neighbouring villages and towns, but despite these links I hear frequently from young and old that they wish our bus services were better.

I know that in Martlesham Heath, we have one of the better bus services in the constituency - if you want to travel to Ipswich - but over the years we've seen the service fluctuate, and there is a limit to where the bus will physically take you, good for Ipswich but not really providing proper connections to anywhere else. Equally in Martlesham, I've heard frustrations about reliability and access to the buses. That's why I have launched a new constituency wide survey on bus services. Whether you use the bus, used to, or would like to but cannot, I want to hear from you. Your feedback will help me take a stronger case to change and improve our bus services, based on what works and what doesn't.

This is about more than just convenience. Reliable public transport is essential for cutting congestion, supporting independence, and reducing the pressure on families. If we want fewer cars on the road, cleaner air, and better access to jobs, school and healthcare, we need a network people can actually rely on.

Please do take a few minutes to fill in the survey - which you can find on my website - if this affects you or someone you care for. The more voices we hear, the louder and clearer the message we can send about what our community needs.

And as always, if there is anything else I can help with, please do get in touch.

Email:

jenny.riddellcarpenter.mp@parliament.uk

Telephone: 01394 330260

Website: www.jennyforsuffolkcoastal.org

Pop Up Shop

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The Green, Martlesham Heath

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Sept 14 & 28

Oct 12 & 26

Nov 9 & 23

All are welcome to join us for our church
service at 10am
and/or tea and coffee at 11am



Bright Stars Activities sheets for preschool aged children.

Would you like to receive them?

We hope you all enjoyed the summer holidays.

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.

The activity sheets usually include a story, song and a craft or game about a theme or a story from the Bible.

If you have or look after a child/children of pre-school age, or slightly older and would like to receive our activity 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



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WOODBIDGE LIBRARY

Lego Club for Children - Saturday
6th September 10am-2pm

Running on the first Saturday of every month, do come along to this free club and have a go at creating your own Lego masterpiece!

Children must be accompanied by an adult at all times.

KESGRAVE LIBRARY NEWS

Library Closure – the library will be closed on Tuesday 9th & Wednesday 10th September, as we are having our lights updated. We apologise for any inconvenience caused.

Sunday Crafts 10.00 – 12.00noon. – during September, we will be making the following crafts:

Sunday 7th – Reading Quest Presentation. This week we are making origami bookmarks. What animal will you make yours into?

Sunday 14th – Design a snail with a colourful spiral for a shell.

Sunday 21st - Create a 3D umbrella rainy day picture. What colour will your umbrella be?

Sunday 28th – Make a feathery owl picture to decorate your house with.

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 – 10.15am. – active songs and rhymes for pre-school children.

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

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

Friday Fun Time – Every Friday 9.45 –

10.15am. Fun stories, rhymes, songs and toys – this is a free activity. We hope to see you soon.

Lego Club – Every Tuesday 3.30 – 4.30pm. No session Tuesday 9th September due to new lights being fitted. Free play with each child given a basket of Lego bricks to create designs of their choice. We hope to see you soon.

Stay and Play – Every Tuesday 10.00 –

11.00am. No session Tuesday 9th September, due to new lights being fitted.

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. This session will be stopping over the summer whilst the Reading Quest is running. 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 parent.

Morning Book Group – Tuesday 2nd September 10.00am. at the library. The group are discussing The Vanishing Half by Brit Bennett.

Afternoon Book Group – Thursday 4th September 2.45pm. The group is currently reading The Sapphire Widow by Dinah Jefferies.

Evening Book Group – Thursday 25th September 7.00 – 8.00pm. The group are currently reading The Little War-time Library by Kate Thompson.

New Tuesday Book Group beginning Tuesday 16th September 10.00am. This group is usually going to be on the second Tuesday of the month but in September we are closed for a light refit on the 9th.

If you are interested in joining any of the above book groups, please contact library staff on 01473 851374. The library supplies copies of the titles being read.

Reading Quest Presentation – Sunday 7th September.

Congratulations to everyone who has finished the reading quest this year.

The times for the Mr Bean Magic Show presentation are:

Surname A – L: 10.00 – 11.00am. (Show Time 10.30am).

Surname M – Z: 11.00 – 12.00noon (Show Time 11.30am).

Book Donations – We are still looking for good quality book donations, mainly fiction – adult or children to fundraise for Kesgrave Library Community Group. This group raises additional funding for the library. Please speak to staff if you are interested in donating some items to us. Thank you to everyone who has already donated items to the library.

Opening Hours -

Monday 9.00–12.00noon

Tuesday 9.00–12.00noon/2.30–5.00pm

Wednesday 2.30 – 6.00pm

Thursday 2.30 – 8.00pm

Friday 9.00–12.00noon/2.30–6.00pm

Saturday 10.00–5.00pm

Sunday 10.00–3.00pm

Tel: 01473 851374

Martlesham Brass 'Making Music Fun in East Anglia'

Martlesham Brass will return to rehearsals at the beginning of September, when we will welcome some new players into our beginners band. We will be rehearsing for the 29th Birthday Concert on Saturday 11th October at 7pm in St Michael's Church Centre, Martlesham Heath. Tickets are £5.00 (primary school age children free) & are available by calling 07544 962205, from our website (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 (please note that we are currently operating a waiting list for our beginners band) If you wish to hire the band to perform at an event, please contact our booking secretary by emailing booking@martleshambrass.co.uk

Liz Howard (Publicity Officer)

publicity@martleshambrass.co.uk 07544 962205

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Visit our website www.martleshambrass.co.uk



Fresh water and bats at Martlesham Wilds

Creating fresh, water spaces is one of the best actions we can all take for wildlife. Fresh water not only provides valuable drinking water for much of our loved wildlife, but it also provides a space for many insects to begin their lives before they hatch. These insects provide such valuable food for bats – creating a wonderful place to live for our 8 recorded Martlesham Wilds bat species.

If you have been for a walk at Martlesham Wilds recently, you may have noticed some diggers. We have been busy creating more fresh water spaces, including new ponds, and scrapes (shallow areas of fresh water), which we hope in time, will attract nesting birds and also drinking and snacking bats!

If you would like to come along and find out more about our Martlesham Wilds bats, please join us on Thursday 4 September 7pm-9pm or Wednesday 17th September 7pm – 9pm for a gentle dusk walk around Martlesham Wilds, using bat detectors to find out which bats call Martlesham Wilds their home and how we can all help bats in our own gardens and spaces. Booking is essential and is on the website.

We also have several Discovery Walks coming up on Monday 13 October and Wednesday 10 November. If you are interested in seeing the changes taking place for yourself – check out www.suffolkwildlifetrust.org/events for more info. We hope to see you soon!"

Portal Woodlands Conservation Group

Our next work morning is Saturday, 20th September, from 10:00 to noon, meeting at the Education Area. New volunteers of all ages and abilities are always welcome; no experience is needed.

For further information, please contact us at pwcg.martlesham@gmail.com, phone 01473 612632, visit our website: www.martleshamparishcouncil.org.uk/what-we-do/portal-woodlands-working-group, or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

MARTLESHAM CONSERVATION GROUP

My grateful thanks to all the volunteers who have worked hard at clearing bracken and cutting back vegetation from paths and other areas on the Heath SSSI.

We have worked over the winter to clear gorse from some areas and followed up in the summer clearing bracken. The aim has been to achieve more open heather and acid grassland which should be more beneficial for invertebrates including a range of butterflies and reptiles.

The summer this year had better weather on the whole for a lot of wildlife. The warm dry spells seem to have been good for some butterfly species but some plants grew much less vigorously than last year so fortunately the gorse has been a little less prolific, which should help our work in the winter.

In September it may still be possible to see some interesting wildlife depending on the weather including a number of late summer butterflies such as Red Admiral, Peacock, Small Tortoiseshell, Small Copper, Common Blue, Brown Argus, Large White, Small White, and Green Veined White, so there is still plenty to look out for but who can guess what the weather will have in store.

It may also be possible to pick up

sightings of some birds on their return migration journeys after they have spent the summer here or the new generation of young birds undertaking their first long distance flight. Please keep a ready supply of water in your garden and leave bushes with plenty of berries.

From September onwards the Group continues with our regular series of monthly work parties aimed at helping our local wildlife. Mostly we work on the Martlesham Heath Site of Special Scientific Interest but also on other local sites. Work parties usually take place on the first Sunday of the month and last about 2-3 hours.

If you would like to help please get in touch, we provide all the tools required.

Our next work party is planned for Sunday 7th September at 10am out on the heath SSSI. Please meet at the interpretive signboard between Heathfield and The Oaks. We will be aiming to clear away some of the invasive bracken and brambles from the heath to leave more space and light for heather and grassland to come through for the benefit of a wide range of wildlife including plants, insects, birds and reptiles.

Phil Smith 01473 625630 e-mail: martleshamconservationgrp84@gmail.com



Martlesham in Bloom Colour in September

September brings us lots of colour to enjoy in our gardens and outdoor spaces, with many summer annuals still in flower plus late season perennials, flowering sub-shrubs and shrubs. As your herbaceous plants gradually finish flowering during late summer and autumn consider leaving their stems standing. They not only provide wonderful architectural features in the autumn and winter, and protection to the crown of the plant from cold weather and frost but also, very importantly, they provide locations for insects and other invertebrates to overwinter.

If you do have to cut back or take down dead stems of plants why not consider creating an insect home with them. This can be as easy as putting a pile of them in a corner of your garden. You may have been hearing in recent years about the worrying decline in insects and other invertebrates; by making small changes in our gardening habits we can provide a huge help to these important mini beasts, which in turn helps other wildlife such as the birds which feed on them, all helping to encourage a healthier ecosystem in your outdoor space and beyond for us all to

enjoy and benefit from. It is a wonderful opportunity to do something positive for wildlife.

Autumn is also a time for noticing and enjoying the colourful variety of berries and fruit produced on many plants. Whilst we will enjoy a harvest of edible fruits such as apples and pears if we are lucky enough to have fruit trees in our garden or outdoor space, the bounty of berries on other garden plants are very much appreciated by a variety of wildlife looking for a meal during the colder months of the year, so if you are trimming shrubs, hedges or trees ideally avoid cutting off berries. Many birds enjoy feasting on rowan, pyracantha and cotoneaster berries for example. An impressive drought resistant plant that has flowered well in many locations this year is the cordyline, which can have huge panicles of small white flowers in summer. After pollination these produce white berries that blackbirds in particular, often eat during the winter months.

Enjoy the flora and fauna of September.

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



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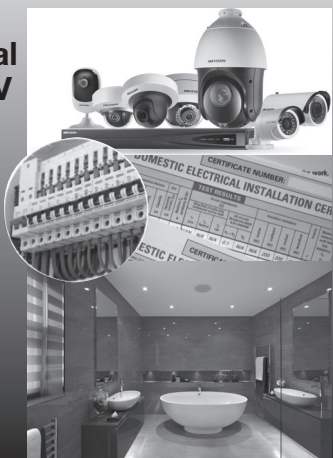
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MARTLESHAM HEATH AVIATION SOCIETY

By the time you read this well over 50 members and friends of the Martlesham Heath Aviation Society will have visited The Great War Huts, near Hawstead, south of Bury St. Edmunds.

A fascinating site – more on this next time!

Our next monthly talk will take place on Friday 5th September, at 7:30 p.m. when Catherine Buchanan will talk all about “RAF Felixstowe – The People not the Planes” many readers will know that where the Felixstowe Docks are now very busy, the area used to be the home of the “Marine Aircraft Experimental Establishment” flying and testing Float Planes, and Flying Boats from 1913 to 1963.

They also worked with people over in Harwich... creating what became the Royal Navy Air Station (RNAS) Harwich.

Both sites therefore played a pivotal role in Britain's early naval aviation history during the 1st World War. Much is known about the 'planes... now Catherine will bring some of the personalities out of the shadows, and tell some of their stories.

Our monthly meetings of the Society take place at The Martlesham Heath Community Centre, Felixstowe Road, Martlesham Heath IP12 4PB

Members pay £3, non-members are also welcomed - paying £5. You can join the Society on the night if you wish.

NUFFIELD HEALTH FREE 12-WEEK PROGRAMME TO BEAT JOINT PAIN.

Our programme is designed to help you understand, manage and relieve joint pain. It embraces the idea that exercise can manage and prevent joint pain issues to improve your quality of life.

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MARTLESHAM HEATH PAVILION

Vice Chair Person (Supported)

We're Looking for: A Vice Chair person: within a year take over the role as Chair person.

Key Responsibilities:

- Assist in overseeing Pavilion matters with a supportive committee.
- Support and deputise for the Chair person and eventually take over the role (fully supported).

What We're Looking For:

- Good communication and organisational skills.
- A passion for community involvement.
- A few hours a week - an average of 3-4 hours.
- Reasonable IT skills, as we do most of our routine work electronically.

Interested or just want to know more? We'd love to hear from you! Contact: Aldwyn Jones – The current Chair, at chairmhpc@gmail.com for an informal chat.

U3A EAST SUFFOLK: Time to try something new?

Even if you missed East Suffolk u3a's annual Open Day on 5th September at Kesgrave War Memorial Community Centre you can still get involved in this lively and thriving members' group for older people.

It is all about keeping mind and body active, with the chance to learn, keep active, have fun and make new friends. More than 2,200 retired and semi-retired people in East Suffolk are currently members, finding new interests, new challenges and social activities.

They enjoy walks, quizzes, dining out, visiting gardens or churches, discussing architecture, the arts, current affairs and much more.

Alongside approximately 150 different local activities, there is a varied programme of talks held at different venues in East Suffolk. The 2025/2026 schedule includes talks about British Sign Language, the 70-year reign of Queen Elizabeth II, Monet's garden and paintings at Giverny, and the first woman to ascend Everest.

Full up to date information is available on the u3a website: www.u3aeastsuffolk.org.uk. 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 £17.50 for a full year and gives members access to all the u3a's many activities, subject to availability.

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

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MARTLESHAM CLIMATE ACTION

Main Discussion Points from Martlesham Fete

Thanks to those who dropped by for a chat. The 2 main discussion points from the fete where sewage discharges and solar panels.

We highlighted the recent 41-hour raw sewage discharge into the Fynn, Lark and Deben after heavy rain and you may have seen a Channel 5 news item, and a BBC Look East interview after Ofwat fined Anglian Water for recent breaches. The effect on e-coli levels was illustrated on the Deben Climate Centre display board on our stand. The monthly citizen science volunteers water sampling happened to be the day after heavy rainfall and the picture on e-coli was grim. Everywhere on the Fynn, Lark and the Deben upstream from Waldringfield was showing dangerous levels of e-coli coming from the many Anglian Water storm overflows at various places along these rivers. Getting water in a cut or swallowing after falling in would very likely result in severe tummy problems or worse.

The takeaway message is to be extremely careful in our rivers after heavy rainfall and I would suggest avoiding contact with the water for a couple of days after such an event. This is in addition to my previous warnings about contact with water anytime at the top of Martlesham Creek (where one of the main sewage outfalls is). Here's hoping that the recent proposed changes to the regulatory set up will gradually result in more investment and a removal of the very real danger to public health our current water providers preside over.

We also had an 'Energy' quiz board prompting discussions about grants, insulation, solar panels etc. Our website has loads of information written by residents based on real world experiences of energy saving in the home. One discussion was about solar panel payments

for exporting electricity. All electricity providers who have more than 150 000 customers have to offer a Smart Export Guarantee (SEG) that pays you for any excess electricity you generate from your solar panels. You must have a (free) SMART meter installed for this to work and I strongly suggest you shop around for the best deal if you have solar panels installed. I get around 12p per unit exported but others like Octopus offer 15p or more. We met several people who are providing free electricity to the grid!!

Martlesham Repair and Climate Advice Hub

The next Repair Hub is 10-12, Saturday September 13th in the Parish Room as usual. If you have items to repair, you can always take them to the Repair Shed off Sandy Lane. See <https://suffolkrepairshed.org>

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

Website:

www.martleshamclimateaction.onesuffolk.net

E-mail:

martleshamclimateaction@btinternet.com

Bluesky: @martleshamca.bsky.social



DEBEN ROTARY & DICTIONARIES FOR LIFE

For over 20 years, the Rotary Club of Woodbridge Deben have supported the Dictionaries for Life (D4L) scheme. Dictionaries for Life are intended to assist literacy for pupils at Key Stage 2 and to date, around 12 local schools have benefitted from them.

This year, it was decided that the club would also donate 48 of the Dictionaries for Life to Suffolk Refugee Support, to assist Ukrainian and other refugees to improve their English skills.

The Dictionaries for Life were presented to Suffolk Refugee Support manager, Rebecca Crerar. The photograph shows our D4L organiser, Monty Guest, President Ian Baker and Community Service Chairman Deirdre Griffin with Rebecca Crerar.

If any local school feels they could benefit from a donation of dictionaries, please contact Rotarian Monty Guest at rmguest74@gmail.com





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With its evocative music, and its mixture of elegant walking and playful moves, Argentine Tango is a great way to improve balance, exercise your mind, develop poise and make friends. Our aim is to give you the ingredients to be able to join in Social Tango Dances, locally and anywhere in the world! Suffolk Tango is excited to be able to offer you the chance to join our weekly "New Beginners' Courses", in the Autumn.

There will also be a new weekly Beginners course at the Martlesham Community Hall, Old Felixstowe Rd, Martlesham, IP12 4PB. starting on Thursday, 11th September: doors open at 6.30pm for welcome and warm-up; the lesson is at 7.00-8.00pm. The fee for each lesson will be £8, payable on the day, and class members may stay to watch, (and later in the term, join in with) the Improvers/Intermediates' Class/Practice Session which follows. This will be an opportunity to meet, chat and dance with the local Tango Community.

We welcome total novices, people with other dance experience or those who want to revise the basics. 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 - You can also 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

Music at Rushmere

This year's programme of Sunday afternoon Autumn Concerts at St Andrew's Church, Rushmere will be held in support of St Elizabeth's Hospice in Ipswich which supports people living with progressive and life-limiting illnesses.

On 28th September we are joined by Essentially Swing, who bring us music from the big band era and beyond.. You can expect a journey in time, with numbers like 'Maple Leaf Rag', 'American Patrol', and 'Sing, Sing, Sing' to early rock 'n' roll songs such as 'Rock Around The Clock'. An afternoon of toe-tapping fun

Stellar Acappella make a welcome return on 5th October. This vibrant group of women singers will perform a selection of popular songs, show tunes and gospel, all in close harmony.

All concerts begin at 3.00pm and end with tea and cake in the Hall. There here is no charge for admission, but we invite voluntary contributions after each event.

MARTLESHAM LADIES CLUB

Our Club does not meet during July and August so no news there.

However we have to mention our lovely Rosie Burrows who has been nominated for the Radio Suffolk Make a Difference Award. We offer her our congratulations and wish her the best of luck. Our Club year begins again on September 11th 2 - 4pm and every fortnight in the Richards Room at Martlesham Community Hall.

All ladies are very welcome and we look forward to some interesting afternoons to come.

More details from

June Peck 07867525422

LADIES ON THE GREEN

Our August Summer Party Meeting held on behalf of 'Breast Cancer Now' was a lovely afternoon spent in the company of friends .Our raffle was a huge success, with our grateful thanks to the generosity of local businesses on the Square, Beutevas, Morrisons, Martins Bakers, Admirals Fish and Chips and the Douglas Bader. All proceeds raised during the afternoon will go to the charity and we will be able to tell you how much was raised in the next issue.

At the September 19th meeting the speaker Maria Cooks' subject is 'The Blood Runners' - and we hope to organise another walk and lunch, a coffee morning and if theres enough interest perhaps, a Theatre group (watching – not performing !!).

For the October 17th meeting we'll need to brush up on our cockney rhyming slang as we find out the origin and traditions of the Pearly Kings and Queens of London, from the Pearly King of Streatham no less !!!

We have a very few places left so if you are interested in joining this friendly group please give us a call. We meet usually on the third Friday of the month, in the Martlesham Heath Pavilion, The Drift, Martlesham Heath, IP5 3PL 1.45pm to 4.15

Contact : Rosemary on 07512 776232 or June on 07594 189100 for more information.

Badminton in Kesgrave

Woodbridge Badminton Club returns to Kesgrave High School for the winter season (September-April) on Wednesday evenings at 7:30pm. League matches will be on Thursday evenings for those feeling competitive! We are pleased that with growing numbers we will be able to field an extra team this year.

We welcome a range of abilities but unfortunately not complete beginners. For latest details check out our website at <https://www.woodbridgebadminton.co.uk> email jim.cavanagh955@gmail.com or ring Jim Cavanagh on 0780 323 2892. You can come along any try us out for a £6 guest fee, refundable against the annual membership if you join for the season.

Our pay-as-you-go summer badminton sessions at the Kesgrave Community Centre Sports Hall finished at the end of August. These were very well attended and we plan to be back again next year.

We also run a Junior club on Monday evenings but places are limited and there is a waiting list so pre-booking is essential.

MARTLESHAM HEATH SURGERY Patient and Practice Group (PPG) News

We hope that summer continues a little longer, however we are beginning to think of autumn. With autumn comes the Autumn Flu and Covid Vaccine Program. Initial details have now been released, with details of the groups eligible for NHS Vaccines.

National Flu Immunisation Program

Pregnant women and all eligible children will start from 1st September 2025. For school aged cohorts, vaccination in schools should be completed by 12 December 2025 with further catch-up opportunities as appropriate.

All other adult flu cohorts will start from 1 October 2025 and will run until the 31 March 2026. Although, we anticipate that the majority of vaccinations should be completed by the end of November 2025 to provide the best possible protection going into winter.

Covid Vaccine Program

The announced cohorts eligible for a COVID-19 vaccine:

residents in a care home for older adults

all adults aged 75 years and over

persons aged 6 months and over who are immunosuppressed

The COVID-19 programme will run from 1 October 2025 to 31 Jan 2026. However, the majority of COVID-19 vaccinations should be completed by 19 December 2025. The surgery will contact eligible people for both Flu & Covid Vaccines nearer the time.

If you'd like to find out more about the Patient Participation Group (PPG) or are interested in joining, we'd love to hear from you. Please email me at MartPPG@gmx.com, or leave your name and contact details at reception in an envelope marked for my attention.

Thank you for your continued support. Tony Willmott Chair, Martlesham Heath Surgery PPG

Thought for the month.

Have you ever thought about what might be inside a tree?

Yes, inside a tree! It's not often we get the chance to look.

There are thousands of trees around us, removing pollution and refreshing our air. The changing seasons give us: the incredible silhouettes of winter; buds and blossoms of spring; a canopy overhead with a diversity of leaves in summer; the magical colours of leaves and delicious fruits of autumn.

As we get closer we see that the bark of each tree is different, from the smooth and shiny silver birch to the rough and irregular oak.

But have you ever wondered what's inside the tree.

My husband and I are fortunate to have a supply of wood for our woodburners and have recently spent time logging dead trees and splitting them for the fires.

Inside the blocks of wood is another world. Colonies of minute ants who have made their home in the rotting wood. Nurseries of tiny woodlice waiting to be released into the big wide world. Even the rotting centres have beautiful textures and colour patterns because of lichens feeding on the lines of decay.

It's amazing. It reminds me of the words of Psalm 139 where the writer says to God: 'You know me inside and out, you know every bone in my body; You know exactly how I was made, bit by bit, how I was sculpted from nothing into something'. In another verse in the story of Samuel, God says 'People look at the outward appearance, but I look at the heart.' However beautiful we seem on the outside, God knows us from the inside, our thoughts as well as our words and actions – and he still loves us totally and completely.

Rev Margaret Rittman
Martlesham with Brightwell.



MARTLESHAM COMMUNITY HALL

Our quarterly Community Quizzes help us raise funds to offset the costs of running the Community Hall and the Richards Room. Our last Quiz in May raised around £550. Thanks to all the teams who support us; we hope we can continue to give you an enjoyable evening out. Our next Quiz will be on Saturday 6 September. We'll open the bookings about 5 - 6 weeks before - look out on our website (mchall.org.uk) and elsewhere for this. PS: Any raffle prize donations are always gratefully received.

We're still actively looking for an enthusiastic volunteer to take over our key Hall Manager role, as our current Hall Manager will be retiring soon. This may suit you, if for instance, you're recently retired and looking for a practical and rewarding way to give back to your local community? Having said that, volunteers of all ages and skills are equally welcome of course. Interested? You can find out more details from our advert on the Volunteer Suffolk website - tinyurl.com/mchallhm. You can also contact Ian Read (Chairman) on 01473 622721 for more details and an informal chat.

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
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Alternatively please contact the booking
secretary:

Email: bookingsecmhp@gmail.com

Phone: 07873 557999

ST ELIZABETH HOSPICE USED STAMPS AND COINS APPEAL

A big THANK YOU to everyone who continues to save their used stamps and old British & foreign coins for me to take to the hospice. The hospice relies on donations for a large part of its funding, so all those stamps and coins which you donate can really help them. I recently contacted the hospice fundraising administrator to see if they could let me know how much they raised last year from the sale of all the stamps and coins they receive. They replied;

"we'd like to thank all the local residents who support us with donating stamps for recycling. You will be delighted to learn that in our last financial year which ran from 1 April 2024 to end of March 2025 that as a hospice £1,276 from stamps and £527 from the foreign coin was raised."

Additional funds have also been raised by selling more valuable items, such as rare coins, stamp albums and first day covers. So, you can see how important your contributions are - when added together they really do make a difference.

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

Bev Read,
15 Demesne Gardens Martlesham Heath
01473 622721

THE ORWELL SINGERS – COME AND SING CHRISTMAS

Following on from last year's successful event, The Orwell Singers will be holding another Come and Sing Christmas afternoon on Saturday 8th November from 1.30 pm to 4.00 pm at St Michael & All Angel's Church, Martlesham Heath.

More details will be available nearer the date. However, in the meantime, you may wish to put this date in your diary. Sopranos and altos of all abilities are welcome.

Debbie Sharman
Secretary
The Orwell Singers

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*



THE CHURCH IN MARTLESHAM & BRIGHTWELL

RECTOR: The Revd Toby Tate The Rectory, 17 Lark Rise, Martlesham Heath

Church phone 01473 612659 (rest day Friday)

CURATE: The Revd Rob Allinson rob@martleshamcofe.org.uk

07359 463312 (rest day Wednesday)

ASSOCIATE MINISTER: The Revd Christine Pinder 3 Mayfields, Martlesham Heath

07555 748345 (working days: Sunday, Wednesday, Thursday)

READERS: Marga Gibbs van Dijk 16 Deben Avenue, Martlesham 01473 624035

Carolyn Smith 74 Heathfield, Martlesham Heath

CHILDREN & FAMILIES MINISTER: Emma Allinson emma@martleshamcofe.org.uk

07359 339452

ELDERS: 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'

Sunday 7th September	St Michael's 9.30am Coffee and pastries 10am Breakfast Church St Mary's 11am Holy Communion	
Sunday 14th September	St Michael's 10am Holy Communion St John's 6.30pm BCP Evensong	10am Holy Communion
Sunday 21st September	St John's 9am Holy Communion St Michael's 10am Morning Worship St Mary's 11am Holy Communion	10am Morning Worship 7pm Zoom Reflecting with God
Sunday 28th September	St Michael's 10am Holy Communion St John's 6.30pm BCP Evensong	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

Every Monday: 8.30am Morning Prayer at St Mary's
Wednesday 10th and 24th September: 10am Holy Communion at St Michael's

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

September

- 5 for all teachers and lecturers
- 6 for relief for those suffering from poverty
- 7 that we may be receptive to Jesus' teaching
- 8 for better stewardship of our world
- 9 for the residents of Broomfield & Broomfield Mews
- 10 for greater support and understanding for those with mental health issues
- 11 that we may forgive others and be forgiven ourselves
- 12 for the Friends on Friday group in St Michael's
- 13 for all involved in Ride and Stride
- 14 give thanks for the examples of discipleship in the Bible
- 15 for residents, businesses and charities in the Square
- 16 for the residents of Buckingham Close
- 17 for all taking part in Bible Detectives
- 18 for Wildlife Conservation around the World
- 19 that there may be lasting peace in all areas of the world
- 20 that all children receive love and care

- 21 for a generous spirit so that we may help our neighbours
- 22 for a greater prevalence of Fair Trade
- 23 for those starting on courses of Higher Education
- 24 for the residents of Burgess Place
- 25 give thanks for the support of friends
- 26 for charities supported by the World's biggest Coffee Morning
- 27 for all engaged in police work
- 28 give thanks for the loving presence of Christ in our lives
- 29 celebrate the feast of St Michael and All Angels
- 30 for people with Dementia and their carers

October

- 1 for all those suffering from Breast Cancer
- 2 for the residents of California
- 3 for all those representing us in Government at all levels
- 4 reflect on the life and work of St Francis of Assisi

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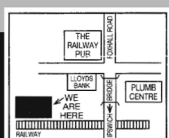
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