

martlesham monthly

MARCH 2022

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martlesham monthly

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This month's photograph is of daffodils on Martlesham Heath taken last year by Alan Powell of the Martlesham Aviation Society



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 or 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.

Becoming a helper or hiring of the Scout HQ please contact

Lindsay Macleod 07828559026

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
3 March, 31 March, 28 April

Thursdays:

Douglas Bader: 10.15–11.45am
15 March, 12 April

<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.

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In case of emergencies please always call 999.

In non-emergency situations call the new number 101.

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

COMMUNITY RESPONDERS

Martlesham Community Responders are a group of 3 volunteers (funded entirely by donations) who are trained to provide first aid and resuscitation skills.

We provide a first response to many 999 calls received by the East of England Ambulance Service Trust within Martlesham, Martlesham Heath, Waldringfield, Newbourne and Brightwell, in support of and until the arrival of an emergency ambulance.

For further details contact Johnny Dixon
johnny.dixon@btinternet.com

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

Please e-mail contributions to :
martmonthly@btinternet.com

Or deliver your copy to
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MARTLESHAM MONTHLY ONLINE
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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

Budget and Precept

At its meeting on 12th January, the Parish Council (PC) set a budget of £161,937 and a precept (parish council element of council tax charges) of £152,250 for 2022/23.

The budget of £161,937 was agreed to meet the growing demands on the PC's resources and changes in staffing. The Council is mindful of the financial constraints that many families are experiencing and so has chosen to use some of its general reserves to meet the budget rather than passing full costs on to parishioners. The precept of £152,250 does mean an increase in 2022/23 from £63.14 to £66.29 for an average band D property. This only represents an extra £3.15 a year but will appear on your council tax bills as an increase of approximately 5% by the Parish Council.

A date for the diary

After a few years away the Village Fete is back! Don't miss out on a fun day this summer, Saturday 16th July! Please refer to separate article.

Delivering the Rewilding Calendars

A huge thank you goes to all the volunteers who came from all corners of the parish (and beyond!) to help deliver the free rewilding calendars in early January. Thanks to them, Martlesham householders received their calendars packed with inspiration on how to support nature throughout the year whether it's in your garden, patio, or balcony.

SID

The Speed Indicator Device (SID) has now been in service for two weeks at each of the six locations in the parish and the volunteer rota is working well. A big thank you goes to this band of volunteers for making this project work so smoothly during the early days of the scheme. A summary of the data from all six sites is due soon, please check the Parish Council website in the coming weeks for the results.

Photographic Competition 2022 – 'Wildflowers in the Parish of Martlesham'

A reminder to submit your entries to the Photographic Competition before the closing date 17th June 2022. The competition, which is open to all and free to enter, is looking for the best photos of wildflowers taken in the parish between 1st May 2021 and 17th June 2022. There will be first, second and third prizes for the best photograph in the under 18 age group and there will be first, second and third prizes for

the best photograph in the 18 and over age group. Entries (maximum number of entries per person is three photographs) will be displayed at Martlesham Village Fete on 16th July. For more details and entry forms please see the Parish Council website <http://martlesham.onesuffolk.net>

We look forward to seeing your botanical photos!

East Suffolk Council's Community Governance Review – deadline Friday 1st April

East Suffolk Council (ESC) is undertaking a Community Governance Review (CGR) covering the whole East Suffolk district.

A CGR provides councils with an opportunity to review and make changes to community governance arrangements. A CGR can consider the following:

- Creating, merging, altering or abolishing parishes
- The naming of parishes and the style of new parishes
- The electoral arrangements of parishes such as number of councillors and parish warding
- The grouping of parishes under a common parish council or the de-grouping of parishes

Martlesham Parish Council will be considering this at its meeting in March.

Bright's Orchard bearing fruit!

Ten more fruit trees have been planted in Bright's Orchard, a community orchard, near to the Centenary Playspace on Martlesham Heath. The trees, apples, pears and plums, were planted by volunteers from the Community Orchard Working Group and pupils from neighbouring Gorseland School. Mr Frank Bright MBE, after whom the Orchard was named to recognise his long-standing work in Holocaust education, was the special guest at the event.

Treebilee

Martlesham tree wardens collected the pot grown Treebilee oak from ESC in February.

At the time of writing the exact location of where and when this special oak is to be planted had not been confirmed. The oak, which is being planted to celebrate the Queen's Platinum Jubilee, will hopefully grow to 20m in height and when mature host up to 5,000 different species of invertebrate that will form the basis for a healthy food chain benefiting birds and mammals. As it grows and ages, it will develop cavities,

crevices, dead wood and other features that plants and animals love. This tree will also naturally absorb CO₂, a key greenhouse gas, through the process of photosynthesis, helping to create a significant carbon sink, to benefit everyone through a natural process. It may live for over 1,000 years!

Recreation Ground Improvements

Casting a shadow

The Recreation and Amenities Committee has agreed to plant two trees on the Recreation Ground in Old Martlesham to provide shade for those using the picnic benches by Kronji's Piece Play Area. The Martlesham tree wardens have kindly agreed to planting both trees: a wild cherry and a field maple.

Progress on the action plan

It is about a year since the close of the consultation on future improvements for the recreation ground and the parish council adopting a plan to bring about these improvements. We are pleased to highlight that the following progress has been made since then:

1. Initial plans have been drawn up for the accessible walks
2. Work is progressing on how best to incorporate a sensory area and sensory features around the site
3. Additional seating has been ordered
4. Screening of less attractive aspects has taken place, some with the co-operation of the Martlesham Youth Football Club
5. The dangerous fence around the football pitch has been removed
6. Alternative costings and solutions to resurface the car park and entrance track up to the barrier are actively being considered
7. Specifications are being sought to replace the petanque piste with a surface and facilities suitable for a wider range of recreational activities

Further details of the outcomes of the consultation and progress are available on the parish council website.

Become a Martlesham Parish Councillor

Are you over 18 and live or work in our area? Do you want to make a difference to people's quality of life? Then please consider joining the parish council. There is a wide variety of topics you can get involved with ranging from caring for our environment, planning issues, play provision, transport & highways issues to policy making and finance. You don't need to be an expert

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

Community Governance Review (CGR).

East Suffolk Council has resolved to undertake a Community Governance Review (CGR) of the whole of the district. The Council has a duty to keep parish arrangements under review.

In undertaking the review, the Council will be guided by Part 4 of the Local Government and Public Involvement in Health Act (2007).

Section 81 of the 2007 Act requires the Council to publish its Terms of Reference for the Review which clearly set out the focus of the review.

MARTLESHAM PARISH COUNCIL cont

in any field (although it might help!), only a genuine interest in looking after your local area. We do not give allowances but out of pocket expenses are paid.

The Parish Council currently has 4 vacancies, please contact the Clerk on clerk@martleshamcouncil.org.uk for more details.

Forthcoming meetings

Please note that the following Parish Council meetings will be held in St Michael's Church Centre, The Drift, Martlesham Heath, IP5 3PL

Parish Council – Wednesday 2nd March.
Recreation & Amenities Committee – Wednesday 9th March.

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

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

Contacting the Council

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

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

e-mail: enquiries@martleshamcouncil.org.uk
website: <http://martlesham.onesuffolk.net>

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

What is a CGR?

A CGR is a legal process whereby Principal Authorities (East Suffolk Council) can consider the following:

- Creating, merging, altering or abolishing parishes,
- The naming of parishes and the style for any new parishes,
- The electoral arrangements for parishes, i.e., the ordinary year of election, council size, the number of councillors to be elected and parish warding,
- Grouping of parishes under a common parish council or de-grouping parishes.

The CGR must reflect the identities and interests of communities and should take into account the impact of community governance arrangements on cohesion and the size, population and boundaries of a local community or parish.

Government guidance states that it is good practice to conduct a full CGR at least every 10 to 15 years and keep the area under review in the meantime.

Local Government Boundary Commission for England. (LGBCE).

Consent will be required by the LGBCE to implement any proposed changes recommended by this CGR. This is because the District and County Council electoral reviews were carried out less than five years ago and CGRs cannot be used as a vehicle to undermine the changes resulting from an electoral review.

Who will Undertake the Review?

As the principal authority, East Suffolk Council is responsible for undertaking CGRs within its area. The Council will approve the final recommendations before a Community Governance Order (CGO) is made.

Consultation.

The Council will consult widely on the review including but not limited to:

- Local government electors / East Suffolk Council residents.
- Parish Councils / Parish meetings.
- District and County Councillors.
- Members of Parliament.

Information about each stage of the review will be published on the Council's Website and available for inspection at East Suffolk House, Station Road, Melton. IP12 1RT

Timeline of the Review.

Legislation states that a CGR must be completed within a 12-month period.

Scope of the Review.

The Review includes all aspects of community governance arrangements of existing parishes, including:

Stage	Action	Dates
Start	Terms of Reference	26 Jan 2022
1	Consultation	Feb-April
2	Consider submissions	April-May
3	Draft Recommendations	May (TBC)
4	Consult on draft	May-Sept
5	Final recommendations	Sept 2022
6	Re-organisations Order	October

- To consider the name of existing parishes/parish councils.
- To consider the boundaries of existing parishes and whether existing parishes should be split or amalgamated to constitute new parishes.
- To consider whether any new or existing parish council should be divided into wards, including the number and boundaries of any such wards, the number of councillors to be elected for any such ward and the name of any ward.

Considerations.

Legislation requires that the Council must ensure that the community governance within the area:

- reflects the identities and interests of the communities in the area,
- is effective and convenient and takes into account any other arrangements for the purpose of community representation or engagement in the area.

In considering proposals for change, the Council will take the following into account:

- Parish Status (Council or Meeting),
- Parish boundaries,
- Council size,
- Grouping of Parishes.

Ordinary year of election.

As the District Council is elected every four years on an 'all out' basis it is proposed to keep the ordinary year of elections for parish councils on the same date.

The Dead-line for submission is 1 April 2022

All the forgoing is an extract of the 'terms of reference' for the CGR. Further information can be obtained from the Council offices at : East Suffolk House, Station Road, Melton, Woodbridge. IP12 1RT.

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@eastssuffolk.gov.uk. Otherwise by phone on 01473 622716.

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MARTLESHAM PRESCHOOL, DEBEN AVENUE, MARTLESHAM, IP5 3QR

We welcomed our new manager, Nicola Cobb, here at Martlesham Preschool back in November 2021. Nicola has had an exciting start and has settled in so well. She is enjoying getting to know all the children and families/carers of preschool. Nicola has 22 years of experience in childcare, starting at her son's preschool and has worked her way up to a managerial role.

Here at Preschool, we have all been very busy. In January, we enjoyed sharing stories from home, listening to rhyme and reading stories in our own words. We have built lots of models using 3D shapes, making London Bridge, the BT tower and even enclosures for our dinosaurs!

February has started off lovely with a celebration of the Chinese New Year. We copied numbers and tasted yummy Chinese food. We have been on a walk, exploring the woods near Preschool and found a tree stump which resembled a triceratops head! We listened to the crunching noises of the leaves under our feet and the birds singing up high and even saw squirrels racing up the trees.

Martlesham Preschool is open from 8am until 4pm for 2, 3 and 4 year olds. We currently have some spaces available, if you would like to know more, please contact us via email on mplayschool@btinternet.com or please call 01473 625986.



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

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

Unfortunately, we are not meeting in person at present due to the coronavirus pandemic. Instead, we are sending out activity sheets by email and/or post for the children to enjoy doing with their family and/or carers. A recent theme was the Good Samaritan, a kind traveller who stopped to help someone in need. As well as the story there was a fun hands and feet song to sing, and 'helpful hands' to fill in and colour.

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

If you would like further information, please contact: Sonya & Maureen Burrows

Tel.01473 625196

HEDGEHOG NURSERY AT GORSELAND PRIMARY SCHOOL

We've had the excitement of looking 'through the window' at Chinese lunar New Year to find out how it is celebrated and then feeling loved and cared for around Valentine's day.



The Hedgehogs have weeded the allotment style raised beds and were fascinated to see the wriggly worms! We found our magnifying glasses to have a really close look. When we visited the library, we found a non-fiction book to find out what the worms like to eat.

As we go to the forest and walk around the school grounds, we keep looking for signs of spring. We have observed daffodils and tried to carefully paint what they look like. We are looking forward to planting flowers and vegetables, as it is important for us to learn where our food comes from and how insects help the plants to grow.

Inspiring curiosity, developing shared thinking and promoting positive interactions are just a few of the qualities that our Nursery have. We offer wrap around care from 7:30 to 18:00 with our breakfast and afterschool clubs. Hedgehogs Nursery is open Monday to Friday for three and four year olds.

If you would like to know more about what we offer, please don't hesitate to get in touch with the School Office on 01473 623790, or email office@gorseland.net.

KESGRAVE LIBRARY NEWS

Sunday Crafts – Sunday crafts are on between 10.00 a.m. and 12.00 noon. In March we are making -

Sunday 6th – It's nearly Spring! Have a go at making our origami tulips this week.

Sunday 13th – The 17th of March is St Patrick's Day. We are making St Patrick Day hats to celebrate.

Sunday 20th – Next Sunday is Mother's Day. Create a collage as a gift for someone special.

Sunday 27th – This week we are learning to tell the time. Make your own clock to help.

Activities are free. Parents must stay with under eights.

Word Play Sessions – These free sessions are run by trained staff and are now back in the library every week on a Thursday morning.

Tot Rock – 9.45 – 10.15 a.m.

Baby Bounce – 10.45 – 11.45 a.m.

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

Story Time – Fun stories, rhymes, and songs every Friday 9.45 – 10.15 a.m. in the library. No need to book – just pop along.

Lego Club – every Tuesday 3.30 – 4.30 p.m. Free play with each child been given a basket of Lego bricks to create designs of their choice. We hope to see you soon.

Saturday 12th March this is Suffolk Libraries Day.

Did you know that all the libraries in Suffolk are a charity? To fundraise we are putting on the following to celebrate our library from Monday 7th – Saturday 12th March:

- An owl colouring competition for children – colour in our Wordplay mascot Oona the Owl.
- A children's tombola 50p a ticket or 3 for £1.00.
- A snail trail – do you have lots of change that you don't know what to do with? Why not bring it along to the library as a donation. We are seeing how far around the inside perimeter we can get with change.
- A donation pot will be available throughout the week.

Afternoon Book Club – Thursday 3rd March 2.45 – 4.30 p.m. This book club is restarting this month but due to our lack of space, they will meet in The Deben Room at the Community Centre. Their first book is All Among the Barley by Melissa Harrison.

Evening Book Group – Thursday 24th March 7.00 – 8.00 p.m. The group are currently reading The Thursday Murder Club by Richard Osman.

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

Home Library Service – If you would like to access the library but are unable to visit us, Kesgrave runs two home library routes where volunteers come out with a selection of books to your homes. We follow all the Covid guidelines to ensure both your and the volunteers safety.

To access this service please ring the library or log on the Suffolk Libraries website and complete the online form.

Book Donations – We are now able to take good quality fiction donations again. These which will be available for sale on our bookshelf in Tesco. The money raised from these items, helps to support your county library service – thank you for your support.

Opening Hours -

Monday 9.00-12.00 noon
Tuesday 9.00-12.00 noon/2.30-5.00 pm
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Saturday 10.00-5.00 pm
Sunday 10.00-3.00 pm
Tel: 01473 626103
www.suffolklibraries.co.uk

MARTLESHAM CONSERVATION GROUP

The weather this winter has been relatively mild but with some colder days and nights. On the colder days flocks of Redwings have dropped into the heath to feed on whatever they could find, turning over leaves under the trees searching for invertebrates. March is a month of transition in which migrating birds that arrived for the winter may depart and summer migrants such as the Chiff Chaff may begin to occupy our local woodlands and heath, particularly in the second half of the month or later especially if the month is cold. The Chiff Chaff is a small bird that has a cheerful repetitive song usually sung from fairly high up on a tree. If the weather is milder, sometimes this bird can over-winter in this country It may also be joined by the Blackcap. In April, other migrants with more varied song such as the Nightingale and Whitethroat should arrive. Please listen out for these birds on our heaths and woodlands this year, and enjoy the rich soundscape of birdsong.

More wildflowers should emerge to colour our heath and woodland during March. Lesser Celandines will turn their bright yellow petals to the sun like miniature suns themselves, carpeting the grassy ground in some places. The gorse sporadically flowers through all times of the year but in spring should surge into a profusion of yellow flowers perhaps reaching its peak of brightness in April, providing an attractive source of nectar to early insects. Reptiles may also emerge in early March onwards to bask in brightly lit spots building up their bodily energy through the sun's radiation.

We are fortunate to have a lovely range of wildlife habitats close to and within our village from the estuarine habitat of Martlesham Creek to meadows, woodland and lowland heath (the rarest type of habitat in Europe and rare in a world context). The late winter/early spring is a great time to experience all these habitats as changes become more evident.

The Greenways team completed work on the Martlesham Heath SSSI during January and February, recreating more open areas for wildlife and maintaining open paths and firebreaks for emergency vehicle and public access. Our thanks go to them for the good work carried out.

Our work party in March will be on Sunday 6th March at 10am when will be aiming to clear up the bonfire site and do some hole repairs on the Martlesham Heath SSSI.

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

Phil Smith 01473 625630

PORTAL WOODLANDS CONSERVATION GROUP

Our January work morning was very busy indeed. We surveyed our bird boxes which had been left alone for 2 years due to COVID-19. Quite a few had become rotten and unusable beyond repair. Fortunately, the 1st Martlesham Scouts had made and donated 3 new boxes to replace some of the lost ones. We were very pleased that, of the usable boxes, 80% had been occupied at some point over the 2 years, some multiple times.

We were honoured to also have another memorial bird box donated. This was for Sandy, the partner of Bill Owen, who already had a bird box in his name. These 2 boxes are now close together in trees by the pond.

We also planted the 80 Woodland Trust hedging plants that had been donated by the Suffolk Tree Warden Network, and laid some more wood chippings on a length of muddy path.

Our March work morning is Saturday 19th, 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 in these uncertain times.

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

Stephen Corley, Chairman

Photo: In memory of Sandy—S Corley



Girlguiding Martlesham District

The Guides & Rangers have been learning about the environment this term, thinking about plastic pollution, eating crisps & making sherbet, holding a science & challenge night & playing Human chair football, sitting volleyball & games in the dark.

We still have spaces available at Guides (for young women aged 10-14) & Rangers (aged 14-18), come & join the fun, challenge yourself & make some new friends.

If you are aged 18+ & have been thinking about putting something back into the local community, why not volunteer with us & help our young members horizons grow?

For more information contact us on martleshamguides@gmail.com

MARTLESHAM BRASS 'Making Music Fun in East Anglia'

Martlesham Brass are looking forward to the spring & summer when they have several concerts and events planned, including a concert on 7th May, and the return of 'Tea & Tunes' on 18th June - there will be more details next month.

Our beginners band is now operating again, so 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. An instrument is provided on loan as part of your membership fee. Please note that we operate a waiting list for new members.

*Liz Howard. (Publicity Officer)
e_m_howard@talk21.com 01473 625617.
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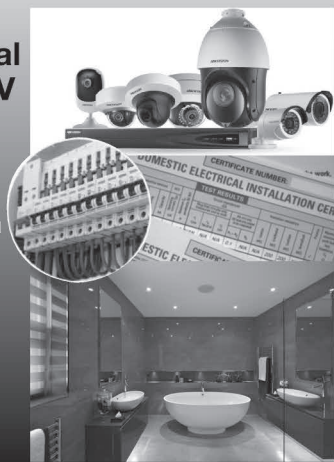


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Martlesham Climate Action

Martlesham Repair and Climate Advice Hubs, Saturday 12th March, 10 - 12 St Michael's Church

A reminder that our Repair Hub runs on the second Saturday of the month in St Michael's church 10-12am.

Next one is 12th March. Bring along things for free help and advice on repair (donations welcome to cover the cost of the hall). Don't bin it, repair and re-use it! This includes clothes, appliances, toys, furniture etc.

The Climate Advice Hub will also be there. You can get free advice on how to 'do your bit' to reduce your carbon footprint.

Email: martleshamrepairhub@gmail.com

Free Heat Loss Inspection for your home.

A reminder that we have access to a FLIR thermal imaging camera, so if you want to have a look around your house to see where you might be leaking heat, get in touch and I'll pop round with the camera. Better insulation is one of the 'no brainer' improvements you can make to a home to help reduce your energy bills, your carbon footprint and can pay back within a year or two. Email me at martleshamclimateaction@btinternet.com

Climate Change Jottings - Article 4: Reducing the carbon footprint of clothing

This is the next article in a series that look at how we can all reduce our carbon footprint based on a series of articles by John Hall former CEO of Essex Wildlife Trust who was awarded an MBE for services to the environment.

A reminder: we are in a Climate Emergency. It may not feel like it yet in the UK and there are many other issues that demand our attention (not least is the rise in energy prices driven by the rise in wholesale gas prices. Perhaps a starker reminder that we really need to reduce our gas consumption as quickly as we can!). We must all eventually aim to reduce our carbon footprint from the around 10 tonnes of carbon emissions per year for an average citizen, to 1 tonne to avoid the worst impacts of climate change. As an interim goal it is estimated that we all need to reduce our carbon emissions by at least 50% by 2030 to ensure the world does not heat up beyond the +1.5 degree increase target over pre-industrial levels.

In the first three articles we looked at our food, energy and travel choices, which if we were really determined, could save up to 5.5 tonnes of carbon emissions annually. This month we look at the carbon footprint of our clothing.

Clothes and fashion account for about 5% of UK annual carbon emissions; about 0.3 to 0.6 tonnes of carbon per person. Can we reduce that and still enjoy our clothes? An average resident buys about 30 items of clothing per year; some less and others many more. Some fast fashion is worn only once and discarded (on average people wear an item of clothing 7 times and then discard). So, buying fewer items and wearing them more times would be a good start. We have all got those clothes that we love wearing. The fast fashion item that you wear once and chuck has probably duped us all. Therefore, we all need to think before we buy: "will I really love wearing this?"

Before we buy we need to think about the fabrics. Man-made fabrics like polyester, acrylic and lycra are made from oil products whereas cotton, linen, viscose, and rayon are all plant based and wool, of course, is also a natural product. Cotton is good, but the other natural products are better because of the vast amount of water required to grow and process cotton. So, if you are buying something new then you need to check the labels carefully, not just for the fabric but also to see if there is any accreditation such as 'Fair Trade' or 'Good for you' or 'Where does it come from' which all have websites which give the background to their products. Think about where they are manufactured too; not so good buying a linen garment produced in a sweatshop in Thailand. Search the labels!

One way to slash the carbon footprint of your wardrobe is to buy second hand. Many people who are very aware of the climate emergency take great pride in buying second hand and vintage items; you can get some great deals compared with new fashion!

Eventually the time will come, after wearing and repairing your favourite jeans, you really do have to discard. At that point then think before you chuck it: "can this item be recycled at the Clothes Bank or reused as rags or put to other good use?" A lot of us clear our conscience by donating unwanted clothes to charities thinking they will raise cash for a good cause. The sad fact is that over 80% of clothes that go to charity shops have to be rejected and go to landfill so no rubbish to the charity shop please!

The message is, if you want to help our civilisation limit global heating to below 1.5C, buy fewer clothes, choose greener

fabrics, check the labels, look for items you will love to wear time and time again, hunt for nice second-hand, and when they are really worn out then recycle or repurpose the fabrics. With determination you will halve the carbon emissions from your wardrobe: about 0.3 tonnes.

If you would like to start on your journey to 50% reduction by 2030 you could have a look at <https://footprint.wwf.org.uk/#/> to get an idea of your current carbon footprint. Why not make some New Year resolutions on first steps to reducing your carbon footprint for your children and grandchildren!

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

Website:

www.martleshamclimateaction.onesuffolk.net

E-mail: martleshamclimateaction@btinternet.com

Twitter: @martleshamclim1

YOGA AT A CERTAIN AGE

Over the past few weeks more women have been getting in touch with me to ask how yoga can help them. We are more aware and informed about the effects of the menopause and the physical changes and lower self-esteem that can come along with it and there are several ways in which yoga can help:

- Improving your posture raises self-esteem
- Regulating and deepening your breathing can help with feelings of anxiety
- Easing tension helps to reduce pain
- A balanced yoga practice also builds strength and many women find they regain their flexibility and improve their overall muscle tone.

The solution some people are finding really helpful at the moment is to come to me for one to one yoga sessions. I've been teaching yoga for over 35 years and I design each session specially for you to help build confidence, body awareness and to help you gain a good understanding of yoga. Sometimes my clients continue to see me on a one to one basis and others feel ready to join a class.

Whether you are new to yoga, a lapsed yogi or just want to give yoga a try, I'd love to see you. And experienced yogis also benefit from one to one sessions as I can coach you on an individual basis and maybe help you to achieve that posture or breathing technique you've always wanted to practise!

Why not come and see me at The Woodbridge Complementary Health Centre or at the Natural Health Centre in Woodbridge? Do get in touch for a free chat about how I can help you through life's changes!

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MARTLESHAM IN BLOOM

Spring Colour and Seed Sowing

Spring is here with bulbs and other spring flowers coming into bloom.

If you didn't plant any spring bulbs last autumn, or would like more spring colour in your garden, you can purchase bulbs in pots, already growing, from nurseries and garden centres to plant out in your garden where ever you fancy a bit of extra colour. Other spring bedding plants, especially coloured primroses will also add brightness to your borders. You could also use potted bulbs, primroses, and other spring flowering plants to plant up a container display. Many spring bulbs, such as crocus and hyacinths, are appreciated by early pollinators that are out and about.

This is also a great time to start planning ahead for summer colour by sowing some seeds. Examples of seeds that can be sown during March in a light and warm location, indoors or in a greenhouse, are Cosmos, Calendula, bedding Dahlia and Cerinthe. The pots or trays of seed can be put into either a propagator, or a pot of compost covered with a clear plastic bag. Calendula can also be sown outside, where they are to flower. Varieties of Cosmos, Calendula and Dahlia with single flowers (i.e., you can see the centre of the flower, rather than the flower head being purely petals) will be made use of by pollinators during the summer. Cerinthe has small tubular flowers that bees, in particular, enjoy.

Why not give a pack of mixed wildflower or other mixed flower seed a try this year? They can be interesting and exciting; you never know exactly what will come up! These can be sown straight into areas of open ground or, if you do not have the space, sow them in a large pot or container. Watch out for slugs and snails each evening and if you spot any munching your seedlings, relocate them! If they are a problem, try covering containers and pots with clear bell cloches or other covers, especially at night when these garden companions are on the move, until the plants are growing strongly. If you sow batches every 3 to 4 weeks during spring, there will be something in flower throughout the summer.

For further information please contact:

MARTLESHAM HEATH AVIATION SOCIETY

Friday February 4th and our monthly meeting was well attended considering the restraints that we have been under.

An illustrated talk was given by one of our own members. Andrew Locke joined the USAAF in late 1971 until he retired as a Master Sergeant Crew Chief. Most of his service was at RAF Bentwaters and this closed in 1993 and Andrew retired in 1994.

Andrew, who lives at Brandeston, married an English lady in 1993 and has applied for British citizenship.

Andrew worked on various aircraft, but mainly as a crew chief on the Phantom F4 fighter at RAF Bentwaters and later on the A10 Thunderbolt, also at RAF Bentwaters. A crew chief in the USAAF is a highly skilled airman responsible for keeping an aircraft well maintained. Diagnosing malfunctions, replacing components and keeping an aircraft in good flying condition.

Many of us remember the noisy Phantom F4 and the arrival of the much quieter A10 W Thunderbolt. A subsonic aircraft intended as a ground attack aircraft and usually called a Warthog because of its ugly configuration.

A vote of thanks was given by our chairman, Martyn Cook.

Our next meeting is scheduled for Friday, 4th March, when we are due to host Mr Mike Lemon, who will give a talk about the British "Blue Steel" nuclear armed stand-off missile, built to arm our V Bomber force. Mike was an RAF chief technician and will also speak of his work on other aircraft.

Promises to be an interesting evening.

All meetings are held at the Martlesham Heath Community Centre, Felixstowe Rd, Martlesham IP12 4PB and start at 7.30pm with a tea/coffee break. Non-members are welcome for a payment of just £4 at the door.

Our Control Tower museum is open for pre-booked group visits. For more information 'phone 07707711104.

Alan Powell. 01473 622458.

Visit our web site - www.mhas.org.uk



U3A EAST SUFFOLK SPEAKERS TAKE TO THE AIR, THE RIVER AND THE HIGH STREET

There's a lot to learn and to think about in East Suffolk u3a's 2022 springtime speaker programme with a wide variety of topics from political correctness to the River Deben, the story of Harrods and the R34 airship.

Talks are open to all members, and guests are invited to come along and sample the benefits of joining u3a.

Thursday 3 March 10.30 to 12.30

Salvation Army Hall, Felixstowe IP11 7EL

Political correctness, the new insanity: do pressures constrain what we write, say and think and shape the way we discuss issues? Presented by Andrew J Baker

Thursday 10 March 2.00 to 4.00

Market Hall, 29 High Street, Saxmundham IP17 1AF

The River Deben: a history and description of the tidal and fresh water. Presented by Robert Simper

Monday 21 March 10.30 to 12.30

Woodbridge Football Club, 17 Fynn Road, Woodbridge IP12 4LS

The History of Harrods: an informative talk about one of London's famous stores. Presented by Eve Regelous

Monday 28 March 2.00 to 4.00

Kesgrave Community Centre, Twelve Acre Approach, Bell Lane, Kesgrave IP5 1JF

The R34 Adventure: the first double crossing of the Atlantic in 1919 by the famous airship. Presented by Basil Abbott

While all necessary guidance and precautions followed, we advise members to check the u3a East Suffolk website to avoid unnecessary journeys should meetings be cancelled or postponed.

East Suffolk u3a offers its members the choice of 160+ different interest groups to enjoy. Membership is open to everyone who is no longer in full-time work.

For details, please visit the website:

www.u3aeastsuffolk.org.uk,

call 01473 401878 or email

membership@u3aeastsuffolk.org.uk.

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BRIGHTS ORCHARD

Community Orchard Working Group

Phase Two Trees Planted

On Tuesday 25th January 2022 members of the Community Orchard Working Group, (a working group of Martlesham Parish Council) along with volunteers, planted Phase Two of Brights Orchard, ably and enthusiastically

assisted by pupils from Gorseland Primary School, their Eco-Warriors, along with their teachers and helpers. Ten fruit trees were planted: apples, pears and plums. Our special guest on the day was Mr Frank Bright MBE, after whom the Orchard was named to recognise his long-standing work in Holocaust education and to be a positive place for all the community, for now and the

future. Thanks go to everyone who helped.

The trees are now settling in and looking forward to being watered through the coming growing season. If you would like to join our team of volunteers and help water the trees, please let us know, you would be very welcome, contact details are below. Brights Orchard is located between Gorseland School and the Control Tower and there is a water supply with watering cans available.

Maureen and Sonya Burrows
 Members of Martlesham Community
 Orchard Working Group
 martleshaminbloom@gmail.com
 Tel. 01473 625196

MARTLESHAM HEATH HOUSEHOLDERS LTD

Dog Fouling

We are receiving complaints due to the amount of dog fouling taking place in and around the Northern Green. Can we please ask all dog owners to watch out for your dog and pick up their dog faeces. Any persons identified can be reported to the Environmental Protection Team at ep@eastsoffolk.gov.uk or 0333 016 2000. Thank you in anticipation.

Gorse Management Program

As part of our gorse management programme, we will be looking to cut down and remove a large section of gorse between Heathfield and The Oaks. Trees will be untouched and we will not encroach the firebreak area at the rear of any houses. This was planned for last year but due to difficulties it did not take place. We have chosen this site as the gorse is relatively close to some houses and will use it as a pilot site for any other areas that need cutting back.

East Suffolk Cycling and Walking Strategy

For anyone who might have missed it in last month's magazine, the Martlesham Heath Householders response to the East Suffolk Council Draft Cycling and Walking Strategy consultation is available on MHHL's website www.mhhl.co.uk/cycle

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

Martlesham Heath Aviation Society Control Tower Museum

We are planning to open the Control Tower Museum on Sundays (14.30 to 16.45) from April 2nd 2022 to September. We have a set of active volunteers; but need some new blood!

We are looking to hold a volunteers meeting at the tower soon and would love to see you,

We need interested people, all our volunteers will tell you "No-one knows everything about RAF Martlesham Heath, but together we can combine our knowledge and get the info. required".

Refreshments are available, with non-stop conversation, stories and details are all told as you help. If we do get some visitors it becomes a "team effort" and you are quickly involved.

For more information, call Ian Lisseman on mobile 07707711104, or e-mail: >mhasmuseum@mhas.org.uk<
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Birchwood Primary School



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

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

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

Our vision statement underpins all that we do.

"Passionate about learning."

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

Valiant Road, Martlesham Heath, Ipswich, IP5 3SP

Telephone (01473) 610701

Email admin@birchwood.suffolk.sch.uk

Website www.birchwoodprimary.co.uk



MARTLESHAM VILLAGE FETE

Saturday 16th July 2022 11.00 – 4.00

We hope you have already saved the date and are looking forward to the fete as much as we are. Plans are already under way to make this the best one yet, learning from our experiences organising before covid closed us down for two years.

The entertainment programme is taking shape and we can already announce that Martlesham Brass will be entertaining us with a selection of music suitable to celebrate Queen Elizabeth's Platinum Jubilee.

We are now taking bookings for stalls from local groups, charities, and businesses which we hope you will support. For the first time we will be featuring a Climate Action section to advise us all on what we can do to prevent further damage and mitigate the crisis we are already in.

To draw attention to the need to support biodiversity there will be a wildflower photography competition at the fete, further details are in the parish council article in this issue

Families with children will be catered for by entertainments, games and competitions and a picnic area as well as the return of the fairground rides and the vitally necessary ice cream van. We expect to have a wider choice of food available this year to cater for all tastes.

We would like to thank the following local organisations who provide us with the facilities we need to run the fete. MHHL, St. Michael's Church, the Pavilion, Kesgrave Army Cadets and Saplings Nursery. Next month we will name check the business organisations which are co-operating with us to make sure we all have a great time

If you are an individual, group or business which would like a stall or are interested in helping or sponsorship please contact the organisers at mvfete@gmail.com or visit the parish council website

Martlesham Village Fete, a working group of Martlesham Parish Council

CODING FOR CODGERS

The Codgers are now meeting regularly in the Runway Cafe at 10am on Fridays.

We started off in 2016 playing with computers and building several simple projects - such as traffic lights and various other flashing lights. Since then we have discussed long distance walking, model aircraft, steam trains, sudoku problems and many other topics of interest.

As a forthcoming project, we are thinking of building our own weather stations. The aim would be to collect weather data from various sensors for wind, rain, pressure etc and have them displayed 'live' on the website

The main reason for gathering is for the excellent coffee and cakes at the Runway Cafe and for a social chat. Do come and join us some Friday. If you enjoy yourself you may even come back again!

There are not many of us at present, so please check www.CodingForCodgers.co.uk in case there won't be anyone there to chat with. On the other hand, the Runway usually has someone ready for a chat. *For more information, contact Ken@Odam.org*

MARTLESHAM BOWLS CLUB

The nights are starting to draw out and not too long now till Spring when we can once more open the Bowls club for the start of the new season on 23rd April.

Work has continued throughout the winter on the Green and general maintenance including hedge cutting has been carried out by the members. We were very fortunate in obtaining a grant from the Parish Council which together with a generous donation from one of our members, has enabled a permanent outdoor changing room to be built to replace the former tarpaulin covered area which we were using. Many thanks go to the skill and hard work of one of our members and to those who assisted in the construction.

We are all looking forward to the start of the season on 23rd April which, although several weeks away will be here before you know it. Like many bowls clubs we have lost members over the past two years and would love to see some new faces. If you have never given it a go why not get in touch and come along.

We will have a stall at the village fete on 16th July but no need to wait till then to get in touch. The Secretary can be contacted on 01473 622598 or 07516004856 for more information.

8 REASONS TO BECOME A VOLUNTEER

Do you have some spare time on your hands or skills you are not using to the full? Do you have some expertise or knowledge you'd be happy to share or maybe an area of skill or knowledge you'd like to develop? Would you welcome getting a bit more involved in your local community which would help others? Here are some of the top benefits to becoming a volunteer:

1. Helps build a strong and supportive community
2. Contributing to others' happiness provides a sense of satisfaction
3. We get to know different people and make new friends
4. Increases our skills and knowledge
5. Improves self-esteem and confidence
6. Helps with job prospects and new opportunities
7. Provides us with a sense of purpose
8. Motivates us all to achieve something we wouldn't have done otherwise

If you think you could spare some of your time, please feel free to contact me to find out more about joining the Martlesham Heath Pavilion committee. We meet about 4 times a year (in recent times by Zoom, but normally in person) and communicate in between by email and phone. We are a sociable group and enjoy an after-meeting drink when circumstances allow. We would really welcome some new volunteers who would like to get involved in any aspect of running our village hall which interests them. Membership can be for as long as you want.

Please contact me for an informal chat at chairmhpc@gmail.com.

Aldwyn Jones

MARTLESHAM LADIES CLUB

Our afternoon meetings are proving very popular and attendance numbers are increasing. As the days lengthen there is the added bonus of returning home in daylight.

There are two meetings planned for this month. On 10th March 2022 Sheila, a shepherdess is paying a return visit and hopefully she will bring some of her little lambs with her. On 24th March David Offord from the Seafarer's Mission on Felixstowe Dock will give a talk about the work of the Mission. He is always pleased to take knitted hats to the seafarers, and there will be patterns available for keen knitters.

Looking ahead to April – we are having a Quiz Afternoon on 7th April.

To find out more contact June Peck 01473 790126

Do you celebrate St Patrick's day?

If you google St Patrick's day, there are a huge number of articles that appear. 2022 sees the return of many of the large festivals across the world as people with Irish heritage or simply a love of all things Irish will gather and celebrate together. This has turned from what was once a (mostly) Christian festival into an inclusive one that all can join in – especially if you like wearing green.

The origins of this were a kidnapped slave, born Maewyn Succat, who escaped from the Irish pirates who had enslaved him and received a call from God to minister to the Irish. Whilst training in a monastery, he changed his name to Patricius and then went to Ireland where he established a number of churches. Many legends surround St Patrick – the use of a shamrock as a teaching tool, the removal of all snakes from Ireland and so on. Sadly, there is little actual evidence of this.

But what Patrick has managed to do is to unite people together to celebrate. In 1762 the first St Patricks day parade in the American colonies was held in New York, and the tradition has spread. March 17th has the record for the most of Irish people celebrating at one time. And even the English – like myself – can join in.

Sometimes it can seem as if we are small and insignificant. That what we do won't really matter. But Patrick's work for God in the 4th century has implications across the world today. Jesus talked about having faith the size of a mustard seed and doing amazing things. Where might your faith lead you today?

Revd. Toby Tate

toby@martleshamcofe.org.uk facebook and you tube: Martlesham benefice



Time to party again?

The Community Hall and Richards Room are fully open and available for you to hire. At the time of writing COVID-19 'Omicron' cases are steadily decreasing. Let's hope this continues to be so! For guidance on safe use of the venues, please check our Special Hire Conditions and Guidance document - download it from our website: mchall.org.uk/shcg.

So - how about booking the Community Hall or the Richards Room for that party or family event you've promised yourself? If you're interested in making a booking or just checking availability - go to mchall.org.uk/booking for a simple '1-2-3' availability check and booking request process. There's details and photos of the venues on the website. Alternatively you can call our Bookings Secretary on 01473 623203. If you'd like to attend one of the groups and classes held by our regular hirers, please check with them directly for their latest updates.

THE MARTLESHAM HEATH PAVILION

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

You can check availability and book the Pavilion online at:

martlesham.org.uk/pavilion

Alternatively, please contact the booking secretary:

email: bookingsecmhp@gmail.com

phone: 07732 199712

MARTLESHAM VILLAGE HALL TOP STREET

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

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

For any queries or bookings please contact 01473 623655.

WOODBIDGE MEMORY CAFE

The Memory Cafe, which is run by the Rotary Clubs of Woodbridge and Woodbridge Deben supported by Woodbridge Inner Wheel, resumed in January after the December break.

The cafe, which welcomes people with all forms of memory loss and their carers, takes place at Woodbridge Football Club on the last Wednesday of every month.

The next meeting will be on Wednesday February 23rd, from 10.30 to 12.00. We look forward to welcoming friends old and new to enjoy refreshments, memorabilia, conversation and music.

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

ELIJAH AT SNAPE MALTINGS

Woodbridge Choral Society are delighted to present an epic account of Elijah's struggle against adversity: earthquake, wind, fire, drought, and famine. Mendelssohn wrote, 'no work of mine was received with such enthusiasm by both musicians and audience.'

Our soprano soloist, Sarah Tynan, was recently nominated as 'one of the most influential artists in the U.K. (Evening Standard). She is said to sing with a 'silvery purity of tone and an exquisite sense of line' (Tim Ashley, The Guardian), and is well established as one of the most exciting and versatile singers of her generation.)

This is a rare opportunity for residents to purchase tickets to hear Sarah Tynan sing locally, alongside a local choir including some of our own Martlesham residents!

For further information, please visit our website : woodbridgechoralsociety.org

Tickets are available from Snape Maltings Box Office from 19th February.

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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'
Sunday 6th March	St Michael's 10am Holy Communion with Junior Church	10am All Age Holy Communion 5pm Zoom After Hours
Sunday 13th March	St Michael's 10am Morning Worship St Mary's 11am Holy Communion St John's 6.30pm BCP Evening Prayer	10am Morning Worship
Sunday 20th March	St Michael's 10am All Age Holy Communion Service	10am All Age Holy Communion 7pm Zoom Reflecting with God
Sunday 27th March	St Michael's 10am All Age Morning Worship St Mary's 11am Holy Communion St John's 6.30pm BCP Evening Prayer	10am All Age 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 9th and 23rd March: 10am Holy Communion at St Michael's

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

March

- | | |
|--|--|
| 5 for all who are hungry | 21 give thanks for our neighbours and friends |
| 6 for all who help in the Pop up Shop | 22 for all involved in police work |
| 7 for those who work in Food Banks | 23 for the residents of Manor Road |
| 8 for the lonely and sad | 24 for all who suffer persecution |
| 9 for the residents of Lugano Avenue | 25 remember Mother's Union members worldwide |
| 10 for all grieving for loved ones | 26 for victims of bullying and those who bully |
| 11 for those without work | 27 for all mothers worldwide on Mothering Sunday |
| 12 for all working in the NHS | 28 for local youth groups |
| 13 give thanks for Christian friends | 29 for local doctors, patients and staff |
| 14 for all gardeners and farmers | 30 for the residents of Mayfields |
| 15 for our local shops | 31 for the homeless especially in cold weather |
| 16 for the residents of Main Road | April |
| 17 for St Patrick his life and work | 1 for those who continue to vaccinate people |
| 18 for all with health issues | 2 for all involved in emergency services |
| 19 for all hospitals and places of caring | 3 give thanks for clergy and Ministry Team |
| 20 that we may learn from Christ's teachings | 4 for peace and the end of violence everywhere |

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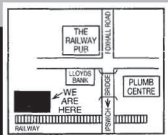
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- **Benefits Advisor** – Would you like to gain knowledge and experience in the welfare benefits system? Help us complete forms for clients, enabling them to access much-needed financial support!
- **Admin Support** – Do you enjoy general admin duties? Help us ensure the smooth running of our office!
- **Charity Development** – Are you good with social media/internet/other promotional projects? Help us reach new clients and improve their lives with our help!

Contact us, we'd love to meet you!

FULL training and support will be given, so experience is not always necessary.
Listening Service and Charity Development can be done remotely.



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