

martlesham monthly

SEPTEMBER 2022 Produced and Distributed by Volunteers www.martleshammonthly.com | 



BUTCHERS
Duncans
& **BAKERY**

16-18 The Square

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

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

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

Tel: BAKERY 626828
BUTCHERS 626044

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

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

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

The
Janet-Sarah
Hair Design
Centre

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

TEL: 01473 624001

Martlesham
Body Repair Centre Est. 2000

Your Local Paint & Accident Repair Specialists

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

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

MARTLESHAM
HEATH
PAVILION

Village Hall for hire with

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

Check availability & book online at
www.martlesham.org.uk/pavilion
or email:
bookingsecmh@gmail.com
Phone: 07732 199712

P.A. LAST

HOME & GARDEN
MAINTENANCE

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

IPSWICH 287542
MOBILE 07742015384
PAUL40LAST@GMAIL.COM

FREE ESTIMATES



MAKING
**LOCAL
KNOWLEDGE**
COURT

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

 **Ensors** Chartered
Accountants



Jemma Burgess
BA (Hons) MCFHP MAFHP

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

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



Essex & Suffolk 
PEST SOLUTIONS

Your local pest control experts
for home & business

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

T: 01473 328092

info@eandspestsolutions.co.uk

Beautevas

beauty & skin clinic

all your beauty needs taken care of

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

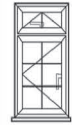


advanced anti-ageing
comcit facial
sunbeds
ipl hair removal
massage
caci facials
specialised foot care

01473 610606
www.beautevas.co.uk (online booking available)

15 The Square Martlesham Heath Ipswich IP5 3SL

Barry Clamp & sons Ltd.



Quality installation and replacement.

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



WHERE QUALITY COUNTS!



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

No pushy salesman,
just honest advice from the owners.

www.barryclampandsons.co.uk

91 Dobbs Lane, Kesgrave, Ipswich

Gas Service & Central Heating Repairs

Chris Westaway

British Gas Trained ♦ Gas Safe Registered



COMPASS HEATING

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

Boiler Replacement ♦ Power Flushing

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

Email: compass.heating@btinternet.com

Mobile: 07730 580875

DMonkey Computers



Microsoft Certified
Professional
Systems Engineer

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

Daytime
Evenings
Weekends

Also *** Website Design and Hosting ***

Call: 01473 610440 or 07521 731578
email: support@dmonkey.co.uk web: www.dmonkey.co.uk

MARTLESHAM SERVICE CENTRE LTD

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

 MOT TESTING STATION

MONDAY-FRIDAY 8AM-5.30PM

UNIT 20 BETTS AVENUE
MARTLESHAM HEATH • 01473 631111

A bright start at Martlesham Nursery

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

Give us a call on 01473 611881.

**Pixels Nursery
Martlesham**

www.alpha-nurseries.co.uk

Ofsted 'Good'
August 2016



martlesham monthly

SEPTEMBER 2022

Produced and Distributed by Volunteers

Front Cover Photo

Have you seen Birchwood's art work in the local area? Year 6 worked with a local artist called Knapple who asked the class to think about what being eco means to them and a visual message they could send to our local area about saving the world we live in. The class devoted time to designing art inspired by her work and using nature as inspiration!



Portal Woodland Group
Clear Tumulus
By P Davies

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
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
30 August, 27 September, 25 October,

Thursdays:

Douglas Bader: 10.15–11.45am
15 September, 13 October, 10 November

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

Joining

If you live in Suffolk or a neighbouring county complete the online form and we'll post your card to you.
Alternatively, visit any Suffolk Mobile library with proof of identification and we'll give you a card.

POLICE

In case of emergencies please always call 999.

In non-emergency situations call the new number 101.

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

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

Editor: Gwynneth Johnson

Advertising:

martleshamadverts@gmail.com

Collation and Assembly:

Ken Davies (01473 611109)

Distribution:

Rob Webb (01473 625786)

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

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

Or deliver your copy to
19 Farriers Close IPSWICH
IP5 3SN, preferably word processed.

MARTLESHAM MONTHLY ONLINE
www.martleshammonthly.com

And on Facebook

In order to standardise the publication of telephone numbers, all contributors are asked to include their full 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

Planning

Sizewell C Project - The Secretary of State granted development consent for this application on 20.07.22. For further information please refer to the decision documentation <https://infrastructure.planninginspectorate.gov.uk/>

EDF's Sizewell Team have launched a new online Sizewell C Works Tracker which allows you to see daily updates on the surveys and other key activities they are undertaking in East Suffolk. <https://www.szcworkstracker.co.uk/>

Brightwell Lakes Community Forum

The Brightwell Lakes Community Forum meeting provides an opportunity for Taylor Wimpey and representatives from the Brightwell Lakes Project Team, Martlesham, Waldringfield and Purdis Farm Parish Councils which are local to the site and East Suffolk Council to discuss the development proposed at Brightwell Lakes. The meeting of the Forum provides an opportunity to raise questions with the Project Team and to be updated on the current planning applications and other on-site activities. The forum is currently chaired by one of our representatives, Mike Irwin.

The Taylor Wimpey website gives some useful background information on the development and contact details for comments you may have. There are further plans in hand to add a timeline of developments and an interactive masterplan to this: <https://www.taylorwimpey.co.uk/new-homes/martlesham/brightwell-lakes>

We will keep you updated on progress and developments as they happen.

Councillor vacancies

As previously highlighted, we still have 4 vacancies for parish councillors to be co-opted at a full Council meeting. If you are interested in what it means to be a parish councillor, please come along to a council meeting or speak to the Clerk who can put you in touch with an existing councillor to hear all about it first-hand!

Breeding bird survey results for Martlesham Common Local Nature Reserve

To monitor the birds on The Common, volunteer Mark Linsley, kindly undertook a

breeding bird survey in 2021 and in 2022.

Key results in 2021 were:

- 24 species breeding/on territory were recorded
- Including four red-listed (nightingale, linnet, greenfinch, mistle thrush) and six amber-listed (dunnock, song thrush, stock dove, whitethroat, woodpigeon, wren) Birds of Conservation Concern (BoCC)
- Three of these species (dunnock, linnet, song thrush) are also Species of Principal Importance (SPI) in England under Section 41 of the Natural Environment and Rural Communities (NERC) Act 2006

Key results in 2022 were:

- 23 species breeding/on territory
- Including three red-list (nightingale, linnet, greenfinch) and five amber-listed (dunnock, song thrush, whitethroat, woodpigeon, wren).
- Four of these species (dunnock, linnet, song thrush, woodlark) are also SPI

For the full report please see our website.

It is planned that surveys will continue every three years with the next survey due in 2025.

Designer for the sensory area and features at the Recreation Ground, Old Martlesham

The Recreation & Amenities Committee at its meeting in July choose Sonya Burrows BA (Hons) to design a sensory area and features as part of the improvements at the Recreation Ground. The design will take into account the natural features of the site and be mindful that the site is in the Coasts and Heath Area of Outstanding Natural Beauty. Part of the design process will involve liaising with local health and wellbeing organisations.

Grants to local organisations in 2023

A reminder that the Parish Council will be considering all applications for grants from local organisations this autumn. If your group wishes to apply for a grant, please use the following email enquiries@martleshamcouncil.org.uk to request an application form. All application forms to be completed and returned to the Parish Council by Monday 10 October 2022.

These grants are awarded for the financial year 2023/24 and will be presented at the Annual Parish Meeting in April 2023.

Watering trees – thank you!

A special thank you goes to all those volunteers helping with watering young and newly planted trees for the Parish Council and includes all the volunteers watering the Community Orchard trees; Martlesham Tree Wardens, Jane Hall and John Burgess, for watering the Platinum Jubilee Oak and for Ros Jones who continues to keep an eye on the young trees that make up Forbes Spinney on the Recreation Ground. Your help through these times of record high temperatures has been vital!

Forthcoming meetings

Parish Council – Wednesday 07 September & Wednesday 05 October 2022

Recreation & Amenities Committee – Wednesday 14 September 2022

Development, Environment & Transport Committee – Wednesday 12 October 2022

Please note that Parish Council meetings will be held in the Parish Room, Felixstowe Road, Martlesham, IP12 4PB. All meetings start at 7.30pm and are open to the public, who are welcome to ask questions or make comments to the council during a public forum.

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

Contacting the Council

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

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

e-mail: enquiries@martleshamcouncil.org.uk

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>

MARTLESHAM HEATH HOUSEHOLDERS LTD

Dry Weather

At the time of writing this article we are in a long period of dry weather. Please can residents and their guests not leave glass on the ground at picnics for any length of time, not to take barbecues of any sort out on the heath and to dispose of cigarette butts carefully to keep the risk of a fire on the heath to a minimum.

Drinking Water for Wildlife

Also, drinking water is scarce for all the wildlife around us, so even if you don't have a garden, putting out a shallow dish of water will benefit a wide variety of wildlife. Add marbles or stones to it so that butterflies and bees can climb out if they fall in.

Annual Maintenance Charge 2022/2023

During September you will receive the annual maintenance charge of £35 for the period 1 July 2022 to 30 June 2023. The due date for payment is 1 October 2022. Early payment of this charge would be much appreciated.

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 CONSERVATION GROUP

Over the spring and summer we have managed a few of our regular wildlife surveys covering birds and butterflies. The results are still being analysed and will be summarised in later editions.

The summer has been a very challenging one for wildlife with drought conditions over a long period. It is likely to have had a detrimental impact on wide range of species. Most butterfly numbers seem low. Most wildflowers have suffered in the heat, the grass is parched and the heather appears scorched and has struggled to come into flower. It is hoped that the weather provides us with some much needed rainfall over the autumn and winter period and that the local wildlife has some respite from the extreme conditions we have experienced this year. The clear impacts of these conditions may not become clear until next year, and we have to remember that the weather across Europe has also been extreme, and so feeding areas for migrating birds and insects on migration will also have been impacted.

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. 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.

From September onwards the Group will continue 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 4th September at 10am out on the heath SSSI. Please meet out on the bank that runs east-west. We will be aiming to clear away some of the invasive bracken from the heath to leave more space and light for heather to come through to the benefit of a wide range of wildlife including plants, insects, birds and reptiles.

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

Pop Up Shop

St Michael & All Angels Church

The Green, Martlesham Heath

Every 2nd & 4th Sunday of the month 1- 1.30pm



Finding food bills a challenge?

Come and fill one of our carrier bags for £2

11 & 25 September
09 & 23 October
13 & 27 November



Join your local yoga group – we're here to support you!

Have you thought about getting back to yoga? Been putting it off? Or maybe lost your confidence in a group session? You aren't alone - many people feel a bit nervous about joining a yoga class!

Izzy Ixer and Linda James are both qualified and experienced British Wheel of Yoga teachers. We have been leading yoga sessions in Suffolk for many years and we are here to help you improve your physical and mental wellbeing through a weekly yoga session.

We build your confidence by: Helping you to know what's right for you – and what's not, Offering you a chat beforehand so you can find out more, Encouraging you to develop your practice and meet your individual needs, Adapting your practice to accommodate health problems, Offering a free taster session

And our groups are friendly and welcoming too. We meet at: Burness rooms in Melton on Tuesdays from 1.30-3.00pm, Richards Rooms at Martlesham Heath on Wednesdays from 1.30-3.00pm, Online with Zoom on Tuesday mornings from 9.00-10.30am

Our sessions follow the school term dates and we finish promptly to fit in with any after-school care commitments you may have. These popular classes start on 6/7 September so please contact Izzy for more information: 01473 625115 or izzy.ixer@btopenworld.com or visit my website at www.izzyyoga.co.uk

Yoga with Izzy Ixer

British Wheel of Yoga Teacher and Personal Coach

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

Martlesham and Woodbridge
Beginners – Returners – Advanced – Athletes



www.izyyoga.co.uk
or call 01473 625115



High-Spec Plastering

Specialists in:

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

Donald: 07907 088498

www.hi-spec-plastering.co.uk



martlesham monthly

WOULD YOU LIKE TO ADVERTISE IN THIS SPACE?

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

martleshamadverts@gmail.com

MARKS & MANN
estate agents

TIME TO MAKE A

M VE

Call 01473 396007

contactmartlesham@marksandmann.co.uk

www.marksandmann.co.uk

HEDGEHOG NURSERY

We are looking forward to starting the new term in September and welcoming all of our new friends who will be joining our 'Hedgehog Family'.



Our provision has recently expanded, enabling us to offer additional places to local families. Hedgehog Nursery is part of Gorseland Primary School and is led by a qualified teacher, Mrs. Haig. We now have two Nursery rooms, with a qualified teacher in each, to provide our children with exciting and stimulating environments to explore both indoors and outdoors to allow for free-flowing play. Every week, the children visit our Forest School area, have sessions in our library and participate in P.E. sessions in our large hall.

Hedgehogs is open Monday to Friday for 3- and 4-year-olds and we also offer wrap around care from 0730 to 1800 with our breakfast and afterschool clubs.

If you would like more information, please visit www.gorseland.net or alternatively contact the School Office on 01473 623790.

Reception New Starters – September 2023

Starting school is such an incredibly big milestone for parents and their children; we know it is a decision you are not going to take lightly. In order for you to make an informed decision, we are offering a number of 'Reception Open Sessions', if you wish to gain an insight into our Gorseland community. Our sessions intend to give you an opportunity to meet our Headteacher, Mr. Jackson, and some members of our current Reception team, as well as have a tour of the school.

This year's open sessions are being held on:

Tuesday 11th October from 5.00 p.m. to 6.00 p.m.

Monday 17th October from 4.00 p.m. to 5.00 p.m.

Wednesday 19th October from 9.30 a.m. to 10.30 a.m.

Tuesday 15th November from 6.00 p.m. to 7.00 p.m.

Wednesday 7th December from 6.00 p.m. to 7.00 p.m.

Please contact the School Office on 01473 623790 or email office@gorseland.net to confirm the date you would like to visit us; we look forward to welcoming you to our school.



Would you like to receive our Bright Stars Activities sheets

for preschool aged children?

Bright Stars used to run 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.

Due to various circumstances, we are currently sending out free activity sheets by email and/or post on the 2nd and 4th Monday mornings of each month during term time, for the children to enjoy doing with their family and/or carers

The activity sheets usually include a song, story and a craft/game telling stories from the Bible.

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

KESGRAVE LIBRARY NEWS –

Sunday Crafts 10.00 – 12.00 noon – the following crafts are running during September:

Sunday 4th September – Why not pop along and complete any crafts you have missed during the challenge?

Sunday 11th September – This week's craft is to design a cupcake.

Sunday 18th September – Have you heard of the poem The Owl and the Pussy Cat? This week we are making owls out of paper plates.

Sunday 25th September – To complete the poem we are creating a 3D cat.

Activities are free. Parents must stay with under eights.

Word Play Sessions – These free sessions are run by trained staff every **Thursday morning:**

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

Baby Bounce – 10.45 – 11.45 a.m. – Gentle songs for you and your baby to enjoy.

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

Story Time – 9.45 – 10.15 a.m. Fun stories, rhymes, and songs every Friday in the library. No need to book – just pop along. These sessions restart on Friday 9th September.

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. These sessions restart on Tuesday 6th September. We hope to see you soon.

Afternoon Book Club – Thursday 8th September 2.45 – 4.30 p.m. They are currently reading *The Child* by Fiona Barton and *Here We Are* by Graham Swift.

Evening Book Group – Thursday 29th September 7.00 – 8.00 p.m. The group are currently reading *Dark Tides* by Philippa Gregory.

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

Summer Reading Challenge

Congratulations all our young readers who have completed the summer reading challenge.

If you haven't quite finished, please don't worry. Just pop in and see staff who will be happy to listen to the book feedback and issue any prizes and certificates until Sunday 11th September.

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

Knit and Natter – every second and fourth Thursday 2.30 – 4.30 p.m.

These sessions are restarting following a long break due to Covid. Why not pop along and meet some new people? Don't knit – just pop along for a natter. Tea/coffee and biscuits are provided. Donations towards the cost would be welcomed.

Cancer Support Group 10.30 – 11.30 a.m. –

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

Opening Hours -

Monday 9.00–12.00 noon
Tuesday 9.00–12.00 noon/2.30–5.00 pm
Wednesday 2.30 – 6.00 pm
Thursday 2.30 – 8.00 pm
Friday 9.00–12.00 noon/2.30–6.00 pm
Saturday 10.00–5.00 pm
Sunday 10.00–3.00 pm

Maggie Lusher

Kesgrave Library Manager

Tel: 01473 626103

www.suffolklibraries.co.uk

PORTAL WOODLANDS CONSERVATION GROUP

As the heat struck during July, a small team of Volunteers headed out to carry on clearing the northern tumulus. Suitably hydrated they made good progress, making the most of the shade of the trees.

With the heat and almost no rain in recent months, ponds and other natural sources of water are dwindling. Please consider putting out a tray of water in your garden. The local wildlife will very much appreciate it, and you will be amazed at the range of creatures that turn up.

Our Volunteers take a well-deserved rest in August.

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

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

Stephen Corley, Chairman

MARTLESHAM VILLAGE FETE

It seems an age ago now, but with printing deadlines for the magazine this is the first opportunity we have had since then to wrap things up. We had perfect weather, a fine day with a bit of a breeze to stop us overheating, and everyone seemed to have a good time, with a relaxed and family friendly atmosphere. We are always happy to hear from you about your experiences and will continue to consider suggestions for improvements for next year.

It's important to say thank you to everyone who contributed to the day; firstly of course to all of you who visited the fete and made all the efforts worthwhile on the day. Thanks also to all those who came with their stalls and the entertainers who put on an excellent show all day.

The fete could not have taken place without the support of Martlesham Heath Householders, the Church Centre and the Pavilion Management Committee all of which made their facilities available to us. Not forgetting the parish magazines which so generously publicised the event

The local businesses in the Square also pitched in with their support, The Douglas Bader, Marks and Mann, Duncan's and Admiral's and Hobbycraft on the retail park all did their bit, thank you

Keeping us safe and organised were the Kesgrave Army Cadets who managed the traffic, helped the stallholders and discretely patrolled the area making sure help would be summoned if needed to lost children or vulnerable adults. St. John's Ambulance were also in attendance, and a facility we fortunately didn't have to use was the safeguarding and lost child service provided by Saplings Nursery.

We hope you liked the innovation of the photographic competition and would like to thank all those who took part, sending in their beautiful pictures which made such a lovely display, and the judges for their skill in choosing our winners

Last, but not least, we are happy to acknowledge the financial support received from East Suffolk Council and McCarthy and Stone to cover the extra expenses we have had this year due to the building works restricting access to the Green.

The fete is organised by a small working group of Martlesham Parish Council, ably assisted by the hard-working staff in the parish office. We hope you took the opportunity to visit the Parish Council stand to see all the work it does as the tier of local government closest to our community. There are currently vacancies for parish councillors and many of the activities we undertake are supported by volunteers. If you want to get involved in improving our community, do contact the council through the channels detailed in the council's own article in this magazine.



Are you looking for something to do in the afternoon after high school?

The Broom Tree café is for all 11 – 16-year-olds and will run 15.30 – 17.30 on Tuesdays in term time, starting on the 11th September.

Join us at the Runway café for low-cost refreshments, free Wi-Fi, pool, table football, board games, or simply a place to hang out.

Run by St Michael's church with fully safeguarding trained volunteers.

Got questions?

Contact Rev Toby
toby@martleshamcofe.org.uk
01473 612659 or just turn up.

HEADWAY SUFFOLK DEMENTIA GROUP - MARTLESHAM

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

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

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

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

Cost: £7.50 per person

**Next Date:
Thursday 22 September 2022**

Contact: Maureen Howes on 01473 712225 or email maureenhowes@headwaysuffolk.org.uk

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



DOYLE ELECTRICAL SERVICES LTD.

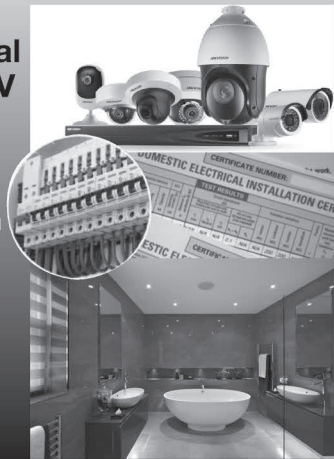


Domestic and Commercial Electrical Contractors, Solar PV and Renewable Energy Specialists

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

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

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



DRS KITCHENS & BATHROOMS

Quality Fitted Kitchens and Bathrooms

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

WILL WRITING

MAKE A NEW WILL OR UPDATE/AMEND YOUR EXISTING WILL

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

For a free, no-obligation discussion call

01473 659024 or email hello@cswills.co.uk

Christopher Steward – Will Writer
www.cswills.co.uk

Providing the best quality flooring to Ipswich and Woodbridge



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

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

Our range of floor coverings include:

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

We also offer:

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

Tel: **01473 626097** www.deben carpets and flooring.co.uk

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

info@deben carpets and flooring.co.uk DebenCarpetsAndFlooring

ChipsAway Ipswich

Express Car Body Shop

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



Before

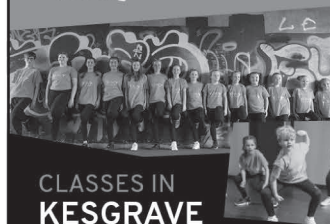


After



Please call Paul Geary **01473 613352**
or visit www.chipsawayipswich.co.uk

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



CLASSES IN
KESGRAVE
+ OTHER AREAS IN
& AROUND IPSWICH

cdcstreetdance.co.uk



martlesham monthly

WOULD YOU LIKE TO ADVERTISE IN THIS SPACE?

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

martleshamadverts@gmail.com

martlesham monthly are pleased to sponsor this page



MARTLESHAM COMMUNITY RESPONDERS

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

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

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



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

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

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

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

**Find us on Facebook
email: MHBTG@outlook.com**

The extraordinary aviation history of Martlesham Heath from the Great War to the jet age, local wartime exploits, and other general Aviation topics, are covered at our monthly meetings. The 1st Friday of the month at The Community Centre, Felixstowe Road IP12 4PB @ 7:30 p.m. (subject to any Govt restrictions)

General contact details:
Howard: 01473 274300.
Website: www.mhas.org.uk
Control Tower Museum:
Call 077 077 11104
mhasmuseum@mhas.org.uk



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



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



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

www.each.org.uk



Registered charity no. 1069284

MARTLESHAM CLIMATE ACTION

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

The Repair and Climate Advice hub resumes on Saturday 10 September, 10-12 as usual in St Michael's church next to the green on Martlesham Heath. Come along with things to repair/mend and advice on all things climate change and how to reduce your carbon footprint. Also, bring empty bottles for household liquid refills to reduce your 'plastic footprint' and items for the TerraCycle bin (empty medicine packets, toothpaste tubes and caps, plastic toothbrush outer packaging, electric toothbrush (heads only), plastic toothbrushes, floss containers and packaging) all provided by the Woodbridge based Refill Eco shop. Not to be confused with Tetra Paks that can be recycled at Foxhall tip!

Email: martleshamrepairhub@gmail.com

Feedback from the Village Fete.

We had various interesting conversations with residents at the village fete. The key areas were:

1) If I already have solar PV panels with the old FIT payments, do I lose these payments if I add more panels? Answer: no. You will need a Smart meter fitted (free from your energy supplier) to get revenue for the actual energy you export to the electricity grid (hence the need for a Smart meter). Your old panel energy export will be combined with new panel export so you lose the extra 'deemed export' payment you also got on the old FIT based scheme. Those additional 'deemed export' payments were small compared to the FIT payments so you won't lose much, if any, by getting the new actual export payments for all your panels. This is called the 'Smart Energy Guarantee' (SEG) scheme and rates vary from 3p to around 7.5 p per unit exported depending on your

supplier (and; no a Smart Meter does not spy on you!!). If you're confused, e-mail us or look on our website for further information.

2) "I'm getting old so fitting solar panels is not worth it (I might have moved by then!)". Firstly, payback is typically around 5 years or so on a typical 4kW system. Secondly, my own motivation was primarily to reduce my carbon footprint by a significant amount (1 tonne or so per year out of an UK average of 8-10 tonnes per person per year) so I can look my grandchildren in the eye and say I did my best. I also suspect having PV, if you are a homeowner and can afford to invest (and don't forget the Green Suffolk Loan scheme is available at <https://www.greensuffolk.org/at-home/energy/loans-for-energy-efficiency/>) will add value to your property in the future.

3) "I haven't got a south-facing roof so having PV panels fitted is not worth it". False! An east-west roof can generate around 80% of a south facing roof with panels on both sides so it will still provide a good payback.

4) "Should I buy battery with solar panels and if so, what size?" More difficult to answer as size and payback depend on factors like household usage, whether you work from home or not and size of solar panel array. Generally, the payback is longer than just adding panels (maybe more like 10 years) and the 'embodied carbon' in a battery is higher so it takes longer before it becomes 'carbon negative'. A battery does allow you to capture your precious generated solar energy and then use it in the evening/overnight in your property rather than get some relatively miserly export rate from your supplier and it also allows you to fill up with cheap energy at night if you have an economy 7 like tariff and use that to run your house during the day (especially good if it's cloudy).

5) "I work for a kids charity and have taken kids swimming in Martlesham Creek".



DON'T! We have been sampling the water in the creek as part of a citizen science project as described in an earlier article. The top of the creek has dangerously high levels of e-coli bacteria around the sewage outfall that could give severe stomach upsets, or worse, dysentery if you swallow water or don't clean your hands afterwards and then eat something (or, in the case of a fisherman I saw there, handle the line and hooks then eat a sandwich).

Heat Pumps - Update

I am still awaiting some quotes for an air source heat pump system to replace my gas boiler so I hope to provide an update next month. Suffice to say it is a very interesting exercise. It looks like it is easier if you have a 'Greenfield' property compared to mine that has existing solar water heating into a larger hot water tank and a supplementary air-air heat pump for heating and air conditioning in the lounge and dining room. It really throws some companies!

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

Website:

www.martleshamclimateaction.onesuffolk.net

E-mail:

martleshamclimateaction@btinternet.com

Twitter: @martleshamclim1

MARTLESHAM IN BLOOM



During September some garden flowers, such as Rudbeckia, Ice Plant (*Hylotelephium spectabile*, previously called *Sedum spectabile*) and *Caryopteris* can be flowering profusely and looking wonderful, providing nectar and pollen for insects. Some of the annual summer bedding plants may be beginning to look a little straggly, however if you continue looking after and watering them some will continue rewarding you with flowers until the first frost! There will still be time to plant

up autumn and winter bedding plants a bit later in the year.

Likewise, spring flowering bulbs will start appearing in nurseries and garden centres however most do not have to be planted yet. The exception is 'prepared' hyacinths for flowering around Christmas. These need to be planted up in pots, given a water and kept somewhere cool and dark; they may need more water before the shoot has grown up a bit and has a slight waist at soil level which means that the bud is coming up. Then bring them out into a light and cool location indoors or outdoors, keep

them watered while they are growing and ready to flower around Christmas time.

If you still have an area of uncut lawn that you have been keeping long, why not leave at least part of it uncut right through the winter to spring. This can provide shelter for insects through the winter, many of which spend the colder months as an egg or pupa in long grass.

For further information please contact:

martleshaminbloom@gmail.com or

J Maureen Burrows (Secretary) on

01473 625196



DAVE CHAPMAN MOT and Service Centre

Dave Chapman
Formerly Of Autofit

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

8 Betts Avenue Martlesham Heath Ipswich Suffolk IP5 3RH
Tel: 01473 927927 | www.davechapmanltd.co.uk

DCS Electrical



Call Dan on
07741 270230
Fully Approved and Insured

dcs.electrical@outlook.com

"Your local friendly electrician"



martlesham monthly

WOULD YOU LIKE TO
ADVERTISE IN THIS SPACE?

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

martleshamadverts@gmail.com

KWMCC

KESGRAVE COMMUNITY
& CONFERENCE CENTRE

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

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

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

Kesgrave Community and Conference Centre
Twelve Acre Approach, Kesgrave, Ipswich, Suffolk IP5 1JF
Tel: 01473 612648 • reservations@kwccc.co.uk • www.kwccc.co.uk
Registered charity number 1186279

Slimming World

taste the freedom

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

NO BOOKING REQUIRED

slimmingworld.co.uk

touching hearts, changing lives



Martlesham Fencing & Gardening Services

New fencing & repairs

All types of fencing
supplied & fitted

Gardening projects &
maintenance

Call Kevin on 07943853860
martleshamfencing@gmail.com
www.martleshamfencing.co.uk



HUNNABALL

Family Funeral Services

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

Hunnaball of Ipswich
420 Spring Road, Ipswich, IP4 5NE
01473 717464
also at Dove House, Norwich Road **01473 748808**
www.hunnaball.co.uk

GIPPESWYK SINGERS—We're looking for new members!

Gippeswyk Singers is a friendly, non-audition Ipswich chamber choir led by our highly experienced and inspirational musical director, Janette Ruocco. Janette's passion for choral music, attention to detail and inclusive approach makes our rehearsals and concerts a thoroughly enjoyable and rewarding experience.

We usually present 3 concerts each year and also enjoy travelling further afield on occasion for choir tours.

We are looking forward to starting work in September on a magnificent Christmas concert for choir and strings which will include Vivaldi's 'Credo' in E minor and Bob Chilcott's '12 Days of Christmas'.

Rehearsals are held at 7.30 pm on Monday evenings during term time at Rushmere St. Andrew Church Hall. If you are thinking of joining a choir we would love to hear from you! We are currently looking for new members in all voice parts.

To get in touch, please contact Nigel Harding on 07929 099591.

TRIANON MUSIC GROUP – THE HOLST CONNECTION

Described as a British composer, arranger, conductor, teacher, musicologist, and festival administrator, Imogen Holst was also the daughter of Gustav Holst, whose suite *The Planets* is well known. Imogen lived and worked in Aldeburgh in a bungalow, specially designed for her by the architect H T Cadbury-Brown, who also designed Benjamin Britten's studio at the Red House, also in Aldeburgh.

What is the Trianon connection? According to our Music Director Chris Green:

"It was not as if I was a stranger to Imogen Holst, we had become acquainted in the early 1950s when my mother worked as a Nursing Auxiliary at Ipswich's Anglesea Road Hospital where Imogen was a patient. For some reason they got into conversation about my musical activities and, generously, she invited me to contact her on her discharge from hospital. This I did, and, as a result, I invited her to become the first president of my newly formed Trianon Music Group. This she accepted in a similarly generous fashion, with a telegram sent from her Aldeburgh dwelling."

Trianon was formed in 1959 as an orchestra and the choir was created in 1963. We perform 3 major concerts each year and you can come and see us in September. We'll be at Snape Maltings on Saturday 17 September at 7.30pm with our unmissable Last Night of the Proms concert and including *Feel the Spirit* by our current president John Rutter and *Toward the Unknown Region* by Ralph Vaughan Williams. Do come along – tickets are available by calling the Trianon Ticket Line on 01394 283170 or 07876 787029

WOODBIDGE CHORAL SOCIETY—Join Us

We would welcome singers in all voice parts to join our thriving choir. If you are interested, please come and join us at our first rehearsal. Tuesday 6th September at 7.15pm Kyson School, Woodbridge IP12 4HX

Programme for December Concert Bernstein Chichester Psalms, Britten Rejoice in the Lamb, Elgar The Snow, Latin American Christmas music and more

Performance: 10th December, St Mary's Church, Woodbridge For more details and to register, please contact secretary@woodbridgechoralsociety.org
www.woodbridgechoralsociety.org Registered charity number 276627

BADMINTON IN KESGRAVE

Woodbridge Badminton Club are returning to play at Kesgrave High School sports hall from September 2022 through to April 2023 and looking for new adult players.

Club nights for adults are Wednesdays from 7:30pm and Match nights are on Thursdays. Juniors are on Mondays, currently subject to a waiting list. New adult players are welcome to come along and play on Wednesdays for a guest fee of £5 per night with a view to joining the club. For more details see <https://www.woodbridgebadminton.co.uk>, email contact@woodbridgebadminton.co.uk, or call Jim Cavanagh on 01728 723 900.

VOICES IN CELEBRATION!

Following on from their successful 'We Will Rock' concert with Felixstowe Harmonies and James's Field Music Duo in June, the Suffolk Constabulary Male Voice Choir is looking forward to a joint concert with the Love To Sing Choir to raise funds for the Digestive Disorders Foundation, Suffolk and Over The Rainbow Children's Charity. In what promises to be a packed programme there should be music to suit everyone's taste ranging from Verdi to Queen.

The concert takes place on Saturday 1st October at the Woodbridge Community Hall, Station Road, Woodbridge, IP12 4AU commencing at 7.30pm.

Tickets are priced at just £10.00 and are available by telephoning 07934169721.

For more information on joining the Suffolk Constabulary Male Voice Choir or booking the choir for a concert visit their website

www.suffolkconstabularymalevoicechoir.co.uk or email the Choir Secretary, Stephen Wade, at scmvc@scwade.eclipse.co.uk

WOODBIDGE MODEL BOAT CLUB. MODEL BOAT BUILDING.

All the advice for managing spare time in later life includes, taking up a hobby or craft, keeping active, keeping the brain in gear. Model boat building and sailing gives all these opportunities and to this end the Club will be holding a series of six model boat building meetings to which anyone interested in getting into model boat building is invited. You do not need to have any experience as help from our members will be at hand at each of these meetings. We are fortunate in Woodbridge to have a model boat pond which is available to all, every day of the week, and our members are at the pondside two or three times a week throughout the year.

The meetings will be held at the Deben Watersports Centre on the last Monday of each month beginning on September 26th, 2022 and concluding in March 2023. (No meeting in December 2022). If you are interested contact me as shown below.

We look forward to meeting you. A full programme brochure with dates and detail of each meeting will be available by email. (pdf) or see our website.

Geoff Lambert

MARTLESHAM HEATH AVIATION SOCIETY

Friday August 5th and at our monthly meeting we were surprised by the amount of interest that is generated by the continuing speculation that German forces attempted to land at Shingle Street in August 1940. That they were confronted by army personnel who set fire to the sea with petroleum and many burned corpses washed up on to the beach.

The Community Hall was packed to hear various versions of what did happen there early in WW2. Our speaker was Mr Ron Clayton and his talk was entitled, "The Shingle Street Mystery - Did the Germans really land on the Suffolk Coast in 1940?"

Ron offered several possible alternative theories, but of course no hard evidence of what might - or might not have happened. The 'thirty year rule' applied to any official explanation, but when it was published several parts of it were ruled to be "not in the public interest", so not much help there! Of course Shingle street is adjacent to Bawdsey Manor and it is possible that the Germans staged an attack on that home of British Radar, but no evidence has ever been offered. Another theory was that the Political Warfare Executive, who were responsible for spreading misleading propaganda, were involved. But again that is pure speculation.

A vote of thanks was offered by our President, Mr Richard Barker.

The Community Hall will be undergoing improvements in September and we have arranged for a coach outing to Bletchley Park, the famous wartime home of code breaking.

Our next scheduled public meeting will be on Friday 7th October. John Vasco presents: "Researching Modern History and the Messerschmitt at the Battle of Britain."

Non-members are welcome for a cost of just £4 with a tea/coffee break. All meetings are held in the Community Centre, Felixstowe Road, Martlesham Heath IP12 4PB.

Alan Powell 01473 622458

www.mhas.org.uk

Our annual Classic car and military vehicle meet is on Sunday, 11th September from 11am till 4pm. in the grounds surrounding the Control Tower museum. This is a popular family day out and entertainment , including dancing groups and other attractions of all kinds will be present Refreshments include fish and chips, burgers and ice creams.

Bring the family and join in the celebrations!

ST ELIZABETH HOSPICE STAMPS & COINS APPEAL

Having a clear out?

The St Elizabeth hospice in Foxhall Road, Ipswich is an amazing charity which each year cares for over 3,000 patients and their families throughout East Suffolk. These services cost £12.9m each year and the charity needs to raise 70% of the funds through the generosity of the community, its retail shops and many fundraising events.

The Hospice can make money by selling used stamps, both British and foreign, old and modern. They are sorted by volunteers and are either sold online and end up in stamp collections all over the world, or auctioned if they are valuable. For instance, an album of first day covers recently went to auction and raised £22. Earlier in the year 3 albums of stamps and first day covers sold for £60. Old British and foreign coins can also be sold to raise funds.

So if you're having a clear out and find some old stamps, coins or possibly a well-loved Stanley Gibbons from your childhood, please remember the hospice. Drop them off to me at the address below, or if it's easier the shop in Gloster Road, Martlesham Heath will be happy to take them.

Thank you all for your continued support.

Bev Read 15 Demesne Gardens, Martlesham Heath, Tel; 01473 622721

Are you looking for an opportunity to play bowls over the winter?

If so, why not join our indoor bowls club situated in the Felixstowe Leisure Centre on the seafront?

Felixstowe Indoor Bowls Club looks forward to welcoming new members of all ages. Coaching from qualified coaches is available throughout the season. Junior members' coaching sessions are held on Sunday mornings, 10 -12 noon, from late September through to April.

If you are interested and would like more information, please contact our Club Bowls Hall Manager, Mahbubul Alam, Tel 07769 652506, email felixstoweibc18@btinternet.com or Club Secretary, Joe Baker, Tel 01473 717124, email william.baker47@gmail.com or visit our website www.felixstoweibc.com

U3A EAST SUFFOLK SPEAKER PROGRAMME RESUMES

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

Monday 26 September 2.00 to 4.00

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

The musical theatre of Gilbert & Sullivan: their influences on today's musical theatre. Presented by Bernard Lockett

Thursday 6 October 10.30 to 12.30

Salvation Army Hall, Felixstowe IP11 7EL

Medical Milestones: the best time to be ill? The development of medical treatment in the last 200-300 years. Presented by Andrew Relf

Thursday 13 October 2.00 to 4.00

The Fromus Centre, Street Farm Road, Saxmundham IP17 1AL

To the Hammer Born: confessions of an occasional auctioneer, including a potted history, inside secrets and a quiz. Presented by Steve Poulter

Monday 17 October 10.30 to 12.30

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

Shadowing Peter Pan: the well known auctioneer and TV personality talks about her personal and public life. Presented by Elizabeth Talbot

A national organisation, u3a East Suffolk has a strong local following, and offers members a choice of 160 different activity groups.

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

There are no entry qualifications to u3a and no barriers to joining. New members are welcome with the expectation that they will participate and contribute to activities.

See the website www.u3aeastsuffolk.org.uk or call the membership secretary on 0300 123 3913 to find out how u3a membership can help you find new interests and friends and learn fresh skills.

WOODBIDGE GARDENING CLUB

Our next meeting will be held at the Quay Street Church on

13th September at 7.30

when there will be a talk on
Everything You Need To Know About Bulbs.



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

www.ginkgotreesurgery.co.uk



ALL ASPECTS OF TREE SURGERY

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

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

Please call us for professional advice and a free quote.

Keep Fit

Low Impact Workout

Get Active

Stay Fit

Improve

• Strength • Stamina • Suppleness

Martlesham Heath on Tuesdays

9 30 a.m. Stay Fit Strength

10 45 a.m. Keep Fit

01473 620511

GB Jackaman

Plumbing & Bathroom Specialist

Established 25 Years

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

Free Advice and Quote:

01473 613218

07751 806101

jackaman@aol.com

PJ PRINT

LITHO & DIGITAL PRINT

Everything you're looking for in a Printer



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

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

ahm
installations



★★★★★ | 9.19/10
Checkatrade.com

Bathing a problem? We can help

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

Call for our friendly advice, free survey and quote

01394 333334

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

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



Birchwood Primary School



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

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

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

Our vision statement underpins all that we do.

"Passionate about learning."

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

Valiant Road, Martlesham Heath, Ipswich, IP5 3SP

Telephone (01473) 610701

Email admin@birchwood.suffolk.sch.uk

Website www.birchwoodprimary.co.uk



MARTLESHAM ART GROUP

We are a small, informal, friendly group of varying artistic abilities who meet to paint together in The Pavilion, Martlesham Heath. The session runs from 10a.m to 12.30p.m every Tuesday. We are not tutor led but inspiration and learning, if required, comes from each other. Knowing you have a set time each week simply to be creative is relaxing and liberating.

Our new autumn term starts on October 4th so why not come and join us. There are only a few places available so act quickly to avoid disappointment! The current membership fee is £25 per term/quarter (this equates to only a fraction over £2 per week, really good value with coffee and biscuits included!). If you would like to know more please give me a call on 01473 659257. My name is Diane and I would be delighted to chat with you about Martlesham Art Group.

MARTLESHAM HEATH SURGERY – PPG NEWS Summer 2022

The recent heatwave saw the PPG need to cancel their planned meeting on 19 July, the record-breaking hottest day.

It was decided that with temperatures in the high 30's that the meeting would potentially be difficult and unproductive. The PPG plan to meet again in October, given how busy the team at the Surgery are with the transition to an independent surgery as of 1 August 2022. To the patients there should be little visible change.

Moving forward we are rapidly approaching the autumn and the Flu Vaccine season the surgery are currently planning the Flu Vaccination Program. Which will delivered at the Surgery as in previous years. The programme will this year once again be expanded to include people aged 50-64 in addition to the usual over 65's, pregnant women and those with certain medical conditions.

This autumn will also see a further Covid-19 Booster for many people, these will once again be carried out at the Grove Medical Centre in Felixstowe. This booster will also be offered to a larger group essentially over 50's. Plus those under 50's who have a certain medical condition, are immunosuppressed or a family carer. The surgery will not be managing the Covid Booster rollout and therefore please do not contact them. You will be contacted if you are eligible by the NHS as in previous Covid Booster rollouts.

Recent attendees at the Surgery may have noticed the building works that have commenced in the Car Park to the rear of the surgery and in front of the surgery. Access will be maintained to the surgery whilst these works are completed.

Tony Willmott (PPG Chair)

MARTLESHAM IN BLOOM

During September some garden flowers, such as Rudbeckia, Ice Plant (*Hylotelephium spectabile*, previously called *Sedum spectabile*) and *Caryopteris* can be flowering profusely and looking wonderful, providing nectar and pollen for insects. Some of the annual summer bedding plants may be beginning to look a little straggly, however if you continue looking after and watering them some will continue rewarding you with flowers until the first frost! There will still be time to plant up autumn and winter bedding plants a bit later in the year.

Likewise, spring flowering bulbs will start appearing in nurseries and garden centres however most do not have to be planted yet. The exception is 'prepared' hyacinths for flowering around Christmas. These need to be planted up in pots, given a water and kept somewhere cool and dark; they may need more water before the shoot has grown up a bit and has a slight waist at soil level which means that the bud is coming up. Then bring them out into a light and cool location indoors or outdoors, keep them watered while they are growing and ready to flower around Christmas time.

If you still have an area of uncut lawn that you have been keeping long, why not leave at least part of it uncut right through the winter to spring. This can provide shelter for insects through the winter, many of which spend the colder months as an egg or pupa in long grass.

For further information please contact:

martleshaminbloom@gmail.com or J Maureen Burrows (Secretary) on 01473 625196

ORWELL FLOWER CLUB.

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

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

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

For more information, contact Maggie Thomas, Secretary, 01473624699

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

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

SPEAK EASY AT MARTLESHAM

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

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

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

We hope you will choose to become a member, whether to beat public speaking nerves, develop your abilities, enter competitions, or help us run the club!

Speak Easy meetings are held on alternate Thursdays. Our next meetings are 18th August, 1st September and 15th September

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

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

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

Adam Green: vppr@speak-easy.org.uk

or www.speak-easy.org.uk

or find us on Facebook: Speak Easy Martlesham

Eat a goose on Michaelmas day, want not for money all the year.

Do you believe in angels? A quick google search will tell you that around one in three British people and two in three Americans believe in angels. And this belief has permeated our society. Have you ever heard the expression 'my guardian angel was watching over me' to describe a situation where something amazing seemed to have happened.

The archangel Michael is known from the bible as being a warrior angel who defeated the devil and is remembered in the church on the 29th September – Michaelmas day. The quote above about geese is apparently a traditional British saying stemming from Queen Elizabeth 1 eating goose when the news of the defeat of the Spanish Armada was announced. Michael also appears in statues around the world, often in front of churches, and is remembered in academic circles where the autumn term is often named Michaelmas.

Our church in Martlesham Heath is named after angels (St Michael and all Angels) but the bible is clear that angels are sent from God, so we look to God to provide for us. Angels are great but God is better. So, keep fattening up your goose for later in the month but feel free to join us in meeting with the one who is bigger and better than even angels – God himself.

Revd. Toby Tate

toby@martleshamcofe.org.uk Facebook & You tube: Martlesham benefice



The Runway Café, open 4 mornings a week, Tuesday, Thursday, Friday and Saturday from 9am – 12pm.

Have you paid us a visit yet? Despite a delayed start in April due to Covid, I have made it through my first few months as Runway Manager and have to say that I have enjoyed every moment!

There have been challenges along the way; who knew a coffee maker could look so complicated? It actually isn't, but on my second morning of working, a customer asked for a decaffeinated oat milk latte. I had absolutely had no idea where to begin! Luckily for me a colleague was on hand to show me the ropes. Now several months in and with the help, care and support of all our volunteers I am feeling much more confident and very at home in my new role.

In the short time I have been here, I can see how much of an asset the Runway is to our church and the community as a whole. We experienced an exceptionally busy Village Fete day, it was fantastic to see so many people coming into the café and seeing for themselves what we have to offer in food, refreshments and hospitality. Seeing God at work through the joy of welcome from our volunteers to the love, friendship and fellowship given by our customers to their friends and neighbours is quite inspiring.

Attached to St Michael's Church, Martlesham Heath with access onto the village green, Why not come along and see what we have to offer, you can be assured of great coffee, cake and company. Jo Stuckey – Runway Manager

Find us on Facebook
@TheRunwaycoffeeshop

MARTLESHAM COMMUNITY HALL

Onwards and upwards ...

By the time you're reading this we'll be finishing off our refurbishment of the main Community Hall. There'll be a permanent projector and PA system installed. There'll be new suspended ceiling tiles to replace the 35-year old ones, which were getting a bit broken and dirty. We're also redecorating the Hall in the same friendly yellow colour scheme we've already used in the Richards Room, where it has been popular with hirers.

The Hall will be closed from Tuesday 30 August to Sunday 11 September inclusive for this work. The Richards Room is unaffected by these closures, but it will be closed on 31 August and 1 September for a deep clean and electrical check. We've contacted any hirers affected.

People generally start booking again in September for autumn and winter weekend parties or family events. If you want to get in first - you can go to mchall.org.uk/booking for a simple '1-2-3' check and booking request process. Alternatively, you can call 01473 623203. Hire charges are staying the same until Spring 2023, when we'll inevitably have to raise them due to the continuing energy cost increases.

Details and photos of the Community Hall and Richards Room are on the website.

Chairman
mchall.org.uk

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 623203.

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

THE MARTLESHAM HEATH PAVILION

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

You can check availability and book the
Pavilion online at:

martlesham.org.uk/pavilion

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.

Building
God's
Family
Together

THE CHURCH IN MARTLESHAM & BRIGHTWELL

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

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

READER: Carolyn Smith 74 Heathfield, Martlesham Heath

ELDERS: Janet Foster janetwf33@gmail.com

Margaret Rollins 9 Angela Close, Martlesham 01473 623868

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

Liz Welham 23 Deben Avenue, Martlesham Heath 01473 622709

Lynn Wilder Kenton, Nr Debenham 01728 860627

Services for the Month	Martlesham Heath St Michael's Martlesham St Mary's Brightwell St John's	Online on Facebook and YouTube. Search for 'Martlesham Benefice'
Sunday 4th September	St Michael's 9.30am Coffee and pastries 10am Breakfast Church St Mary's 11am Holy Communion	5pm Zoom After Hours
Sunday 11th September	St Michael's 10am Holy Communion with Junior Church St John's 6.30pm BCP Evening Prayer	10am Holy Communion
Sunday 18th September	St Michael's 10am Morning Worship St Mary's 11am Holy Communion	10am Morning Worship 7pm Zoom Reflecting with God
Sunday 25th September	St Michael's 10am Holy Communion St John's 6.30pm BCP Evening Prayer	10am Holy Communion

A warm welcome awaits you at all our services in our church buildings and online.

It would be helpful if you could contact Toby by the Saturday before for Zoom codes.

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

Midweek Services

Wednesday 14th and 28th September: 10am Holy Communion at St Michael's

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

September

- 5 for parents of children who have just started school
- 6 for our new Prime Minister and their Ministers in these difficult times
- 7 the residents of Shaw Valley Road
- 8 International Literacy Day - give thanks for the joy of reading
- 9 for emergency workers and call handlers
- 10 for all who are feeling lonely or friendless
- 11 thank God for the earth's fruitfulness
- 12 for those who teach the Christian faith
- 13 for the work of the Broom Tree Café, opening today
- 14 the residents of Side Centre Gate
- 15 for staff and patients in intensive care wards
- 16 for all who volunteer, and charity workers
- 17 for health workers delivering Autumn Covid boosters
- 18 give thanks that we are loved and forgiven
- 19 for all guests at St Michael's Pop-Up Shop yesterday

- 20 the residents of Skylark Drive
- 21 St Matthew's Day - give thanks for Matthew's gospel
- 22 for peace in all troubled areas of the world
- 23 for those caring for loved ones with memory loss
- 24 for all lay ministers to be licensed at our Cathedral tomorrow
- 25 give thanks for writers who inspire us to grow in faith
- 26 for children and young people struggling at school
- 27 for local taxi drivers and public transport workers
- 28 the residents of Sorrell Walk
- 29 St Michael and All Angels - for our work in this parish
- 30 for all at Friends on Friday today

October

- 1 for those with money worries as winter approaches
- 2 that we may give our whole selves to God in worship today
- 3 for new parents
- 4 give thanks for the peace and calm of green spaces

ONE STOP MOT & SERVICE CENTRE

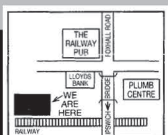
FREE COLLECTION & DELIVERY

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

Kesgrave Tyre & Exhaust Centre

MasterCard **223 Foxhall Road, Ipswich** 
www.kesgravetyres.co.uk

IPSWICH
01473 710720



Fraser-Hann Financial Services Ltd.

Need pension or investment advice?

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

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

Tel: 01473 620530

E-mail: chris@fraser-hann.co.uk

Web: www.fraser-hann.co.uk



martlesham monthly

WOULD YOU LIKE TO ADVERTISE IN THIS SPACE?

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

martleshamadverts@gmail.com

Specialist Tree Services

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

FREE QUOTE!

FRIENDLY PROFESSIONAL
 ADVICE & FULLY INSURED

The Tree GP
 THE TREE SPECIALIST

Tel: 01473 232626
Mob: 07917 725445

email: bednchri2@yahoo.com
 N.P.T.C. Qualified





BOOTH (TARMACADAM) LTD SURFACING CONTRACTORS

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

Family Run Business
Celebrating 50 years
Free Surveys & Quotations



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

Tel: 01473 811757
Email: office@boothtarmacadam.co.uk
www.boothtarmacadam.co.uk



J. T. WILDING LTD.

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

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



01473 611 744

jtwilding.co.uk

28 Anson Road, Martlesham Heath IP5 3RG



Hairdressing

by

Carolyn



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

Tel: (01473) 287542 - Mob: 07710 432813

Over 20 years
experience
**digital
dimensions**



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



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

Call Digital Dimensions on 01473 716976 or 07860 156421
Web: www.digital-dimensions.tv Email: info@digital-dimensions.tv Like us on Facebook



FARTHING FUNERAL SERVICE

Local expertise since 1840 from dedicated family funeral directors.

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

650, Woodbridge Road
Ipswich 01473 272711 www.farthingfunerals.co.uk

BARKER GOTELEE SOLICITORS

LIFE | LAND | BUSINESS

CONTACT US ON
01473 611211
barkergotelee.co.uk

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

We all need legal services from time to time

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

J.W. MILLER

PAINTING & DECORATING

YOUR LOCAL DECORATOR
FOR MARTLESHAM HEATH

TELEPHONE: 01473 626728
MOBILE: 07888 699306

