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MARCH 2026 • Produced and Distributed by Volunteers

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Martlesham Monthly

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Please email contributions to
martmonthly@btinternet.com

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

Contributors are requested to limit their articles to approximately 250 words.

DISCLAIMER

The views expressed in the Martlesham Monthly are those of the contributors and are not necessarily supported by the editor or the editorial team.

Martlesham Monthly will be Ending

If there is no one come forward to fill the following positions, sadly The Martlesham Monthly will finish and the last edition will be in June 2026

If there is no one come forward to fill the following positions, sadly The Martlesham Monthly will finish and the last edition will be in June 2026
The Martlesham Monthly Editorial Team feel that the time is fast approaching for them to hand over the running of the magazine to a much younger group of people with the vision to take it forward into the future.

We are a group of five residents who have all been involved with Martlesham Monthly for many, many years and all have specific jobs to ensure the production each month

We are now looking for volunteers to fill the following posts:

1. An Editor who receives all the articles to go into the magazine each month and produces the final copy to be sent to the printers.
2. A Distribution Manager who is responsible for arranging for the 5 Team Leaders and 55 deliverers to be available each month. This person also produces all the labels to go on the bundles of magazines.
3. A Collator who receives 2800 magazines each month from the printers (in the Martlesham Heath Pavilion) and divides them into individual bundles, and then into 5 bundles for collection by the Team Leaders.
4. A person who is responsible for all the adverts in the magazine. The printers do all the graphics.
5. A person who is overall in charges of the group and is also the financial member ensuring all accounts are up to date.

Some of the jobs can be doubled up or divided. Full training and support will be given

There is no financial implication involved just a commitment to do your appointed task and keep to the specific time frame. However, all expenses will be reimbursed.

**We are more than happy to give anyone more information, please contact us via email
email: martleshamadverts@gmail.com or call 07801954101**

GIRLGUIDING

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

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

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

1st MARTLESHAM SCOUTS

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

For all enquiries regarding joining the groups please contact

membership@martleshamscouts.org.uk

For becoming a helper or hiring the Scout HQ, please contact Lindsay lindsayfw@msn.com

MOBILE LIBRARY TIMES

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Angela Close: 1.30-1.45pm

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Falcon Mobile Home Park: 2.30-2.55pm

Douglas Bader: 3.00-4.15pm

Tue 10 Mar 2026

Tue 7 Apr 2026

Thursdays (Route 3)

Play2Day Nursery Gloster Road 10.10 - 10.40,

Douglas Bader: 10.50 - 11.50

Thu 26 Mar 2026

Thu 23 Apr 2026

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

COMMUNITY RESPONDERS

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

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

For further details contact
johnny.dixon@btinternet.com

POLICE

In case of emergencies please always call 999.

In non-emergency situations call the new number 101

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

Martlesham Council

Parish Councillors and Volunteers

Do you have an interest and are passionate about your community? Then come and join the team at Martlesham Parish Council.

As a councillor the expected commitment is a minimum of 2 hours per month, but there are plenty of opportunities to become more involved. You don't need any special qualifications, just a passion for your community and a willingness to listen, learn and contribute.

As a volunteer there are many aspects of community life that you could become involved with.

Local councils give communities a voice, and we need you to help shape change for the benefit of our local area.

Neighbourhood Watch

We invite you to join us at the Pavilion on the 26th March between 11:30 and 12:30 for community, coffee and conversation. Enjoy a special talk from the Anglia Care Trust, who play a vital role in supporting our residents.

This event is a great opportunity to meet others, discuss local issues that matter to you, and pick up valuable advice.

Forthcoming Parish Council Meetings

Meetings scheduled over the next couple of months include:-

Full Parish Council meeting – Wednesday 4th March

Recreation & Amenities Committee – Wednesday 11th March

Annual Parish Meeting – Wednesday 25th March

Full Council Meeting – Wednesday 1st April

DETC – Wednesday 15th April

Meetings are held in the Parish Room, Felixstowe Road, Martlesham, IP12 4PB. All Council meetings start at 19:30 and are open to the public, who are welcome to ask questions or make comments to the Council during a public forum. Before attending we recommend that you check our website and Notice Boards.

Contacting the Council

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

Telephone 01473 612632. Please leave a message if no reply and we will get back to you as necessary. The office is open to the public between 10:00 until 15:00 (Monday – Friday, excluding public holidays)

Email: enquires@martleshamcouncil.org.uk or clerk@martleshamcouncil.org.uk.

Website: -

www.martleshamparishcouncil.org.uk

Please also follow us on social media (Facebook, Instagram and LinkedIn).

Martlesham Village Fete

Saturday 18th July 2026 The Green Martlesham Heath

We look forward to welcoming you back to the fete which will be held on The Green, Martlesham Heath on Saturday 18th July.

We have been contacted by the RSPCA who will be joining us again this year, with the hope of dry weather and the prospect of a Dog Show!

We will be working hard to secure interest from local organisations, charities and businesses to ensure a fun afternoon is had by all.

Please watch out for updates over the coming months. If you are interested in having a stall or presence at the Fete please contact the organising team at mvfete@gmail.com.

If you would like to join the organising team, just contact us at the same email address.

Pop Up Shop

**St Michael & All Angels Church
The Green, Martlesham Heath**

**Every 2nd & 4th Sunday of the month
11.30am- 12pm**

Finding food bills a challenge?

Come and fill one of our carrier bags for £2

**March 8 & 22nd
April 12 & 26
May 10 & 24**

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



Scots Pine *Pinus sylvestris*

There is a Scots pine tree at each corner of Martlesham Community Hall car park alongside the path connecting Tesco, Martlesham Common and Mill Heath.

The two are planted in memoriam of S. Denis O'Brien Baker (25.10.1915-18.2.2003) and Ida D. Baker (27.1.1911-12.1.1999) for services to the Parish of Martlesham. They supported, were members of, and involved in, a wide range of village activities, groups and events, including the building of Martlesham Community Hall.

The Scots Pine is a native tree naturally occurring in Scotland and found throughout the UK where it has been widely planted and naturalized.

It particularly likes dry, sandy soil, and in southern England is a feature of heathland.

In winter two types of cones can be seen on branches. At branch tips there are one-year-old pea-sized, brown cones and larger two-year-old green cones can also be seen; in spring these turn brown and open their scales to release their wind-borne seeds.

Martlesham Conservation Group

Over this last winter a considerable amount of work has taken place on the Martlesham Heath SSSI to restore several areas to more favourable conditions for heathland wildlife. This work should provide a better habitat for the many animal and plant species characteristic of lowland heath.

The Greenways team aided by volunteers worked on the Martlesham Heath SSSI during January and February by clearing gorse selectively by hand and burning on site. Our group has also cleared gorse and other scrub on our work parties over the winter.

All the major work on scrub clearance on the SSSI has been scheduled to avoid disturbance to birds, which become more active with breeding and feeding through the spring and summer but please note ground scraping of some areas is likely to take place in late April or May (similar to last year). This time has been chosen as reptiles will be active and can therefore easily move to other areas.

We would particularly like to thank all the volunteers who came along to the Megabash in February and worked hard to clear more areas of scrub and dispose of cut material from our winter activities in a bonfire. We apologise for any inconvenience to local residents caused at the time.

If you walk across the heath please stick to the main paths especially if you are a dog walker. We also strongly advise dog walkers to keep their dogs on a lead over the spring, summer and early autumn. This action would benefit our local wildlife and also protect your dog as we have a good population of adders present on the heath, based on observations from previous years, which are active during the spring, summer and early autumn. Please do not be tempted to take short cuts across the open areas and please remember all our British snakes and lizards are protected by law. For more about reptiles and amphibians the website <https://www.arc-trust.org> has lots of useful information.

Local birds began to become more active during February accompanied by an increase in birdsong. These local birds will begin to be joined by migrant birds such as the Chaff and Blackcap this month with a further increase in the volume of birdsong.

On warmer days butterflies such as the bright yellow Brimstone may be on the wing and there may be more of a buzz about the place as bumblebees emerge from winter hibernation, though this seems to get earlier as the winters get warmer and milder.

Our work party in March will be on Sunday 1st March at 10am when will be aiming to clear up the Megabash bonfire site and do some path maintenance on the Martlesham Heath SSSI. Please meet at the Megabash bonfire site towards the northern end of the SSSI opposite the path from the gate near the windsock on Eagle Way.

Looking ahead to 10am on 12th April (note later than our regular our work party date as the first Sunday is Easter) we will aim to create bare patches of earth amongst the heathland flora. These bare patches are beneficial to a range of wildlife especially solitary bees and wasps, as well as providing mineral resources for butterflies and basking sites for reptiles.

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



MARTLESHAM IN BLOOM

Spring into Spring in March!

There are so many seasonal flowers bursting into bloom in March and with lengthening days and, hopefully, better weather it is a great month to enjoy being outside in gardens or outdoor spaces. There are a variety of colourful spring bulbs popping up as well as early blossom and wildflowers. If you spot any flowering weeds coming up, such as Red deadnettle, Daisy or Dandelion, why not think of them as wildflowers, providing pollen and nectar for pollinators and other insects out and about now. They will appreciate them alongside ornamental flowers.

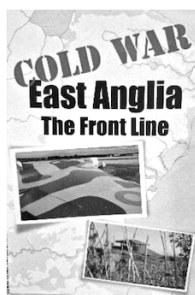
March is a good time to grow some annuals from seed. Generally, around the end of March, hardy annuals can be sown outside where you would like them to flower. These can include Annual candytuft (*Iberis umbellata*), Pot marigold (*Calendula officinalis*), and Love-in-a-mist (*Nigella damascena*). You can sow later batches as well to get a continuation of flowering.

Half-hardy annual flowers, such as Cosmos (*Cosmos bipinnatus*), and Morning Glory (*Ipomoea purpurea*) and edibles such as tomatoes and cucumbers can be sown now but need to be kept warm, in a conservatory, greenhouse or bright windowsills. Putting in a propagator or clear plastic bag will aid germination. These to be grown on undercover for planting out late spring or early summer.

Martlesham in Bloom will be celebrating its 30th anniversary next year and we are going to put together a record of events, activities, groups and pictures of the parish during the year leading up to it, to celebrate the Parish of Martlesham and provide a record for the future. Let us know if you have any ideas of what to include, such as events you are involved with, views or locations that you would like included.

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

Martlesham Heath Aviation Society Film Show Saturday 11th April at 2.30pm featuring:



A ticket only event at the Martlesham Heath Community Centre, IP12 4PB
More information in the MHAS article.



Activities sheets for preschool aged children.

Would you like to receive them?

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

The activity sheets usually include a story, song and a craft or game about a theme or a story from the Bible. In February the activity sheets included the story of Jesus feeding the five thousand.

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

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



Birchwood Primary School PTFA

Summer Fete

Saturday 13th June 2026 11am - 3pm

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Martlesham Brass

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Martlesham Brass - 'Making Music Fun in East Anglia'

Our Intermediate band have a concert on Sunday 1st March at 2.00pm, in St Michael's Church Centre, Martlesham Heath.

Tickets are £5.00 (primary school age children free) and are available by calling 07544 962205, at www.martleshambrass.co.uk, or on the door.

Looking forward into April, there will be a Spring Concert, featuring all our bands, on Saturday 25th April at 7.00pm, also in St Michael's Church Centre.

Ticket details next month.

If you feel you would like to learn to play a brass instrument, or if you already play and would be interested in joining us, please email join@martleshambrass.co.uk - please note we operate a waiting list for our beginners' band.

If you wish to hire the band to perform at an event, please contact our booking secretary by emailing booking@martleshambrass.co.uk



MARTLESHAM

1st Martlesham Scout Hut, The Drift, Martlesham Heath, Martlesham, Ipswich, IP5 3PL

Second Tuesday of The Month, 10am-12pm

Dates: 14th April, 12th May, 9th June, 14th July, 11th August, 8th September, 13th October, 10th November, 8th December, 12th January 2027, 9th February 2027, 9th March 2027.



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PORTAL WOODLANDS CONSERVATION GROUP

New Year saw our Volunteers back to clearing the perimeter path, after the wet and windy winter weather had stripped the leaves from the trees. At least the wet weather has been good for our newly planted saplings and keeping the pond topped up.

Our next work morning is Saturday 21st March, from 10:00 to noon, meeting at the Education Area. New volunteers of all ages and abilities are always welcome; no experience is needed. For further information, please contact us at pwgc.martlesham@gmail.com, phone 01473 612632, visit our website: www.martleshamparishcouncil.org.uk/what-we-do/portal-woodlands-working-group, or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman



BAWDSEY RADAR MUSEUM

The Museum re-opens on Thursday 2nd April ready for Easter and will once again be running the Easter Trail, which will run on each open day over the Easter holidays. Don't forget – children get in free!

The Museum will then be open every Thursday, Sunday and Bank Holiday Monday until the end of October.

Tables are still available for our fund raising quiz on Friday 13th March at Newbourne Village Hall. Book tables via info@bawdseyradar.org.uk. Entry is £7 per person, payable on the night.

A number of very informative podcasts about the history of radar at Bawdsey called "Echoes of Bawdsey – The Story of Radar" have been produced. The first series is now available to listen on the website.

Further details of all our activities may be found on our website: www.bawdseyradar.org.uk

For more information contact info@bawdseyradar.org.uk or phone 07821 162879.

BADMINTON IN KESGRAVE

Woodbridge Badminton Club is playing at Kesgrave High School for the winter season (September-April). Adult club nights are on Wednesday evenings at 7:30pm, league matches are on Thursday evenings for those feeling competitive, and Junior club is on Monday nights. There may be some changes to club nights during April because of the availability of the school hall.

The good news for the club, but not-so-good-news for prospective joiners is that at the time of writing the Junior club is full and the Adult club is also getting very busy. So, if you are interested in joining it is important to contact us via email jim.cavanagh955@gmail.com or ring Jim Cavanagh on 0780 323 2892 before you come along. You may be able to come any try us out for a £6 guest fee, refundable against the annual membership if you join for the season.

We welcome a range of abilities but unfortunately not adult beginners. For latest details check out our website at <https://www.woodbridgebadminton.co.uk>.

Birchwood's WOODLAND WIGGLES

Wednesdays - 1:45pm-3:15pm
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Suffolk Wildlife Trust Woodbridge Wildlife Group

We have some of our regular talks coming up.

"Creating Resilient Landscapes on the Suffolk Coast" by Harry Tucker, Natural England"

Thursday 26th February at 7.30pm
in Woodbridge Community Hall
Admission £4 per person.
Free for under 25s.

"Climate Change Gardening and us" by Clive Boase from Climate Change Gardening

Thursday 19th March at 7.30pm
in Woodbridge Community Hall
Admission £4 per person.
Free for under 25s.

"The Future of Barn Owls, BOSS" by Sally Nelson and Dave Pearsons from Barn Owl Support Suffolk

Thursday 16th April at 7.30pm
in Woodbridge Community Hall
Admission £4 per person.
Free for under 25s.

Phil Smith - Chairman Woodbridge Wildlife Group of Suffolk Wildlife Trust swtwoodbridge@outlook.com



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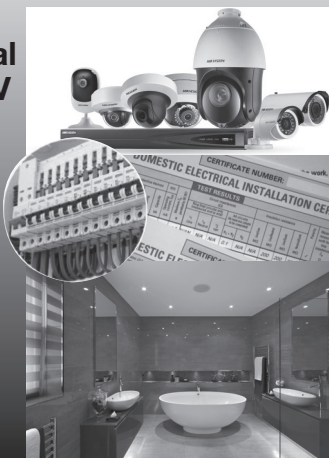
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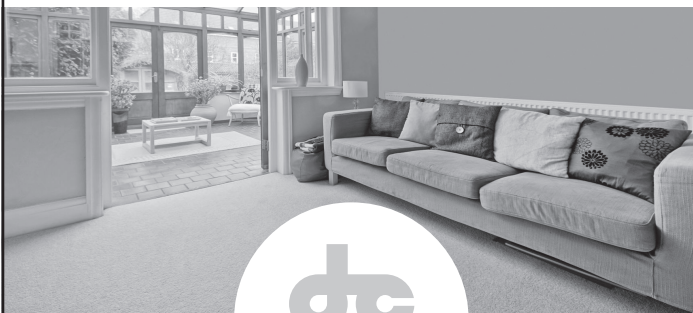
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MARTLESHAM CLIMATE ACTION

Deben Climate Centre citizen science water sampling project update

As reported previously, I'm involved with the Deben Climate Centre's water sampling project (now called the Four Rivers Project sponsored by East Suffolk Council) aimed at cleaning up our local rivers in Suffolk though pressure and engagement with Anglian Water, the Environment Agency and landowners. The current state of our rivers is generally poor or average and lots more needs to be done. For example, a phosphate stripper has made a massive difference in the upper reaches of the Deben after Anglian Water installed one up at Debenham (over 60% of phosphates in the river come from sewage treatment works and encourage weed and algal growth that can choke the river).

We recently took Kesgrave High School year 13 environmental science 'A' level students on a sampling and testing morning, sampling at Martlesham creek, the Fynn by the Red Lion and the stream along Run Meadow before taking samples back to school to do tests for nitrates, phosphates, ammonia and e-coli. Very surprisingly, we found dangerous levels of e-coli in the Run Meadow sample, so more investigation is needed as to why and where the pollution is coming from. The stream along Run Meadow starts behind Kesgrave High School so it could be an interesting investigation trying to sample along its length!

For more information on the Four Rivers project go to <https://www.debenclimate.org/four-rivers>

Infrared Camera survey – last call!

While the weather is still cold, my thermal imaging camera can more easily spot areas where heat is escaping your home. If you would like me to pop round to have a look (for free; this is not a professional survey!), contact me via our e-mail below.

Martlesham Repair and Climate Advice Hub

The next Repair Hubs are 10-12, on Saturday March 14th and Saturday 11th April in the Parish Room (old Felixstowe Rd near big Tesco's) as usual.

If you have items to repair, you can also take them to the Repair Shed off Sandy Lane. See <https://suffolkrepairshed.org>

I should also be there with information and leaflets on insulation, warm home grants, solar PV, heat pumps and other advice on how we can all do our bit to tackle an increasingly scary climate crisis.

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

Website:

www.martleshamclimateaction.onesuffolk.net

E-mail:

martleshamclimateaction@btinternet.com

Bluesky: @martleshamca.bsky.social



River Stour Trust

Registered Charity No.
257806

**Do you like being outdoors?
Enjoy meeting people?
Fancy doing some volunteering?
Then The River Stour Trust would like
to hear from you!**

We welcome new members, volunteers and potential skippers, anyone with a love of the countryside and the great outdoors.

If you like the idea of training to become an Inland Waterways accredited skipper, taking people out on trips, or being a banksider at Flatford, liaising with visitors and selling trip tickets, we'd like to hear from you.

Our skipper training programme begins in the spring each year and is open to both men and women. After training you are free to give as much or as little time as you would like between Easter and October and would join a friendly group of people dedicated to conservation and the health of the River Stour and its wildlife. But it's also fun, and enjoyable to be doing good in such a beautiful and historic area.

For more information and contact details, visit the Trust's website: www.riverstourtrust.org, or ring Kevin Taylor on 01206 322122

DEBEN ROTARY COMMUNITY SERVICE AWARD

Every year the Rotary Club of Woodbridge Deben makes an award to a person or organisation who have been working to serve the community whilst sometimes not being recognised for their efforts.

This could be in any form, supporting the elderly or disabled, the homeless or financially challenged or ecological projects being just a few of the many categories.

The award is open to all persons or organisations in our catchment area, which is Woodbridge, Martlesham, Kesgrave, Melton, Bealings and Waldringfield. There is a shield and a cash sum of £350 towards the work they are doing.

If you know of anyone you think may be eligible for this award please contact our website at mail@debenrotary.org.uk

The list of candidates will close on March 31st.

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MARTLESHAM HEATH AVIATION SOCIETY

Kara Neave came from Swaffham – told us about her research on the little known “Flying Nightingales” – RAF airborne nurses who started to put their rapid training into play following Allied D-Day landings in Normandy after 6th June 1944.

More than 900 young women were recruited, most in their early 20's. They took air experience flights prior to their work evacuating wounded service men – flying back from very crude airfields behind the advancing Allied troops. It really was a baptism of fire – some of the planes coming under enemy fire – a few damaged by flak and fighter attack. There were surprisingly few casualties – one plane was shot down and 3 nurses killed. Whilst another LAC(W) Margaret Campbell, died on 24th October and is buried in the Calais Canadian War Cemetery.

All the nurses were flown into the War Zone in DC 3 “Skytrains” (RAF “Dakotas”) the plane that became the most efficient air transport of the war – with the RAF having 2,000 on their strength, from about 20,000 built, some still fly today. A “Dakota” that featured in Kara's story is still working. After World War 2 it became a civilian transport. After many adventures ending up in its original wartime markings. Now at a Canadian Museum it is available for visitor flights.

Flying in a Dakota was described by Kara as like being in a Washing Machine drum – very noisy, smelly (due to the state of the casualties – many of whom had not bathed for weeks and were often incontinent and suffering from burns) and severely bumpy. Their help to the wounded included Cigarettes, Tea and sympathy. There were parachutes on board – but the nurses were told not to use them – to stay with their patients. The flights on the way to France were used to carry weapons, ammunition

and other sensitive and urgent cargoes – like radio spares or medicines. They plane often had Red Crosses painted on them on the return journey. The nurses were given Red Cross arm bands to wear if they were captured but often forgot to wear them.

Despite all their privations, in Normandy – with no special facilities available for women – they just had to literally muck in. The sites and sounds, and ever-present dust – were a shock to all of them – some never got over their experiences. It was calculated that they transported 1,092 Stretcher cases – and 942 walking wounded. Not one dying whilst in their care.

After the interval – Kara outlined the history and current state of the 3 airfields mainly used in England, RAF Down Ampney, RAF Blakehill (Wiltshire), and RAF Broadwell.

Her thoughtful talk was rich in detail, and we applauded Kara for a fine talk – with more stories still to come as she continues to find more about the women who often put themselves in harm's way, to help save others.

The Martlesham Heath Aviation Society's next Monthly Meeting takes place on Friday 6th March 2026 at 7:30 p.m.

Donald Mobley presents 2 topics on the same night – neither ever featured before:

The History and Future of Drones
Drone technology has undergone a dramatic evolution from rudimentary pilotless aircraft to sophisticated autonomous systems transforming both civilian and military aviation. Once limited to basic surveillance, modern Unmanned Aerial Vehicles (UAVs) now play critical roles in warfare, commerce, emergency response, and infrastructure.

Drones are reshaping how we will live, work, and defend ourselves.

The Early History of N.A.S.A. – a story just as fascinating as what N.A.S.A. is doing today.

Come along and find out more!

Meetings take place at:

The Martlesham Heath Community Centre, Felixstowe Road, Martlesham Heath, IP12 4PB at 7:30pm.

For more information see our website www.mhas.org.uk call Howard on 01473 274300

At 2:30 pm on Saturday 11th April we have another one of our Special Film Show Afternoons at the same venue

We will show 2 rarely seen professionally produced films:

“Cold War East Anglia – The Front Line”. Insight into the mysterious and widespread local infrastructure above and below ground put into place to monitor and operate the West's response in East Anglia during the Cold War period.

“We Fought Them in Gunboats”. Renowned local TV and Film maker, Tim Curtis, brings us the compelling story of the Spitfires of the Sea” – the Motor Gun Boats operating out of Felixstowe in WW2.

THIS IS A TICKET ONLY EVENT.

Society members pay £6, non-members £8 To order them call 01473 274300 or e-mail publicity@mhas.org.uk

You can pay cash when you pick up reserved tickets – or preferably pay in advance at our 6th March Meeting, where we have a card reader – or pay by Bank Transfer. The Society Website: www.mhas.org.uk



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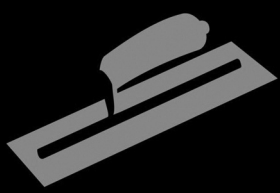


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MARTLESHAM BOWLS CLUB

We are looking forward to the start of the new bowls season with the Bowls Club opening on Saturday 11th April.

Although the club was closed, work continued throughout the winter months to prepare the green for the upcoming summer bowling season to ensure that the green is in perfect condition. This year we were able to fund the cost of a contractor to scarify and remove all the resulting thatch, an onerous and heavy task for our elderly members.

With the warmer weather to look forward to in the spring, it's not long before we start bowling again.

The club actively bowls in four local leagues for those who want to bowl competitively and also encourages social bowling on Thursday and Saturday afternoons at 2.00pm. We would love to see some new faces. Why not come along and give it a try any Thursday or Saturday afternoon. Just wear comfortable clothing and flat shoes, have a go at bowling and join the members for a cup of tea and biscuits.

For more information, please contact the Secretary John Anderson on 01473 808678 or 07547727439 and by email at: jt.anderson@tiscali.co.uk More information can also be found on our website at www.martleshambowlsclub.com

Music at Rushmere

Thanks to the amazing generosity of those of you who attended the autumn season of concerts, we were able to send £2,500 to St Elizabeth Hospice! This year's programme of Sunday afternoon Spring Concerts at St Andrew's Church, Rushmere will be held in support of SMART (Suffolk Music & Arts Alumni Trust), and we hope that you will be just as generous. SMART exists to provide funding to help Suffolk's young people to access music and arts opportunities which are so vital in their lives in so many ways.

Graham has been at the helm of the Music at Rushmere organising committee for some years now, and he has decided to hand on the baton. We are delighted that Lisa has stepped up to take over and are looking forward to the first season under her leadership.

On 1st March we welcome Ipswich Hospital Community Choir, with string players from Farlingaye High School and the choir of St Margaret's Primary School performing on 8th March. New Suffolk Brass will be entertaining us on 15th March and the vocal group Octave on 22nd March. The series concludes with St Peter's Band on 29th March.

There is no charge for admission to these concerts, which begin at 3pm at St Andrew's Church, Rushmere, and everyone is welcome to attend. Refreshments are provided and we invite voluntary contributions after each event. Parking is available 100 yds away, with parking for those who are less mobile in front of the church.

MARTLESHAM LADIES CLUB

Yet another month gone by, during which we enjoyed hearing about the Suffolk Bevan Boy and Songs and Poems from Eric Punaks.

At the end of January we handed over to the Blood Runners our collection of old mobile phones and other techy bits and pieces - see the photo Amazing what money they can make for the charity!

March 12th we will hear about the dangers of fire in the home and how alarms help prevent them being fatal.

On 26th we will have a talk about the Medical Detection Dogs.

Looks like an interesting month ladies.

Further details contact me, June Peck
07867525422



U3A EAST SUFFOLK: Fill your days with new friends and new interests

East Suffolk u3a group invites all older people – primarily those retired or semi-retired – to join their thriving members-run organisation.

For those wanting to keep fit and active, u3a offers walking, sport and physical activity groups. For those wanting to learn and share, there are geology, photography, foreign languages, architecture and history study groups as well as dining opportunities and outside visits. In every setting there's the chance to meet new people to share conversation, experience and ideas.

Alongside approximately 150 interest groups, there is also a varied programme of talks held across East Suffolk.

On March 5th at 10.30 at the Salvation Army Hall in Felixstowe the speaker is Sally Sibley, talking about the Enigma of Sutton Hoo. On the 2nd April, the talk will be all about the History of Headwear.

On 16th March at Woodbridge Football Club at 10.30 an ex-firefighter tells the story of his highly-acclaimed book about dealing with his personal grief at the loss of his wife to cancer.

On 12th March at 2.00 at Saxmundham's Fromus Centre, there will be a talk entitled "The A-Z of Curious Suffolk".

Visit Kesgrave War Memorial Community Centre at 2pm on 30th March to hear all about a Solo Walk across Africa, and on 27th April, stories from a forensic biologist, "Blood, Sweat & Fears".

New members are welcome, with the expectation that they will contribute to the success of the group. Membership is on an annual basis and gives members access to all the u3a's many activities, subject to availability and at a very modest cost.

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

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

LADIES ON THE GREEN

After a pretty full and interesting start to our club this time last year - we look forward to our second year of speakers, competitions, book table and raffles. We now have a coffee morning club, walking/lunching group, a film and theatre group and outings. If you haven't already rejoined for 2026/7 then Subs of £36 are due now please.

Our post-xmas lunch took place at Rushmere Bowls Club where a good crowd of us enjoyed a lovely meal followed by fun quizzes, and our March 20th meeting will be our AGM and first birthday celebration.

At this time we have reached our members limit, but you are more than welcome to attend one of our meetings to see if you would be interested in adding your name to our waiting list.

So give us a call. We meet on the third Friday of the month in the Martlesham Heath Pavilion, The Drift, IP5 3PL, 1.45pm - 4.15pm.

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



Thought for the month –

I'm starting to write this article at exactly 11:47am on the 2nd of February. It's a cold and dank looking day; it's been drizzling all morning and raining for almost a week. Because of the cloud cover, I don't think I've seen the sun for at least a month, and I can't remember what it's like to leave the house without putting on a coat, hat, and scarf.

According to a quick Google search, I'm told that Spring officially starts on the 20th of March. So, by the time you read this Spring will be just around the corner... although, knowing the British weather, it could still be 3 months away. But we can take comfort in the fact that eventually, the rain and drizzle will break, and the dark clouds will give way to warmth and sunlight. There will be flowers growing and blossoming and the trees will start to look green again.

We know that the gloom will eventually give way to light, we just have to be patient.

As we look around the world, we see so much gloom. There are wars and violence everywhere. There are corrupt and power-hungry leaders looking out for their own interests. There are people dying from starvation and dehydration. Whatever we like to think, the world is not a happy place.

But God, promises an end to the gloom. God promises a time where there will be no more pain, no more suffering, no more tears. God promises a time when the gloom will be removed and the light will shine. He reminds us of this promise every year, when God designed the seasons and included Spring, I think He did it as an annual reminder, that one day, however dark everything seems now, everything will be brighter.

Just as winter is dark and spring brings new life. Jesus is the light that shines in the darkness, one day he will return and bring his light and destroy all darkness for ever. What's amazing, is that we can be in a relationship with that light now, we don't have to wait. So, as we (eventually) enjoy Spring, I invite you to explore the light now, explore who Jesus is, what he did, and what he is going to do in the future.

Revd. Rob Allinson

Martlesham Community Hall - Goodbye and Hello!

This Spring there are a number of changes to our core team. David and Pat Embery have been central to the running of the Hall for many years. David's been both our Treasurer and Hall Manager in recent years and Pat has been Booking Secretary for many years, for which we truly thank them. David has now retired as Treasurer. Martyn Shakespeare, already a Trustee of the charity, has taken over as our new Treasurer. We welcome him to the role. Pat has also retired as Booking Secretary. We're pleased to welcome our new Booking Secretary, Sammy Jo Wright.

We're also pleased to welcome two new volunteers to the team, Clive and Jane Barker. Clive will be our new Hall Manager from May onwards, with David Embery retiring at our AGM on 30 April. Clive will be 'shadowing' David until then. Jane will be helping Clive and getting involved in administration work in due course.

We're running our popular Community Quizzes again in 2026, though only three times this year. Still to come are Saturday 16 May and Saturday 17 October. We open the bookings 5 - 6 weeks beforehand. If you'd like us to let you know when you can book, then please go to mchall.org.uk/quizzes and send us a message.

Also on our website, you can find more details about the Hall and our smaller venue the Richards Room, check their availability, hire rates and make a booking request. You can also book by calling our Booking Secretary on 01473 623203 between 08:00 and 20:00 Monday to Saturday.

We look forward to welcoming you.

MARTLESHAM COMMUNITY HALL AND RICHARDS ROOM

You can find out about our venues at our website - mchall.org.uk

You can check hire rates, if they're available and make an online booking request

Alternatively you can call our Booking Secretary on 01473 623 203. (Monday to Saturday 08:00 - 20:00).

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

THE MARTLESHAM HEATH PAVILION

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

You can check availability and book the Pavilion online at:

martlesham.org.uk/pavilion

Alternatively please contact the booking secretary:

Email: bookingsecmhp@gmail.com

Phone: 07873 557999

GIPPESWYK SINGERS

Gippeswyk Singers are looking forward to performing in our next concert:

An Evening with Gabriel Fauré
on Saturday 21st March at 7.30pm
St. Michael's Church, Martlesham Heath.

Music will include two of Fauré's popular and well-known works, his Requiem in D minor and the Cantique de Jean Racine, both accompanied by The Dargason Ensemble.

Tickets, £15 on the door, or £12 in advance are available from ticketsource.co.uk/gippeswyk-singers or by phoning 07510 612672.

There is no admission charge to concerts for accompanied under-16s.

Choir rehearsals take place at St Michael's Church on Monday evenings. We are a friendly chamber choir that enjoys singing in a variety of choral music genres including madrigals, carols, folksongs and spirituals, under the direction of Janette Ruocco accompanied by Sabine Sutton.

Whilst there is a membership fee for 26 year olds and above, there is no membership fee for singers aged 18 to 25.

Whatever your age, why not come along to a couple of rehearsals to try us out and find out about how we work?

Please phone 07949 803594 for further information.

RSPCA Spring Quiz

Welcome quizzers! We've booked the date for our next Branch quiz – Saturday 11th April 2026 and we'll be welcoming teams of up to 6 people with some testing questions and a hot supper of jacket potato with a selection of fillings.

Location: St Michaels Church Centre, Martlesham Heath, IP5 3PL

Time: 7:00pm for a 7:30pm start

Cost: £10

Doors will open at 7:00 pm for a 7.30 pm start.

Tickets will be on sale nearer the time, but for more information, please contact Kate on kate.grimwood@rspca-suffolkcentral.org.uk

MARTLESHAM VILLAGE HALL TOP STREET

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

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

For any queries or bookings please contact 01473 623655



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07359 463312 (rest day Friday)

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

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

READERS: Marga Gibbs van Dijk 16 Deben Avenue, Martlesham 07837 587340

Carolyn Smith 74 Heathfield, Martlesham Heath

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

07359 339452

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

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 1st March	St Michael's 9.30am Coffee and pastries 10am Breakfast Church St Mary's 11am Holy Communion	
Sunday 8th March	St Michael's 10am Holy Communion St John's 3pm BCP Evensong	10am Holy Communion
Sunday 15th March	St Michael's 10am Morning Worship St Mary's 11am Holy Communion	10am Morning Worship 7pm Zoom Reflecting with God
Sunday 22nd March	St Michael's 10am Holy Communion St John's 3pm BCP Evensong	10am Holy Communion
Sunday 29th March <i>Palm Sunday</i>	St Michael's 10am Holy Communion St Mary's 11am Holy Communion	10am Holy Communion
A warm welcome awaits you at all our services in our church buildings and online. It would be helpful if you could contact Toby by the Saturday before for Zoom codes.		
Midweek Services	Every Monday: 8.30am Morning Prayer at St Mary's Wednesday 11th and 25th March: 10am Holy Communion at St Michael's	

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

March

- | | |
|---|---|
| 1 thank God for his saving work in Christ | 17 for social workers |
| 2 those making difficult decisions this week | 18 for the residents of Geneva Avenue |
| 3 for those working to protect the world's wildlife | 19 for all exploring their vocation |
| 4 for the residents of Fynn Road | 20 give thanks for the longer days of Spring |
| 5 for those working for peace in war-torn areas | 21 for Martlesham Wilds warden and volunteers |
| 6 give thanks for fresh air and clean water | 22 give thanks for our new life in Christ |
| 7 those with nowhere safe to sleep tonight | 23 for all at Morning Prayer at St Mary's today |
| 8 for those searching for Jesus | 24 for persecuted Christians and the work of Open Doors |
| 9 for women and girls worldwide denied an education | 25 for the residents of Green Lane |
| 10 for all at the Lent lunch today | 26 for victims of modern-day slavery |
| 11 for the residents of Gayfer Avenue | 27 for journalists promoting truth and justice worldwide |
| 12 for our Parish Councillors | 28 give thanks for opportunities to rest |
| 13 for new parents struggling with lack of sleep | 29 Palm Sunday: may we walk close to Jesus this week |
| 14 give thanks for those who encourage us | 30 those struggling with poor mental health |
| 15 Mothering Sunday: for all who are a mother to others | 31 for chaplains offering care and support in prisons and hospitals |
| 16 for doctors and nurses in training | |

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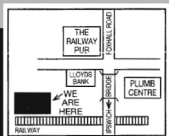
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