

# martlesham monthly

FEBRUARY 2022

Produced and Distributed by Volunteers

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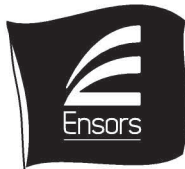
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# martlesham monthly

**FEBRUARY 2022**

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Volunteers at Portal Woodlands made short work of cutting up some huge branches of a sycamore tree that had become weakened from rot - Photo P Davies

Front Cover: Oak tree on the path to Martlesham Creek in winter—photo D Johnson.



## **GIRLGUIDING MARTLESHAM**

Currently we have

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

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

Come join the fun & start your Guiding adventure today!

## **1ST MARTLESHAM SCOUTS**

For all enquiries regarding joining the groups please contact [martleshamscoutswaitinglist@outlook.com](mailto:martleshamscoutswaitinglist@outlook.com).

Becoming a helper or hiring of the Scout HQ please contact

Lindsay Macleod 07828559026  
[Lindsayfw@msn.com](mailto:Lindsayfw@msn.com)

## **MOBILE LIBRARY TIMES**

**Tuesdays** Angela close: 1.30–1.45pm  
Bridge Farm Day nursery 1.50–2.20pm  
Falcon Mobile Home Park: 2.30–2.55pm  
Douglas Bader: 3.00–4.30pm  
15 February, 15 March, 12 April

### **Thursdays:**

Douglas Bader: 10.15–11.45am  
3 February, 3 March, 31 March, 28 April,  
<https://www.suffolklibraries.co.uk/mobiles-home/using-the-mobile-library-service/>

### **Joining**

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

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

## **POLICE**

In case of emergencies please always call 999.

In non-emergency situations call the new number 101.

E-mail: the Safer Neighbourhood Team

## **COMMUNITY RESPONDERS**

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

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

For further details contact Johnny Dixon [johnny.dixon@btinternet.com](mailto:johnny.dixon@btinternet.com)

**Editor:** Gwynneth Johnson

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

Please e-mail contributions to :

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

Or deliver your copy to

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**MARTLESHAM MONTHLY ONLINE**  
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In order to standardise the publication of telephone numbers, all contributors are asked to include their STD code with their telephone number. Contributors are also requested to limit their articles to approximately 250 words.

### **DISCLAIMER**

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

# MARTLESHAM PARISH COUNCIL

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## **Become a Martlesham Parish Councillor**

### **Have you got spare time on your hands and skills that you would like to share and put to good use?**

If the answer is yes, you may wish to consider becoming a Parish Councillor for Martlesham Parish Council.

The work is varied and covers a wide spectrum of topics from financial work and planning issues to responding to consultations and improving the environment.

There are plenty of opportunities to work with others in small groups sharing knowledge and expertise and the results of your labours can be hugely rewarding.

The Parish Council currently has 4 vacancies so if you are interested in helping or finding out more on what being a councillor involves, please contact the Clerk on [clerk@martleshamcouncil.org.uk](mailto:clerk@martleshamcouncil.org.uk).

## **Planning issues**

McCarthy Stone application - DC/21/3305/FUL Land to the east and south of The Square, Martlesham Heath.

The Parish Council is currently meeting with representatives from McCarthy Stone to discuss terms for taking over the new car park.

## **Treebilee**

The Parish Council is part of East Suffolk Council's Treebilee Project (The UK wide Treebilee was launched by HRH Prince

Charles) and has secured one of the 200 oak trees to be planted for the Queen's Platinum Jubilee year. Where this special oak tree will be planted is to be confirmed shortly.

## **Thank you!**

To all the volunteers who took part in the events held in January, a huge thank you. Volunteers helped the Portal Woodlands Conservation Group check and maintain bird boxes and planted saplings many of which were free from the Woodland Trust and obtained by the Martlesham Tree Wardens, worked with the Greenways Project at its MEGABASH on Martlesham Common Local Nature Reserve and the Community Orchard Working Group when it undertook its 2nd Phase of fruit tree planting at Bright's Orchard. A fantastic start to 2022!

## **Jubilee Playspace – upgrade**

The order has been placed for the new equipment for the Jubilee Playspace situated off Carol Avenue. Installation of the new equipment which includes 2 goals & 2 basketball nets, a circular nest swing, a twin tower steel multi-climber and new metal fencing around the perimeter is scheduled for the spring. The new equipment has been fully funded by East Suffolk Council's Section 106 funding from the Mill Heath development.

## **Forthcoming meetings**

Please note that the following Parish Council meetings will be held in St

Michael's Church Centre, The Drift, Martlesham Heath, IP5 3PL

Parish Council – Wednesday 2nd February.

Finance & General Purposes Committee – Wednesday 16th February.

The following meeting to take place in the Parish Room, Felixstowe Road, Martlesham, IP12 4PB

Development, Environment and Transport Committee – Wednesday 9th February

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

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

## **Contacting the Council**

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

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

e-mail: [enquiries@martleshamcouncil.org.uk](mailto:enquiries@martleshamcouncil.org.uk)

website: <http://martlesham.onesuffolk.net>

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

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## **MARTLESHAM HEATH HOUSEHOLDERS LTD**

### **East Suffolk Cycling and Walking Strategy**

Martlesham Heath Household's response to the East Suffolk Council Draft Cycling and Walking Strategy consultation is available on MHHL's website [www.mhhl.co.uk/cycle](http://www.mhhl.co.uk/cycle).

### **Hedge Cutting and Pruning**

February is the last month to finish any hedge cutting and drastic pruning before nesting season starts. This usually runs throughout March to August each year but can be weather dependent. Some birds may nest outside this period, so it is important to always check carefully for active nests prior to cutting. Trees can still be planted but try to get ones in pots with root balls. It is more expensive, but they will be stronger in any drought periods later in the year.

### **Annual Maintenance Charge**

Thank you to all our members that have already paid the Annual Maintenance Charge.

### **Future Invoices by Email**

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

### **Contact and further information**

If there are any issues that you feel that need attention please do not hesitate to contact Martlesham Heath Household's Ltd by leaving a voicemail on 01473 612207 or by email to [mailto:martleshamheathhouseholders@gmail.com](mailto:mailto:martleshamheathhouseholders@gmail.com) or by post to Martlesham Heath Household's Ltd, PO Box 897, Martlesham Heath, Ipswich, Suffolk, IP1 9PB.

## **From Your Conservative District Councillor: Chris Blundell**

### **The Walking and Cycling Routes.**

Martlesham was initially concerned with the 'connectivity' between Brightwell Lakes and Martlesham Heath which for various reasons is desirable. However, with the determination by HMG to reduce the number of domestic vehicles on the road, thus reducing carbon dioxide pollution, it was recognised that walking and cycling routes around the country are woefully inadequate. Hence the pressure on county councils to produce suitable and useful walking and cycling routes.

SCC in their wisdom chose, as one of their options a possible route, that would straddle the A12 at an angle, pass through the wooded gap between the southern end of Coopers Road and the north part of Lancaster Drive and from there to continue across Eagle Way and forge a new path through the middle of Birch Woods at the southern end of the much-cherished recreational green.

As you may understand many of our residents are strongly opposed to the route passing through Birch woods. The possible abuse of cyclists taking 'short cuts' either across the 'Green' or through the SSSI that borders Dobbs Lane has really caused significant upset throughout the whole community of Martlesham Heath and beyond. I too opposed this route. The cost of creating this particularly unwelcomed path may just make the route designers think again. Let us hope so!

**The Local Community Partnership** met again on 10th January 2022 to consider the allocation of some £15k that was left in the pot.

This last year the partnership considered the very important topic of Safety on the Roads. Normally, this is the responsibility of the County Council. So, the question arose as to what if anything the CP could and should do to improve the safety of all road users.

The narrow roads that link most of our rural and not so rural roads are a source of great concern because of vehicles travelling at what are deemed to be excessive speeds. Thus, there is a big demand for devices that can measure the speed at which a vehicle is travelling. Two such devices are the Speed Indication Device (SIDs) and Automatic Number Plate Recognition Device (ANPRs). Unfortunately, the ANPR device is not available for use by local voluntary groups.

The local CP considered and granted requests for SIDs in Rushmere St Andrew, Carlford and the Fynn Valley area and the Witnesham and Swilland area.

Most significantly, the CP agreed to fund the supply of Hi-Vis jackets to at least six primary schools in our area that included both Martlesham and Grundisburgh. I am very pleased to report that the supply of Hi-Vis jackets was reported in an article in the EADT on Tuesday 11th January and also in Mark Murphy's broadcast the same day. Funding was also allocated by the Kesgrave, Rushmere St Andrew, Martlesham, Carlford & Fynn Valley Community Partnership, of which I am the Chairman, toward an improvement at what the EADT referred to as a 'Lethal' junction known as the Gibraltar Crossroads, which connects the B1078 and

High Road between Ashbocking and Suffolk Rural College (formerly, Otley College).

To have significant articles in the EADT on the decisions of the CP meeting on two separate days was, I thought, quite an achievement.

**Planning Matters.** There are no new large scale development plans to consider in Martlesham. However, the proposed new Storage and Distribution Centre along the A1156 in Foxhall is likely to have a significant effect on the Local roads including the A14 and the A12.

### **Kesgrave, Martlesham, Rushmere St Andrew and Villages Road Safety Forum.**

The Road Safety Forum is intended to bring together interested local parties to discuss concerns, share best practice, improve communication and take practical action against risks affecting all road users in the local area. Membership of the forum will be open to the following stakeholders:

- a. Each Town or Parish Council within this partnership.
- b. East Suffolk Council Communities Team.
- c. Suffolk Constabulary.
- d. Suffolk Highways.
- e. Suffolk County Councillors for the area.

The first meeting is scheduled for the 25th February 2022.

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

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### **USED STAMPS AND OLD COINS APPEAL FOR ST ELIZABETH HOSPICE, IPSWICH**

In the Christmas edition of this magazine I made an appeal for your used stamps. You responded amazingly, as you always do, diligently tearing used stamps from envelopes and popping your full bags through my letterbox. I've recently been able to visit the hospice with a car-boot crammed with carrier bags of stamps, plus a heavy box of old British and foreign coins.

The hospice needs £12.9 million each year to be able to deliver their services and the majority of that figure is met through donations, fundraising and the support of volunteers.

One way we can all help is by saving used stamps throughout the year. Volunteers sort through them and sell

to dealers, collectors and on eBay, thus turning used stamps into cash. Any stamps will do – vintage, first and second class, special edition and foreign, even old stamp albums. Old coins British and foreign, holiday left-overs too, can also be sold to raise funds.

Post them through my letterbox and I will take them to the hospice. Or if it's more convenient, take them directly to one of the hospice shops in our area. Please continue to do this throughout the year – every stamp saved helps to make money for our hospice.

Thank you all for your continued support,

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## HEDGEHOG NURSERY AT GORSELAND PRIMARY SCHOOL

Here at Hedgehog Nursery, we have enjoyed cooking each week. We love to use the balance scales to make cakes, we check that all of the ingredients weigh the same as two eggs; a great maths activity to practice our vocabulary.



## BRIGHT STARS

### Do you have or look after pre-school aged children?

#### If so, would you like to receive our Bright Stars Activities sheets?

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

Unfortunately, we are not meeting in person at present due to the coronavirus pandemic. Instead, we are sending out activity sheets by email and/or post for the children to enjoy doing with their family and/or carers. In January we continued the Christmas story with the Wise Men's visit to Jesus, with a story, song and a maze helping the Wise Men find their way.

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

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## KESGRAVE LIBRARY NEWS –

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

Sunday 6th – To celebrate Chinese New Year, which was on the 1st of February, we are making Chinese Dragon puppets.

Sunday 13th – Tomorrow is Valentine's Day, and we are making peacocks with heart-shaped tails.

Sunday 20th – It's the Winter Olympics this month. Pop along to make your own Olympic torch.

Sunday 27th – Today is Pokemon Day. Design your own Pokemon to take home.

Activities are free. Parents must stay with under eights.

**Covid -19 Self-Test (Rapid Antigen Tests)** – Did you know that your local library is a collection point for these tests? Please just pop along and ask staff for however many boxes you or your family require.

**Word Play Sessions** – These free sessions are now back in the library every week on a Thursday morning.

Tot Rock – 9.45 – 10.15 a.m.

Baby Bounce – 10.30 – 11.00 a.m.

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

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

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

Book Club – Thursday 24th February 7.00

p.m. If you would like to join, please either pop along or give the staff a ring. The group is currently reading Death in the East by Abir Mukherjee. The library supplies the titles being read.

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

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

**100 Club** – Our Community Group has a 100 Club, to help with fund-raising specifically for Kesgrave Library and we have nearly 70 people who have signed up. For just £1.00 per month, you could enter and have a chance of winning a cash prize plus knowing you are supporting your local library. Please speak to staff for details of how to enter.

**Saturday 12th March – this is Suffolk Libraries Day.** We are currently beginning to sort out a range of activities to celebrate, including (Covid dependent) the author Kate Thompson visiting to talk about her new novel The Little Wartime Library; based on a real-life war-time library that was situated in the underground at Bethnal Green.

This event is due to be held at Felixstowe Library, due to Kesgrave's lack of space. Watch out for more information on this.

**Cancer Support Group** – we are hoping to restart this one Monday morning a month in the library during March. Please keep an eye out for posters advertising this.

---

Our volunteer who helps run these sessions, is available to offer assistance 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](http://www.suffolklibraries.co.uk)

## PORTAL WOODLANDS CONSERVATION GROUP

On a cold, damp and grey Sunday morning in December, our keen Volunteers made short work of cutting up some huge branches of a sycamore tree that had become weakened from rot, and needed to be felled before it became dangerous. They cleared the mud and leaves off a section of the perimeter track, and spread chippings along part of one of the paths through the trees. A good workout for all ahead of the holiday season!

A big "thank you" to the Suffolk Tree Warden Network who kindly donated 80 saplings of various wildlife friendly hedge species, which had been grown by the Woodland Trust. These will be planted at the earliest opportunity.

Our February work morning is Sunday 20th, from 10:00 to Noon, meeting at the Education Area. Please bring your own gloves, refreshments and, if possible, tools. Please visit <https://pwcg.onesuffolk.net/volunteer-work-mornings/> for full details of how we are operating our volunteer work mornings in these uncertain times.

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

*Stephen Corley, Chairman*

## MARTLESHAM CONSERVATION GROUP

**A Megabash on the Martlesham Heath SSSI is scheduled to take place on Saturday 19th February with the Greenways project team.** Please consider joining us for scrub clearance (may be with bonfire) and help conserve this important wildlife reserve. Meet on the Heath, anytime from 10am to 3.30pm, follow the path that leads from the gate opposite the windsock on Eagle Way. All tools will be provided.

The Greenways team have been undertaking more heathland maintenance on the Martlesham Heath SSSI during January. The main aim this year has been to benefit the special wildlife that depends on lowland heath for its continued survival and also to improve access and movement around the site for members of the public and for emergency vehicles that may need to get onto the site in the event of a fire for example. Areas of gorse and other scrub have been cleared, which will hopefully allow more heather and acid grassland to flourish. A typical species that could benefit would be the Silver Studded Blue butterfly that relies on heather and other heathland flora and insects for its survival. Penetration of more light to the ground will also help the ground to warm up and be of benefit to a wide range of insects such as ants and butterflies, and reptiles that need warmth in order to become active.

We have had some interesting winter wildlife around during January including flocks of Redwing and Linnets, Foxes basking in the sunshine of a cold winter's day and strikingly coloured Bullfinches. The month of February can be one of increased activity for wildlife. Some birds have already started to sing. This chorus of song is likely increase throughout February and into the later spring months as migrating birds arrive from more southerly regions of our planet. If there are warmer days in late February reptiles such as adders can begin to emerge and bask in the stronger rays of sunshine.

If the weather is cold please remember that your garden could make a real difference to the survival of some wildlife. Please continue to provide water and food for birds, and don't be too keen to tidy up; you could have a hedgehog under that pile of branches and leaves.

Many thanks to all the volunteers who came out on our main work party in January. We were able to deploy our new winch and successfully remove scrub from an area of heather. Our next regular work party will take place on Sunday 6th February at 10am, meet on the Martlesham Heath SSSI at the bonfire site.

Please get in touch with your wildlife observations or if you are interested in our activities, especially if you may be able to contribute to work parties or surveys, via the phone number below or via our e-mail [martleshamconservationgrp84@gmail.com](mailto:martleshamconservationgrp84@gmail.com).

*Phil Smith 01473 625630*

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## MARTLESHAM IN BLOOM Spring is on its way!

**Some early flowering bulbs such as crocus, snowdrops and winter aconites will be flowering in gardens, and providing nectar to any early bees venturing out.**

If you are cutting back hedges and shrubs, be careful and keep a watchful eye out as some birds may have already started to build nests, we have seen blackbirds and woodpigeons nesting early in recent years.

It may surprise you to know that in the 5th Birds of Conservation Concern report (covers birds in the UK, Channel Isles and Isle of Man), published last year, woodpigeons had moved from green to amber-listed (meaning it is a species of concern)!

The UK population of woodpigeons is of international importance as the UK contains over 20% of Europe's wood pigeons (BTO Garden BirdWatch Enews 5th December 2021).

The more plants and variety of plants you can grow in your garden the better it will be at providing habitat for wildlife, including birds and insects. There is still time to plant bare rooted trees and shrubs; keep their roots covered and damp from when you have purchased them right through to planting and do not plant if the ground is frozen. Containerised trees and shrubs can be planted all year round although the best time is October to March, if planted during the late spring and summer they will need extra attention to watering to help them establish.

When planting permanent plants in your garden, whether evergreen or deciduous, applying some mycorrhizal fungi to the roots (which can be purchased from some garden centres, nurseries and retailers) when planting will help them establish. It gives them a better chance of quickly connecting into the the web of natural mycorrhizal fungi which live throughout most of our soils. These fungi connect with plant roots in a symbiotic relationship which helps facilitate the uptake of water and nutrients from the soil.

*For further information please contact:*

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





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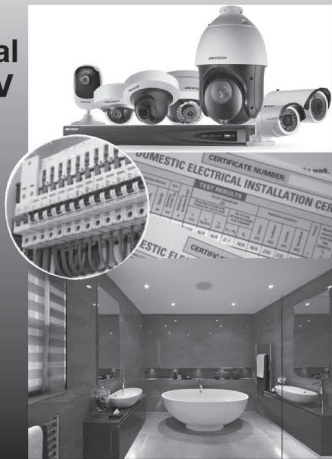


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 Martlesham Community Responders are a small group of volunteers who are trained to provide local emergency support to the East of England Ambulance Service. We are trained in First Aid and resuscitation, and living locally we can provide an initial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

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

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



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

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

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

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

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

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



**General contact details:**  
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**Call 077 077 11104**  
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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?



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## Martlesham Climate Action

### Martlesham Repair and Climate

#### Advice Hubs, Saturday 12th February, 10 - 12 St Michael's Church

A reminder that our Repair Hub runs on the second Saturday of the month in St Michael's church 10-12am. Next one is 12th February. Bring along things for free help and advice on repair (donations welcome to cover the cost of the hall). Don't bin it, repair and re-use it! This includes clothes, appliances, toys, furniture etc. The Climate Advice Hub will also be there. You can get free advice on how to 'do your bit' to reduce your carbon footprint. It is estimated that we all need to reduce our carbon footprints by 50% by 2030 to keep global heating to within +1.5 degrees above pre-industrial levels (we are currently around +1.2 degrees). Start your journey by starting to make some changes this year.

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

#### Free Heat Loss Inspection for your home.

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

#### Climate Change Jottings - Article 3: Changing the way we get around.

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

News from around the world gives a stark warning that we have to act quickly to curb our carbon emissions: horrendous fires in Australia, Greece and California, searing heat in Canada and Turkey, ice melt in Greenland and Antarctica, serious floods in Europe. World leaders met at COP 26 in Glasgow in November 2021 to cooperate to keep global temperature rise down to +1.5 degrees C. Progress was made but currently nowhere near enough to achieve + 1.5 degrees. We must all eventually aim to reduce our carbon footprint from the around 10 tonnes of carbon emissions per year for an average citizen, to 1 tonne to avoid the worst impacts of climate change. As an interim goal it is estimated that we all need to reduce our carbon emissions by 50% by 2030 to

ensure the world does not heat up beyond the +1.5 degree increase target over pre-industrial levels.

In the first two articles we looked at our food choices and our energy choices, which, if we were really determined, could save 1.5 tonnes and 2 tonnes respectively. This month we look at how we get around. Most of us are still wedded to our petrol or diesel car. The media is full of information about electric vehicles (EV's) and the UK Government has legislated to stop the production of petrol and diesel cars by 2030. All car manufacturers are bringing out EV's, hybrid and plug-in hybrid models and electric car sales are increasing rapidly. So how much of your carbon footprint would it save? If you change to a fully electric vehicle this would save about 2 tonnes of carbon; a plug-in hybrid would save about 0.6 tonnes; a full hybrid would save very little carbon (disappointing as I have a 9 year old Yaris Hybrid). As people wrestle with the decision, they rightly raise concerns about EV's.

"I'm concerned about the range." Early EV's like Nissan Leaf with a 30kWh battery (1 kiloWatt hour is 1 unit of electricity) would do about 130 miles; more recent models will do up to 300 miles and a Tesla up to 400 miles.

"How quickly will it charge up?" This depends on how you charge it. From a 13amp plug charging at 2.5kW it would take about 12 hours or overnight; but if you are on a journey then fast charging areas can fill your battery in under 45 minutes.

"What if all the chargers are occupied?" An App will tell you where the nearest chargers are and also which are occupied.

What you do need to do is change the way you think about using the car. You must think ahead - you can't just fill the tank when the warning light comes on. If you get over your early fears, there is the capital cost: an EV is more expensive than the petrol equivalent but much cheaper to run. So, are you prepared to help ensure a liveable planet or not? If so, the extra cost will reduce your carbon emissions by about 2 tonnes.

EV's are not the silver bullet. If we all moved to EV's overnight this would produce an enormous reduction in carbon emissions, but a massive strain on the National Grid and we would still demand the increase in roads that can plague the countryside, towns and villages. We also need to shift our culture by doing fewer miles by car. 60% of journeys by car are less than 2 miles and these could be undertaken on foot or by bike. Many families have bikes in the shed but don't use them. It takes determination to get on your bike or walk to the shops or school with the kids even though the rewards for better health are well documented. What we need to do is to encourage good safe paths and cycle ways - so press your local Councils.



Improved public transport is also a crucial option to enable all abilities to get around reliably without always resorting to the car. Use the bus for short journeys and the train for longer ones. Even if you don't switch to an EV, using cycling, walking and public transport could save you about 1 tonne.

Air travel is the biggest concern for carbon emissions. One long distance return flight to Tokyo or Perth would count for 6.5 tonnes of carbon: even a short haul return flight in Europe would count for 1 tonne per person. Many residents might be content with 1 flight per year but 15% of us are taking several flights a year. Being blunt, that is totally unsustainable in the current crisis. And before you write me off as a killjoy, stopping holidays or family visits just reflect on what future you want for you and your family. The latest IPCC Report that summarises all the scientific evidence gathered over decades is out. No ifs, no buts: "Climate Change is here, it is here to stay and it is caused by us (and it is getting worse)". We each must change course or serious fires, violent storms, flash floods, sea level rise and unbearable hot spells will increasingly be the norm - not the exception (with adverse knock on effects to food and water security, world economies, mass migration of people and collapse of eco-systems). Recent weather in North America has broken all records. We have just had the mildest January day on record (not a cause for celebration but deeply worrying).

In summary, if we significantly change the way we get around we can each reduce our carbon footprint by at least 2 tonnes.

If you would like to start on your journey to 50% reduction by 2030 you could have a look at <https://footprint.wwf.org.uk/#/> to get an idea of your current carbon footprint.

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

Website:

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

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## MARTLESHAM HEATH AVIATION SOCIETY

Friday 7th January 2022 and we held our first public meeting of the year. Turn-out was most encouraging considering the restrictions we are living under. We had a most entertaining evening by Mr Eric Ratcliffe. Eric is chairman of the Tibenham Gliding Club and is an authority on the history of the WW2 airfield. He has recently published a book entitled, "The Kassel Raid". The Kassel Raid, took place on the 27th September 1944 and resulted in the largest loss by USAAF Group on any mission in WWII. 283 Consolidated B-24 Liberator bombers from the USAAF's 2nd Combat Bombardment Wing were accompanied by 198 P-51 Mustangs. As the result of a navigation error, the lead ship of the 445th Bombardment Group from Tibenham turned almost due east instead of east-southeast. As a result 35 bombers lost their fighter escort and 25 bombers were shot down. Only four bombers made it home to Tibenham. 118 Americans were killed, of whom 11 were murdered by civilians after parachuting to safety. 121 Americans ended up in German POW camps and survived.

A vote of thanks was given by our president, Mr Richard Barker.

Our next meeting will be on Friday, 4th February, when our member, Andrew Locke, who is a retired Master Sergeant in the USAF. He was at RAF Bentwaters and now lives at Brandeston. His talk will be of his experiences with Phantoms, A10 Warthog tank busters and other aircraft. Promises to be a most interesting evening.

All meetings take place at the Community Hall, Felixstowe Road and start at 7.30. Non-members are very welcome for a payment of just £4 at the door.

Alan Powell 01473 622458

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

## SCOUT POST 2021

Thanks to all who used the service and to those who hosted the collection boxes; Duncans Butchers and Bakery, Black Tiles Post Office, Runway Cafe and J's Fish and Chips.

The operation of Scout Post in the Ipswich, Kesgrave and Felixstowe area is coordinated by the 4th Ipswich Scout Group and involves 10 Scout Groups who have processed about 71,000 cards this year.

In Martlesham we collected 2486 cards sending 2264 of those to the other Groups and received 1890 from them for Martlesham. We delivered 2103 cards in Martlesham and raised £720 to support Scouting in Martlesham.

There were cards from Wickham Market and Belstead deposited in the box at Duncans and from Ipswich in the box at Black Tiles. There was one card with no address and six cards that were for delivery well outside the Ipswich Scout Post delivery area and several for Woodbridge. *Martlesham Postmaster*

## THE DEBEN ROTARY CLUB OF WOODBRIDGE

The Members of the Deben Rotary Club of Woodbridge would like to thank all those who donated to our Trust Charity Fund in December 2021.

We collected with the Santa Sleigh on the whole of Martlesham Heath over four evenings, one evening in Deben Avenue Martlesham and Dobbs Lane Kesgrave, one evening part of Old Martlesham and on a Saturday Morning the Thorofare in Woodbridge and collected over £2500.00p. which will be used to help causes Locally, Nationally and on the International front.

If you would like to more know about our work, when we meet and about Membership please contact Rotarian Ian O'B. Baker 01394 382419 or [ianmeadhome@btconnect.com](mailto:ianmeadhome@btconnect.com)

We hope you have a successful and Happy New Year. Yours, Rotarian M. Ian O'B. Baker.

## MARTLESHAM BRASS 'Making Music Fun in East Anglia'

We would like to thank all those who contributed to our charity carolling collections before Christmas in both Martlesham and Kesgrave, which raised £343.28. Additional donations and online fund-raising events have raised in excess of a further £200. The money will be shared between St. Elizabeth Hospice, The Bumblebee Children's Charity & Lighthouse (Women's Aid).

Our beginners band is now operating again, so if you feel you would like to learn to play a brass instrument, or if you already play and would be interested in joining us, please email [join@martleshambrass.co.uk](mailto:join@martleshambrass.co.uk). Please note that we operate a waiting list for new members.

Liz Howard. (Publicity Officer) [e\\_m\\_howard@talk21.com](mailto:e_m_howard@talk21.com) 01473 625617.

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

## Home-Start in Suffolk family support charity encourages people to put volunteering on their New Year resolutions list

**Home-Start in Suffolk supported more than 575 local families from April 2020 to March 2021 thanks to a network of fully trained award-winning volunteers who help families with children up to the age 12 through a range of issues, including, loneliness, isolation, mental health, domestic abuse, bereavement, health struggles, disabilities, poverty and much more.**

The charity has seen referral numbers rise sharply recent months with a 40% increase, meaning it is vital that more volunteers are recruited and trained to cope with the rise in demand.

Tara Spence, CEO of Home-Start in Suffolk said: "The last few years have been really difficult for everyone, and we have seen families hit hard as a result of the pandemic in a many different ways.

"We hope the New Year might inspire people to consider volunteering. It has a huge positive impact, not just on the life of supported families, but also for the volunteer themselves. Volunteering is associated with higher levels of wellbeing, better general health, improved life satisfaction and is a fulfilling way to help your local community. It creates a sense of purpose, promotes routine and the most important of all, makes people feel happy

"Home-Start works because it is such a simple yet powerful concept. Volunteers are matched with a family, then visit or call them once a week to provide vital emotional support and practical help. It's very satisfying to see families get the help they need when they need it most and seeing them blossom and grow in confidence is so rewarding."

Volunteer Ali was asked to explain why she loves being a volunteer. "I absolutely love being a Home-Start in Suffolk volunteer. Being able to make a difference to a family's life is a wonderful feeling and I feel privileged to have been part journey of the families I have supported."

There are home-visiting volunteer opportunities and also a range of other volunteer opportunities either in person or remotely via phone or zoom, including administration roles and fund raising.

Home-Start in Suffolk have been supporting families across the county for more than 22 years and in 2021 their volunteers were recognised for their incredible work by being awarded the Queens Award for Voluntary Services – the equivalent of an MBE for volunteering.

Find out more about volunteering for Home-Start in Suffolk by calling 01473 621104 or visit [www.homestartsuffolk.org](http://www.homestartsuffolk.org)

## PPG NEWS FOR PATIENTS OF MARTLESHAM HEATH SURGERY

This is to let you know about a new way of contacting your doctor or other clinician being introduced at Martlesham Heath surgery from 18th January 2022. It's called "askmyGP". The Birches practice in Kesgrave adopted this approach last year and it has proved to be popular with patients and staff, so the same system is to be introduced for our patients. Hopefully, it will avoid all those repeated attempts to get through when phone lines open each morning, often followed by waiting in a queue for a receptionist to become free.

The new system allows patients or their carers to send in a request for health advice via an online link, at any time of day or night, from 6am Monday to 6.30pm Friday. You might want to request advice about a medical condition (non-emergency), medication or your test results, for example. You can expect a prompt response during surgery working hours (8am – 6.30pm Mon-Fri).

It's important to say that patients who are unable to use this technology can continue to phone in as before. Receptionists will ask patients for the same information as via the online system, so everyone will be treated the same, whichever method they use to make their enquiries. Since the number of people phoning will be fewer than before, it should be much easier for callers to get through.

These are the steps for using askmyGP:

1. Using your computer, smart phone or tablet, click the askmyGP link for our practice – it will be on the website at [www.mhdoctors.co.uk](http://www.mhdoctors.co.uk). The first time you use it, you will need to register. After that, you'll log in using a password.
2. Once connected, you will see some straightforward questions where you can type in what you need help with e.g. your symptoms, how long you've had them, who you saw before for this condition, what outcome you are seeking and any other relevant information. You can even add photos if you want.
3. The information you send is via a secure link and confidential - only seen by staff at our own practice. They will respond by the means you requested, e.g. secure message or phone, providing clinical advice/information or offering you a phone or in-person appointment, usually the same day, when required.

Advantages are that it saves you time, no waiting to speak to a busy receptionist and no unnecessary trips to the surgery if you don't need to see someone in person. You can send your enquiry at a time which suits you. It saves the doctor time too, because they can read the information you've sent and check your medical history in advance of your appointment. They can tailor the length of consultation to suit your needs – some patients may need a quick call back, others may need a longer than normal appointment slot. The new system is more flexible and the PPG hopes we will all find it to be beneficial.

If you wish to feed back your experience of the new system, you can email me at [MartPPG@gmx.com](mailto:MartPPG@gmx.com). Please don't share any confidential medical information.

*Prue Denton, PPG Chair*

## 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 usually meet at Richard's Room in Martlesham, but for now we are using an online Zoom format. We find this very effective, and that it also enables us to include guests from further afield - giving us the opportunity to be even more inclusive!

Guests are welcome to join Speak Easy to see what we have to offer, and to take part if you would like. 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 20th January, and 3rd and 17th February

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@speakeasy.org.uk](mailto:vppr@speakeasy.org.uk)  
or [www.speakeasy.org.uk](http://www.speakeasy.org.uk)  
or find us on Facebook: Speak Easy Martlesham

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## WHY THE WAY YOU BREATHE MATTERS

If you've been reading the papers or keeping an eye on social media, you've probably noticed that one of the big ideas for 2022 is your breath! The way you breathe and the effect it has on your body and your overall sense of wellbeing is a hot topic.

Fortunately, most of us can breathe pretty successfully and probably don't pay much attention to our breathing, unless we exercise and find our breath rate increasing. However, paying attention to your breath in different situations can tell you a lot about yourself. And the really interesting thing is that by learning how to control and regulate your breathing, you can find a greater level of confidence in yourself, which can be a great source of strength in all sorts of situations.

Controlling your breathing can help when you are giving a presentation, making and communicating a decision you have made,

managing a difficult relationship or discussing an important matter with your boss. It can also be the key to improving your performance in running, cycling, swimming or it can help you prepare for that cold water swim you've been longing to try!

Hatha yoga, which is one of the most popular forms of yoga, includes breathing practices, known as pranayama and different techniques are used for cleansing, energising, balancing your energy and for calming. The calming effects of breathing are well known – if we feel anxious, we are used to being encouraged to "just breathe!" And there is plenty of advice available for calming the breath – in yoga we breathe out for a count of 4 and in for 2, through the nose, because lengthening the out breath helps to release tension and gives room for the incoming breath.

If you'd like to learn more about your breath and discover how to regulate it, then do get in touch with me. As well as weekly group

sessions I offer one to one sessions online or face to face at the Woodbridge Complementary Health Centre in Sandy Lane, Martlesham and at the Natural Health Centre in the Thoroughfare in Woodbridge. These one to one sessions are designed specially for you so that we can focus on what you need from your yoga to support your physical and mental wellbeing.

I love sharing yoga with complete beginners, those returning to yoga and those who are experienced and want to learn advanced yoga postures, breathing practices, relaxation and meditation or mindfulness. I'm a British Wheel of Yoga qualified yoga teacher with over 40 years' teaching experience and I love helping everyone to learn yoga and improve their wellbeing!

*Izzy Ixer BWY Dip, MCFI*

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

[izzy@bluepebblecoaching.co.uk](mailto:izzy@bluepebblecoaching.co.uk)

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## Birchwood Primary School



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

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

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

Our vision statement underpins all that we do.

"Passionate about learning."

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

Valiant Road, Martlesham Heath, Ipswich, IP5 3SP

Telephone (01473) 610701

Email admin@birchwood.suffolk.sch.uk

Website www.birchwoodprimary.co.uk



## U3A EAST SUFFOLK SPEAKERS

East Suffolk u3a's 2022 speaker programme offers a stimulating insight into a variety of topics to fill the winter months. Talks are open to all members, and guests are invited to come along and sample the benefits of joining u3a.

**Thursday 10 February** 2.00 to 4.00

Market Hall, 29 High Street, Saxmundham IP17 1AF

The Aldeburgh Lifeboat: the work of the boat and its crew. Presented by Steve Saint

**Monday 28 February** 2.00 to 4.00

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

A walk through history: the story of a footpath along the line of the Berlin Wall. Presented by Gerald Jenkins

**Thursday 3 March 10.30 to 12.30**

Salvation Army Hall, Felixstowe IP11 7EL

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

**Thursday 10 March** 2.00 to 4.00

Market Hall, 29 High Street, Saxmundham IP17 1AF

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

While all necessary guidance and precautions followed, we advise members to check the u3a East Suffolk website to avoid unnecessary journeys should meetings be cancelled or postponed. East Suffolk u3a offers its members the choice of 160+ different interest groups to enjoy. Membership is open to everyone who is no longer in full-time work.

*For details, please visit the website:*

*[www.u3aeastsuffolk.org.uk](http://www.u3aeastsuffolk.org.uk) , call 01473 401878 or email [membership@u3aeastsuffolk.org.uk](mailto:membership@u3aeastsuffolk.org.uk).*

## MARTLESHAM LADIES CLUB

The beginning of February with longer hours of daylight brings the promise of Spring and more hopeful times.

There are two meetings planned for this month. On 10th February 2022 Theresa Driver is holding a Jewellery Workshop when we can make and buy the results of our artistic efforts.

On 24th February Hawk Honey (his real name!) will give a talk entitled 'The forgotten bees and what you don't know about them'. With the worrying decline in the bee population this will be very relevant and informative.

Meetings are held on Thursday afternoons at 2.30pm in the Richards Room. For more information about this friendly club contact June Peck 01473 790126.

## Mothers' Union- More than just a monthly meeting.



If you had to describe Mothers' Union how would you start?

Perhaps you know Mothers' Union as the group of ladies who make the tea, or that they have monthly meetings.

Mothers' Union is a movement of over 4 million Christians in 84 countries round the world. Mothers' Union members volunteer in local communities putting their faith into action by acts great and small, giving individuals a helping hand and enabling communities of all faiths and none to have the confidence and skills to transform their lives in a sustainable way.

The Mothers' Union members are not all mothers or even all women. Married or single, male or female, young or old there is a place for anyone in the Mothers' Union. Liverpool diocese even has a group called Mini Mums, who are all school children who wanted to have their own group within Mothers' Union.

The main aim of Mothers' Union is to support marriage and family life, especially through times of adversity. In Suffolk Mothers' Union branches run parenting programmes; these are very popular and offer parents of teenagers, as well as of young children, the opportunity to explore and reflect on issues such as active listening, so that parents can develop and maintain positive relationships with their children

Mothers' Union members make drain bags for the oncology unit, memory bags for the neonatal units, hats for seafarers, fiddle muffs for people with dementia. You will find us collecting toiletry items for the Ipswich night shelter and Women's refuge or for emergency wash bags for the local hospitals. In the first weeks of lockdown one branch made 61 laundry bags for the staff of a local care home.

Mothers' Union members hold fund raising events to support the Away from It All project which provides a much-needed break for families who are going through stressful times.

All our outreach work is supported through prayer. In July each year we join a wave of prayer made up of Mothers' Union members across the world. At the beginning of the first lockdown we published a Book of Comfort which included prayer, poems and reflections specifically for the Covid19 pandemic.

There are 36 branches in our diocese including a branch here at Martlesham and also a number of Diocesan members who live in parishes where there is no branch nearby.

Our website [www.mothersunionsuffolk.org](http://www.mothersunionsuffolk.org) has more information about our organisation and we also have a Facebook page. Look us up and contact our secretary, Mary Stalley on 01473 623752 if you would like to join us. We meet at St. Michaels Church, Martlesham Heath, on the first Wednesday of each month at 14:30..

## Pop Up Shop

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13 & 27 February

13 & 27 March

10 & 24 April





## WHAT DO YOU CHOOSE?

In philosophy there is an example given of choice and indecision. Buridan's donkey is placed between two equally spaced bales of hay. The donkey is forced to make a choice as to which it will eat and, failing to make a choice, starves to death. The moral being that we have to make a choice and that indecision can lead to bad consequences.

In the world we currently live in there are a lot of choices that have been taken from us. Travel restrictions make it harder to choose to visit other countries, self-isolation rules can mean that we cannot choose to see our friends whenever we want. So, what is left for us to choose?

This month we celebrate Valentine's Day so perhaps we could focus on choosing love? Not just in selecting a lovely card and flowers for our romantic interest but choosing to love those around us. In the bible, in a passage often read at weddings, St Paul gives us a definition of love.

Love is kind and patient, never jealous, boastful, proud, or rude. Love isn't selfish or quick tempered. It doesn't keep a record of wrongs that others do. Love rejoices in the truth, but not in evil. Love is always supportive, loyal, hopeful, and trusting. Love never fails! (1 Corinthians 13:4-8)

So, maybe this month when the word love is proclaimed loud and proud and roses and cards and chocolates are sent to those we care for, we can also choose love for everyone? Maybe choosing to be more patient with those who irritate us, choosing to not be offended by the choices of others but loving towards them. We faced a lot together as a community in the past years, let's choose to continue this journey together in love.

Revd. Toby Tate

toby@martleshamcofe.org.uk Facebook: Martlesham benefice



MARTLESHAM  
COMMUNITY  
HALL

### HIRE THE HALL!

**We all hope this will be year when COVID-19 disappears into the background.**

At the time of writing the Community Hall and Richards Room remain fully open and available to hire. In the short-term you'll need to follow the Government's face covering requirements, though these are different depending on what you're using the venues for. Check our Special Hire Conditions and Guidance document for more details - download it from our website: [mchall.org.uk/shcg](http://mchall.org.uk/shcg).

If you're planning to attend one of the groups and classes held by our regular hirers, please check with them directly for their latest updates.

If any further restrictions are imposed, please check our website, [mchall.org.uk](http://mchall.org.uk), for the latest COVID-19 updates.

Now is a good time to book the Community Hall or Richards Room for that spring or summer event you're planning.

If you're interested in making a booking or just checking availability on our online calendars - go to [mchall.org.uk/booking](http://mchall.org.uk/booking) for a simple '1-2-3' checking and booking request process. There's details and photos of the venues on the website.

Alternatively you can call our Bookings Secretary on 01473 623203.

#### MARTLESHAM COMMUNITY HALL AND RICHARDS ROOM

**You can find out about our venues  
at our website—[mchall.org.uk](http://mchall.org.uk).**

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

Alternatively you can call our Booking Secretary on 01473 623203.

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

#### THE MARTLESHAM HEATH PAVILION

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

You can check availability and book the Pavilion online at:

**[martlesham.org.uk/pavilion](http://martlesham.org.uk/pavilion)**

Alternatively, please contact the booking secretary:

**email: [bookingsecmhp@gmail.com](mailto:bookingsecmhp@gmail.com)**

phone: 07732 199712

## Wild Church

**A new style of 'Church' has started in Martlesham.**

We are holding 'Wild Church' services, outside, at St Mary's Church (IP12 4PQ), during school holidays and the next one will be on Wednesday 23 February.

It will start at 2pm and will be held outside whatever the weather so that we can discover God through the natural world. It will be a very 'hands on' time with lots of activities to take part in.

In December we celebrated the visit of the magi to Jesus and made 5 pointed stars, a nativity with natural materials found around us and went on a treasure hunt.

Wild Church is a service for all ages but all children of primary school age must be supervised by an adult. You will need appropriate clothing and shoes and a mug for your hot chocolate/tea/coffee at the end of the session.

To get there go up School Lane (opposite the Red Lion pub; left up church lane and you'll find the car park at the top of the road). For more information look at St Michael's facebook page.

#### DEBEN ROTARY

On Wednesday January 26th, subject to no further Covid restrictions, the Memory Cafe will resume at Woodbridge Football Club from 10.30 to 12.00.

We look forward to once again welcoming sufferers of all forms of memory loss and their carers for refreshments, conversation and entertainment.

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

#### 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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## 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 MINISTERS:** The Revd Christine Pinder 3 Mayfields, Martlesham Heath  
07555 748345 (working days: Sunday, Wednesday, Thursday)  
The Revd Margaret Rittman Woodlea, The Street, Martlesham  
07914 771061 (working days: Sunday, Wednesday, Thursday)

**READERS:** Malcolm Rittman Woodlea, The Street, Martlesham  
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 (evening only)  
Liz Welham 23 Deben Avenue, Martlesham Heath 01473 622709  
Lynn Wilder Kenton, Nr Debenham 01728 860627

Services for the Month	Martlesham Heath St Michael's Martlesham St Mary's Brightwell St John's	Online on Facebook and YouTube. Search for 'Martlesham Benefice'
<b>Sunday 2nd January</b>	St Michael's 10am Holy Communion with Junior Church	10am Holy Communion
<b>Sunday 9th January</b>	St Michael's 10am Morning Worship St Mary's 11am Holy Communion St John's 3pm BCP Evening Prayer	10am Morning Worship
<b>Sunday 16th January</b>	St Michael's 10am Holy Communion	10am Holy Communion 7pm Zoom Reflecting with God
<b>Sunday 23rd January</b>	St Michael's 10am Morning Worship St Mary's 11am Holy Communion St John's 3pm BCP Evening Prayer	10am Morning Worship
<b>Sunday 30th January</b>	St Michael's 10am Morning Worship	10am Morning Worship

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

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

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

### Midweek Services

Wednesday 12th and 26th: 10am Holy Communion at St Michael's

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

#### January

5 the residents of Hilton Road  
6 the wisdom to recognise the power of Christ in our lives  
7 that all orphans around the world receive support  
8 all teachers and all who work in schools and nurseries  
9 give thanks for the cleansing power of the Holy Spirit  
10 give thanks for those administering Covid vaccinations  
11 for all who feel lonely or depressed at this time  
12 for all involved in Lunch Clubs  
13 for the residents of Holfen Close  
14 for those experiencing the loss of a loved one  
15 that governments will make wise decisions for all  
16 that we may be receptive to Jesus' teaching  
17 for all who suffer from discrimination  
18 give thanks for authors of stories and books for children  
19 pray for the residents of Holly End  
20 for all healthcare workers  
21 help us all to care for the natural world

22 for those who administer justice  
23 for all involved in the Pop Up Shop at St Michael's today  
24 that we may forgive others and be forgiven ourselves  
25 for the gift of poetry  
26 for the residents of Horseman Court  
27 remember all victims on United Nations Holocaust  
Memorial Day  
28 for all who work for the Social Care of others  
29 give thanks for the joy given and received in storytelling  
30 take time to reflect and pray for our neighbours  
31 for the eradication of Leprosy around the world

#### February

1 for all in China  
2 for the restoration of wetlands around the world  
3 for the residents of Hunters Ride  
4 for all those involved in the treatment of Cancer diseases

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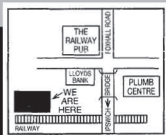
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- **Listening Service** – Are you a good listener concerned about people's well-being? Help us tackle loneliness and isolation!
- **Benefits Advisor** – Would you like to gain knowledge and experience in the welfare benefits system? Help us complete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

Contact us, we'd love to meet you!

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



01394 387070

[dagna.dawe@daseastsuffolk.org](mailto:dagna.dawe@daseastsuffolk.org)  
[www.daseastsuffolk.org](http://www.daseastsuffolk.org)



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