

# martlesham monthly

MAY 2022

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August 2016



# martlesham monthly

**MAY 2022**

**Produced and Distributed by Volunteers**

**Front Cover:**

Portal Woodlands Conservation Group were delighted to host a group of Cub Scouts from RAF Lakenheath. They did a fantastic job of moving a huge pile of chippings onto a muddy path

Photo: S Corley



**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

Timandra Howell  
[martleshamscouts.thowell@yahoo.com](mailto:martleshamscouts.thowell@yahoo.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**

Suffolk Libraries run three mobile library services across several hundred stops, covering most towns and villages throughout Suffolk.

**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  
10 May, 7 June, 5 July

**Thursdays:**

Douglas Bader: 10.15–11.45am  
26 May, 23 June, 21 July,

<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 you'll be given a card.

**POLICE**

In case of emergencies please always call 999.

In non-emergency situations call the new number 101.

E-mail: the Safer Neighbourhood Team  
[Woodbridge.snt@suffolk.pnn.police.uk](mailto:Woodbridge.snt@suffolk.pnn.police.uk)

**COMMUNITY RESPONDERS**

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

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

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

**Editor:** Gwynneth Johnson

**Advertising:**

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Ken Davies (01473 611109)

**Distribution:**

Rob Webb (01473 625786)

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

Please e-mail contributions to :

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Or deliver your copy to

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**MARTLESHAM MONTHLY ONLINE**

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**And on Facebook & Twitter**

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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## Temporary CLOSURE of the Jubilee Playspace & bike trails

Work is underway to improve the play facilities at the Jubilee Playspace. During this time the Jubilee Playspace and Diamond Jubilee Bike Trails will be CLOSED.

Subject to good weather, the improvements are scheduled for completion just in time for the Queen's Platinum Jubilee celebrations at the beginning of June.

## Brightwell Lakes – Taylor Wimpey website planned

Martlesham Parish Council has representation on the Brightwell Lakes Community Forum and has been asked to comment on a draft website soon to be released to the public. The ambition for this website is for it to become a place where the new and existing community can find information as to how the development is progressing together with important information and updates.

McCarthy Stone development, The Square, Martlesham Heath – contact number for queries from the local community

For any queries or concerns regarding the construction works for the McCarthy Stone retirement homes and car park you may have, please contact Chris Cooper on 01449 722 227 as provided by the developer.

## Parish Council office open

The Parish Council office is open from 9am – 12noon, Monday – Friday following a period, due to Covid-19, when this was not always possible.

Contact details for the Parish Council are below.

## The Annual Meeting of the Parish Council 04.05.22

The Annual Meeting of the Parish Council is when the PC reviews many aspects of its work. Part of this annual review includes appointing a Chairman for the Council and for each of the PC's Committees – the Finance & General Purposes Committee, the Recreation & Amenities Committee and the Development, Environment and Transport Committee. Representatives on other groups are also confirmed.

If you are interested in joining Martlesham Parish Council the Annual Meeting is a useful meeting to attend as it gives a good insight into the workings of the PC and the breadth of work that it covers.

Martlesham Parish Council currently has 4 vacancies. If you are interested in becoming a councillor for the parish of Martlesham please contact the Clerk on [clerk@martleshamcouncil.org.uk](mailto:clerk@martleshamcouncil.org.uk) or 01473 612 632 for more information.

## Forthcoming meetings

Please note that the following Parish Council meetings will be held in the Parish Room, Felixstowe Road, Martlesham, IP12 4PB

Annual Meeting of the Parish Council – Wednesday 4th May.

Recreation & Amenities Committee Meeting – Wednesday 11th May.

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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## ACTIVITIES AT WOODBRIDGE LIBRARY

### The Friends of Woodbridge Library

If you're enthusiastic about libraries, would enjoy helping to organise library events and are willing to help with our fundraising activities, please ask a member of staff for more details.

### Suffolk Libraries and Friends Charity Goodies

Show your support for your local library by carrying a cotton shopping bag bearing the Friends logo for £3. There is also a Friends bookmark for £1 - which is magnetic, so you won't lose your page.

Also available is a Suffolk Libraries "I'm a Borrower" tote bags for £3.50, or for £5 you can receive both the tote bag and as much fiction as you can fit inside!

**Citizens Advice** - Every Monday 10am - 12pm at the library Free, confidential and impartial advice . No booking necessary.

**Work Well Job Club** – Monday 9th May 1:30pm – 3:30pm (Every Monday of the month)

Want to improve your skills with CV's, cover letters and job applications? Need advice for applying for work? This could be the chance to fulfil your potential! Work Well Suffolk are here every second Monday of the month, and they can help if you're 18+, having trouble finding work, have a long-term health condition or if you have a learning disability. Learn more about how Work Well Suffolk can help by getting in touch at [workwellsuffolk@suffolk.gov.uk](mailto:workwellsuffolk@suffolk.gov.uk)

**Realise Futures** (Peer support, Walk-in Advice and Guidance Service) This will be taking place on the first Tuesday of every month (Tuesday 3rd May), 10am - 12pm, at the library. Book a slot via 07753 447607.

**Open Space** - Every Wednesday 1:30pm - 3:30pm The aim of Open Space is to improve the wellbeing of those attending. It consists of two-hour weekly sessions and is open to all members of the public. It is run in partnership between Norfolk and Suffolk NHS Foundation

Trust (NSFT), Julian Support (which offers housing support for individuals with mental health difficulties), Suffolk Mind and Suffolk Libraries.

Our timetables of discussions and activities are built from suggestions from the group. For further information please don't hesitate to contact Woodbridge Library on 01394 330855

**Pram Push and Tiddle** - Tuesday 3rd May 10am Elmhurst Park (meet at the bandstand)

Families and parents-to-be are invited to a sponsored pram push and tiddle. The gentle walk will be followed by toddler friendly activities provided by Baby Senses plus a free tea or coffee at The Boathouse. For more information, please see <https://www.suffolklibraries.co.uk/whats-on/pram-push-and-tiddle-in-woodbridge>.

Many more activities such as games clubs, book groups, theatre, meet the author—some free and some paid for. Check out [Suffolklibraries.co.uk](https://www.suffolklibraries.co.uk)

**From your Conservative District Councillor for Martlesham, Brightwell, Foxhall and Purdis Farm. Chris Blundell. May 2022.**

**The new Financial Year 2022/23.** At this time of year, I begin to receive requests for financial assistance with local Projects. Provided there is a clear community benefit I am happy to support them. One of the greatest joys that I currently have is that being instrumental in arranging for funds to be supplied from East Suffolk Council and occasionally from myself, then seeing the new equipment/facilities in use. It is very gratifying.

**Identifying the Projects.** Often a group or organisation will approach me for funds. At other times I approach a group because as I move around both my ward and the district it becomes obvious to me that there is a real need for me to help. A good, recent example, was the Community Hall in old Felixstowe Road. Their committee had embarked upon a complete refurbishment of the hall and an improvement in facilities. In particular they wished to install a projector and screen that would be of great benefit particularly to the Aviation Society and other users. They did not ask for the funds but as the cost of purchase and installation was going to be a few thousand pounds I decided to supply them with the bulk of the required funds.

**The Felixstowe Triathlon.** Entries are now open for the second Felixstowe Triathlon. This will take place this August Bank Holiday weekend. Individuals and teams can sign up to participate in the award-winning event, organised by Suffolk Tri with support from the East Suffolk and Felixstowe Town Councils. People can sign up for the Sprint, Super sprint or Standard Distance at: [www.felixstowetriathlon.uk/](http://www.felixstowetriathlon.uk/).

**Holiday Activity and Food.** The East Suffolk Council is accepting funding of £522,562 from Suffolk County Council to administer the Holiday Activity and Food Program for East Suffolk for 2022/23 and the following two years.

The Holiday Activity and Food (HAF) programme is an important element of support available to children and young people from low-income families and will provide them with an opportunity to access enriching activities to improve their mental and physical health and well being as well as at least one nutritionally balanced meal each day for four days a week during key holiday periods.

This provision is likely to be even more in demand in 2022 given the impact of cost-of-living increases combined with the end of the additional £20 per week Universal Credit payment and continuing low wages in East Suffolk on family budgets.

**Tackling Long term Empty Homes.**

ESC has declared Deprivation and Disadvantage as a 10th 'characteristic' for the purpose of assuring Equality in our district. There are opportunities in working to bring back into use Long Term Empty Homes (LTEH), to develop housing units offered at affordable rents, thereby supporting those on low incomes.

Funding to support the development of a LTEH programme is available within reserves created from the New Homes Bonus that East Suffolk Council has been able to claim from Central Government in recent years. The New Homes Bonus was introduced in 2011 to provide an incentive for local authorities to encourage housing growth in their areas.

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

**Martlesham Conservation Group**

The weather through the late winter and early spring has again been very variable. Most months have been relatively mild; March was cold and unseasonably warm at times with early April being relatively cold. Some wildlife can struggle to adapt. Chiff Chaffs appeared locally in mid March, shortly followed by Blackcaps and on the warmer days a few butterflies appeared, including Brimstone, Small Tortoiseshell, Comma, and Peacock. However the sudden changes to cold weather may have been detrimental to their numbers. Buzzards are seen regularly drifting across the sky with occasional appearances of Red Kites and Peregrine falcons (these have been nesting on the BT site for several years). Adders have been seen out on the heath so dog owners are advised to take care and keep their dogs on a lead as this action could avoid unnecessary distress or injury. Throughout May more butterfly species should appear including the Green Hairstreak butterfly a heathland species that relies on gorse as its food plant, as well as the wandering Orange Tip, and Speckled Wood. As for other birds, hopefully our heath and woodland will resound again to that prolific songbird the Nightingale especially at night, whilst other species including migrants such as Garden Warbler, Whitethroat and Lesser Whitethroat add to the soundscape during the day.

For our work party in May we will be undertaking a walk around the wood to the south of the green on Martlesham Heath on Sunday 15th May starting at 10am. We will try to identify the bird species present by sight and song. Please meet outside the Douglas Bader PH and bring a pair of binoculars if you have them. Please contact me if you are interested in taking part in any of our work parties or wildlife surveys. Please let us know if you have any interesting wildlife observations.

[martleshamconservationgrp84@gmail.com](mailto:martleshamconservationgrp84@gmail.com)

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## 1st Martlesham Heath Brownies

Could you be a voluntary superhero  
at our Brownie Unit?

We are looking for a new adult helper, to support our existing leadership team, to run fun & adventurous activities, for Brownies aged 7-10 years.

For more information contact [martleshamguides@gmail.com](mailto:martleshamguides@gmail.com) thank you.



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

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

Unfortunately, we are not meeting in person at present due to the coronavirus pandemic. Instead, we are sending out activity sheets by email and/or post for the children to enjoy doing with their family and/or carers. A recent theme was the Easter story which included a story to read and a song to sing. There was also an Easter egg to colour and decorate!

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

## Martlesham Brass

### 'Making Music Fun in East Anglia'

Martlesham Brass are holding a concert on Saturday 7th May 2022 in St Michael's Church Centre Martlesham Heath IP5 3SL starting at 7.00pm. Tickets cost £4.00 (primary school children free) and can be booked by calling 07544 962205. There will be a raffle at the concert, but please note there will be no interval or refreshments.

Looking forward into June, Tea & Tunes returns on Saturday 18th June - more details next month.

Our beginners' band is now operating again, so if you feel you would like to learn to play a brass instrument, or if you already play and would be interested in joining us, please email [join@martleshambrass.co.uk](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)

## Weekly yoga sessions from the comfort of your own home!

Are you at home caring for a loved one? Do you work from home? Or maybe you're a parent taking a break from work to care for your baby or young child?

Our weekly Tuesday morning yoga sessions are available online and if you are missing your regular yoga class, why not join us? In March 2020 Linda James and I started offering online yoga and it has continued to be a popular choice for home workers, those with caring responsibilities and those who enjoy the privacy of practising yoga from home. Some of the original group members have returned to our face to face groups and we've attracted some new online group members along the way.

Enjoy yoga with experienced and qualified yoga teachers Izzy Ixer and Linda James. Our carefully planned zoom sessions are intended for those who have practised some yoga before and we offer our yoga postures in stages so there is something for everyone. Breathing techniques are part of a traditional yoga practice and we end the session with a guided relaxation.

And if you need to be available to help someone at home, keep them company or feed your baby then that's fine! The calming atmosphere of the yoga class is beneficial for everyone! All sessions are on mute so you won't disturb anyone if you need to take a break to check on someone or sit quietly and feed your baby. There's also plenty of opportunity to chat with the tutor before or after the class or to unmute and clarify something you aren't sure about. And if you're new to zoom we can arrange a "test session" beforehand so you are comfortable about how to join the session.

If you're new to yoga and interested in getting started, then do get in touch. One to one online sessions are also available with Izzy.

Izzy Ixer

[Izzy.ixer@btopenworld.com](mailto:Izzy.ixer@btopenworld.com) 01473 625115

## New Horizons Club

If you are over 55 and looking for a fun day out with a chance to make new friends then the New Horizons Club could be the place for you. We have recently moved to St Audry's Social Club in Lodge Farm Lane, Melton which provides us with a spacious hall, good car parking and a lovely view over the sports fields. We meet every Monday and Thursday from 10am-2.30pm and provide refreshments, a delicious home cooked lunch and a wide range of activities and entertainment. We have spaces available so why not get in touch and arrange a taster day?

**Volunteers Needed** If you enjoy the company of older people and have some spare time would you like to be part of our team of happy and enthusiastic volunteers? We need Kitchen Assistants, general helpers to assist with activities and drivers to help transport members to and from the Club. You can choose to help once a week, once a fortnight or on a relief basis.

**Interested?** Then contact Jessica for a chat on 07514 364752 Or email [newhorizons912@gmail.com](mailto:newhorizons912@gmail.com)

## Portal Woodlands Conservation Group

In March we were delighted to host a group of Cub Scouts, Pack 219 from RAF Lakenheath. They did a fantastic job of moving our huge pile of chippings onto a muddy path.

Many thanks to Elizabeth Miles for donating hazel saplings from her Felixstowe garden. These have been added to our new hedge. We also put up more bird boxes – 2 built by the 1st Martlesham Scouts and 1 kindly donated by local resident, Rachael Drouet.

Spring has brought a good showing of flowers, in particular daffodils and violets. We hope you enjoy the floral display if you get a chance to take walk through Portal Woodlands.

Our May work morning is Saturday 21st, from 10:00 to Noon, meeting at the Education Area. Please bring your own gloves, refreshments and, if possible, tools. Please visit <https://pwcg.onesuffolk.net/volunteer-work-mornings/> for full details of how we are operating our volunteer work mornings.

New volunteers of all ages and abilities are always welcome. No experience needed. For further information, please contact us at [pwcg.martlesham@gmail.com](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.

Correction: Our March article referred to a bird box in memory of Bill Owen. This should have been Bill Burnett. Sincere apologies to Bill's family for any distress caused.

*Stephen Corley, Chairman*

## Martlesham in Bloom

May is the ideal time for planning what summer bedding you would like to have in your garden.

As many are tender, to be sure of them surviving wait until the last frosts and cold weather has passed before planting them out - in if in doubt, as a rule of thumb the end of May is generally the time to start planting them out in borders, baskets and containers. There will be many for sale at nurseries and garden centres; if you have been growing them yourself from seed they will need hardening off. This means putting them outside during the day, then back under cover at night for a week or two to get them used to being out of doors before planting them out permanently.

Don't forget tomatoes and beans which can be grown outside late May onwards; they benefit pollinators as well as us! If you have been growing sweet peas they can be planted out earlier than other summer bedding plants as they are hardier. It is not too late to sow Sunflowers - another plant pollinators love, with their colourful, open flowers.

To help pollinators and other invertebrates, if you have the space, why not leave part of your lawn to grow long during the summer? Wildflowers may come up as well as grasses, which will look lovely and provide both habitat and food for pollinators and many other invertebrates. Long grass and wildflowers provide the ideal location for many soil invertebrates and insect larvae, including moth and butterfly caterpillars, so by leaving it long until mid to late September you will be helping them through their whole life-cycle.



For further information please contact:

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



Cub Scouts chipping path—Photo S Corley

## Badminton Summer Club in Kesgrave

Woodbridge Badminton Club is running pay-as-you-play badminton sessions at Kesgrave Community Centre Sports Hall during the summer.

The sessions will run on Friday evenings between 8pm and 10pm and cost £5.

We welcome a range of abilities but unfortunately not beginners.

You can find out more online at <https://www.woodbridgebadminton.co.uk> email [contact@woodbridgebadminton.co.uk](mailto:contact@woodbridgebadminton.co.uk) or ring Jim Cavanagh on 01728 723 900.







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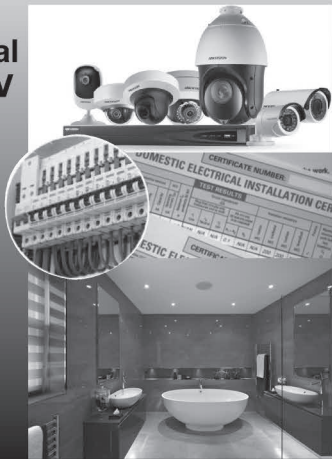


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## Martlesham Climate Action

**Martlesham Repair and Climate Advice Hub, Refill shop + TerraCycle,**

**Saturday 14th May,  
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 14th May. 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 reuse it! This includes clothes, appliances, toys, furniture etc.**

The Climate Advice Hub will also be there with free advice leaflets on how to 'do your bit' to reduce your carbon footprint and reduce your energy bills. We have an Infrared camera that can help spot cold spots or poor window/door seals causing heat loss. We can also offer impartial advice (i.e. from the experience of residents) on what to ask companies if you are thinking of getting quotes for solar + battery systems (or go to our website).

The Woodbridge Eco Refill shop will have a table at the Hub where you can stop buying new plastic bottles (and therefore help reduce carbon emissions) by bringing old bottles to refill with washing up liquid, non-bio laundry, fabric conditioner, body wash, shampoo/conditioner, cleaning spray and hand soap. The shop plans to be there for your refills at every Repair and Climate Advice Hub.

**NEW for May:** the shop will also have a TerraCycle bin for recycling hard to recycle items as part of the national TerraCycling scheme. Items that can be placed in the bin are: empty medicine packets, toothpaste tubes and caps, plastic toothbrush outer packaging, electric toothbrush (heads only), plastic toothbrushes, floss containers and packaging.

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

### Garden Rewilding Competition

A reminder that as part of our bid to increase even further the number of wilder/natural spaces in the parish we are launching a 'Garden rewilding' competition. Further details on our stand at the Village fete on 16th July. If you would like to take part then think of an area of your garden you can 'donate' to nature (e.g. dig a small pond,

plant a wildflower area/meadow grass, build a log pile, add a hedgehog highway gap in your fence etc: consult our calendar for ideas!), take some 'before' pictures and then implement some rewilding over the course of the year. We'll ask for some 'after' photos next year and will have prizes for the best entries and window stickers for all that take part!

### Your waste, your planet: a rethink.

The total amount of waste collected in a typical council district is 300kg per person per year – but this amount has not reduced significantly over the last 10 years. This represents an enormous amount of household rubbish – a vast number of lorry journeys transporting our rubbish, a tremendous effort to sort it and process it, and large areas of smelly landfill sites which produce a lot of greenhouse gases. The biggest practical step we can all take to help the planet is to reduce the amount of rubbish that each of us produces. Recycling is important but Reducing rubbish is even more important.

Reducing starts by Refusing – refusing to buy what we do not need; refusing to buy goods wrapped in excessive plastic or cardboard. It means buying from local shops, taking your own bags and containers which can be reused and refilled. It means doing more to repair things rather than chuck. It means asking ourselves "Do I really need to buy this? Will it really be useful or am I likely to chuck it?"

I recently spoke to Isabel Losada at the Woodbridge Climate Action event. She is an author whose has written several acclaimed books including one called the 'Joyful Environmentalist'. The first chapter highlights the change in attitude we all need to make. If you buy chicken from Duncans, why not take a cleaned aluminium tray? We take back paper bags to the veg stall for reuse. Small things, but the key is the change in mindset.

As well as Refusing, try Repairing (don't forget our Repair Hub is on monthly on the second Saturday of the month) and Reusing. Another example of this is reuse of plastic bottles by refilling with common household liquids. Bring empty bottles to the Repair and Climate Advice hub to get refills from the local Eco Refill shop. Poppy's Pantry, EMMAUS and Cupboard Love also do refills. It is a bit more inconvenient for each of us, but it's worth it because it will reduce your carbon footprint by about 0.3 tonnes of carbon per year.



If you recall, previous articles have explained that everyone's aim should be to try and reduce their own carbon emissions from an average of around 8-10 tonnes of carbon emissions per year to 1 tonne to avoid the worst consequences of global warming. So far in these articles we have shown how it is possible to reduce our carbon footprints by 1.5 tonnes through food choices, by 2 tonnes through energy choices, by 2 tonnes through better travel choices, by 0.3 tonnes through our wardrobe and now 0.3 tonnes through waste: a total of 6.1 tonnes. We are getting there!

Perhaps 0.3 tonnes doesn't seem a big reduction in carbon emissions but it carries with it major benefits for the wider environment. If we all recycle better using the Council kerbside collection and recycling centres, less of Suffolk is taken up by smelly landfill sites. Aluminium and steel are recovered from cans; plastic bottles are reformed into plastic products so less microplastics into our seas and rivers; paper and card are recovered to form new cardboard; glass bottles make new glass; garden waste makes compost; wood is chipped to make chip board etc. Make sure you only put the right things in the blue and brown bins: go to <https://www.suffolkrecycling.org.uk> to check if you are in doubt. A significant percentage of loads are contaminated and go to landfill as people put the wrong items in the bins.

So, Rethink your waste and how to Reduce it. Firstly think about how you can Refuse, Repair and Reuse and then Recycle as much as you can.

*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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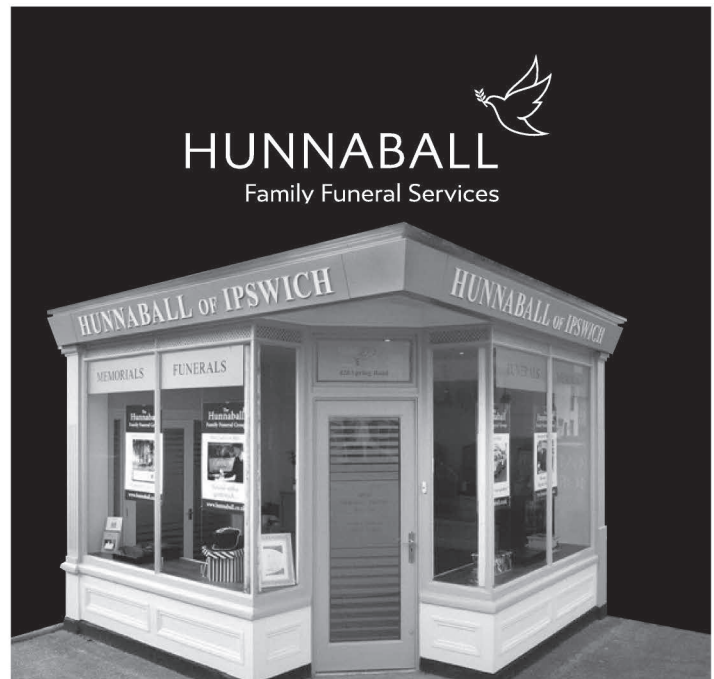
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## MARTLESHAM HEATH AVIATION SOCIETY

On Friday 1st April, the Martlesham Heath Aviation was treated to a truly sparkling and entertaining talk when Rick Hobson outlined his 20 years of operational flying, most of it in the RAF military workhorse, the Lockheed Hercules four engine transport.

Unbelievably the Hercules first flew around 1954. and has and is still, serving in Air Forces around the world, with (at 2015) over 2,500 built in 40 variants. However it is due to leave RAF service in 2023 – being effectively worn out!

Rick went into the RAF initially to fly combat aircraft, training on aircraft such as The Hawk trainer – however he realised that he did not have the “Killer instinct” for such a role – so transferred over to flying RAF Transports, mainly the Hercules. He reckoned that he had a far more interesting flying career as a result.

He has flown on all 7 continents – from Ice Caps to Deserts and in War Zones, and landed -sometimes under fire, often on inhospitable and really difficult runways.

He flew humanitarian missions – and missions in war torn countries – where he was in danger from ground fire – and he told the stories of all types of flying, and the best way to survive them. He also flew the Hercules in flying tanker missions supporting aircraft going to the Falklands – and did spend some long postings in the Falklands with the Hercules.

The talk was pitched just right... we all learned a lot about the Hercules– and enjoyed hearing his RAF experiences, both on and off duty... with lots of humorous content. For instance when he was flying in and out of Afghanistan – the crews slept in tents – much to the amusement of the Americans – who christened the RAF team The Flint-Stones, whereupon the RAF Changed their aircraft call sign “Bedrock 1 or 2 etc etc”

His career moved on and he was at the forefront of the introduction of the updated/ uprated Lockheed Hercules C130-J, with more efficient and powerful turbo-prop engines and the so called “Glass Cockpit” which reduced the need for a Navigator and Flight Engineer. Also fitted was Ground Mapping Radar and a computerised suite to enable aid to be dropped with far more accuracy..

After About 20 years he went to fly a desk in Whitehall. His transport flying experience was essential as he was in the team introducing new transport aircraft.... including the Airbus A400M.

His talk, which was put on at short notice to replace our original speaker, really hit the mark, and was really appreciated by the audience. Extra thanks are due to Rick for coming in so quickly. Our busy Chairman Martyn Cook, summed up Rick’s talk with a well deserved vote of thanks.

Our next meeting on Friday, 6th May and will be the occasion of our annual executors report, followed by fascinating and rarely seen videos. All meetings start at 7.30pm, with a tea/coffee break. Non-members are welcome and there is no charge for this meeting.

Howard King 01473274300

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

### MARTLESHAM HEATH CONTROL TOWER MUSEUM IS NOW OPEN SUNDAYS 2-4.30PM FROM 3RD APRIL TO OCTOBER 30TH.

## Help your Community (Hall)

Let’s talk about volunteering ... We’re still looking for volunteers to help us manage and run Martlesham Community Hall. We’re a community charity. We rely on volunteer effort to keep our costs down, so we can keep offering affordable hires to the local community. The workload is currently shared between three main people, two of whom are volunteers, one of whom helped build the buildings and has been managing them for over 35 years! We’re keen to recruit some new volunteers, to help spread the workload and improve our facilities quicker. Perhaps this is you - especially if you have project management, building services or allied practical skills and experience? Interested in helping? Please contact our chairman Ian Read on 01473 622721 or check out our [website volunteering page - mchall.org.uk/volunteer](http://mchall.org.uk/volunteer).

The Community Hall and Richards Room are fully open and available to hire. You can join a wide range of activities, groups and classes. More details can be found at [mchall.org.uk/regular-hirers](http://mchall.org.uk/regular-hirers). Please contact these regular hirers directly if you’re interested.

We still have availability - especially at the weekends - for that special party or family event. If you want to make a booking or check availability - go to [mchall.org.uk/booking](http://mchall.org.uk/booking) for a simple ‘1-2-3’ availability check and booking request process. Details and photos of Community Hall and Richards Room are on the website. Alternatively, you can call our Bookings Secretary on 01473 623203.

## Martlesham Village Fete

16th July 2022

**A bit more downbeat than usual, this month, but we are still planning to have a great fete for all**

You can’t have helped but notice the building works being carried out around the car parks and old runway next to the green beside the doctors’ surgery.

These are all connected with the new retirement apartments being built for McCarthy and Stone. Unfortunately they will not be completed by the 16th of July, so they will have an effect on arrangements on the day. In the past the car park has been in

use and the old runway was available, if necessary, as a blue badge car park and many people, including most exhibitors got onto the green that way.

So we will have reduced car parking, the only vehicular access to the green will be between the church centre and the Douglas Bader and more pedestrians will access the green via the square. We are working on plans to minimise the problems this will cause, and full arrangement are being worked on and will be signposted in good time

Most visitors will be local and can come on foot or by bike, as many have done in the past, please make every effort to do so

again, after all it is healthier and more fun as well as being better for the environment. If circumstances dictate you must use a car, please share lifts if possible, or consider one driver dropping off passengers and the returning home with the car and walking/ cycling back to the fete.

During the morning set up period, before the fete opens to the public, the exhibitors’ vehicles will be entering and leaving the green near the commemoration stone so if you are out and about then please take special care and kindly follow any guidance from stewards

Don’t worry we won’t let this spoil our fun

## **WE WILL ROCK YOU!**

The Suffolk Constabulary Male Voice Choir is delighted to be back singing and at long last be able to perform the concert postponed from June 2020 due to the pandemic.

In a tribute to Freddie Mercury and Queen, on Saturday 11th June the Suffolk Constabulary Male Voice Choir together with their guests Felixstowe Harmonies Ladies Choir and the James's Field Music Duo, will be singing many of your favourites including We Will Rock You, Bohemian Rhapsody, We Are The Champions, Love Of My Life and many more.....

The concert takes place at the Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, Ipswich IP5 1JF commencing at 7.30pm. Proceeds from the concert will be donated to the charity ICENI who work to make a positive difference to families in Suffolk who are facing challenges relating to addiction and abuse.

Tickets are priced at just £12.00 and are available by telephoning 01449 672600 or 07947 355893.

For more information on joining the Suffolk Constabulary Male Voice Choir or booking the choir for a concert visit their website [www.suffolkconstabularymalevoicechoir.co.uk](http://www.suffolkconstabularymalevoicechoir.co.uk) or email the Choir Secretary at [scmvc@scwade.eclipse.co.uk](mailto:scmvc@scwade.eclipse.co.uk)

## **DEBEN ROTARY COMMUNITY SERVICE AWARD**

The Deben Rotary Community Service Award has been renamed The Alan Stoddart Community Service Award in honour of our founder president who died recently. The award, in recognition of outstanding service to the community, will include cheques for £500 and £250 for the winners' nominated charities.

We are hoping for several nominations for this award-please see our website [www.debenrotary.org.uk](http://www.debenrotary.org.uk) or email us directly at [CommunityServiceAward@debenrotary.org.uk](mailto:CommunityServiceAward@debenrotary.org.uk) The closing date for nominations is July 15th.

The next session of the Memory Cafe is on Wednesday April 27th at Woodbridge Football Club, 10.30 to 12.00. If you would like further details please phone Rotarian Martin Kenyon on 01394 386933.

## **Woodbridge & District Lions Club – 40th Anniversary**

The Lions Club of Woodbridge and District was chartered (founded) in 1982, this year is therefore the Club's 40th anniversary. To commemorate this event we decided that there would be no better way to record this, in the year of the Queen's Platinum Jubilee, than to plant a tree in a Woodbridge park. The most appropriate site was agreed to be the spot in Elmshurst Park that we previously planted a tree to commemorate the Club's 25th anniversary, the original tree having failed to flourish in recent years.

In other news, following the COVID pandemic, we desperately need to replenish our charitable funds and our popular Art Show and Sale returns to the Salvation Army Hall, just off the Thoroughfare in Woodbridge, on Saturday 21st May, doors open at 9.30 and entry is free.

Works of art are generously donated by the Kesgrave Art Club and will be on show and for sale. Every painting is framed and nothing costs more than £30, with many prices well below that. Tea, coffee and home-made cakes will be on sale.

## **WOODBIDGE GARDENING CLUB**

On 23 rd April we will visit The Place for Plants for a guided tour of the gardens.

May 10th is a talk by Andrew Sankey on Miss Willmott's Ghost.

May 30th Helmingham Hall Plant Fair and June 14th Strawberry Tea 4pm onwards at The Quay Church Gardens, inside if inclement.

More details [www.woodbridgehs.org.uk](http://www.woodbridgehs.org.uk)

## **U3A EAST SUFFOLK SPEAKERS**

Early summer brings new opportunities for u3a members and guests to come along and find out about a diverse range of thought-provoking topics.

**Monday 25 April 2.00 to 4.00**  
**Kesgrave Community Centre, Twelve Acre Approach, Bell Lane, Kesgrave IP5 1JF**

My life as a fighter pilot: growing up with a father who flew in the Battle of Britain and training to become a fighter pilot. Presented by Rick Peacock-Edwards

**Thursday 5 May 10.30 to 12.30**  
**Salvation Army Hall, Felixstowe IP11 7EL**

Charlatans, frauds and fools: the two basic rules for being a charlatan, illustrated with a humorous account of belief in the Flat Earth and Sir Arthur Conan Doyle's belief in fairies. Presented by Jim Williams

**Thursday 12 May 2.00 to 4.00**  
**Market Hall, 29 High Street, Saxmundham IP17 1AF**

Wildlife of the Suffolk Heritage Coast: heathland, woodland and estuary. Presented by Alex Bass

**Monday 16 May 10.30 to 12.30**  
**Woodbridge Football Club, 17 Fynn Road, Woodbridge IP12 4LS**

Forensic science and firearms Part 2: following the successful talk of 2019, experiences in Hong Kong as Police Firearms Director. Presented by Brian Heard

**Monday 13 June 2.00 onwards**  
**Kesgrave Community Centre, Twelve Acre Approach, Bell Lane, Kesgrave IP5 1JF**

Annual General Meeting

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).



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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



**Suffolk County Bowls Association**

**BOWLS TASTER DAY**

Martlesham Recreation Ground  
The Street Martlesham  
Woodbridge IP12 4RF



**Would you like to try BOWLS?**

Martlesham Bowls club green will be open on

**Saturday 30<sup>th</sup> April 2022**

**AND Sunday 1<sup>st</sup> May 2022**

from 10am until 4pm

ALL equipment will be provided

Wear casual clothes and shoes with a flat sole

Our Club Members will be available to help

If you would like more information, please contact our Club Secretary, 01473 622598

**SUFFOLK WILDLIFE TRUST**

**Plants for Wildlife at Foxburrow Farm**

Suffolk Wildlife Trust's Woodbridge Wildlife Group offer people in the area an opportunity to get out and buy plants and second hand books, teas and cakes during their forthcoming "Plant Sale" on Sunday 1st May 2022 at Foxburrow Farm, Melton from 2pm-4pm. It is great that we can return to our usual venue this year.

Please come along and support Suffolk Wildlife Trust in our efforts to conserve the wildlife of our wonderful county.

Phil Smith 01473 625630

**MARTLESHAM LADIES CLUB**

Sadly Covid has not gone away yet and our Quiz afternoon had to be cancelled; but we are looking ahead hopefully to our meetings planned for this month.

On 21st April we exercised our artistic skills with a welcome return of Wendy with her pottery painting.

On 5th May 2022 Cathy Auton will give a talk entitled 'Barking Mad'. She looks after dogs while their owners are away and all dogs enjoy staying with her in comfortable home surroundings rather than in kennels.

On 19th May Chris Parfitt will talk about the Realm of the Polar Bear illustrated by slides. Looking ahead, on 2nd June the Hospital Chaplin Rev. Linda Peal will tell us about her very varied work as a Hospital Chaplin.

Meetings are held on alternate Thursday afternoons at 2 30pm in the Richards Room. To find out more about this friendly club contact June Peck 01473 790126.

**SPEAK EASY 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 have now returned to the Richard's Room in Martlesham, although we are still using our Zoom format as well for now. We encourage new members to join us in the room, where we are joined by the online audience giving us the experience of one meeting.

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

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

Speak Easy meetings are held on alternate Thursdays. Our next meetings are 14th and 28th April, and 12th and 26th May Join at 7:00pm for a 7:15pm start and finishing at 9:30pm

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

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

Adam Green: [vppr@speak-easy.org.uk](mailto:vppr@speak-easy.org.uk)

or [www.speak-easy.org.uk](http://www.speak-easy.org.uk)

or find us on Facebook: Speak Easy Martlesham

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8 & 22 May

12 & 26 June

10 & 24 July





## I wonder if you remember school assemblies when you were younger?

Our school had assemblies every day and each day there would be one hymn, a little talk and prayers. I can remember complaining to my mother that we had to kneel on the hard floor for at least half an hour! In reality it was a short prayer followed by the Lord's prayer – barely 5 minutes, but it felt a lot more at the time. I don't think I understood much of what I was saying back then, but these days I'm grateful that I learnt the words of the Lord's prayer; Thy Kingdom Come, Thy will be done, on earth as it is heaven. A wonderful prayer for the love and peace of God to be our daily experience right here, right now, as it is in heaven, in the presence of God.

This month sees the start of an event which takes its name from this prayer. Thy Kingdom Come is a global event which sees churches, individuals and groups across the world taking a few minutes to pray every day for 10 days from 26th May, Ascension Day to 5th June, Pentecost Sunday, trusting that as we pray, we make a difference in our communities. The church in Martlesham would love you to join us, and we will have free resources in the churches and in the Runway coffee shop to help you to pray. Please do feel welcome to pick up a booklet or to chat to us to find out more.

Revd Christine Pinder

## Headway Suffolk dementia group - Martlesham

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

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

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

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

Cost: £7.50 per person

Next Date: Thursday 26 May 2022

Contact: Maureen Howes on 01473 712225 or email

maureenhowes@headwaysuffolk.org.uk

More details:

[www.headwaysuffolk.org.uk/dementiamartlesham](http://www.headwaysuffolk.org.uk/dementiamartlesham)



## Can you help to turn hunger into hope this Christian Aid Week (15-21 May)?

These are difficult times for everyone. Financial pressures seem to increase every day, and many in this country are struggling. But for vulnerable communities in many other countries, all these problems are made worse by climate change and drought.

Many urgent needs have taken over the headlines but the climate crisis rages on, and for many, drought is making every day a struggle for survival. In rural Zimbabwe, seven out of ten women rely on farming to earn a living and provide

for their families. But with no rain, women and men can't grow enough food, and they struggle to provide for their children. In times of drought, many families can only afford to eat one bowl of porridge a day. Women are hungrier. Mums often skip meals to share what little food they have with their children.

But there is good news. With help from Christian Aid's partners, many desperate mums have been able to grow drought-resistant crops and turn their dry, dusty land into a garden of hope. And we can help too!

This Christian Aid Week (15-21 May),

please consider making a donation to this important work.

We're not able to come round to collect at your door this year but you can make an online donation to our e-envelope at <https://envelope.christianaid.org.uk/envelope/martlesham-benefice> – or use the QR code opposite. Cash donations can also be dropped off at St Michael's church or The Runway coffee shop.

**Together, we can turn hunger into hope.**

Thank you. Carolyn Smith



### 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

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

**READER:** Carolyn Smith 74 Heathfield, Martlesham Heath

**ELDERS:** Janet Foster janetwf33@gmail.com

Margaret Rollins 9 Angela Close, Martlesham 01473 623868

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

Liz Welham 23 Deben Avenue, Martlesham Heath 01473 622709

Lynn Wilder Kenton, Nr Debenham 01728 860627

Services for the Month	Martlesham Heath St Michael's Martlesham St Mary's Brightwell St John's	Online on Facebook and YouTube. Search for 'Martlesham Benefice'
<b>Sunday 1st May</b>	St Michael's 10am Holy Communion with Junior Church	10am Holy Communion 5pm Zoom After Hours
<b>Sunday 8th May</b>	St Michael's 10am Morning Worship St Mary's 11am Holy Communion St John's 6.30pm BCP Evening Prayer	10am Morning Worship
<b>Sunday 15th May</b>	St Michael's 10am Holy Communion	10am Holy Communion 7pm Zoom Reflecting with God
<b>Sunday 22nd May</b>	St Michael's 10am Morning Worship St Mary's 11am Holy Communion St John's 6.30pm BCP Evening Prayer	10am Morning Worship
<b>Sunday 29th May</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 10th and 24th: 10am Holy Communion at St Michael's

**Prayer Diary** Please include the following as an addition to your daily prayers and pray daily for peace:

#### May

- 5 For our local councillors
- 6 For Friends on Friday
- 7 For those caring for people at home
- 8 Continue to give thanks for the joy of Easter
- 9 Give thanks for the beauty of our surroundings
- 10 For refugee children seeking security
- 11 For the residents of Nightingale Way
- 12 For all who are anxious about their finances
- 13 For the Runway Cafe
- 14 For the Group promoting Climate Change
- 15 Christian Aid Week
- 16 For those worldwide suffering from drought or floods
- 17 For those who have been recently bereaved
- 18 For the residents of Nightjar Grove
- 19 For those worldwide waiting for vaccines
- 20 For all who encourage Martlesham in Bloom

- 21 For those attending the Men's Breakfast
  - 22 Give thanks for the freedom to worship
  - 23 For young people working for exams
  - 24 For all who work for the NHS
  - 25 For the residents of Nunn Close
  - 26 Ascension Day
  - 27 For safety as people travel
  - 28 That we may be good neighbours
  - 29 For the guidance of the Holy Spirit
  - 30 For teachers and pupils enjoying half-term break
  - 31 Thanksgiving for friends with whom to share concerns
- #### June
- 1 For the residents of Milano Avenue
  - 2 Give thanks for the Queen's long years of service
  - 3 For community celebrations on the Platinum Jubilee
  - 4 For all local places of hospitality

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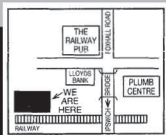
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- **Benefits Advisor** – Would you like to gain knowledge and experience in the welfare benefits system? Help us complete forms for clients, enabling them to access much-needed financial support!
- **Admin Support** – Do you enjoy general admin duties?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

Contact us, we'd love to meet you!

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



01394 387070

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



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