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JANUARY 2021

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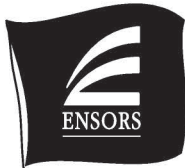
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martlesham monthly

JANUARY 2021

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THIS MONTH'S PHOTOGRAPH .The Village Green, by Prue Denton

The Martlesham Monthly Team would like to wish everyone a Happy, Prosperous and Healthy New Year! Many thanks to the volunteers who have helped keep us going over the last few months, our printers who have managed the changes admirably, and all the contributors who have kept sending in the copy despite lockdown and the closing of clubs



1ST MARTLESHAM SCOUTS

For all enquiries regarding joining the groups please contact
Timandra Howell
martleshamscouts.thowell@yahoo.com.

Becoming a helper or hiring of the Scout HQ please contact Rachel Pennick
01473 610437

GIRLGUIDING MARTLESHAM

Currently we have

1 Rainbow Unit (ages 5-7), 3 Brownie Packs (ages 7-10), 2 Guide Companies (ages 10-14) & 1 Ranger Unit (ages 14-18) meeting around the Parish.

If you are interested in joining as a member or helping as a volunteer, please contact Jo at
jo.d@btinternet.com (Martlesham) or
www.girlguiding.org.uk/interested (HQ).

MOBILE LIBRARY TIMES

Tuesdays Angela close: 1.35–1.50pm
Redwold Close: 1.55–2.10pm
Falcon Mobile Home Park: 2.20–2.50pm
Douglas Bader: 3.00–4.30pm
19 January 2021

Thursdays:

Douglas Bader: 10.15–11.45am
7 January 2021

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

Joining

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

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

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In case of emergencies please always call 999.

In non-emergency situations call the new number 101.

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

COMMUNITY RESPONDERS

Martlesham Community Responders are a group of 3 volunteers (funded entirely by donations) who are trained to provide first aid and resuscitation skills. We provide a first response to many 999 calls received by the East of England Ambulance Service Trust within Martlesham, Martlesham Heath, Waldringfield, Newbourne and Brightwell, in support of and until the arrival of an emergency ambulance.

For further details contact Johnny Dixon
01473 622160(johnny.dixon@btinternet.com)

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Rob Webb (01473 625786)

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

Our best wishes for the New Year to all our parishioners, whatever your circumstances.

It's that time of year when we reflect on the past and look forward towards what the new year might bring in the parish. It has been a year like no other and a very difficult one for many people. At the time of writing there has just been positive news about the roll out of a coronavirus vaccine so there is light at the end of the tunnel! Groups in our community have done a fantastic job of looking after and supporting each other.

We have just gone into Tier 2 of government restrictions; of course, we don't know what the situation will be when you read this but we do know that on the whole the rate of infection has been low in Suffolk compared to the rest of the country. Please don't give up now: keep remembering We must keep on protecting each other—Hands Face Space.

For the latest information on coronavirus and how to stay safe, please visit www.gov.uk/coronavirus

The impact of coronavirus meant that most of our events were cancelled in 2020 but work didn't stop:

- Successful 'Megabash' event run by Greenways on The Common, designated Local Nature Reserve (LNR), at the start of the year. This attracted over 30 volunteers to get involved in local practical wildlife conservation.
- Other work on the LNR: Gateway entrances, surfacing of paths to cope with increased use, bracken control & 3 new information boards installed.
- Opening and Naming Ceremony for Bright's Orchard – a new Community Orchard. Phase 1 of planting

successfully looked after by an enthusiastic group of volunteers.

- Continued to challenge, sadly unsuccessfully, the inclusion of the Suffolk Constabulary HQ site for housing in the Suffolk Coastal Local Plan.
- Detailed responses to significant planning applications for development from McCarthy & Stone and Suffolk Police. These applications remain to date undetermined by East Suffolk Council.
- John Forbes and Jackie Bear stood down from the Council after many years of dedicated service. We also said goodbye to Sarah-Joy Maddeaux & Jane Drummond. However, despite lockdown, we appointed 3 new councillors, David Boswell, Paul Whitby & Jane Hall, and a non-councillor member of our Development Plans Committee, Dave Green.
- Worked with East Suffolk Council to promote the 'Home But Not Alone' initiative.
- Enabled staff to work from home & set up virtual meetings to conduct business.
- Martlesham Climate Action, a working group of the Parish Council, launched with its own website and social media presence.
- Wildflower Project Team working with East Suffolk Council on changes to how we look after some of our verges.
- Kronji's Piece & Recreation Ground Steering Group and Sports Fund Working Group continued to work on plans for improved facilities in the parish.
- Defibrillator provided on the Black Tiles pub.
- Planting of Forbes Spinney at the Recreation Ground.

- Grants to help community organisations, in particular a grant given to the Community Hall Management Committee to enable the continued viability of the halls through the coronavirus crisis.
- Land maintenance, inspections of sites and play areas all continued, as well as responses to planning applications as a consultee.

Looking ahead to 2021:

- Launch of a consultation on a Recreation Ground Management Plan in this Martlesham Monthly – please respond! We hope that implementation will start later in the year.
- Phase 2 of the Community Orchard in the autumn.
- Purchase of equipment for the Harry Higgins Play Area to support the Pavilion Management Committee's project of upgrading the area.
- Work to improve the Jubilee Playspace.
- Climate Emergency 'Summit' – action to encourage all to get involved in looking after our precious planet in practical ways

Councillor vacancies

If you are keen to look after the place where you live, please come and join our team of parish councillors.

We have two vacancies. The Council pays for all training and out of pocket expenses. At present only virtual training is possible and all our meetings are held via Zoom, but please don't let that deter you – we can help overcome issues.

Our full Council meeting on Wednesday 20 January 2020 will be the next opportunity for council members to co-opt any new candidates.

For more details, please contact the Clerk as at 'Contacting the Council'.



Greenways MEGABASH at Martlesham Common Local Nature Reserve, Saturday 16 January 2021, 10.00am to 3.30pm

Help Greenways and us to look after this lovely lowland heathland reserve – including scrub cutting, bonfire, coppicing and other tasks.

Meet at the Martlesham Community Centre car park off Felixstowe Rd, Martlesham, IP12 4PB.

Contact Greenways on james.baker@ipswich.gov.uk or 07736 826076 for more details.

PLEASE NOTE: Due to restrictions concerning coronavirus and the uncertainty surrounding this, please check in advance with Greenways or the Council to see if the event is still going ahead.

Virtual Meetings

RECREATION & AMENITIES COMMITTEE: WEDNESDAY 13 JANUARY, 7.30PM

PARISH COUNCIL MEETING: WEDNESDAY 20 JANUARY, 7.30PM (Please note that this is a change to our normal schedule and the meeting will focus on agreeing the budget and precept for 2021/22)

PARISH COUNCIL MEETING: WEDNESDAY 03 FEBRUARY, 7.30PM

MEMBERS OF THE PUBLIC ARE WELCOME TO OBSERVE AND PARTICIPATE IN THE PUBLIC FORUM AT THESE MEETINGS.

To join any of these meetings, please contact the Clerk, see below, no later than 5pm the day before the meeting to receive an invitation or see our website or noticeboards for further details.

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: clerk@martleshamcouncil.org.uk (preferred)

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>

From your Conservative District Councillor Chris Blundell. January 2021

The Pandemic.

The hard work done in finding a suitable vaccine against COVID 19 is very welcome news. It gives hope together with a feeling of relief that something of a cure may be with us soon and from which we will all benefit.

If hardship still prevails do not hesitate to ask for help from ESC who may be able to help.

The Clinical Commissioning Group (CCG) is in the process of setting up vaccination centres in key areas that will require selected recipients to have no more than thirty minutes travel time to the centre. At the time of writing Ipswich is almost certain to be one of those early centres.

The Local Community Partnership

I am pleased to report that one of the 'Talking Benches' will be coming to Martlesham Heath and also one to Pudis Farm. 'Meet up Mondays' was established at Kesgrave Scout Hall although it actually meets on Wednesday Morning.

Kesgrave has also received help to restart their very popular 'Chinwag' group which was very successful prior to the lockdown.

I am pleased to report that many more 'granpads' are now available for those who are over 65 and would like to have one in order to communicate with relatives and organisations.

Our current funding for 2021/22 is directed toward improving the environment and therefore grants of between £500 and £1500 are available for any project that is designed to improve the environment in our partnership area. Application should be made direct to East Suffolk. For more information, go to www.eastsuffolk.gov.uk/community/community-partnership/.

Planning Matters.

Many retail businesses are restricted to limited opening hours by planning conditions. The Government has now relaxed those limits for the Christmas and New Year in order to help the retail trade recover from the restrictions that were in place.

Financial matters.

I am pleased to report that East Suffolk Council is now almost certain not to



increase their rate demand for the 2021/22 financial year. This is due to the generosity of the current conservative government who have made further very substantial grants direct to East Suffolk Council. In addition to the £66m that we received earlier this year, we have now received a further £11m to help with businesses. There are further grants to help with hardship and this has helped to not increase the East Suffolk Council Tax. Indeed, there is some hope that those in the poorest areas living in Band 'A' and 'B' rated homes may find that they are required to pay very little and in some cases none at all.

Unfortunately, the East Suffolk Council precept amounts to only approximately 10% of the total demand with the Suffolk County Council and the Police Commissionaire accounting for most of the other 90%.

Waste Bin Matters.

In the near future all residencies in East Suffolk Council area will be receiving leaflets advising on the contents that can be put in the recycling bin (blue lid). Apparently, so I am informed, that up to 20% of the material currently being put in the recycling bin is not able to be recycled. An additional point is that when the bins are collected by the various collection teams all bin lids should be closed and placed on own land if possible, if not they may choose not to empty the bin. Commercial waste should be disposed of by a visit to the waste disposal centre.

Finally, I would like to wish all our readers a very healthy and prosperous 2021.

If you wish to have further information on any of the foregoing topics or any other district council matter please contact me by email at chris.blundell@eastsuffolk.gov.uk otherwise by phone on 01473 622716.



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HEDGEHOG NURSERY

Happy New Year!



Well, we had a great end of year Christmas show that we videoed and sent to our families. We felt like film stars! We sang and danced our way through our performances giving our best.

The New Year has brought some new friends to join us. We have been getting to know each other and have been playing many friendship games to help the new Hoglets feel welcome and make new friends. All of us have been thinking about our wishes for ourselves and have made a wish tree to hang the wishes on.

As the winter months are here, we have been thinking about the season of winter and those animals that may live in a place where there is lots of snow. What is it like to be an explorer of the polar lands? What would we need for a journey in the snow? All these questions and more as we went on our very own arctic adventure!

If you are looking for childcare for your 3 or 4 year old, please don't hesitate to get in touch with the School Office on 01473 623790 for further details.

GORSELAND PRIMARY SCHOOL

We ended 2020 by celebrating in our class bubbles, recording our Christmas nativities and assemblies and sharing these with our parents to view at home; we looked very festive in our Christmas jumpers!



A final reminder for families with children looking to join us in Reception next September, please remember that the deadline for making applications is Friday 15th January, 2021. Please apply online on Suffolk County Council's website under School Places.

As we start a new year, we would like to wish you and your families good health and every happiness for 2021!

The bear who lives by the green at Martlesham Heath will be going into hibernation after Christmas.

Locked down since March, he looks forward to a wider-ranging lifestyle when he wakes up again.

Regards
Joe Startin



Do you have pre-school age 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.

However due to the coronavirus pandemic restrictions we are unfortunately not able to meet in person at present but we are keeping in touch remotely for the time being. We are sending out activity sheets by email for the children to enjoy doing with their family and/or carers. We celebrated Christmas with the Christmas story to read with activities that include making a 3D angel.

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.

Wishing everyone best wishes for the New Year from all at Bright Stars and looking forward to meeting again sometime in 2021.

If you would like further information please contact:

Sonya & Maureen Burrows
Tel.01473 625196

MARTLESHAM BRASS 'Making Music Fun in East Anglia'

As I write this report, Suffolk is experiencing its first day in Tier 2 Covid -19 restrictions, and as a result, all band rehearsals have been suspended until the New Year. In January, we will again consider the latest Government & Brass Bands England advice to ensure we can safely restart band activities. I am sure that you will all agree that 2020 has been a very difficult and challenging year for us all, and hopefully we can look forward to 2021 when there will be a time when we are able to return to playing and sharing our music. Happy New Year to everyone from Martlesham Brass!

When band activities fully resume, we will be happy to hear from anyone who is interested in joining us, with or without experience.

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

Registered Charity No.1100922. Visit our website www.martleshambrass.co.uk

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**10 January,
14 February
14 March 2021**





PORTAL WOODLANDS CONSERVATION GROUP

Hope everyone had an enjoyable Christmas, and took advantage of the COVID-19 restrictions reprieve. A 'hard' winter has been forecast by the Government, and an expected La Niña event (a cooling of the Pacific Ocean's surface water) predicts a colder winter weather-wise. You might have noticed that wild berries are larger and more abundant on trees and hedges this year, which according to the old wives tale, also suggests a cold winter. This extra wild food is fortunate for the wildlife. Perhaps you could put out a little extra food and water for wildlife if conditions get icy, even snowy. Fatty food scraps and seed for birds. It's also a good time to check that your bird boxes are in good order before spring. Consider investing in a hedgehog house, and do check carefully for hibernating hogs in bonfire piles before lighting up. Of course, for humans there is always an opportunity to wrap up, whatever the weather, and get out and about in the fresh air to enjoy the great outdoors.

As we say good riddance to 2020, we wish everyone a Happy New Year and look forward to the hopes of what 2021 will bring.

Dates for the Diary

Unfortunately, all upcoming events have been cancelled due to the Coronavirus. However, if you would like to sign up or get in touch, we are always pleased to welcome new faces.

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

Stephen Corley, Chairman

PHOTOS: Snowy Portal Woods P Davies, Hoggý S Corley, Winter Berries S Corley





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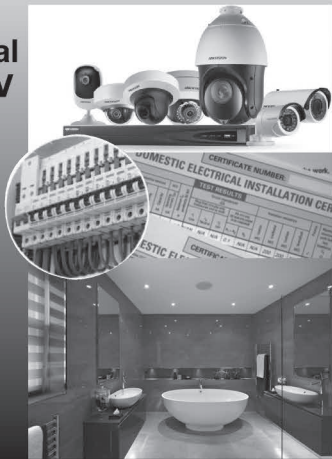


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Recreation Ground Survey

Martlesham Parish Council is looking to make improvements to the Recreation Ground, The Street, Martlesham. This survey is to find out what existing and potential users think of the improvements proposed. Please take a look at the map overleaf before telling us what you think. If you prefer to complete an online survey, please go to <https://www.surveymonkey.com/r/VMYQ3MV>, or <https://www.surveymonkey.co.uk/r/78XR929> on FaceBook, which go live on 4th Jan 2021.



Please supply your full **post code**

Please let us know what you think of the following aspects of the plan:

1. Improved signage
2. Replace petanque piste
3. Accessible walks and sensory garden. Additional seats and picnic benches.
4. New dog bin
5. Planting for screening, tidied fence line and removal of fence around football pitch
6. Improved surface for vehicular entrance track and car park
7. Are there any other comments or improvements you would like to suggest?
8. If you are a dog owner are you willing to help with future campaigns to reduce dog waste on the site? Please supply contact details or contact the Deputy Clerk at deputyclerk@martleshamcouncil.org.uk

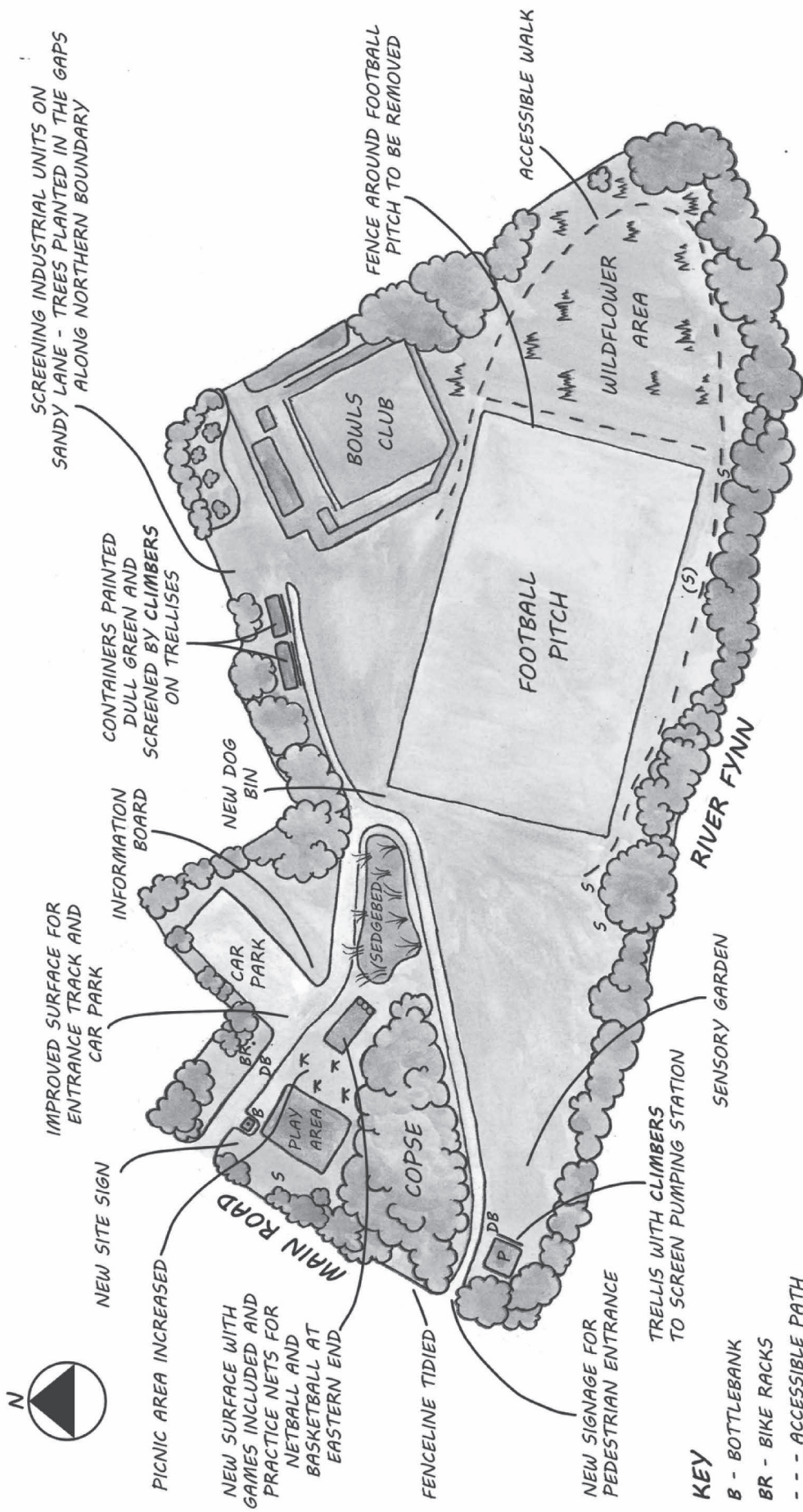
Thank you for completing our survey, your feedback is greatly appreciated. Please put your completed form in the Parish Council letter box to the right of the entrance to the Richards Room/Parish Room building, or in the boxes provided at the Black Tiles Post Office on Black Tiles Lane, or McColls in The Square, Martlesham Heath, by Monday 1st February 2021. Thank you again.



Martlesham Parish Council

Website <http://martlesham.onesuffolk.net> & Facebook <https://www.facebook.com/MartleshamParish>

MARTLESHAM RECREATION GROUND



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CLIMBERS - TRAVELLERS JOY AND HOP

DRAWN BY LYDIA WOODS NOV 20
 DRAWING NOT TO SCALE



Why Martlesham Climate Action?

Lockdown has, according to various news reports and TV programmes, given us a renewed perspective on the importance of the outdoors, wildlife, and the environment. We've rediscovered the open spaces on our doorsteps, cleaned the bike shops out of bikes, and learned to appreciate the simple pleasure of getting outside and enjoying nature. Martlesham is particularly fortunate in this regard, as we have an abundance of open space, woods, a SSSI, and a nature reserve classed as an AONB. We've got a new orchard, and a wildflower meadow, and a large village green.

It won't have escaped your attention that as well as contending with a global pandemic, the world also has an impending climate crisis, that puts our green spaces, and us, at risk. Greenhouse gas concentrations have risen over the past century, thanks to emissions from power generation, transport, and intensive farming, and we've been removing the trees and hedgerows and denuding the soil, which are all carbon sinks. We've been removing the places where pollinators and other invertebrates live, that help to sequester carbon, renew the soil, and pollinate our crops. These emissions are causing a global rise in temperature, driving climate change. The International Panel on Climate Change (IPCC) considers that a 2°C temperature rise would be catastrophic, leading to global sea level rise, coastal flooding, desertification, and the collapse of food production - but global temperatures have already risen by ~1°C and are currently on track for a ~4.5°C rise by the end of this century if we do nothing. We can already see the effects in the wildfires in California, the Amazon, and Australia, and in the much more powerful hurricanes that regularly batter the eastern seaboard of the USA. We can see it in the migration of wildlife, the earlier spring, the hotter summer, the unprecedented warming of the arctic (with the melting of the polar ice and irreversible Greenland glacier melt). We are in danger of the collapse of the global ecosystem that sustains us, within our lifetimes or those of our children and grandchildren. The UK is not immune to these impacts; for example, the East Anglian coastline is vulnerable to sea level rise.

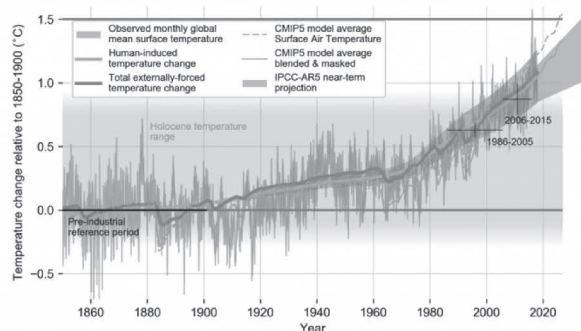


Figure 1 Evolution of global mean surface temperature over the period of instrumental observations (IPCC)
https://www.ipcc.ch/sr15/graphics/#cid_455

Martlesham Parish Council, along with other councils in Suffolk, recently declared a Climate Emergency. In

response to this, we've formed Martlesham Climate Action, a working group dedicated to the twin themes of Carbon Reduction and Improving Biodiversity. It's early days, but we have some plans in formation and enthusiastic members. If you're interested in knowing more, take a look at our website, and drop us an email (addresses below).

Here are a few ideas you might want to think about to start making a difference in your own life, to turn things around. **Wilding:** leave the margins of your lawn to grow long; build a log pile in the corner of the garden; cut hedgehog holes in the fences with the neighbours for a wildlife corridor; put up a nesting box or two, or a bee hotel; hang up some bird-feeders (and top them up regularly), bury that old washing up bowl in the garden as a pond and watch the frogs and damselflies take it over; buy some wildflower seeds next time you're at the garden centre and plant them out.

Carbon reduction: walk to the supermarket for those couple of forgotten items, rather than jumping in the car. If you're looking to change your car, think about an electric one (you won't be able to buy a pure petrol or diesel car after 2030). Switch to a 100% renewable electricity supplier, and when your boiler packs up, look at the option of a Heat Pump instead (new homes built after 2025 won't be fitted with gas boilers). And at the moment the Renewable Heat Initiative will cover much of the cost! There is plenty of advice on heat pumps and solar panels from members of the Martlesham Climate Action carbon reduction forum, with case studies on our website, and in the next article here. If you would like to see an installation of a heat pump, solar panels and/or battery system, contact us and we'll put you in touch. Take a look at <https://footprint.wwf.org.uk> to find out your environmental footprint.

Email: martleshamclimateaction@btinternet.com

Website: <https://martleshamclimateaction.onesuffolk.net>

Case Study: Gas to Electric – crunching the numbers

Our house, like many others, has gas central heating and we have a 36-year-old gas boiler, so probably not very efficient. Our energy bills were high, and we wanted to reduce them. A number of years ago, we got cavity wall and loft insulation utilising various grant schemes. When we moved in 28 years ago we had double glazing windows and doors fitted so, all in all, we have carried out the basic insulation options that were available. It is a good idea to get your house insulated first and there are grants available to help: <https://www.gov.uk/improve-energy-efficiency>.

Energy usage

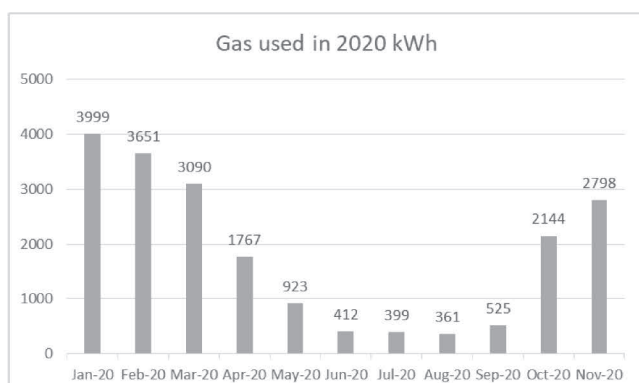
You can check the energy rating for your house at <https://www.epcregister.com/>. A qualified assessor will have rated the energy efficiency of your house, estimated energy costs and actions that could be taken to make your home more efficient. Our 4/5 bedroom detached house has a floor area of 170m² and a heat demand of 17,100 kWh a year for space heating and 4,400 kWh per year for hot water. Our 2019/20 gas bills reveal that we used 1,700 units of gas last year, equal to 18,750 kWh plus we used about a further 2,000 kWh in electricity, so the numbers tally.

Energy prices have dropped in 2020 as demand during the pandemic has fallen globally. So, although the price for gas fell in 2020, it is likely to increase again in 2021 and beyond.

We had smart meters installed at the end of 2019 and we are with Octopus Energy for both electricity and gas. We can view detailed information through their website dashboard and also

<https://medium.com/@guylipman/accessing-your-octopus-smart-meter-data-3f3905ca8fec>

where data can be usefully manipulated. Our gas heating is only on between the end of September through to early May. The three summer months represent hot water heating and cooking on hobs (we have an electric oven). In these summer months we were using 13 kWh per day. In January/February we were using a total of 127 kWh gas per day.



In December 2020, we are having an air source heat pump (ASHP) installed. This will heat the house, through the existing radiators, plus the hot water tank. We will keep the gas for cooking only but could change this to an induction hob later on. There are generous grants available (see above link).

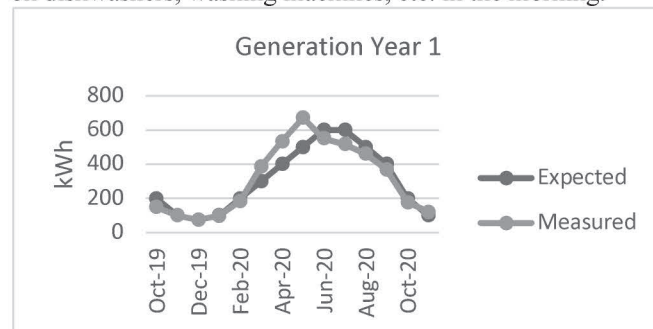
We had solar panels fitted in October 2019 and more in November 2020, coupled with batteries. We moved to Octopus Agile in November 2020 to take advantage of cheaper off-peak electricity, which we can store in the batteries (and we also have an electric car that we can charge cheaply at night too). The electricity we generate has a 'cost' of 15p/kWh in order to break even over 10 years. The batteries will pay for themselves through the use of the off-peak electricity to heat the house and hot water.

The ASHP moves heat from the outside atmosphere into your house (like a reverse fridge) using 1 kWh of electricity to generate about 3 kWh heat. Using the solar energy to run the ASHP therefore costs 5p per kWh heat compared with less than 3p per kWh for gas (currently). But using off peak electricity at say 7p per kWh makes the ASHP very competitive when divided by 3. Over the autumn/winter/spring heating period there is a balance between the amount of solar available and the amount of off-peak electricity that is used.

Solar PV generation

Our solar panels generated power as expected (it was a very sunny May). We have 14 panels facing east and they had an estimated annual output of 3,500 kWh/year, which

was exceeded. We used 60% of this, helped by switching on dishwashers, washing machines, etc. in the morning.



In the winter, these panels may only produce 3 kWh per day on average (ranging from 0.5 to 6). Our house uses in the background (on fridge, freezer, standby kit) 6 kWh per day, plus other equipment such as the electric oven, dishwasher, etc. uses another 1 to 3 kWh/day depending on usage.

On a winter day, our ASHP may use 50 kWh and so the solar will only contribute a small proportion. However, in the autumn and spring, we expect a better balance and in the summer we will export the excess energy and get paid for it.

The price from Octopus Agile varies through the day and changes every day (updated after 1600).

<https://www.energy-stats.uk/octopus-agile-eastern-eng-land/>

There is clearly a penalty for using electricity between 4 and 7pm, when prices average 24p/kWh. Hence, we have batteries to tide us over this expensive period.

Average unit price for each 30 minute slot for the last 365 days



In November 2020 we fitted the extra 12 panels facing west, plus 12.6 kWh battery storage. We will utilise all the solar energy we can, plus store cheap off-peak electricity. In the summer (after charging the car) we will aim to be exporting power during the 4 to 7pm slot, if we can. Of course, they pay you much less than they can sell it for! <https://www.energy-stats.uk/octopus-agile-outgoing-export-eastern-england/>. Octopus Energy also has an option for a flat rate of 5.5p/kWh for export.

Average unit price on Agile Outgoing for each 30 minute slot (last 365 days)



The data for the electricity used by the ASHP will be collated and compared with previous gas usage and posted on the website in the spring.

MARTLESHAM CONSERVATION GROUP

Many thanks to all those who came along to our AGM on Friday 20th November on Zoom. The Chairman reviewed the activities of the group over the last year and its aspirations for the forthcoming year. The treasurer reviewed the finances of the group, which are in a good position. The existing committee was re-elected for the forthcoming year and subscriptions were held at the current level.

After the formal business had taken place, some of the wildlife surveys that had been undertaken by the group were discussed in more detail, including butterflies, and birds in the wood to the south of the green, and on the SSSI. In 2020 the number of Silver Studded Blue butterflies that were recorded on the Martlesham Heath SSSI were very low. The reasons behind this low level are not clear but climate and weather patterns combined with habitat conditions play a large part. Our thanks go again to Martlesham Parish Council for continuing to support our work and to all those who have supported us over the year, particularly our band of enthusiastic volunteers.

We are planning a Megabash on the Martlesham Heath SSSI with the Greenways project team on Saturday 13th February. Please consider joining us but numbers will be restricted in line with ongoing Covid regulations, so please book beforehand.

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

Phil Smith 01473 625630

NEWS FROM DEBEN ROTARY

I am sure that we have all been busy getting ready for Christmas and Deben Rotary was no different, except many things are different this year.

We are currently looking for more small charitable donation opportunities, if you would like to contact us, please follow our web link www.debenrotary.org.uk. and mark it for Rtn Deirdre Griffin.

We had our first, and judging from the reactions successful ZOOM quiz, where we raised just over £400 for our charity trust fund. We have some great ZOOM ideas for the spring which we will publish shortly, in the New Year.

Of course, our big event was our sleigh run. We started on Saturday 12 December, in the Thoroughfare in Woodbridge, then around Martlesham, Martlesham Heath and Melton over a further six evenings. We thank East Suffolk Council who re-arranged our collection dates, so we could get round outside the November lockdown period.

Our next social event will be after we have our break for Christmas when we will return on Monday 4 January to our fortnightly ZOOM talks and meetings.

We have lots of ideas for the coming months and we are already starting to plan for when we are back in the public domain, super critical that we will not put the public in danger or ourselves and hopefully that could well be in spring or summer, but we are optimistic and we will be back again at the summer fetes etc when they can go ahead.

If you would I like to find out more about what Deben Rotary get up to in Kesgrave, Martlesham, Woodbridge and Melton, please see for more information our web page, look out for our posters about the Sleigh and keepsake.

Rtn Richard Boother - President

EAST SUFFOLK U3A ADAPTS TO NEW CIRCUMSTANCES

2020 will be remembered as an exceptionally difficult year. We can all but hope for better things from 2021.

Like many other groups and organisations, East Suffolk U3A initially struggled to see a way forward for its members. Group leaders and members alike showed a determination to keep up connections with others and to continue to exercise, learn and enjoy as many fulfilling activities as they could.

Face to face may have been difficult, but discussions and learning opportunities over Zoom proved an answer in many cases. Screen sharing became common amongst groups. Outdoor activities continued, with walking groups in smaller numbers, gathering as and when guidance allowed.

East Suffolk U3A's committee, group leaders and members, to the benefit of all members, have shown an admirable determination and resilience. Speaker meetings however have been cancelled for the time being, and will be reinstated as soon as common sense allows.

U3A is aimed at older people who want to get as much as possible out of life, even in difficult circumstances. There are no entry qualifications, no barriers to joining and lots of activities to get involved in. New members are welcome.

If you are interested, then please visit the website and make contact with the appropriate group leader to find out how U3A membership can help you keep in touch with others, find new interests and friends and learn fresh skills.

Details of membership are available on: www.a3aeastsuffolk.org.uk or call the membership secretary on 0300 123 3913.



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MARTLESHAM HEATH HOUSEHOLDERS LTD

Happy New Year

We hope that everyone had an enjoyable Christmas and that 2021 will bring relief and a brighter future for everyone. As all the experts say - remember to wear your mask, keep your distance from others and keep washing your hands.

AGM in 2021

Due to the Coronavirus, consideration is being given to postponing the AGM from March to later in the year. A final decision has not been made but it looks likely that the AGM may be held on Tuesday 8 June 2021. This will be confirmed later.

Annual Maintenance Surcharge

A small number of members who had not paid their 2020/2021 Annual Maintenance Charge by 1 December 2020 were charged a £10 surcharge. Chasing outstanding fees is time consuming and the surcharge (as agreed at the March 2020 AGM) is there as an incentive for members to pay their fee on time.

Duke of Edinburgh Award

MHHL would like to thank a local volunteer currently picking up litter as part of his Duke of Edinburgh Award, a large amount has already been collected. We also convey thanks to others who take time to pick up any rubbish in the village

Gorse Management and Wild Flower Planting

We are about to start some gorse management in January - a section between The Oaks and Heathfield will be cut back and reduced in height. Any established trees will be left to try and suppress the growth of the gorse. We have planted some wild flowers on a section between Whinfield and The Grove. The taped area will be taken down in mid-February when the seeds would have established themselves. We also have a host of other tree maintenance taking place throughout the village

Anti-Fouling Dog Signs

We have ordered some new anti-fouling dog signs for the Northern Green. These will be similar to the one outside the Douglas Bader public house.

Vandalism at Control Tower

Due to a spate of vandalism at and nearby the Control Tower we urge any witnesses to call the police.

A Village of Vision? (2 of 6)

Gillian Darley (AJ Information Library, September 1979)

The villages created in the past were, with very few exceptions, the brainchildren of an individual. The motives for the building of an estate village were generally a mixture of aesthetics and practicality: an attractive architectural setting for house and park, offset by the advantages of a local 'tame' workforce. The industrial village was built with the motives of philanthropy and expediency, the two often inseparable. Only the 'Utopian' community-religious, political or loosely idealistic-was, sometimes, the product of a joint initiative and motives which accurately reflected the aspirations of the inhabitants themselves.

Christopher Parker, clearly the modern equivalent of squire or paternalistic industrialist in this respect, has different motives and is directed by a different kind of pressure. Above all there is his responsibility to the developer, who requires the investment to be repaid with considerable interest.

Nevertheless, Parker has motives of his own-both in his unusual personal crusade for a higher standard of design (and with that, his responsibility for matters normally dealt with by the planning authority) similar to Lord Dorchester at Milton Abbas, for instance, and his own antipathy to planning dogma, the 'revolt' to which he refers above.

In respect of design and amenities Martlesham Heath does seem to aspire to standards well in advance of the usual. Yet arguably these standards are the danger; economics dictate housing aimed very largely towards a clearly defined area of the market. A village built as a speculative development brings together a random group of people; they have the resources and the need for a certain kind of housing that is their only tie. The new village community might as well have emerged from a bran tub; only the physical fabric of the place, the provision of communal facilities in particular, will determine whether these people find any incentive to mix, or whether they remain peering out from behind the curtains.

There is no doubt that Martlesham Heath is a village for the relatively affluent. It is by no stretch of the imagination a properly mixed community; no local authority housing and no housing for rent means that a sizeable social chunk is missing. When Eric Lyons and Span set up New Ash Green, the GLC commitment to provide housing (which they then reneged on) was integral to the scheme.

In this sense, despite Parker's reference to Lyons and the implication of similarities between the two schemes, Martlesham Heath is planned only on physical lines and is determined by market forces. Any attempt at social planning is rendered useless by those forces. Martlesham Heath is not comparable with the aims of local authority housing in any way-its guidelines, inevitably, are economics. It is, then, odd that Parker's first definition of a village is by social factors of 'mixed age and income groups across a wide spectrum'. Just as Henrietta Barnett's dream of Hampstead Garden Suburb, to 'buy a huge estate and build so that all classes could live in neighbourliness together', proved unworkable because of costs (and prices which escalated as the environment became pleasanter) so too Martlesham Heath, without the housing provision that could actually allow in a wider variety of people, remains well beyond the means of many.

When looking at Martlesham Heath and considering Christopher Parker's own aspirations for it, I wanted to establish whether the built form of the place has, so far, been conducive to the establishment of a sense of place-if not the sense of living in a village. Such a judgment must essentially be based on a far from complete picture; quite apart from the distortions inherent in such a brief glimpse, there are the special features of a growing community, hardly a fifth complete. The pioneering role of the first residents is an easier one to sustain in these early days-as the population edges up much of the resolution and the dynamism of the active members of the community will be diluted by sheer weight of numbers.

Nevertheless, patterns are emerging; Martlesham Heath is three years old. What kind of village has emerged from Parker's pipedream?

Contact and further Information

If there are any issues that you feel that need attention please do not hesitate to contact Martlesham Heath Householders Ltd by leaving a voicemail on 01473 612207 or by email to

mail-o:martleshamheathhouseholders@gmail.com

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

WHY EVERYONE IS TALKING ABOUT YOGA AND HOW YOU CAN JOIN IN!



I'm Izzy Ixer and I've been teaching yoga for over 40 years and practising it myself for longer than that! You may have heard me on the Georgy Jamieson show on a Saturday morning on BBC Radio Suffolk sharing simple yoga techniques you can actually do!

So what is it that draws us to yoga in the first place and, more importantly, keeps us returning to it time and again? Well, it's about achieving a sense of deep calm, a feeling of being in control of our body and breath and knowing how to capture our attention and quieten our thoughts.

Let's take a closer look:

Body – Hatha Yoga, which is the most popular and accessible form of yoga, is about using movement and co-ordination to develop and strengthen the deep muscles of the body. If you've ever wondered why yogis move in a smooth and fluid way this is the answer. We don't generally have big, bulky muscles – it's all under the surface! And we start with simple movements which gently lead into simple versions of the classic yoga postures. And if you are returning to yoga, you'll be surprised by how much you remember and how quickly it all comes back to you!

Breath – the practice of being aware of your breath is at the core of a good yoga practice. Learning how to read your breath enables you to start to slow it down – listen to your breath now – how fast are you breathing? The yogis believe that a longer, slower breath helps us to live longer!

Mind – difficulty with concentrating and keeping focus is a problem which many people experience today. There are so many things to distract us! Your yoga practice will include techniques for quietening, controlling and simply being aware of the activity of the mind. These form the building blocks of meditation and help us to take greater control of the day to day thoughts which unsettle our minds.

Emotional wellbeing – a regular yoga practice enables us to find an improved emotional balance. We learn to recognise our mood and discover how to influence it, finding a balance between anxiety, low moods or over-excitement.

So what can yoga do for you?

Flexibility is important and in our yoga we look to achieve a balance between strength and flexibility, so if you are not flexible, don't worry – most people aren't when they start yoga!

Difficulty with balance – this is about strength and awareness in the feet, legs and core and it's also about confidence. So practising simple balance movements in a safe place will build your confidence.

A bad back – most of us experience back problems at some point in our lives and yoga can help you to understand what triggers your discomfort and what to do about it.

Menopause – this is a huge issue for many women at work, at home and in family life. Yoga is unlikely to make the symptoms go away completely but it will help you to control and cope with them. At this stage in your life there are huge changes taking place in your body and it's happening at one of the most demanding times for you as an adult with responsibilities. It's a great time to turn to yoga and work with these changes to re-invent yourself!

Sleep – a yoga practice includes breathing and relaxation techniques which may help you to get a better night's sleep.

Breathing is improved by practising yoga postures, easing tension around the rib

cage through gentle stretches and also by learning some of the traditional yoga breathing exercises.

Concentration – the first thing we do in a yoga session is to bring the whole of you into the practice, which includes your mind. You will quickly learn how to disconnect from distractions and worries and these are techniques you can take away and use in your daily life too

Here's what my clients tell me:

"Yoga has made me a better human"

"Yoga lifts me up! Physically and emotionally."

"A calming hour of me time!"

"It is a fantastic tool, helping with relaxing, flexibility and so much more ..."

"Even at 70+ I suddenly have an awareness of my body and myself that I didn't have before"

"My yoga sessions help me to reconnect with my ageing body and remain supple"

If you want to feel you are taking control of your body, breath and mind, maybe it's time to begin your gentle journey into yoga?

These is more information about yoga on the NHS website <https://www.nhs.uk/live-well/exercise/guide-to-yoga/> and all you need to get started is comfortable, loose or stretchy clothing (leggings or joggers and a T-shirt) and a yoga mat!

Izzy Ixer

British Wheel of Yoga Tutor and Chartered Management Institute Coach

See www.izzyyoga.co.uk email izzy.ixer@btopenworld.com or call 01473 625115 for more information

Yoga face to face group sessions with Izzy Ixer and Linda James restarted in October

Tuesdays at the Burness rooms in Melton from 1.30pm to 3.00pm

Wednesdays at the Richards Rooms, Martlesham from 1.30pm to 3.00pm

However, since then we have had a second lock down so please check to see when they restart again



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Meets every Wednesday and Friday
during term time 09.30-11.30.
at Martlesham Heath Pavilion**

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

**Fees are £1 for under ones,
£2.50 for children over one
(additional children are charged at £1)**

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Birchwood Primary School



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

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

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

- We offer an extensive range of additional clubs, activities and support and extension programmes for children to participate in and our staff team constantly research and embrace new initiatives.

Our vision statement underpins all that we do.

"Passionate about learning."

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

Valiant Road, Martlesham Heath, Ipswich, IP5 3SP

Telephone (01473) 610701

Email admin@birchwood.suffolk.sch.uk

Website www.birchwoodprimary.co.uk



MARTLESHAM HISTORY SOCIETY

Firstly, the Committee would like to wish all of our loyal supporters a very Happy New Year and hope that you all had a lovely, if somewhat, different Christmas.

As you are aware the programme for 2020 kicked off with a talk by John Field on the "Treasures of Ipswich" in February but unfortunately we have not been able to meet up since then, as soon as we feel that it is safe to do so we will advise you all of our new programme for 2021.

Best Wishes and we look forward to seeing all in 2021.

The Committee

USED STAMPS AND COINS APPEAL FOR ST ELIZABETH HOSPICE

Christmas is the time of year when we receive more post than the rest of the entire year, by way of Christmas cards and letters from our loved ones. When you have opened the envelopes please don't just throw them away, the used stamps on there are worth money to our local charity. The St Elizabeth Hospice in Foxhall Road, Ipswich sells them in bulk - they are sorted and sold online, ending up in stamp collections around the world. Just remember please to leave a 1cm border around the stamps to avoid damage to the perforated edge.

If you've had a sort-out recently and have discovered some old foreign currency left over from your travels, British pre-decimal money, or some of the more recently phased out coinage, please consider donating these, as they can also help the hospice to raise funds.

By dropping them through my letterbox you would be really helping the hospice. Don't worry that you don't have many stamps - all the used stamps pushed through my letterbox combine to make a great deal for the Hospice. Remember - every little helps!

A very happy Christmas to you all and a big thank you for your continued support.

*Bev Read 15 Demesne Gardens
Martlesham Heath 01473 622721*

MARTLESHAM LADIES CLUB

This Christmas has been a very strange one indeed. I hope everyone managed a quiet celebration in our 'Bubbles.' Even the war-time Christmases I can remember when I was a child didn't seem so alien. They were really make do and mend affairs with very strict food rationing and no luxury food as we have today. Living in the middle of the country we did have a brace pheasants and fresh eggs from our own chickens. The Christmas cake had some very strange ingredients (I can't remember what was in the icing!) We children all enjoyed ourselves although there were many empty chairs around the table.

As there are restrictions on the Hall numbers I am afraid we will not hold face to face meetings just yet. We will all continue to keep in touch by phone, emails etc.

Wishing everyone a Happy and Healthy 2021 and hoping we can see a glimmer of light at the end of the long, dark tunnel of 2020

For more information contact Doreen Boar 01473 622768

MARTLESHAM CARPET BOWLS

In the last issue of the magazine, I mentioned the intention of holding a meeting on 5th January to consider how to proceed. The Community Hall hopes to reopen the previous day, but there is too much uncertainty of what regulations will be in place by that date for us to proceed with the planned meeting. If anyone knows of members unlikely to receive this magazine, please get in touch with them, if you can, to inform them of the cancelled meeting.

With a vaccine likely to be available to those above the age of seventy early next year, and believing that we should not begin playing bowls again until all or most of our members have been vaccinated, planning the restart must wait for now.

Meanwhile I wish all of you a happier New Year than the one about to end.

Vic Harrup

SPEAK EASY MARTLESHAM

Speak Easy will resume its evenings online again in January, using Zoom.

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. Our online format is really effective for members and guests, and gives us the opportunity to be even more inclusive!

We hope to get back to meeting face to face once Government rules allow us - which is usually at Richard's Room in Martlesham. We also expect to offer more 'hybrid' meetings - with a small group meeting in person, linked to a Zoom call. Whichever method you prefer - we can include you!

Guests are welcome to join us 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, and our first meeting of the new year is 7th January. Then 21st January, 4th February, 18th 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@speak-easy.org.uk or www.speak-easy.org.uk or find us on Facebook: Speak Easy Martlesham

Food Pop Up Shop

Our next Pop Up Shop will be held at St Michael's, Martlesham Heath, next to the Green, on Sunday 10 January from 1-2pm.

Unfortunately we are still not allowed to serve refreshments and there will be a one-way system in operation so you will come in at the main door and leave via one of the fire doors onto the Green.

Please note, you must wear a facemask to make use of the Pop Up Shop.

If you see the banner on the front of the church, you know we'll be open on Sunday.

We look forward to seeing you soon.
Rev Margaret Rittman

GIPPESWYK SINGERS ARE SEARCHING FOR A NEW CONDUCTOR.

Geoff Lavery, our current musical director, will be stepping down in June 2021 after a tenure of 10 years. Gippeswyk Singers is a chamber choir of approximately 40 singers which was originally founded by Geoff in 1972 with the aim of raising money for local charities with the profits from their concerts. (He left after the initial 10 years to pursue his musical career and then returned to Suffolk upon retirement.) Geoff has taken the choir from strength to strength with tireless energy and enthusiasm and was to finish with a flourish - a final concert in May 2021 at Snape Maltings Concert Hall. Sadly, the Covid 19 virus has prevented this from going ahead next year. The choir has continued to keep in touch with zoom meetings and emails, and hope to be able to start rehearsals again (with safety measures in place) in 2021.

We enjoy singing a wide range of music from classical to modern, both a cappella

New Year Resolutions!

Have you made any new year resolutions this year? If you have, how long are you likely to keep them?

I was thinking of last year – 2020. It wasn't quite the year we had all been anticipating was it? Even though, January last year, we were aware of Covid 19 raising its ugly head in China, we had no idea of the devastation it would cause across the world.

I know for many it has been just that, a catastrophe, but there have also been some good things come out of it. One person told me that, with time on her hands, she has valued the conversations she had with people and has learned to listen more closely. Another told me how wonderful his neighbours had been in making sure he had frequent contact with others and that he was well provided with food and prescriptions. I've learned to really appreciate the people who deliver parcels and those who faithfully empty my bins every week.

In the bible, the writer to the Hebrews says *'Let's keep a firm grip on the promises that keep us going. God always keeps his word. Let's see how inventive we can be in encouraging love and helping others'*

A lot of people have been inventive in the way they have supported others so my prayer is that we will continue to be so as our new normality returns

Rev Margaret Rittman

Martlesham with Brightwell.

and accompanied, and occasionally larger choral works with professional soloists and orchestral accompaniment.

The choir performs several local concerts each year and the occasional wedding as well as touring every second summer with successful concert tours to Holland (2014), Yorkshire (2016), The West Country (2018) with a further tour planned to Elgar Country in Gloucestershire in the future.

The choir tours have been hugely popular with the Singers. Travelling, sharing meals, and sightseeing as well as the joy of singing together has created warmth and lasting friendships amongst the group and helped form a wonderfully friendly and

cohesive choir. Performances just get better and better!

Gippeswyk Singers has also performed to sellout audiences at Snape Maltings Concert Hall where they joined forces with two other Suffolk choirs (Beccles Choral Society and Phoenix Singers) and Lambeth Orchestra from London for Elgar's Dream of Gerontius (2017) and Verdi's Requiem (2019), both conducted by Geoff Lavery.

We're hoping to attract an experienced and enthusiastic new conductor to lead us into the future and many more years of successful singing. Applications can be downloaded from our website – www.gippeswyksingers.co.uk

MARTLESHAM VILLAGE HALL TOP STREET

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

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

For any queries or bookings please contact 01473 623655.

THE MARTLESHAM HEATH PAVILION

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

You can check availability and book the Pavilion online at:

martlesham.org.uk/pavilion

Alternatively, please contact the booking secretary:

email: bookingsecmhp@gmail.com
phone: 07732 199712

MARTLESHAM COMMUNITY HALL AND RICHARDS ROOM

To enquire about booking Martlesham Community Hall or the Richards Room please telephone the Booking secretary on 01473 623203 who will be available to help you with your enquiry or will telephone you back (please speak slowly and repeat the number)

Alternatively e-mail

martcomhall@btinternet.com

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07914 771061 (working days: Sunday, Wednesday, Thursday)

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

READERS: Carolyn Smith 74 Heathfield, Martlesham Heath
Malcolm Rittman Woodlea, The Street, Martlesham

ELDERS: Margaret Rollins 9 Angela Close, Martlesham 01473 623868
Simon Smith 11 Squires Lane, Martlesham Heath 01473 612410 (evening only)
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ONLINE: on Facebook and YouTube. Search for 'Martlesham Benefice'

Martlesham Heath St Michael's

Services for the Month

Martlesham St Mary's Brightwell St John's

Online

Services for the Month	Martlesham St Mary's Brightwell St John's	Online
Sunday 3rd January	St Michael's 10am All Age Holy Communion Service	10am All Age Holy Communion 5pm Zoom After Hours
Sunday 10th January	St Mary's 10am All Age Holy Communion Service St Michael's 6.30pm Evening Worship	By 2pm All Age Holy Communion 6.30pm Evening Worship
Sunday 17th January	St John's 9.30am Holy Communion Service <i>Due to numbers being restricted, attendance at this service must be pre-booked with Toby, or watch online later</i>	10am Family Zoom By 2pm Holy Communion 7pm Zoom Reflecting with God
Sunday 24th January	St Mary's 10am God's Family@Church	By 2pm God's Family@Church
Sunday 31st January	St Michael's 10am All Age Holy Communion Service	10am All Age Holy Communion

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

It would be helpful if you could contact Toby by the Saturday before for Zoom codes & if you are planning to come.

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

Midweek Services

Wednesday 6th, 13th, 27th—10am Morning Prayer on Facebook and YouTube

Wednesday 20th—10am Holy Communion at **St Michael's** and on Facebook and YouTube

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

January

5 those worried about their future
6 Epiphany-remember the Wise Men's visit to Jesus
7 the residents of Viking Heights
8 all who grieve the loss of a loved one
9 all involved in St Michael's Pop Up Shop tomorrow
10 that we may truly worship God
11 the work of the Mothers' Union
12 those who make deliveries to our homes
13 the residents of Viking Close
14 give thanks for our green spaces and wildlife
15 all who offer guidance and help to young people
16 prisoners and prison staff
17 for churches throughout the world
18 those who have to work outside today
19 all having mental health problems
20 the residents of Waldringfield Road

21 everyone sleeping rough on cold nights
22 our government and politicians
23 GP surgery staff working in difficult circumstances
24 Give thanks for God's love
25 our local shops and shop workers
26 all who care for sick children
27 the residents of Warren Lane
28 those who are in financial difficulties
29 give thanks for good neighbours
30 those working to provide our food
31 For those who do not have freedom to worship

February

1 safety on our roads
2 Candlemas - give thanks for Jesus, light of the world
3 the residents of Westland
4 the elderly and those who care for them



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