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AUGUST 2025 • Produced and Distributed by Volunteers

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Martlesham Monthly

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FRONT COVER

This month's front cover shows a tranquil Sunday afternoon scene at Martlesham Creek, with swans, from Chris Rodgers of Martlesham Heath.

Online:

www.martleshammonthly.com
And on Facebook

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Please email contributions to
martmonthly@btinternet.com

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

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

DISCLAIMER

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

Tree of the Month – Red Oak (*Quercus rubra*)



This month's tree can be found on the corner of Warren Lane and Eagle Way and was kindly proposed by Martlesham Heath resident, David Foster.

Red oak is a deciduous, fast-growing, broadleaf tree, native to North America. The bark develops warts or ridges with age. Shallow cupped acorns take two seasons to mature. Leaves are similar to those of English and sessile oaks, but more pointed.

Look out for their bright red fiery colour in autumn.

If you would like to propose your favourite Martlesham tree as 'Tree of the Month', please contact Martlesham Council: enquiries@martleshamcouncil.org.uk

GIRLGUIDING

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

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

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

1st MARTLESHAM SCOUTS

We have Beavers (6-8) who meet each Tuesday, Cubs (8-10.5) each Monday, Scouts (10.5-14) each Thursday and Explorers (14-18) who meet the first Monday of each month. For all enquiries regarding joining the groups please contact membership@martleshamscouts.org.uk. For becoming a helper or hiring the Scout HQ, please contact Lindsay lindsayfw@msn.com

POLICE

In case of emergencies please always call 999. In non-emergency situations call the new number 101. Email the Safer Neighbourhood Team woodbridge.snt@suffolk.police.uk

MOBILE LIBRARY TIMES

Tuesdays (Route 10)

Angela Close: 1.30-1.45pm
Bridge Farm Day Nursery 1.50-2.20pm
Falcon Mobile Home Park: 2.30-2.55pm
Douglas Bader: 3.00-4.15pm
August 14, 2025
September 11, 2025
October 9, 2025

Thursdays (Route 3)

Play2Day Nursery Gloster Road 10.10 - 10.40,
Douglas Bader: 10.50 - 11.50
August 14, 2025
September 11, 2025
October 9, 2025

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

COMMUNITY RESPONDERS

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

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

For further details contact johnny.dixon@btinternet.com

Martlesham Council

Public Consultation on Improvements to Main Road, Martlesham

There will be a 'drop in' session at the Parish Meeting Room in Felixstowe Road to showcase the proposed improvements to Main Road, Martlesham on Wednesday 13th August. Members of Suffolk County Council will be on hand to answer any questions.

Members of the public are welcome to visit anytime between 15:00 and 19:00 on that day.

We look forward to seeing you.

Grants

Martlesham Parish Council can offer grants to local community groups and organisations for projects that benefit residents of the parish.

Our Grant Policy 2025 and Grant Application Form for 2025/26 are available in the 'Policies and Procedures' section of our website.

Applications should be returned to the Council by Monday 6th October 2025

Nature for all Project

At its July meeting, the Parish Council approved plans to proceed with an exciting project at Kronji's Piece, Martlesham.

The project includes a sensory area with an accessible path wide enough for wheelchair users. There will also be extended seating angled to be handy for groups and those with hearing loss who may need to see other people to facilitate lip reading. The project will include new tree and shrub planting and a wildflower area.

Forthcoming Meetings

There are no Parish Council meetings in August as councillors will be undertaking training.

The next full Parish Council meeting will take place on Wednesday 3rd September.

Subsequent meetings are:

Recreation and Amenities Committee:
Wednesday 10th September

Parish Council meeting: Wednesday 1st October

Development, Environment and Transport Committee: Wednesday 15th October

Finance and General Purposes Committee: Wednesday 22nd October

All Council meetings start at 19:30 and are open to the public, who are welcome to ask questions or make comments to the Council during a public forum.

Contacting the Council

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

Telephone 01473 612632. Please leave a message if no reply and we will get back to you as necessary.

Email enquiries@martleshamcouncil.org.uk

Please follow us on our Facebook page which is @martlesham Parish.

The full address is <https://www.facebook.com/martleshamParish>

We can now be followed on Instagram, @martleshamparishcouncil

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our church service at 10am
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MARTLESHAM ART GROUP -'PEOPLES CHOICE' COMPETITION

This is a huge thank you to all the people who were kind enough to visit our annual Art Exhibition in the Pavilion at the Martlesham Fete.

We just about managed to dodge those heavy showers, such a shame for the Fete Committee who have worked so hard all year to bring it to fruition.

However, whilst sheltering with us from the rain, we had an enormous 255 votes for our Peoples Choice competition, where the successful club member bags a £25 voucher to spend on art equipment.

The winner this year was one of our newer members which makes it all the more special, so congratulations to Steve Johnson (pictured on the right) with his lovely painting 'Autumn'. I hope it was your favourite too.

Thanks again for coming in to see us and our work - and for all your lovely comments on the day. See you again next year.

Martlesham Art Group,
Every Tuesday, 10-12.30,
Martlesham Heath Pavilion, Village Green.
Contact: Diane 01473 659257 or June 07594 189100



Farewell from the Woodbridge and District Lions Club

After 43 years' service in the community, the Woodbridge Lions are hanging up their tabards.

Many familiar events were organised by the club including, the Woodbridge cycle race, the horse pageant, Elmhurst Park Children's Extravaganza, the Woodbridge regatta duck dive and the Martlesham 10km road race all aimed at providing fun in the community and vital funds over all those years reaching

MARTLESHAM HOUSEHOLDERS LTD

Keeping Public Footpaths Clear

Martlesham Heath Householders Limited (MHHL) are not responsible for keeping public footpaths clear of overgrowing foliage from private dwellings. This is the responsibility of the householder and is enforced by Suffolk County Council. You can find a reporting tool on the Suffolk County Council Website where such matters can be inspected by them to see if further action is required. If deemed an obstruction they will contact the owner. The reporting tool also allows anyone to report a host of matters such as potholes, streetlights, and defects on the highway.

Martlesham Village Fete - Saturday 19 July 2025

Martlesham's Village Fete was held on Saturday 19th July 11.00 – 4.00 on The Green, Martlesham Heath. We hope that everyone who attended the annual event had an enjoyable and relaxing day.

Phantom Litter Pickers and "Edgingeagle"

We would like to extend our heartfelt thanks to those residents who, without being asked, have been regularly picking up litter discarded in our community. Your thoughtfulness and dedication to keeping our environment clean makes a significant impact on the image and well-being of our shared space. Your actions not only contribute to a cleaner neighbourhood but also inspire others to take pride in their surroundings.

Use of the Main Village Green

We have had a few incidents of some football teams who do not have a licence using the green for their training activities. Any organised events including sporting activities need to be approved by MHHL in order that the Village Green is kept in an acceptable condition. Note that MYFC are approved with a licence to use the green.

Please use the MHHL Website

On a regular basis we are asked questions about a whole host of different issues with regards to Martlesham Heath. About 90% of these queries could be resolved by simply looking at the MHHL website. A lot of effort has gone into this website, and you will find a lot of answers on the website. The website includes information on the various covenants. Furthermore, you will find information about the policies including car parking, GDPR, Building Work, Fire Breaks, Trees, Drones & CCTVs etc. Additionally, you can find an interactive map of Martlesham Heath and much more information. Please refer to www.mhhl.co.uk

Volunteers

This is a call to any residents who would like to volunteer a bit of time. It is important that a good base of volunteers is maintained. For anyone interested it is a good opportunity to see what goes on behind the scenes and have your say on a variety of issues that arise from time to time. Should you be interested please leave a voicemail on 01473 612207 or send an email to martleshamheathhouseholders@gmail.com

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

well into 6 figures in support of good causes and those in need in our area.

For the past 35 years or so, 100s of Christmas food parcels have been made up and distributed, most recently with the help of the Woodbridge Salvation Army and the ever popular 'Quay Time', a collaboration with the Woodbridge Quay Church, has brought folk together from the town and surrounding villages for an afternoon of tea, cakes, chat, presentations and quizzes.

An aging membership and a lack of new lions forced members to close the club. By the year's end, all charitable funds will have been dispersed in the community in accordance with the Charity Commissions guidance.

With pride the Woodbridge lions look back on a job well done but, of course, the support given to those in need in the community was only possible through the generous donations made by those living and working in Woodbridge and district. For that we thank you.

If you are interested in the work of the Lions and would like to know more and get involved please contact Lorraine Cole – publicity@felixstowelions.org.uk

Woodbridge and District Lions Club CIO Registered charity no. 1182258

Suffolk County Music Service Settles into New Martlesham Home.

Suffolk County Music Service is now happily settled in its new base in Martlesham, having made the move in April. Since then, the team has been busy getting the building into shape and adapting to the new environment — and loving the space and opportunities it offers.

We're excited about the potential of our new home here, and are already planning a range of environmentally-friendly improvements, including steps to increase energy efficiency.

While these changes take careful planning and time, they reflect our commitment to sustainability and to creating an inspiring space for staff, students and their families, and the wider community.

Looking ahead, we're planning to host more music lessons and sessions directly from Martlesham starting this September — so keep an eye out for updates and opportunities to get involved!

Please visit our website www.suffolkcountymusicservice.co.uk/take-part, where you can learn more about the wide range of activities we offer your children and young people at various locations across the county.



Martlesham in Bloom

Now we are into August many plants are in full bloom; remember to give them some feed, especially the ones in containers, to keep them flowering. Some do well if you keep deadheading them otherwise, they could go to seed and stop flowering.

You could fill any gaps in your borders or containers with plants that will flower into the autumn to increase and extend the season for you and the pollinators.

Plus, why not set yourself the fun challenge to see how many different insects and invertebrates you spot in your garden or containers. There is such a wide variety. Pollinators will be visiting flowers giving you an idea of what they prefer.

You may notice which flowers they are on in other people's gardens near you or in open spaces. Maybe there is a plant you could consider adding for next year to help increase your wildlife species numbers!

Invertebrates are important in their own right for the part they play in the ecosystem which includes as food for each other and other wildlife! As mentioned before, if you can have a bowl, for example, with sloping sides or a way of climbing out of it that wildlife can come to drink at, it will be appreciated by all.

Enjoy a flower and insect filled August!

For further information about Martlesham in Bloom please contact:

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





21 Young Hearts Café is a social enterprise and the long-time ambition for local couple Sharon & Stuart Hobbs, who have made it their mission to create an inclusive, fun and educational space for the whole community.

Kyle, 24, was born with Down syndrome, and although he's faced many challenges, he is a fun-loving, ambitious, and intelligent young man, who refuses to be held back by his disability. Kyle's ambition is now to become the Manager of 21 Young Hearts Café, an ambition his parents could not be more proud of.

Sharon, Kyle's mum says: "Kyle has taught us as family to be thankful, and appreciate the little things, and never underestimate what he can achieve. The Cafe is a place that is going to break down barriers that society puts in place and will enable those starting their journey to believe in themselves."

The community café will reside in Unit 20, Martlesham Heath and is undergoing refurbishment leading up to the opening in August 2025. If you are or know of any local business willing to lend a hand, the Hobbs family would love to hear from you. Any offers of help should be directed to Stuart on hello@21younghearts.co.uk.

Badminton in Kesgrave

Woodbridge Badminton Club is currently running a summer badminton club on a pay-as-you-play basis at the Kesgrave Community Centre Sports Hall on Thursday evenings 8pm - 10pm running from 1st May until the end of August. The cost is £6 per session.

For latest details check out our website at <https://www.woodbridgebadminton.co.uk> or email jim.cavanagh955@gmail.com <<mailto:jim.cavanagh955@gmail.com>> or ring Jim Cavanagh on 0780 323 2892.

Our league matches and junior sessions have finished for this season but will restart in the autumn. The junior section currently has a waiting list.

KESGRAVE LIBRARY NEWS

Sunday Crafts 10.00 – 1.00 p.m. – during the Reading Quest in August, we will be making the following crafts:

Sunday 2nd – Saturday 9th – This week we are creating lighthouse pictures. Where can you see a lighthouse in Suffolk?

Sunday 10th – Saturday 16th – Design an Octopus and decorate the tentacles with some sparkly jewels.

Sunday 17th – Saturday 23rd – What is your favourite lolly? This week we are making lolly pictures.

Sunday 24th – Saturday 30th August – Create a book monster holding your favourite book. What will you choose?

Sunday 31st August – Any missed craft from the summer or redo one you really enjoyed. .

Activities are free. Parents must stay with under eights.

Word Play Sessions – Every Thursday Morning. Trained staff run these free sessions which are continuing throughout the summer holidays.

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

Baby Bounce – 10.45 – 11.15 a.m. – Gentle songs for you and your baby to enjoy. No need to book. Please just pop along. We look forward to seeing you soon.

Morning Book Group – Tuesday 5th August 10.00 a.m. at the library. The group are discussing *It Ends with Us* by Colleen Hoover. New Tuesday Book Group beginning Tuesday 9th September 10.00 a.m. – our Tuesday morning book group is so popular, we are looking to start a new one on the second Tuesday morning of each month. If you are interested in joining this or any of the book groups please ring Maggie on 01473 851374.

Why more people are turning to yoga in later life!

I've been sharing yoga with groups and individuals of all ages for over 40 years. I was lucky to discover yoga when I was in my teens and it has helped me to cope with the challenges life has thrown at me. I'm a qualified British Wheel of Yoga teacher and the more I teach, the more I realise that yoga is attracting people of all ages who want to learn more about the benefits it can bring. Over the past few months I have seen an increase in the number of those in their later years who are taking up yoga both in classes and in one to one yoga sessions. A regular yoga practice can help to maintain strength and mobility and support mental wellbeing too and this is what many of my clients tell me they are looking to find for themselves.

So what is the appeal of hatha yoga?

As we age, our bodies change. Sensitivity in the feet and hands can diminish, muscle strength reduces and things like eyesight and hearing also undergo changes. These are the things which help us to know where we are (proprioception) and to adjust quickly if things change, like finding a bump in the pavement or encountering a slippery surface. You might find it more difficult to lift heavy items and dexterity can become a problem too.

It's not all bad news though – we can do something about it!

Those of you who were aware of yoga many years ago may be associating practising yoga with bendy poses, footless tights, slippery lycra leggings or even ballet

Reading Quest – This year the quest is running from Saturday 19th July to Sunday 31st August.

Why not pop along to sign up to this year's Reading Quest? There's still time!

This year's theme continues with the myths and legends of Suffolk.

Kesgrave Library is running the following sessions each week throughout the challenge:

Monday 9.30 – 12.00 p.m.

Tuesday 2.30 – 5.00 p.m.

Wednesday 2.30 – 5.30 p.m.

Thursday 2.30 – 5.30 p.m.

Friday 9.30 – 12.00 p.m.

Saturday 2.30 – 4.30 p.m.

Sunday 10.00 – 1.00 p.m.

This is a free activity and open to all 2–12-year-olds. Children will need their own library card, which can be issued before the challenge begins. Please speak to staff. Adults will need to bring ID to act as a guarantor.

To finish the challenge each child needs to visit the library six times throughout the holidays and tell our amazing volunteers all about what they have been reading. They can read anything they choose but we do ask for at least one of the choices to be non-fiction.

There are prizes and stickers throughout the challenge to motivate our young readers to finish, as well as competitions to enter.

Those who finish the challenge will be invited to the presentation of medals and certificates on Sunday 7th September.

Why not pop along and join in the fun!

Pennikkity Pots - on either Wednesday 6th or 13th August am. - we are hoping to have Pennikkity Pots back at the library on the above date. Keep an eye out for posts on Facebook and posters in the library on how to book a space.

leotards (yes really – that's all there was at the time!). You won't catch me wearing those now and in the same way that yoga clothing has moved on (think joggers, bamboo leggings, sports gear ...) so has the practice of yoga itself.

Yoga teachers today recognise the need for a balanced practice and finding the ideal combination of strength and flexibility. Put these two things together and you have mobility – a much better way to think about the long term gains of practising yoga. Add in some great breathing and meditation techniques and your ability to manage anxiety and cope in daily life improves too.

So if you've heard that building muscle is good for you, regaining strength is something you want, easing joints and muscles back into action is one of your goals, then come and have a chat with me about what yoga can do for you! And if all those things are still functioning well for you then yoga can help you to keep it that way and support your mental wellbeing too. It can help your running, cycling, swimming and other activities too.

I'm based at the Woodbridge Complementary Health Centre in Sandy Lane, Martlesham on Monday and Wednesday afternoons/early evening and due to popular demand Thursday mornings as well. I'm online on Thursday afternoons/early evenings and lead daytime classes on Tuesdays and Wednesdays. You can have a free consultation with me by phone/zoom and at Sandy Lane – why not call 01394 388234 and book yours? Or email info@wchc.info.

More information is on my website www.izzyyoga.co.uk Izzy Ixer BWY Dip, MCMlizzy@bluepebblecoaching.co.uk



UPDATE FROM MARTLESHAM WILDS

June has seen the flowers doing all the talking at Martlesham Wilds!

Just look at these pictures. It is incredible what happens when you just leave a piece of land, however large or small, and allow nature to recover for a few years – it keeps on giving, and is surprising us all. The diversity we are seeing is a great indication that the land was previously farmed in a wildlife sensitive manner.

So far, our vegetation survey volunteers have recorded 91 species.

They are working in survey plots of 10m square, with the maximum count of species in one plot, currently at 38 – this is high.

There are a mixture of grasses, including some which are common, some more unusual native weedy species, and some non-native. Some interesting species have also been noticed outside the formal survey areas, such as Small-flowered Catchfly and Annual Knawel. As a result the pollinators are having a feast!

We will continue to track the changes in the species present at Martlesham Wilds over the years to come.

Can you create wildlife corridors for pollinators in your garden, school or work-place by leaving a patch to grow wild?

The bees and butterflies will love it and we suspect you would too!



MARTLESHAM CONSERVATION GROUP

The heathland of Martlesham Heath is particularly able to support a range of butterflies as there is a great mix of vegetation including heather, gorse, grassland and trees with areas of short vegetation that suit many butterflies.

These butterfly species include a nationally rare species, the Silver Studded Blue butterfly that uses heather and some other plants as its caterpillar food plant. It is important for wildlife conservation to try to maintain a good extent of heather and grassland and avoid dominance of some species of plant such as Bracken.

Although a common plant of heathland, Bracken is poor for conservation purposes as unfortunately it only supports a narrow range of wildlife in part due its toxic nature but also because it has the ability to smother other underlying plants.

The dwarf shrub layer of heather and grassland that it may have replaced is much more beneficial in comparison, supporting a wide range of invertebrates and higher animals (birds, reptiles, and mammals such as rabbits). Consequently it is important to reduce the extent and coverage of bracken in order to promote more heather and grassland to the benefit of a wider range of wildlife.

Our work parties over this summer have focused on trying to control bracken in a areas that have underlying heather. Bracken does dominate in some areas of our heath although

we have had some success in pushing it back in other areas due to a regime of cutting and spraying in previous years.

Over the spring and early summer several bird species typical of heathland were around. It has been good to see and hear such species as Woodlark, Stonechat, Linnet, Nightjar and Dartford Warbler.

In August we may see some Grayling butterflies, these are a typical butterfly of dry sandy heathland relying on sparsely growing fine grasses such as Sheep's Fescue and plenty of bare ground in open sunny positions. Several areas of the heath were scraped to help promote similar conditions. You may also see the second emergence of several other butterflies including the Common Blue and Brown Argus butterflies.

Our work party in August will take place on Sunday 3rd August at 10am. Please meet on the Martlesham Heath SSSI on the bank that runs east-west just along from the interpretive sign that sits between Heathfield and the Oaks. We welcome anyone who can come along and help even if only for an hour or two. Also please get in touch if you have any interesting wildlife observations. My grateful thanks to those volunteers who helped on our last work party and did a great job clearing bracken. Fortunately we managed to finish just in time to avoid some heavy downpours.

Phil Smith 01473 625630
martleshamconservationgrp84@gmail.com

Portal Woodlands Conservation Group

In June, we finished clearing the perimeter track and received several thanks from appreciative walkers and cyclists.

On a warm evening, we carried out our annual glow-worm (*Lampyrus noctiluca*) survey. In addition to counting 13 glowing females and 2 males, we were delighted to glimpse 2 tawny owlets (*Strix aluco*) calling for their parents.

Our next work morning is Saturday, 20th September, from 10:00 to noon, meeting at the Education Area. New volunteers of all ages and abilities are always welcome; no experience is needed.

For further information, please contact us at pwcg.martlesham@gmail.com, phone 01473 612632, visit our website: www.martleshamparishcouncil.org.uk/what-we-do/portal-woodlands-working-group, or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

Glow worm - photo S Corley



MARTLESHAM POPPY APPEAL 2025

Thank you to all of our volunteers who helped with the Poppy Appeal last year.

As usual Tesco are kindly allowing us to collect at their Martlesham store and we are looking for any volunteers who are willing to give up some of their time, even if it is only a couple of hours, starting on Thursday 23rd October through to Tuesday 11th November. All help will be appreciated.

If you are interested, please contact me, Kim Wright, Martlesham RBL Poppy Appeal Organiser, via email kwandbw@gmail.com or via my mobile 07775 761340.



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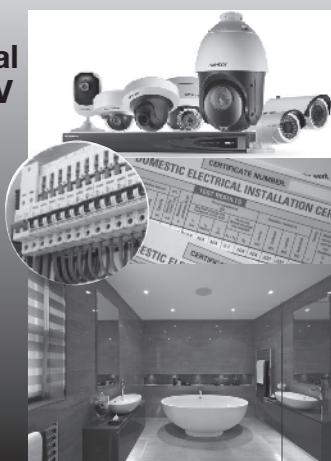
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MARTLESHAM HEATH AVIATION SOCIETY

Friday 4th July was our monthly meeting when welcomed Graham Murchie, a Trustee of the Bawdsey Radar Trust, who gave us the talk "The Eyes of The Few" looking at the development of Radar in this area.

The more you read on this topic, the more you realise that without the Royal Observer Corps, and the Command and Control System - but particularly the fledgling RADAR system - we would have lost the Battle of Britain, particularly when considering that the Luftwaffe greatly overwhelmed the RAF in the Autumn of 1940.

Graham started with what the Air Ministry had suggested would be able to detect enemy aircraft. One idea was to use sound locators - even building large concrete Sound Mirrors on the Kent marshes. This was quickly dismissed as being completely unfit for purpose. Then some bright person suggested using a Death Ray (he must have been watching the film "Things to come"). A prize was even offered for someone to kill a sheep from 100 yards using this idea. But an engineer who was in the fledgling RADAR Team calculated that such a Ray, if it was got to work, would need all the power in the National Electricity Grid....

A question - where does the acronym RADAR come from? Answer below this writeup...

Then the work really started in earnest, first as proof of principle. This used a converted Ambulance and flying an old bomber through the radio waves of a large BBC Transmitter in the Midlands, which did just work. Work started on Orfordness with some Boffins staying at The Crown and Castle in Orford. The team expanded and moved into Cuthbert Quilter's Bawdsey Manor. The first Radar Station in the world was developed, following the erection of tall Transmitting and Receiving aerials, once again looking for echoes from approaching aircraft. Development was rapid - by the Boffins (this term was created accidentally to describe electronic wizards, such as were at Bawdsey).

Soon the idea of putting Radar into aircraft was suggested. This work, way back in 1937, required an aircraft carrying the transmitter and receiving equipment, and another to act as a target. The first aircraft to prove the concept flew from Martlesham Heath.

Once again, the military research establishments at Orfordness, Bawdsey and Martlesham Heath were at the head of development of not just Radar, but also other technical innovations throughout the War.

RAF Bawdsey, because of the threat of invasion, moved first to Scotland then near to Swanage - and eventually to Malvern - where their work continued. Radar continued to be used at the RAF Bawdsey site as part of the UK RADAR system, and its Military role continued well into the Cold War period.

On the evening of Wednesday 13th August our members and friends will use car-sharing to visit the fascinating "Great War Huts" site at Hawstead, south of Bury St. Edmund. They will explore (following a talk on how the site came about) a rebuilt Great War, (Eastern Front) Allied Training Camp and a reconstructed Trench System. We have to arrive by 7:00 pm, the event starting at 7:30pm. The site is being opened especially for us that night!

The cost - a Donation to the Great War Huts Project, when you are there.

For information on this visit contact Howard on howard.king1@outlook.com or call 01473 274300 (answer phone available).

There are few places left - however a small number will be held until 6th August for readers of this message who live in the Martlesham and Martlesham Heath area.

For more information on this trip go to our website: www.mhas.org.uk - look under "Events" on the Home Page to find future talks advertised as they are confirmed. If the Event is full - we will flag this on the website "Events" pages - though I will also start a short reserve list

On Friday 5th September we return to our normal venue, The Martlesham Heath Community Centre, Felixstowe Road. We are currently talking to a very good and experienced speaker on many things Aviation. Full details will be given in next month's write-up.

RADAR - comes from R A dio D irection A nd R anging - a spoof term to try and lead the Germans astray about what we were doing.....

BAWDSEY RADAR MUSEUM

The museum is open on Thursdays, Sundays and Bank Holiday Mondays until the end of October. Don't forget kids get in free.

August is a very busy month at the Block. A reminder that we celebrate the world's first airborne radar experiments at Martlesham Heath, with a series of talks at BT Adastral Park on Friday 15th August and at the Museum on Saturday 16th.

For more details and to book, visit our website. bawdsey-radar.arttickets.org.uk/bawdsey-radar/

The virtual reality "climb a tower" will be available on 10th and 31st August and the popular 1940's pop-up café will return on 17th August, and will be open to non-museum visitors too!

The astronomers are back on 24th August, when the Orwell Astronomical Society will be looking at the Sun safely with some special telescopes.

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

Looking forward to September, Black & White Productions, with Bawdsey Radar Trust, present a touring production of the successful show "Operation : Radar", written by Suzanne Hawkes.

Between 2nd and 20th September, 12 shows are planned at venues around East Suffolk.

For further details of tickets, times and venues please contact the Black & White Box Office on 01394 279613 or the website: www.ticketsource.co.uk/black-white-productions

The planned date / venues for "Operation : RADAR" are as follows:

2nd / 3rd Sept. Two Sisters Arts Centre, Felixstowe (Previews)
6th / 7th Sept. 2.30pm Bawdsey Radar Museum
9th Sept 7.45pm Martlesham Community Hall
12th Sept 7.45pm Darsham Village Hall
13th Sept. 7.45pm Old Jet, RAF Bentwaters
14th Sept. 2.30pm Harvest House, Felixstowe
15th Sept. 7.45pm Waldringfield Village Hall
16th Sept. 7.45pm Bury St. Edmunds Guildhall
19th Sept .7.45pm Orford Village Hall
20th Sept. 7.45pm Jubilee Hall Aldeburgh

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MARTLESHAM CLIMATE ACTION

Home solar (PV) system: should you consider a battery too (real data from a resident with gas central heating)?

Solar panels generate power during daylight hours. Any surplus over house consumption is exported to the grid unless it can be stored for later use. National grid statistics show a demand peak between 4pm and 7pm, hence energy companies encourage load shifting away from this period. How does our battery help?

Annually, 34% of our house consumption is direct from solar generation. Solar via battery storage adds 46%, so 80% is from own-generated energy. In winter, when solar generation is much reduced, the battery can be charged overnight for use next day using a cheap-rate tariff, such as Economy 7. Including this grid top-up, the system provides 94% of house energy, including for cooking as we converted to electric appliances (but not heating; see below).

In summer, our solar system generates power from around 6am until around 8pm. It produces enough power to run the house (including hot water via a solar diverter to the hot water tank), with a surplus that is first used to charge the battery and then exported to the grid. After sunset, the battery powers the house until solar generation resumes the next day. From April to September, solar powers the house directly or via the battery with minimal grid consumption.

In winter, solar generation starts later and ends earlier, from around 9:30 am to 3pm in December. On some days there is surplus power to charge the battery, but on other days very little is generated. In December, solar generation provides about 13% of house energy directly and another 13% via the battery. However, with overnight cheap-rate battery charging reducing peak-rate grid use, 83% of house consumption is supplied by solar and battery.

What size battery? In summer, our battery (13kWh capacity) contributes around 3kWh daily to power the house from stored solar after

sunset and overnight. In winter, because of reduced daylight hours, the battery contributes an average of 6.5kWh, some of which is from cheap-rate overnight charging. (Editors note: if you have an Air Source Heat Pump for heating/hot water this will need to be a lot more so you might consider more battery capacity so you can run some or even all your heating and hot water from a battery filled up by cheap night rate electricity).

Note that the daily standing charge has increased significantly in recent years to around £175 p.a. (depending on supplier and tariff). This can be offset by credit from exporting surplus solar to the grid using a Smart Energy Generation (SEG) tariff.

The relative energy cost savings from a solar-only vs solar+battery system will depend on the size of the installation and the import and export tariffs chosen. The extra cost of the battery is a consideration, but if your goal is to minimise grid consumption, then a battery is essential even though the payback time is longer than PV panels on their own.

Phil Bull

Martlesham Repair and Climate Advice Hub

The next Repair Hub is 10-12, Saturday September 13th in the Parish Room as usual (no Repair Hub in August). If you have items to repair, you can always take them to the Repair Shed off Sandy Lane. See <https://suffolkrepairshed.org>

Dave Green, co-chair Martlesham Climate Action (a Parish Council working group)
Website: www.martleshamclimateaction.onesuffolk.net
E-mail: martleshamclimateaction@btinternet.com
Bluesky: @martleshamca.bsky.social



U3A EAST SUFFOLK: September 5th, a "red letter" day for older members of the community

People in later life looking to discover new interests, meet new people and live life to the full, should hotfoot it to Kesgrave War Memorial Community Centre on the morning of Friday 5th September.

From 10.30 to 12.30 East Suffolk u3a will be showcasing its activities with stalls representing dozens of different interest groups.

East Suffolk u3a, a members-run organisation, has more than 2,000 members locally and is all about helping older people to keep fit, make new friends and develop skills.

For those wanting to active, u3a offers walking, sport and physical activity groups. For those wanting to learn and share knowledge, there are geology, photography, foreign languages, arts, architecture and history study groups as well as dining opportunities and outside visits.

In every setting there's the chance to meet new people to share conversation, experience and ideas.

New members are welcome, with the expectation that they will contribute to the overall success of the group. Membership gives access to all the u3a's activities, subject to availability.

For more information, please see www.u3aeastsuffolk.org.uk or call the secretary on 0300 123 3913.

WOODBIDGE INNER WHEEL

The June meeting welcomed a new member after a delicious meal and its AGM.

Members bake for the memory café which continues to be a very popular place to visit from 10.30 am on the last Wednesday of each month at Woodbridge Football Club. If you know someone with memory loss, they are welcome to attend with a carer.

As the Inner Wheel year draws to a close, the July meeting saw President Judy handing over office to Deirdre Griffin who will lead members through a very special 75th Anniversary for the Woodbridge club. Woodbridge IW members meet at Ufford Park Hotel at 6.30 pm on the first Thursday of each month.

Find out more about the club and its aims and objectives at District 8 <https://innerwheel.co.uk>



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SUFFOLK TANGO in Martlesham and Wickham Market

"The Walking Dance"

Are you looking for an activity that's fun, keeps you fit in body and mind, and widens your social connections?

Argentine Tango ticks all these boxes and more – check out Suffolk Tango's New Beginners' Courses, Tasters and Concerts.....

With its evocative music, and its mixture of elegant walking and playful moves, Argentine Tango is a great way to improve balance, exercise your mind, develop poise and make friends. Our aim is to give you the ingredients to be able to join in Social Tango Dances, locally and anywhere in the world! Suffolk Tango is excited to be able to offer you the chance to join our weekly "New Beginners' Courses", in the Autumn.

We are delighted to have the opportunity to run classes in the activities room at the newly refurbished, community-owned pub "The George" in the High Street, Wickham Market, starting with a FREE Taster on Tuesday, 19th September at 7.30pm. We will run Beginners classes most Tuesdays, from 23rd September. (£5 per session)

There will also be a new weekly Beginners course at the Martlesham Community Hall, Old Felixstowe Rd, Martlesham, IP12 4PB. starting on Thursday, 11th September: doors open at 6.30pm for welcome and warm-up; the lesson is at 7.00-8.00pm. The fee for each lesson will be £8, payable on the day, and class members may stay to watch, (and later in the term, join in with) the Improvers/Intermediates' Class/Practice Session which follows. This will be an opportunity to meet, chat and dance with the local Tango Community.

We welcome total novices, people with other dance experience or those who want to revise the basics. It's not essential to come with a partner, but nice if you can.

On Friday 12th September, 7.30pm, Los Innomados presents "Musica Latina" - a concert of Argentine Tango (with music and dancing) and folk music, featuring celebrated Argentinian singer Oscar Acebras. At "The George", Wickham Market. (Retiring collection towards travel costs.)

To find out more about this fabulous dance, check out our website - suffolktango.org.uk - You can also find us on Facebook. If you have any questions or would like to register your interest, please contact Julia by email: contact@Suffolktango.org.uk

NUFFIELD HEALTH FREE 12-WEEK PROGRAMME TO BEAT JOINT PAIN.

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Twice weekly 1 hour session.

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MARTLESHAM BRASS - 'Making Music Fun in East Anglia'

By the time you read this, Martlesham Brass will be enjoying their summer break after a busy time playing in concerts, at fetes and in parks. We hope that you enjoyed hearing us if you were able to be at any of these events.

We will return in September, ready to start rehearsing for our 29th Birthday Concert on Saturday 11th October - more details next month.

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

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

Liz Howard (Publicity Officer) publicity@martleshambrass.co.uk 07544 962205
Registered Charity No.1100922. Visit our website www.martleshambrass.co.uk

MARTLESHAM LADIES CLUB

We had a final meeting for this Club year on 29th June.

It was quite well attended considering the heatwave at the time.

The committee were thanked for their support, as were the volunteers that each time make the tea or coffee and bring raffle prizes.

Half of our raffle money goes towards the yearly charity - this year we are supporting The Air Ambulance.

Mary was thanked, in her absence, for all the reports she has done for the various magazines. Again thank you Mary. We need a volunteer to do this each month, so please think about it.

We have a break now until the new session begins on Thursday September 11th. All ladies are very welcome, come and give us a try first if you like, we are a friendly group.

We hold our meetings in the Richards Room of the Community Hall, on alternate Thursdays at 2 pm. For more information contact June Peck on 0786752542

LADIES ON THE GREEN

In July we were 'fascinated' by our lovely speaker John Whitehead who gave a very interesting talk on Hatting - the hat making industry over time to the current sad demise of the fashion of people wearing hats. There were plenty of wedding confections on show on this day though, including fascinators and a traditional welsh bonnet. However John decided on a smart black and white straw model to win the prize

At August's Summer Party Meeting there will be silly games and prizes followed by a delicious strawberry cream tea and Pimms. However we were also busy raising money for 'Breast Cancer Now' who hold an afternoon tea campaign every August, which we were pleased to sign up to. All proceeds from our party including special raffle and sweepstake will go to the charity.

At September's meeting Maria Cooks will be telling us all about 'The Blood Runners' and we will be organising another walk and lunch in a pub near you !

We have a very few places left so if you are interested in joining this friendly group please give us a call. We meet usually on the third Friday of the month, in the Martlesham Heath Pavilion, The Drift, Martlesham Heath, IP5 3PL 1.45pm to 4.15

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

MARTLESHAM HEATH SURGERY Patient and Practice Group (PPG) News

Exciting Updates at Martlesham Heath Surgery

We're excited to share news of projects to improve services for our patients.

We are carrying out a number of enhancement works to our building at 23 The Square, Martlesham Heath. These works will increase the clinical space at the surgery along with reconfiguring the public areas in the surgery during the first phase. Naturally the surgery will remain open during the works and the surgery will attempt to minimise disruption to patients during the works.

Further announcements will follow, as they become available. Essentially a significant program of works is planned for the surgery moving forward to develop the surgery to provide services to the increased number of patients expected from the Brightwell Lakes development.

In addition to the physical building works, our online service is also being improved with the launch of a new website imminently. This will improve the experience of patients looking for information and services available using our website.

If you'd like to find out more about the Patient Participation Group (PPG) or are interested in joining, we'd love to hear from you. Please email me at MartPPG@gmx.com, or leave your name and contact details at reception in an envelope marked for my attention.

Thank you for your continued support.

Tony Willmott

Chair, Martlesham Heath Surgery PPG

Thought for the month.

"I've given up watching the news", said a friend to me recently. I know how she feels. Atrocity after atrocity, whilst cruelty, selfishness and apathy in the face of human suffering seem commonplace. How are we to respond to the events we hear about in the news, let alone the injustice and betrayals that sometimes affect us personally? Some respond with "an eye for an eye" sentiment, quite understandably. There is a place for anger when we hear about peoples' inhumanity. And yet Jesus's answer was different. His answer was forgiveness, something that he not only preached but practised when he forgave those who crucified him.

I think this is perhaps one of the hardest of Christian teachings. It appears to make no sense to respond to appalling evils with an offer of forgiveness. But perhaps we don't understand what Christian forgiveness actually is. Jesus isn't suggesting that bad things don't matter, nor a simplistic idea of moving on. Instead, it's a willingness to let go of our sense of being owed a debt, by leaving those that cause harm in the hands of our Heavenly Father. It might seem as though forgiveness means we are giving up our rights and self-respect, but in practice we discover new freedom and empowerment.

Sometimes the journey to being able to forgive is a long one, but each journey begins with the next step. That might be saying, "I'd like to be able to forgive but I'm not there yet". My prayer for us all is that we are able to join with Jesus in the prayer he himself taught us and say wholeheartedly "forgive us our sins as we forgive those who sin against us."

Revd Christine Pinder

On the 13 September the full orchestra and choir are performing Trianon "Classic Pops" at the Corn Exchange Ipswich. The concert programme includes a selection of orchestral, choral and joint works to celebrate 200 years of public railways and a Scandinavian journey!

For full programme details please go to our webpage www.tmg.org.uk. Tickets are available from www.ipswichtheartes.co.uk

Trianon is centred around East Suffolk and North Essex, mostly rehearsing in Ipswich. If you are interested in joining the Group, please go to our webpage for details. Why not come along to one or two of our rehearsals to see how we rehearse, who we are and the standard of the group.

Contact us on our web page www.tmg.org.uk, or via publicity@tmg.org.uk.

MARTLESHAM COMMUNITY HALL

Our quarterly Community Quizzes help us raise funds to offset the costs of running the Community Hall and the Richards Room. Our last Quiz in May raised around £550. Thanks to all the teams who support us; we hope we can continue to give you an enjoyable evening out. Our next Quiz will be on Saturday 6 September. We'll open the bookings about 5 - 6 weeks before - look out on our website (mchall.org.uk) and elsewhere for this. PS: Any raffle prize donations are always gratefully received.

We're still actively looking for an enthusiastic volunteer to take over our key Hall Manager role, as our current Hall Manager will be retiring soon. This may suit you, if for instance, you're recently retired and looking for a practical and rewarding way to give back to your local community? Having said that, volunteers of all ages and skills are equally welcome of course. Interested? You can find out more details from our advert on the Volunteer Suffolk website - tinyurl.com/mchallhm. You can also contact Ian Read (Chairman) on 01473 622721 for more details and an informal chat.

MARTLESHAM COMMUNITY HALL AND RICHARDS ROOM

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

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

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

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

THE MARTLESHAM HEATH PAVILION

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

You can check availability and book the Pavilion online at:

martlesham.org.uk/pavilion

Alternatively please contact the booking secretary:

Email: bookingsecmhp@gmail.com

Phone: 07873 557999



ST ELIZABETH HOSPICE USED STAMPS AND COINS APPEAL

A big THANK YOU to everyone who continues to save their used stamps and old British & foreign coins for me to take to the hospice. The hospice relies on donations for a large part of its funding, so all those stamps and coins which you donate can really help them. I recently contacted the hospice fundraising administrator to see if they could let me know how much they raised last year from the sale of all the stamps and coins they receive. They replied;

"we'd like to thank all the local residents who support us with donating stamps for recycling. You will be delighted to learn that in our last financial year which ran from 1 April 2024 to end of March 2025 that as a hospice £1,276 from stamps and £527 from the foreign coin was raised."

Additional funds have also been raised by selling more valuable items, such as rare coins, stamp albums and first day covers. So, you can see how important your contributions are - when added together they really do make a difference.

Please continue to support the hospice by saving your used stamps throughout the year, just remember please to leave a margin around each stamp so that the perforations are not damaged. Thank you,

Bev Read,
15 Demesne Gardens Martlesham Heath
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MARTLESHAM VILLAGE HALL TOP STREET

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For any queries or bookings please contact 01473 623655



THE CHURCH IN MARTLESHAM & BRIGHTWELL

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

CURATE: The Revd Rob Allinson rob@martleshamcofe.org.uk
07359 463312 (rest day Wednesday)

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

READERS: Marga Gibbs van Dijk 16 Deben Avenue, Martlesham 01473 624035
Carolyn Smith 74 Heathfield, Martlesham Heath

CHILDREN & FAMILIES MINISTER: Emma Allinson emma@martleshamcofe.org.uk
07359 339452

ELDERS: Simon Smith 11 Squires Lane, Martlesham Heath 01473 612410 (eve only)
Liz Welham 23 Deben Avenue, Martlesham Heath 01473 622709
Lynn Wilder Kenton, Nr Debenham 01728 860627

Martlesham Heath St Michael's Martlesham St Mary's Brightwell St John's

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Services for the Month

Sunday 3rd August	St Michael's 9.30am Coffee and pastries 10am Breakfast Church St Mary's 11am Holy Communion	
Sunday 10th August	St Michael's 10am Holy Communion St John's 6.30pm BCP Evensong	10am Holy Communion
Sunday 17th August	St John's 9am Holy Communion St Michael's 10am Morning Worship St Mary's 11am Holy Communion	10am Morning Worship
Sunday 24th August	St Michael's 10am Holy Communion St John's 6.30pm BCP Evensong	10am Holy Communion
Sunday 31st August	St Mary's 10.30am Benefice Service	

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

Midweek Services

Wednesday 13th and 27th August: 10am Holy Communion at St Michael's

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

August

- | | |
|--|---|
| <ul style="list-style-type: none"> 5 for our coastguard and lifeboat services 6 for the residents of Bealings Road 7 give thanks for our safe drinking water 8 for debt advice counsellors and their clients 9 for all at Friends on Friday 10 give thanks that God is always with us 11 for new residents of our village 12 for our local dental practice 13 for the residents of Birch Grove 14 students receiving their A-level results today 15 for young people unsure about their next steps 16 for wisdom for those who work in social care 17 give thanks for the precious gift of faith 18 that our community may be welcoming to all 19 for journalists working in dangerous places | <ul style="list-style-type: none"> 21 students receiving their GCSE results today 22 that we may encourage others 23 for victims of modern-day slavery 24 St Bartholomew – for those persecuted for their faith 25 for safe travel and good times on the bank holiday 26 for vets and local veterinary practices 27 for the residents of Borrett Place 28 for all at the Runway this morning 29 for the Disability Advice Service and their clients 30 give thanks for times to relax with friends and family 31 that we may be rooted in the love of Christ |
|--|---|

September

- 1 for all feeling anxious about the new school year
- 2 all who work for reconciliation and peace
- 3 for those starting a new school this term

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