

martlesham monthly

MARCH 2023

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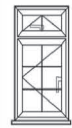


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martlesham monthly

MARCH 2023

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This month's cover features a close-up picture of a grey squirrel taken by Dominic Wiles.

It has a few notches taken out of its ears!

GIRLGUIDING MARTLESHAM

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

If you are interested in joining as a young member, or helping as a volunteer, please contact Jo on
martleshamguides@gmail.com or
www.girlguiding.org.uk/get-involved (HQ).
Come join the fun & start your Guiding adventure today!

1ST MARTLESHAM SCOUTS

For all enquiries regarding joining the groups please contact
membership@martleshamscouts.org.uk
Becoming a helper or hiring of the Scout HQ please contact
Lindsay Macleod
Lindsayfw@msn.com

POLICE In case of emergencies please always call 999.

In non-emergency situations call the new number 101.

Tree of the Month

The tree for March is the magnificent yew that stands by the porch of St Mary the Virgin Church. It is a tall yew with a girth of

3 metres which makes it approximately 400 years old.

MOBILE LIBRARY TIMES

Tuesdays Angela close: 1.30–1.45pm
Bridge Farm Day nursery 1.50–2.20pm
Falcon Mobile Home Park: 2.30–2.55pm
Douglas Bader: 3.00–4.30pm
14 March, 11 April, 9 May.

Thursdays:

Douglas Bader: 10.15–11.45am
2 March, 30 March, 27 April.

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

Joining

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

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



COMMUNITY RESPONDERS

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

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

For further details contact Johnny Dixon
johnny.dixon@btinternet.com

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

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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 COUNCIL

Martlesham Common Local Nature Reserve – Megabash 2023

Local volunteers joined the Greenways Project in the important job of keeping the paths clear of encroaching gorse at this year's Megabash which took place in January. The tricky task of tackling the thorny gorse included the area around the heather stronghold in the centre of the site. We have 2 types of native heather, the more common heather also known as ling (*Calluna vulgaris*) and bell heather (*Erica cinerea*). Removing some of the gorse (not all as a mosaic of habitats is good for wildlife and it would be difficult to achieve) in this area will help with the further expansion of heather on the site. Many thanks to all the volunteers who turned up to bash back the gorse and litter pick the site.

A donation to the Suffolk Wildlife Trust for Martlesham Wilds

Martlesham Council was delighted to receive a letter from the Suffolk Wildlife Trust acknowledging a cheque presented to them at an event celebrating our volunteers.

Amy Rushton, Head of Income Generation for the Suffolk Wildlife Trust wrote:

"I'm just writing to say thank you to the Parish Council for their wonderfully kind gift of £1,000 in support of Martlesham Wilds – helping us realise our vision to create a uniquely special place for nature."

We are very much looking forward to working closely with the Suffolk Wildlife Trust in the future.

Green infrastructure workshops

We are currently in discussions with other parish councils and conservation groups on workshops to be led by Peter Hobson, Professor in Biodiversity Conservation & Sustainability within the School of Sustainable Environments at Writtle University College. The workshops aim to develop plans to mitigate the impact of the Climate Emergency and to restore and enhance biodiversity. More information on this exciting project to come.

A reviewed Tree Policy and 10 commemorative trees for the King's coronation

Martlesham Council has recently updated its

Tree Policy. This more detailed policy outlines our aims including to "actively encourage tree, woodland and hedge planting throughout the parish in appropriate places." and our actions, one of which is to "Support and encourage the Martlesham tree wardens".

Martlesham tree wardens will be helping plant 10 trees in the parish of Martlesham to mark the coronation of His Majesty King Charles III which takes place on Saturday 6th May. The first tree to be planted will be an oak to stand close (but not too close!) to the oak planted to celebrate the Queen's Platinum Jubilee last year at the Recreation Ground in Old Martlesham.

Tree of the Month

This month our tree wardens will be launching a new initiative called 'Tree of the Month' to raise awareness and promote our local trees. Each month one of Martlesham's trees will be photographed and mentioned on our social media and in local magazines. These trees could be anything from newly planted saplings to a fruit tree in our community orchard or one of our spectacular ancient trees as long as it's in Martlesham.

The tree for March is the magnificent yew that stands by the porch of St Mary the Virgin Church. It is a tall yew with a girth of 3 metres which makes it approximately 400 years old.

Yews can grow to a great age. The oldest UK yew, according to The Woodland Trust, is the Fortingall Yew set within a churchyard in Perthshire, it is said to be between 2,000 and 3,000 years old.

Precept and budget

At its meeting on 11th January, Martlesham Council set a budget of £167,573.00 and a precept (parish council element of council tax charges) of £146,300 for the financial year 2023/24.

In order not to increase the financial burden on its parishioners unduly to compensate for the loss of taxpayers (residents in Martlesham North Ward will become part of Woodbridge on April 1st), Martlesham Council has chosen to transfer £7,000 from its earmarked reserves into its general reserve to help meet the budget, as well as using some of its general reserves. Despite setting a lower precept than in 2022/23, this represents an increase of approximately

3% per Band D property, however, this is only an additional £1.99 per annum.

IT and Policies

Martlesham Council will be making some changes to its internal IT systems soon to help parish councillors with their Council work. Changes will include the ability to directly access policy documents electronically and changes to email addresses.

Policy and assessment documents recently reviewed include the system of internal audit, the Investments and Investment Policy, the General Data Protection Regulation policies and the Volunteer Policy.

Foxhall Recycling Centre Redevelopment Phase 2 - Suffolk County Council Update - 26th January - Summer 2023

Important information regarding visits to Foxhall Recycling Centre:

There will be a 30% reduction in available booking slots at Foxhall during this stage of the redevelopment. This is the largest part of the project and will allow for the building of the raised level, removing the need for steps when recycling on site and for road widening to improve access to site. During Phase 2:

No vans, vans with trailers, large trailers or trade customers will be allowed on site. These customers should use alternative sites.

No glass, textiles or paper recycling on site.

Customers can use other bring banks nearby and recycle paper through their household recycling bin.

Where possible please be flexible when making your bookings as you may not be able to book a slot when you usually visit.

Forthcoming meetings

Parish Council – Wednesday 1st March 2023

Recreation & Amenities Committee – Wednesday 8th March 2023

Annual Meeting of the Parish (APM) – Wednesday 22nd March 2023

Please note that Parish Council meetings will be held in the Parish Room, Felixstowe Road, Martlesham, IP12 4PB. All meetings start at 7.30pm and are open to the public,

.../ **Martlesham Council Continued**

who are welcome to ask questions or make comments to the council during a public forum.

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

Contacting the Council

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

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

e-mail: enquiries@martleshamcouncil.org.uk

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>

Are you looking for an exciting and unique opportunity?

Martlesham Council is looking for a new staff member.

Are you experienced or willing to undertake training to join a flexible and hard-working team? If you are, this is a unique opportunity to work with one of the fastest developing, strategic local councils in Suffolk during an exciting time for Martlesham. We provide a range of facilities for residents and work collaboratively with others to protect the environment which now includes an exciting new nature reserve Martlesham Wilds on the banks of the river Deben.

Benefits include membership of the Local Government Pension Scheme, flexible working and the ability to work from home at times. There is also potential for increased hours. If you're looking for variety at work and lots of job satisfaction visit Martlesham Council's website <https://martlesham.onesuffolk.net/> for more details, click on the home page for the Job Description and Person Specification. We look forward to receiving your CV and detailed letter explaining why you think you are the right person for the job.

Deadline: 4pm on Friday 21st April.

From your Conservative District Councillor for Martlesham, Brightwell, Foxhall and Purdis Farm. Chris Blundell. March 2023.

Looking Back. I thought that you might like to know what has been achieved during the last four years. Each District Councillor at East Suffolk District Council (ESC) had a Community Enabling Budget (CEB) of £7,500 pa. This system is unique to the Conservative run council at ESC. I thought that you might like to know to what I allocated my budget.

Date	Amount	Group/Organisation	Project
2019-2020			
22/07/2019	£4,000	St Michael's Church Centre	Replacement Chairs
04/11/2019	£800	Woodbridge Town FC	Platform for Disabled Spectators
12/11/2019	£1,000	Martlesham Preschool	Safe equipment to allow learning through Investigative play.
27/02/2020	£1,700	1st Martlesham Scout Group	Funding for Disabled Toilet
2020-2021			
12/05/2020	£3,300	Woodbridge Town FC	Entire electric system failed.
16/10/2020	£957	Woodbridge Town FC	Warm-up kits for U18s
10/12/2020	£1,243	Martlesham Youth FC	Goals & nets for U13/U14s
	£2,000	Cost of Living fund	Creation of Hardship fund
2021-2022			
09/12/2021	£4,500	Martlesham Community Hall	Projector & PA System at hall
11/01/2022	£2,000	Footsteps, Walking with you	Purchase of 2 new Laptops.
03/02/2022	£1,000	Disability Advice Service	Expansion of their service.
2022/2023			
07/06/2022	£1,000	Martlesham Baby/Toddlers	Improve play area & storage.
12/07/2022	£588	Martlesham Parish council	Village Fete-Traffic Management
12/07/2022	£245	1st Martlesham Scout Group	Towards new cooker.
21/11/2022	£2,636	Purdis Farm Group Parish C	Production of quarterly Magazine
24/11/2022	£550	Woodbridge Town FC	Replace inefficient lighting units
02/12/2022	£275	Martlesham PC	New SID Posts
20/12/2022	£1,206	St Michael's Church Centre	Door Replacement
	£1,000	Cost of Living.	Contribution to main fund.

In addition to the individual CEB funds, the council set up an additional scheme that divided the whole district into eight Community Partnership Areas (CPs). Each area elected its own chairman and for the last four years I have had that honour. The local CP consists of the Parishes of Kesgrave, Martlesham, Rushmere St Andrew, Purdis Farm Group and Carlford and Fynn Valley. £25,000 was allocated each year to each CP to enable other organisations including Parish Councils to participate in the allocation of funds for cross boundary projects.

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

MARTLESHAM BRASS 'Making Music Fun in East Anglia'

Martlesham Brass are looking forward to the spring & summer when they have several concerts and events planned, including a Spring concert on 13th May, and 'Tea & Tunes' on 10th June - there will be 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 - please note we operate a waiting list for new members.

Liz Howard (Publicity Officer)

publicity@martleshambrass.co.uk, 07544 962205, Registered Charity No.1100922.

Visit our website www.martleshambrass.co.uk

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MARTLESHAM CONSERVATION GROUP

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

The Greenways team completed work on the Martlesham Heath SSSI during February by clearing gorse selectively by hand and burning on site. DCS Ecology also scraped away scrub in some areas to create bare ground into which heather could re-seed. Bare ground is an important habitat particularly for specialised heathland insects.

Our group has also cleared gorse and other scrub on our work parties over the winter. The major work on scrub clearance on the SSSI was organised to avoid as much as possible disturbance to nesting birds and other wildlife such as reptiles, given the constraints of time and weather.

We would particularly like to thank all the volunteers who came along to the Megabash in February and worked hard to clear more areas of scrub and dispose of the cut material from all our winter activities in a bonfire. A great deal was achieved in a single day thanks to those volunteers. We apologise for any inconvenience caused at the time.

Members of the public, especially dog walkers can make a valuable contribution to the recovery of our heathland and its associated wildlife by sticking to the main paths. It may be tempting to wander freely across the open areas, particularly the ones that have been recently cleared, however these are just the areas that could be colonised by ground nesting birds and reptiles especially if the disturbance level could be kept low. So if you walk across the heath please stick to the main paths, and if you are a dog walker we strongly advise you to walk your dog on a lead and stick to the main paths. This is partly for the benefit of our local wildlife but also for the protection of your dog as we seem to have a good population of adders present on the heath based on the numbers seen last year.

Please don't be tempted to take short cuts across the open areas, especially the newly created ones and please remember all our British snakes and lizards are protected by law. If you want to know more about reptiles (and amphibians) try the website <https://www.arc-trust.org>.

Our work party in March will be on Sunday 5th March at 10am when will be aiming to clear up the Megabash bonfire site and do some path maintenance on the Martlesham Heath SSSI. Please meet at the Megabash bonfire site towards the northern end of the SSSI.

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

Phil Smith 01473 625630

PORTAL WOODLANDS CONSERVATION GROUP

On a chilly January morning, the main job was to ready the bird boxes for the coming breeding season. The boxes were checked to see if they had been nested in during the past year, cleaned out and given a lick of protective paint – wildlife friendly of course. We were very pleased to find that over 80% of the boxes had been used.

Appropriately, one of our volunteers spotted the highly unusual bird's nest fungus (Crucibulum leave). These are tiny cups, less than a centimetre in diameter, containing white egg-like nodules that contain the spores.

Our next Volunteer work morning is Saturday 18th March from 10:00 to Noon, meeting at the Education Area.

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

MARTLESHAM HEATH HOUSEHOLDERS LTD

Tree Planting

All being well, by the time you read this article we should have completed the backlog of tree husbandry around the village and planted most of the replacement trees for those we have lost /removed in the last year.

Eagle Way Daffodils

Please watch out for the spring daffodils popping up on Eagle Way following last Autumns planting.

Manor Road Defibrillator – Heart to Heart Training

On 4 February between 2.00pm and 4.00pm training was given at Saint Michael and All Angels Church on how to use the new defibrillator opposite 74 Manor Road. Please note that the defibrillator can only be released via the Ambulance Service.

Manor Road Clock

During January and early February the work involved in carrying out the repairs to the clock in Manor Road was completed.

Megabash

On 11 February the annual Megabash was completed.

Flailing at Parkers Place

The scheduled flailing at Parkers Place and Demesne gardens is on hold whilst we investigate badger sightings in the area and carry out surveys.

Annual General Meeting

The Martlesham Heath Householders limited AGM will take place on Wednesday 7th June 2023 at the Martlesham Heath Pavilion starting at 7.30pm.

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

For 11-16 year olds

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KESGRAVE LIBRARY NEWS

Sunday Crafts 10.00 – 12.00 noon – the following crafts are running during March:

Sunday 5th – To celebrate World Book Day on the 2nd of March, we are making the character 'Supertato'.

Sunday 12th – Next Sunday is Mother's Day. Pop along and create a beautiful card by drawing around your hands.

Sunday 19th – Tomorrow is officially the first day of Spring. Create a spring flower picture to take home.

Sunday 26th – Have you seen the sun yet? Make a sundial out of an old CD.

Activities are free. Parents must stay with under eights.

Word Play Sessions – These free sessions are run by trained staff every Thursday morning.

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

Baby Bounce – 10.45 – 11.45 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.

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

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

Opening Hours -

Monday 9.00–12.00 noon
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 Saturday 10.00–5.00 pm
 Sunday 10.00–3.00 pm

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BRIGHT STARS

Bright Stars Activities sheets for preschool aged children.

Would you like to receive them?

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

The activity sheets usually include a story, song and a craft or game about a theme or story from the Bible. During a recent session we heard how God wanted to make the world a lovely place, so He made the sun to warm us, and in the night He made the moon and stars to shine in the dark sky. The activity sheet was to colour in a sun and moon on the page, then roll it into a cylinder so you could have them standing up in your house.

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

If you would like further information, please contact:

Sonya & Maureen Burrows Tel.01473 625196



NEW FRUIT TREES AT BRIGHTS ORCHARD

Located between Gorseland CP School and The Control Tower

(Community Orchard Working Group)

On Tuesday 24th January 2023 volunteers and Gorseland School Eco-Warriors helped the Community Orchard Working Group plant Phase 3A of the orchard, comprising of ten fruit trees made up of apples, medlars, quinces and damsons, all interesting varieties that you are unlikely to find in your local supermarket! Everyone did a great job of not only planting the trees but putting in plaques on stakes showing the variety, use, root-stock, picking time and season of use for each tree. Mr Frank Bright was invited and came along to see the planting and meet everyone.

This phase has been paid for through three different sources. The trees were paid for by Martlesham Parish Council, and ground preparation, rabbit and deer protection netting and sundries by a grant from County Councillor Patti Mulcahy's Locality Budget. A grant from Martlesham Community Council paid for the plaques and stakes. All trees in the orchard have a plaque.

A big thank you to everyone who helped with planting and finances.

If you would like to be involved in looking after the trees by helping water them, or would like any information about Brights Orchard, please contact us on martleshaminbloom@gmail.com (members of Martlesham in Bloom are in the Working Group)

or via Martlesham Parish Council as follows: -

Email – enquiries@martleshamcouncil.org.uk

Phone – 01473 612632





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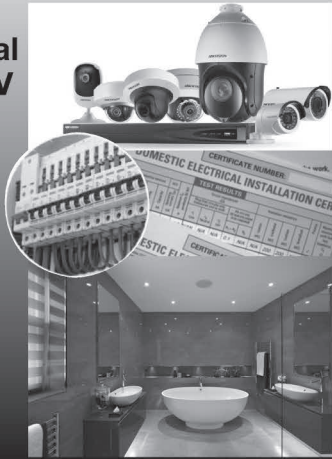


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MARTLESHAM COMMUNITY RESPONDERS

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

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

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



Martlesham Heath Baby and Toddler Group meets every Wednesday and Friday at Martlesham Heath Pavilion Session time is 9.30 – 11.15 (term-time only)

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

**Session prices are £1.50 per family/care group
£5 capped fee for Childminders**

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

**Find us on Facebook
email: MHBTG@outlook.com**

Can you help? We are currently looking for volunteers, please contact us for further details.

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

General contact details:
Howard: 01473 274300.
Website: www.mhas.org.uk
Control Tower Museum:
Call 077 077 11104
mhasmuseum@mhas.org.uk



Visit our Control Tower Museum, behind Parkers Place, off Eagle Way, IP5 3UZ. In normal times open Sundays 2-5 pm, from early April to the end of October. To find out more about the local story just turn up, - easy parking.



We have an enthusiastic and friendly team of volunteers keeping the Museum and Society running. Why not get involved?



East Anglia's Children's Hospices (EACH) cares for children and young people with life-threatening conditions across East Anglia and supports their family. EACH is a life-line for families at an unimaginably difficult time. Help us be there for future generations, helping every child make the most of life – no matter how short.

www.each.org.uk



Registered charity no. 1069284

MARTLESHAM REPAIR AND CLIMATE ADVICE HUB – NOW AT THE PARISH ROOM (NEXT TO THE COMMUNITY CENTRE)

The next Repair and Climate Advice hub will be on Saturday 11th March from 10-12 and the second Saturday of the month during the year. The Climate Advice hub will be there as usual with advice on how you can do your bit to reduce your carbon emissions and reduce your energy bills (what's not to like!).

Email: martleshamrepairhub@gmail.com

Frequently Asked Questions

While talking to people at the climate advice stand and during visits with the infrared camera, several questions keep coming up. We are producing a list of 'FAQs' and will post soon on the website and reproduce some here. If you have any questions just e-mail us!

Heat Pump FAQ1: Is a heat pump suitable for an old house?

Answer: Probably! An older house is not necessarily a barrier to having a heat pump installed instead of burning oil or gas for heating and hot water. If the house can be insulated to a reasonable standard (EPC 'C' or above is a good guide) then the lower flow temperature from a typical heat pump can deliver the heat required. It will often need some radiator upgrades (I had 3 singles replaced with doubles and a big one replacing a towel rail in the bathroom) but 'you have an old house so can't have a heat pump' is not true.

Heat Pump FAQ2: I've heard of heat pumps, but don't I need underfloor heating and ground source/digging up my garden?

Answer: Absolutely not! Air source heat pumps are just fine and much cheaper than ground source and both can be 'plugged into' an existing central heating system (most systems do need a hot water tank however). There is some question about micro-bore pipes used in some central heating systems, but my installer said that was not necessarily a barrier.

Wildlife Friendly Gardens

We've had some questions about a 2023 calendar. We haven't produced one, but the first 3 months of the year from the 2022 calendar we delivered to all householders in Martlesham can be found at <https://martleshamclimateaction.onesuffolk.net/calendar/> if you want a reminder of what you can do in your gardens.

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

Website: www.martleshamclimateaction.onesuffolk.net

E-mail: martleshamclimateaction@btinternet.com

Twitter: @martleshamclim1

MARTLESHAM HEATH SURGERY – PPG NEWS

The Martlesham Heath Surgery Practice and Patient Group (PPG) recently met for our first meeting of 2023. We were joined by the new Practice Manager, Richard Hartwell for both Martlesham Heath Surgery and The Birches (Kesgrave). Richard explained to us how his role will fit in with managing both practices. Since July 2022 Martlesham Heath Surgery and The Birches have shared joint partners and joint management along with staffing, whilst remaining as 2 separate practices.

We were also joined by Dr Miah one of the two partners, Dr Miah explained in more detail what it meant for both surgeries to be training practices. The surgeries will be training GPs meaning patients will have access to more clinical staff and a surgery that has the latest understanding of current teaching and training. This will improve the quality of the surgeries in time hopefully lead to improved recruitment of GPs. Some patients have already been asked to attend training sessions with the trainee GPs.

The PPG also discussed changing the days & times we meet to enable a wider cross section of patients to be involved. Currently the meetings are held in the afternoon during the working week, moving forward we plan to begin holding meetings during the day & early evening on an alternating basis. If you are interested in finding out more about the PPG please either email me at MarPPG@gmx.com or drop a note (with your name & contact details) into the surgery reception in an envelope marked for my attention (Tony Willmott, PPG Chair). *Tony Willmott - Chair, Martlesham Heath Surgery PPG*



ADVICE AVAILABLE IN MARTLESHAM

A new drop in service is available on the third Tuesday of every month in Martlesham Council, Parish Room, Felixstowe Road, Martlesham, Woodbridge, Suffolk IP12 4PB

No appointment is necessary and the next session will be on Tuesday 21st March from 9am until 12 noon.

Citizens Advice helps people find a way forward. We provide free, confidential and independent advice to help people overcome their problems. We are a voice for our clients on the issues that matter to them. We value diversity, champion equality and challenge discrimination and harassment. We are here for everyone.

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ST ELIZABETH HOSPICE USED STAMPS AND OLD COINS APPEAL

A big THANK YOU to everyone who continues to save their used stamps and old British & foreign coins throughout the year 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;

"The total for all the stamps that have been recycled during 2022 is £2160 – which is a fantastic amount! We have also recycled old £1 coins during 2022 and this total was £447.00, so this is a great source of income too. Thanks so much. Your support is really appreciated."

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,

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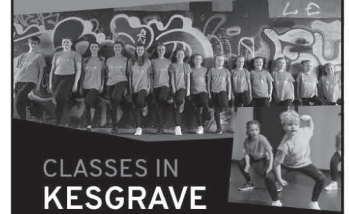
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MUSIC AT RUSHMERE

This year's Spring Season of afternoon concerts at St. Andrew's Church, Rushmere will be held in support of the local Air Ambulance Service. There is no charge for admission, but we invite voluntary donations after each event.

The season kicks off on 5th March with the guitarist James Woodrow. James studied at the Royal Northern College of Music in Manchester, and is one of the country's leading contemporary classical and electric guitarists.

On 12th March, local group Essentially Swing will be joining us for an afternoon of foot-tapping fun. As their website says they offer music "from piccolo to trombone and from rags to rock and roll".

Sadly Phantom Wind Quintet's visit to Rushmere last autumn had to be cancelled due to illness, but we are delighted to welcome them back on 19th March, hopefully fully recovered. They will be performing a couple of rare gems of the wind quintet repertoire as well as some more familiar music.

The 2023 Phyllis Dawson Memorial Organ Recital takes place on 26th March. Mrs. Dawson was the organist at St. Andrew's for over 50 years, so she probably played for your wedding if you were married there in the 50s, 60s, 70s, 80s or 90s! The recital is to be given by Christopher Moore, one of Suffolk's best-known organists.

The series concludes on April 2nd with a welcome return by the Ipswich Hospital Band. They have been entertaining people in the Ipswich area for more than forty years with a range of music for brass and concert bands.

All concerts begin at 3pm and are followed by refreshments (tea, coffee and home-made cake) in the hall. We look forward to welcoming you to any or all of them.

KESGRAVE CANASTA CLUB

We are looking to welcome new members to the club at the Fred Upson Hall (previously the British Legion Hall) starting time 7.30pm on the third Wednesday in the month.

Canasta is an easy game to learn and we are a friendly crowd always happy to teach the game if you have not played before. Refreshments are provided. Plenty of parking and only £3 a session.

Please contact Barbara Rose 07808590578.

2023 dates Wednesdays March 15th, April 19th, May 17th, June 21st

KESGRAVE COMMUNITY & CONFERENCE CENTRE

We are proud to announce that we have another defibrillator here on site at KWMCC!

This new life saving equipment is situated inside our Kesgrave Sports Centre outside of our Sports Hall, which can be accessed via Mead Drive, IP5 2HU or Twelve Acre Approach, IP5 1JF. With thanks to our General Manager Stuart Lawson and East Suffolk District Council Locality budget; this defibrillator will add to our improvement of facilities here on site. We hope, of course, that it is never used - but it will give confidence that should the worse happen we are prepared. Please note: You can also find our other defibrillator here on site outside of our Conference Centre entrance on site at Kesgrave Community & Conference Centre, Twelve Acre Approach, IP5 1JF.

KWMCC Events highlighted!

- Makers Market (11:00-15:00) – 5th March
- Celebrating Special Ladies (18:30-21:30) – 17th March
- The KWMCC Big Spring Clear Out (14:00-16:00) – 16th April
- 60's & 70's Sensation Live Music Afternoon (14:00-16:00) – 23rd April
- Retro Disco (19:30-Late)! – 28th April

For more events or to book tickets, please head to our website <https://www.kwmcc.co.uk/community-events/> for more details.

For use of our function rooms or KWMCC bookings: Please email reservations@kwmcc.co.uk or call 01473 612648. Kesgrave Community & Conference Centre, Twelve Acre Approach, IP51JF. Registered Charity Number 1186279.

WOODBIDGE ORCHESTRAL SOCIETY

forthcoming concert:

7:30pm

Monday 27th March 2023

To be held at

Woodbridge Methodist Church

This will be our first public concert to be conducted by Jonathan Abbott.

The programme has an Eastern European theme featuring composers including: Smetana, Liszt, Janacek, Brahms and Enesco.

Complementary refreshments will be served during the evening.

There will be a closing collection of donations for the Repair of the Octagon Church Roof.

More details can be found on the orchestra's website:

<http://www.woodbridgeorchestra.org/>

Alternatively contact helenm1960@btinternet.com or phone: 01394 411232

WOODBIDGE MEMORY CAFE

The Memory Cafe, which is run jointly by the Rotary Clubs of Woodbridge and Woodbridge Deben and Woodbridge Inner Wheel, reconvened after the December break on January 25th. We were pleased to welcome a large attendance, including several new faces, for our usual mix of friendly chat, memorabilia, refreshments and entertainment.

Our next session will be on Wednesday February 22nd and thereafter on the last Wednesday of every month except December.

We meet at Woodbridge Football Club from 10.30 to 12.00 and there is no charge.

We are pleased to announce that Gotelee Solicitors have offered financial support to the Memory Cafe, which will allow the clubs to use more of our funds to support many local, *national and international* charities.

The Memory Cafe welcomes people with all forms of memory loss and their carers. If you would like any further information please contact Rotarian Martin Kenyon on 01394 386933.

MARTLESHAM HEATH AVIATION SOCIETY

On Friday 3rd February we had, at our Martlesham Heath Aviation Society Monthly Meeting, an evening all about the story of the RAF Air Sea Rescue Service, particularly relating to 277 Squadron who often operated from Martlesham Heath and saved many fliers (British, Commonwealth, and escaped pilots etc from occupied Europe plus many Americans) from the cold and extremely dangerous North Sea and English Channel.

The evening started with a fascinating and detailed talk by Aviation Society member Mick Meras. After the interval, we were treated to a video slide show with commentary, created by our Society Secretary Alan Powell, about other aspects of the same story. So much detailed research was done by both Speakers – that we are considering sending the information to The RAF Museum at Hendon, and also to be lodged at The HOLD Suffolk Archive Repository on Ipswich Waterfront.

Our Martlesham Heath Control Tower Museum is now gearing up to open for Summer Sunday afternoons- the first opening on Sunday 2nd April. Before then we have two talks, both, unusually in March.

On Friday 3rd March Richard Gibson comes to present "Thorpe Abbots Airfield, Home of the USAAF "Bloody Hundreth" Bomb Group. They flew their first combat mission on 25th June 1943, its last on 20th April 1945. During this time 306 missions were flown, but with terrible losses- 757 Missing in Action/Killed in Action and 923 becoming Prisoners of War, with 177 aircraft lost, one of the worst Bomb Group records in the whole of the US Army Air Force in Britain in World War 2. The talk (which will finish with a special DVD being shown) - salutes the heroics, heartache and humour displayed by these mostly young, airmen.

Then on Friday 31st March (1 week early due to the imminent Easter Weekend) we welcome Mike Pugh-Davies who gives us another talk "Aircraft versus the U Boat in WW2", a new topic for us. Winston Churchill said in his wartime memoirs that the threat of the German's starving us into submission with their U Boats was his worst nightmare in the whole war. However, with improved tactics, weapons and the shipping convoy system, we eventually got the better of the U Boats. In this turnaround long range aircraft, including Flying Boats, played a significant role - come along to the talk and find out more.

All our Meetings start at 7:30pm. at The Community Centre, Felixstowe Road, IP12 4PB. Just turn up and pay at the door. No need to pre-book. £3 for Society members, £4 for non-members. You can join the Society on the night if you wish. For more information see: www.mhas.org.uk or call 01473 274300.

Whilst our Control Tower Museum remains closed until early April – we are still able to welcome pre-booked Groups for guided tours. We are already taking bookings for special tours in the Summer season. For more information call Museum Manager Ian on 01473 611665, email illisseman@btinternet.com

SPEAK EASY AT MARTLESHAM

Speak Easy is part of Toastmasters International, and we offer public speaking opportunities. We provide a fun and supportive forum to speak, and to evaluate.

We meet at Richard's Room in Martlesham, and we are also using our Zoom format to enable greater participation, including from abroad. We encourage new members to join us in the room, where we add the online audience giving us the experience of one meeting.

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

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

Speak Easy meetings are held on alternate Thursdays. Our next meetings are on 16th February, and 2nd March and 16th March

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*



MARTLESHAM IN BLOOM

Do you ever walk around or across Martlesham Common?

It is located between Tesco, Martlesham Community Hall, Mill Heath and the A12 and is a local nature reserve. For several years Martlesham in Bloom has been looking out for and putting together records of plants and wildlife seen on Martlesham Common as part of an ongoing survey. If you have spotted any wildlife or flowers and other plants do let us know and we can add your observations to the list.

We would also be interested to hear if you have wildlife visiting your garden.

March is a good time to start sowing a variety of flower and vegetable seeds. However if you do not have a greenhouse, propagator or space on a warm windowsill you can still grow many plants from seed outside, where they are going to grow and flower.

Weather is more important than the date; a good guide is when you first see annual weeds growing, or rather, wild plants in the wrong place! Some are very pretty and worth leaving. They are a sign the soil is warm enough for germination.

One of the easiest, and most space saving ways, is to sow them in a container outside. Full details will be on the packet. To protect against slugs and snails you can then always cover the container overnight with a clear cloche or similar until seedlings are big enough to cope.

Flowers such as Nigella (Love-in-a-mist), Candytuft, and many wildflowers such as Cornflowers and Corn marigolds can be grown this way, as can mixes of annuals, many of which will be enjoyed by insects in your garden. It is worth remembering that these mixes are for gardens only and should not be sown elsewhere.

Happy gardening!

For further information please contact:

martleshaminbloom@gmail.com or

J Maureen Burrows (Secretary) on 01473 625196



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Birchwood Primary School

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"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

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MARTLESHAM LADIES CLUB

We are delighted to welcome several new members to the club, it creates a lovely friendly atmosphere at our meetings.

We have two events planned for this month. On 9th March 2023 Alison will tell us about her work as a prison visitor; and explain her role in helping prisoners and their families.

On 23rd March we have planned a coach trip to Poplar Nurseries near Colchester. The coach leaves Martlesham at 10 30am returning about 3 30pm so there will be plenty of time to look at the plants and shop and still have time for a leisurely lunch.

Looking further ahead, on 6th April Charlotte will give a talk about Shotley Vineyard. (We hope there may be some samples)

Meetings are held on alternate Thursday afternoons at 2 30pm in the Richards Room. For more information contact June Peck 01473 790126.

MARTLESHAM BOWLS CLUB

We are looking forward to the start of the new bowls season and will open the Bowls Club on Saturday 15th April.

As usual, work continued throughout the winter months to prepare the green for the upcoming summer bowling season. This winter, with the help of a generous grant from Martlesham Parish Council, it was possible for us to deep aerate the bowls green. This involved contractors drilling down to one meter and using compressed air to relieve compaction of the soil. We now look forward to an improved bowling experience in the coming years

The club actively bowls in several local leagues and also encourages social bowling on Thursday and Saturday afternoons at 2.00pm. We would love to see some new faces. Why not come along and give it a try?

For more information, please contact the Secretary, John Anderson on 01473 808678 or 07547727439

MARTLESHAM WI

Januaries meeting enjoyed speaker Ruth Goudy from Kiln Farm Nursery, who spoke about how plants enhance your wellbeing. We learned a lot from how the more symmetrical a flower is the happier it makes us to daffodil research to help Alzheimer's and how there really is a flower for every occasion! Our competition was titled a Flowery Brooch which had many lovely entries and Ruth chose the winner.

We welcomed two new committee members and voted on which resolution we preferred from a choice of 4 with online gambling receiving the highest vote. The group agreed that they really enjoyed the December meeting which involved live music, mince pies and presents.

We continue to collect for ACWW (Associated Country Women of the World), there is a Federation meeting in Trinity Park on 7th March, 10.45-3.45pm with the keynote speaker being Laura Wright who is a local lady with an amazing voice.

The group meeting will be in Kesgrave Community Centre on 22nd March at 7.30pm.

Martlesham WI meet on Friday doors open at 1:45 for a 2.00pm start and the meeting ends at 4pm. If you would like any further information, please contact Martlesham WI, Valarie Jones on valariejones53@hotmail.co.uk

U3A EAST SUFFOLK: TOPICS TO STIMULATE INTEREST AND DEBATE

East Suffolk u3a's spring programme, which rolls out at four venues across the county, is full of topics to stimulate and interest.

This thriving local members' organisation welcomes new members, and that includes anyone retired or semi-retired and seeking something new and/or interesting. The proviso is that if you join, you must expect to contribute, either in leading or helping plan meetings or other activities.

East Suffolk u3a has a strong local following and offers the chance to participate in more than 150 activity groups, including discussing the arts, history, science, learning a new foreign language, walking, quizzing, dining out, short breaks and more.

Local speaker meetings include:

Monday 20 February 10.30 to 12.30

Woodbridge Football Club, 17 Fynn Road, Woodbridge IP12 4LS

A wander around Christchurch Mansion and Ipswich Museum: the origins of the museum and the story of the mansion, highlighting some of the diverse collection. Presented by Erica Burrows

Monday 27 February 2.00 to 4.00

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

My life as an artist and stone sculptor: an exploration of the speaker's work and passion for stone and how she learned her craft via Lincoln Cathedral, France and the Victoria & Albert Museum. Presented by Antonia Hockton

Thursday 2 March 10.30 to 12.30

Salvation Army Hall, Felixstowe IP11 7EL

Classic comic novels: writers of this demanding form are frequently ignored when listing great works of literature, but there are so many comic classics of the last century, such as "What ho, Jeeves" and "Cold Comfort Farm". Presented by Mark Mitchels

Monday 20 March 10.30 to 12.30

Woodbridge Football Club, 17 Fynn Road, Woodbridge IP12 4LS

Medical detection and medical alert assistance dogs: the work of both types of dog and the ways in which they save lives with non-invasive detection of human diseases. Presented by Norma Howell

Monday 27 March 2.00 to 4.00

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

A history of printed cartoons: a look at how published cartoons have illustrated the events and infatuations, important and trivial, of the last three centuries, with illustrations from Hogarth to Mac. Presented by Martyn Roper

Please check the website before setting out, as last minute changes are sometimes necessary.

See the website: www.u3aeastsuffolk.org.uk for more information or call the membership secretary on 0300 123 3913

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Come and fill one of our carrier bags for £2



St Michael & All Angels Church

The Green, Martlesham Heath

Every 2nd & 4th Sunday of the month 1- 1.30pm

March 12 & 26

April 9 & 23

May 14 & 28





Martlesham Mothers Union is part of a worldwide Christian organisation concerned with family life. We have been supporting families for over 140 years. We are involved with prison work, supporting refugees and domestic violence victims, as well as craftwork

Of course we are not able to take on big things in Martlesham, but we support and fund raise on a small scale.

Mothers Union has a head office in London, Mary Sumner House, named after a vicar's wife who started the group. In 1876 Mary realized that many young mothers didn't have any support and were really quite lonely. So she invited them to her home where they were able to chat and support each other.

Way back in 1876 things were a lot different to life today .

Today we meet at St Michael's Church Martlesham Heath on the first Wednesday of each month.

We start with a short worship and then have a speaker on various subjects.

Like many groups today, we have lost members, due to age, sickness, covid and other reasons.

We are looking for new members to come and help us run our group in Martlesham. Maybe you would just like to come and enjoy the company and social time. Just come and give us a try! For further information, please telephone Mary on 623752.

You will be sure of a welcome

Monica Twaits

Martlesham Community Hall It Could Be You!

In 1987 a group of volunteers built Martlesham Community Hall, having first raised the money needed. In 1992, after more fund-raising, they built the Richards Room/Parish Council building alongside. A number of them then helped run the Hall & Richards Room for many years. 36-plus years on only one of the originals is still fully 'hands-on' though - David Embery, currently our Treasurer and also our Hall Manager. Our community owes sincere thanks to David and also to his wife Pat, our long-term Bookings Secretary.

David and I are now actively looking for a volunteer (or volunteers?) to share some of the Hall Manager duties - a range of straightforward but important tasks, so our hirers can arrive knowing everything is clean, working and ready to go. For instance, you could be liaising with our contract cleaners or replacing a fluorescent light tube or checking our stacking chairs are in good order. If you're a practical sort of person this could be for you!

We're a charity, relying on volunteer effort to keep our costs down, so we can offer affordable hire spaces for community events and activities. Your contribution would be very much valued. The venues are well used and our efforts are appreciated by hirers - we currently have an overall 4.5/5 rating on Google reviews. Find out more details about us on our website: mchall.org.uk.

Interested in helping us? Please call me for a chat on 01473 622721 or send me a message via our website: mchall.org.uk/contact (select "Volunteer" under Message For/Re.).

Remember - volunteering is good for you!

Ian Read, Chairman

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 623203.

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

THE MARTLESHAM HEATH PAVILION

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

You can check availability and book the Pavilion online at:

martlesham.org.uk/pavilion

Alternatively, please contact the booking secretary:

email: bookingsecmhp@gmail.com

phone: 07732 199712

MARTLESHAM VILLAGE HALL TOP STREET

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

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

*For any queries or bookings please
contact 01473 623655.*

AN EVENING WITH HENRY PURCELL

Saturday 1st April

at 7.30 pm

Gippeswyk Singers warmly invite you to a Spring Concert of Anthems

and a Concert Performance of the emotive opera,

Dido & Aeneas

Beverley Heard - Dido

Gary Griffiths - Aeneas

Michelle Hazel - Belinda

Isky Roberts - Sorceress

Liz Elliott - Witch 1, Sara Viney - Witch 2,

Penny Dawe - second woman

and Mick Morley - sailor

Conducted by Janette Ruocco.

**The choir will be joined by the
Dargason Ensemble who will also be
playing Purcell's majestic
Chaconne in G minor.**

Refreshments will be served at the end of the concert. Do stay and have a drink and a chat.

**St Michael and All Angels Church,
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Tickets £15, (or £12 in advance) available by email: a.m.dawe@btinternet.com or by phoning 01473 620353.

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WOODBRIIDGE PROBUS CLUB

We are now looking to encourage new members to join the long standing Woodbridge Probus Club. This is a luncheon club for retired or semi-retired men from all walks of life, the more varied the better giving the club a more eclectic and interesting membership which benefits us all.

We meet on the first Monday of the month at the Woodbridge Golf Club for lunch followed by a talk from a guest speaker. For further information please also check out our website woodbridge-probus.org.uk or contact roger952brown@hotmail.co.uk

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

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

ELDERS: Janet Foster janetwf33@gmail.com
Margaret Rollins 9 Angela Close, Martlesham 01473 623868
Simon Smith 11 Squires Lane, Martlesham Heath 01473 612410 (eve only)
Liz Welham 23 Deben Avenue, Martlesham Heath 01473 622709
Lynn Wilder Kenton, Nr Debenham 01728 860627

Services for the Month	Martlesham Heath St Michael's Martlesham St Mary's Brightwell St John's	Online on Facebook and YouTube. Search for 'Martlesham Benefice'
Sunday 5th March	St Michael's 9.30am Coffee and pastries 10am Breakfast Church St Mary's 11am Holy Communion	5pm Zoom After Hours
Sunday 12th March	St Michael's 10am Holy Communion with Junior Church St John's 3.30pm BCP Evening Prayer	10am Holy Communion
Sunday 19th March <i>Mothering Sunday</i>	St Michael's 10am Morning Worship St Mary's 11am Holy Communion	10am Morning Worship 7pm Zoom Reflecting with God
Sunday 26th March	St Michael's 10am Holy Communion St John's 6.30pm BCP Evening Prayer	10am Holy Communion

**A warm welcome awaits you at all our services in our church buildings and online.
It would be helpful if you could contact Toby by the Saturday before for Zoom codes.
In the event of changes to Covid-19 restrictions find up to date service information on our Facebook page.**

Midweek Services Wednesday 8th and 22nd March: 10am Holy Communion at St Michael's

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

March

- 5 to be open to the new things God shows us
- 6 those with long term health conditions
- 7 workers who empty our bins and maintain our roads
- 8 oppressed women and girls worldwide
- 9 the residents of Viking Heights
- 10 peace in all troubled areas of our world
- 11 local organisations offering help with debt
- 12 for a closer relationship with God
- 13 all suffering from exploitation
- 14 those who are caring for family members or friends
- 15 the residents of Viking Close
- 16 all without access to clean water and sanitation
- 17 St Patrick's day- give thanks for his work and witness
- 18 those without a safe place to sleep
- 19 give thanks for all who have been a mother to us
- 20 give thanks for signs of Spring
- 21 all attending the Lent Lunch in St Michael's today

- 22 the residents of Waldringfield Road
 - 23 aid workers helping others in dangerous circumstances
 - 24 journalists promoting truth and justice worldwide
 - 25 chaplains offering care and support in prisons, hospitals and workplaces
 - 26 for all who grieve
 - 27 local shop owners and workers
 - 28 young people worried about their future
 - 29 the residents of Warren Lane
 - 30 to find a quiet moment of joyfulness today
 - 31 teachers and students at the end of term
- April
- 1 for wisdom and kindness in our relationships with others
 - 2 Palm Sunday- that we may honour Jesus as we should
 - 3 families struggling during the school holidays
 - 4 give thanks for our local green spaces

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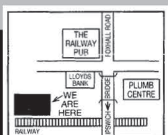
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