

**Waldringfield Defibrillator (AED) now installed
and linked to the Emergency Services**

A community project, the installation of an Automatic External Defibrillator (AED), has now been completed and fully inter-linked with the East of England Ambulance Services.

This was in response to the tragic event earlier this year, when a sailor suffered a heart attack on the river and died, despite receiving the emergency first aid assistance that was available. The nearest Defibrillator had to come from Martlesham.

The Parish Council led the project and was generously supported in its efforts by the Sailing Club, the Village Hall Trust, the Maybush Inn and the Fairways Committee. Private donations were received and the electrical installation was made by Cllr Colin Archer at no charge.

The Parish Council wishes to record its thanks to all involved.

The device has been installed on the rear wall of the Maybush Inn and is easy to operate. In the event of an emergency, 999 or 112 should be dialled first and the Ambulance Service (if appropriate) will provide the key code to the cabinet. The equipment can then be removed and the user is guided through the process by an integral video display.

The procedure requires no previous medical experience or training and is designed specifically to be used by anyone in (almost) any circumstances. An awareness session is being planned (see Page 4).



AED cabinet



**VOLUNTEERS
WANTED**

See Page 4 & 7 for details

For a more technical look at the AED equipment, go to:

<http://www.defibtech.com/intl/lifeline-view/features>



WALDRINGFIELD SCHOOL ASSOCIATION

CHRISTMAS FAYRE

We are having a bit of a break with tradition this year, and the Christmas Fayre will be held on **FRIDAY 5TH DECEMBER, 3.00 - 5.00 PM**. As always, all members of the community will be very welcome. We are actively looking for support in the form of raffle prizes, tombola prizes and donations for the cake stall, so if you can help in any of these aspects, it would be much appreciated. Please contact Jenny on 736343 if you have any items that it would be helpful for us to collect.



BAGS2SCHOOL

In the recent Bags2School collection, we raised a total for £48 for the School Association, so thank you to those who were able to donate unwanted items of clothing, shoes, teddy bears and bags. The next collection will take place on Thursday 14th May, so if you are able to put aside any suitable items over the course of the next six months, the school can really benefit through this recycling scheme.

EMPTIES PLEASE

We have recently received a cheque for £30 for the recycling of empty ink cartridges. This project has now been handed over to the school eco team who will be raising money through the recycling of cartridges to support their specific projects. (At the moment, this is to replace the sleepers bounding the vegetable patch in the school, which have started to rot away.) If you have any printer ink cartridges which you are able to donate, please drop them off at the school office or pop them through the letter box if the school is closed. Please note that we can not recycle photocopier toner cartridges, Kodak or Epson Cartridges.

As always, the school really benefits from the support shown to it by the members of the community, and the funds we raise at the events held throughout the year make a significant difference to the learning experience of the children at Waldringfield. This year, in addition to supporting the school with grants towards maintenance and supporting travel for outings, we have been able to fund the erection of an outdoor classroom, have granted funds to the Eco-team so that they can apply for "Green Flag" status, and have funded the whole school visit to the Rock 'n Roll Panto.



Waldringfield Church Field Trust will have their AGM on Monday 1st December in the Kennedy Room.

As usual, there will be mulled wine and mince pies after the short meeting, and all are welcome to attend.

If anyone out there is interested in becoming a trustee, please contact one of the current trustees or Rosa Waller for a nomination form before the event.

Trustees need to be over 18 and live in the Parish. For more information, contact Christine Fisher on 736384.



The Waldringfield Wildlife Group are hosting another of their bi-monthly talks:

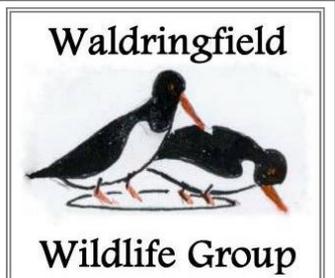
"MIGRATION OF LOCAL BIRDS BY PAUL STANCLIFFE OF THE BRITISH TRUST FOR ORNITHOLOGY "

followed by a members 'Bring & Share Christmas Lunch' on Saturday 13th December 2014 in the Kennedy Room. Members meeting: 10am. Illustrated Talk starts at 11.00am Refreshments from 10.45.

£2.00 admission from non-members. Donations from members

NOW IS THE TIME TO JOIN THE WALDRINGFIELD WILDLIFE GROUP - START OF THE NEW YEAR MEMBERSHIP - £5 FOR ANNUAL MEMBERSHIP.

Contact Linda Wilkins
01473 736044



TONE AND STRETCH CLASSES

Every Wednesday in the Village Hall

7pm - 8pm

All levels welcome



Come along and have an hour for yourself

to Tone, Stretch and Relax

Bring a Mat. £6 per session

For any further information, contact

Di Taylor (BSYA) 07748611730

Deben Estuary Partnership

The Deben Estuary Plan Public Consultation

The future of the Deben Estuary



The Deben Estuary Plan is the result of a new approach to estuary planning. It has been developed jointly by the community-based Deben Estuary Partnership in collaboration with the Environment Agency and Suffolk Coast & Heaths Area of Outstanding Natural Beauty. A range of different issues have been identified and considered that are important to local people and these are addressed in the plan.

www.debenestuarypartnership.co.uk

Waldringfield Flood Defence Group

The construction of the new sea wall. The recent tidal surge which hit Waldringfield in the early hours of 22 October 2014, mercifully not coinciding with the high tide, is a timely reminder of how essential the flood defences will be. A full photographic record of all the building works is on the WFDG website:

<http://waldringfieldflooddefencegroup.onesuffolk.net/>

The Waldringfield Flood Defence Group is also well under way with planning for Phase 2, the strengthening of the seawall from Swan's Nest to Manor House, in collaboration with the trustees of Rev John Waller's estate. To this end, vegetation and tree clearance on the seawall will start in December.



Deben Estuary Partnership

Come to an event

Local events are being organised where you can view displays, listen to a presentation, ask questions or talk with DEP members and specialists from partner organisations. Drop in anytime between 2pm and 7.30pm. There will be a short presentation and Q&A at 6.30pm. No need to book.

Waldringfield Village Hall - Thurs 11th Dec

Give us your comments online at

www.debenestuarypartnership.co.uk/consultation

or by post to: Cllr. C Block, Deben Estuary Partnership, SCDC, Melton Hill, Woodbridge IP12 1AU

If you would like further information please text or leave a message on **07746 910928**

VOLUNTEERS WANTED

The Parish Council will be organising an awareness session so that villagers can feel confident about using the newly-installed Defibrillator (AED).

In addition, there is a scheme supported by the Ambulance Service which greatly enhances the benefits of having the defibrillator in the village. It is called the VETS scheme and the details are described below. For the scheme to be effective we need a number of volunteers and we are asking people who might be interested in taking part in the scheme to contact the Parish Clerk for further information. Medical knowledge or experience is not required. **Contact details on Page 8**



Services



COMMUNITY
HEARTBEAT
The Community HeartBeat Trust

With the increasing availability in communities of defibrillators, the challenge for any local response group is how to be contacted in the least possible time. Out of hospital Cardiac Arrest tends to happen in the home in some 67% of SCA (London Ambulance Service data) and in these cases it is highly likely that there is only one person with the casualty. To get help quickly and to get another member of the community to come and help with CPR, or to fetch the community defibrillator, is therefore a challenge.

Where formal Community First Responder schemes exist, the ambulance service will contact them after a 999 call. But what about areas where no CFR exist, and the community is reliant on its own helpers, or do not wish formal CFR schemes?

Villages like Carlton (Leicestershire) has six volunteers willing to respond in the event of a Cardiac Arrest in the village. In addition to the village residents, each volunteer helper has been further trained in how to recognise a Cardiac Arrest, and how to undertake CPR and administer the defibrillator. Other villages have similar schemes. When there is an emergency in the village 999 is always called, followed by the village emergency number which rings simultaneously every one of the phones. The first volunteer to answer takes the call and all other phones stop ringing.



The first volunteer can take any details and rush to the patient and commence CPR or can go to collect the defibrillator, or just to be available to assist as required. This saves precious time and a second volunteer on hand to assist. The local ambulance service can also be given the VETS number and in some circumstances may call for additional assistance (dependent on agreement with the local ambulance service)

The Community Heartbeat Trust now provides a service to help villages install and run a Village Emergency Telephone System, or VETS. This is provided at cost on an annual basis to the village, and uses a simple memorable number unique for the village. The system can also be used for any emergency where additional help is required from neighbours.

The availability of VETS helps villages whether or not they are using a CHT provided project, and gives a level of reassurance to the elderly, those living alone, and to the infirmed, that there is always help on hand.



The 'People-Heart' logo and CHT logo are trademarks of the Community HeartBeat Trust
Registered charity number 1132824

www.communityheartbeat.org.uk

0845 86 CPR EZ

ALL SAINTS' CHURCH

THANKS.....



To the diocese for support in a difficult year, and especially to the Reverend Robin Spittle, Assistant rural Dean, who, despite his grand title, has been unfailing in his help and support.

To Waldringfield Parish Council for £500 grant, contributing to just under half this year's costs of churchyard maintenance.

To the ladies who provided beautiful harvest decorations, and the lovely poppy displays for our Remembrance Sunday service. We decided to resume our custom of sending the collection from this service to the Royal British Legion Poppy Appeal. The collection of £44 was rounded up to £50 and we hope to send this to our local RBL branch in Woodbridge.

To Margaret Quantrill for her generous and untiring work for the church, and to Walter Aldis for his contributions.

To the Waldringfield Craft Group which works quietly in providing the Church Room with furnishings, kitchen supplies, including refreshment supplies, and cleaning materials.

To Frances Matheson for organising Waldringfield's participation in the Suffolk Historic Churches Cycle Ride. Results awaited.

To all those who have so generously supported our lovely church throughout the year, either by donations or in practical ways. Your support is invaluable. If you would like to donate in any way to ensure the future of our own heritage, please contact our Treasurer, Harriet Earle, who ensures that monetary contributions remain entirely confidential.

EVENT

The Waldringfield Craft Group will hold its annual coffee morning in aid of St Elizabeth Hospice from 10 till 12 on Monday, December 8th in the Church Room. The group asks you to support this event, which will include a raffle with a hamper.

CHRISTMAS SERVICES

Sunday December 14th at 6.30 p.m. Carol Service

Wednesday December 24th at 11.30 p.m. Midnight Communion

Christmas Day at 10 a.m. We continue John's traditional Happy Half Hour with cake to celebrate the birth of Christ.

Changing your Internet Service Provider (ISP)?



The Waldringfield exchange is in the 'Coming Soon' category for upgrade to superfast broadband, which means it is scheduled within the next six months. Looking at the rollout lists, the forecast date is actually December 2014, meaning it is imminent, or should be.

So, if you are thinking of renegotiating your Internet Service Provider deal, you might consider waiting until the upgrade has happened.

With thanks to James Lucy for the information



Funeral Services

Care, reassurance and support
...when you need it most

283 Norwich Road
Ipswich
01473 232837

47 St Helens Street
Ipswich
01473 257242

Woodbridge
01394 385456



We're available 24 hours a day
eastofengland.coop/funerals

Waldringfield Sailing Club – November 2014

The 2014 season has been an excellent year for the sailors; lots of sunshine and generally good winds. The Club's sailing season finished on 15 November and was followed by the AGM in the Clubhouse.



In fact the last day's sailing was cancelled as the river had all the appearance of a mirror.

However the Autumn has been good with plenty of racing, including the annual Cartoon Trophy held in September and Bottle Boat Championships in October.

The Club also held its "Master Class" quiz night in October, the quizzing being enhanced by deliveries of fresh sushi from Itsu in London.



We now look forward to the End of Season Party which is being held in Woodbridge on December 13, with a Ceilidh band and a Hog Roast. Already, numbers of bookings for this event are at a record level.

ADVERTISE

IN THIS NEWSLETTER AND THE INTERNET
VERSION ON THE PARISH WEBSITE FOR AS
LITTLE AS £12 PER QUARTERLY ISSUE.
FOR MORE DETAILS, CONTACT THE PARISH
CLERK (SEE PAGE 8 FOR INFORMATION)

Take the plunge on Christmas morning for St Elizabeth Hospice

Are you brave enough to take an early morning dip on Christmas Day?

On Thursday 25th December, hundreds of St Elizabeth Hospice supporters will be taking part in the annual Christmas Day Dip in the sea off Felixstowe.

Registration has opened so if you are thinking of taking the plunge, sign up today!

Last year, over 400 people took up the sponsored challenge to raise money for the Hospice and we hope even more will join us this year to take a festive dip in the cold north sea. Many find it a good way of starting Christmas Day, which can be a difficult time for someone who is grieving.

St Elizabeth Hospice's Events Fundraiser Emily Sullivan said: "Christmas is a lovely time of year to give something back and remember a loved one. The Christmas Day Dip has grown in



popularity every year and we hope it will raise over £40,000 to help us to continue to provide local Hospice care for local people.

"Why not come along first thing, do the dip with friends and family watching, then



go home to open your presents and enjoy your Christmas dinner. What a great way to start the festivities."

At 10am when the horn sounds everyone will enter the cold sea opposite Manning's Amusements on Sea Road. The registration fee is £5 per person and participants are asked to raise sponsorship. Or participants can opt to pay £10 to receive a Christmas Day Dip T shirt.

Last year the event raised nearly £40,000 for St Elizabeth Hospice, an independent charity which costs £9.1 million a year to run to provide services free of charge.

Register online at www.stelizabethhospice.org.uk



Fruit Tree Pruning Course with Organic Fruit

Farmer Marina O'Connell

Saturday 24th January 2015

Waldringfield Village Hall 10am – 1pm

(learn how to prune fruit trees, both young or old, and neglected)

£10 per person - refreshments included

Followed by Fruit Tree Grafting Course with Betsy Reid 2pm – 4pm

Learn how to graft your own fruit trees (you may bring prunings from your own trees or use the varieties that we have collected) - £10 per person

If you would like to book for either session please contact

Mariah Skellorn mariahskellorn@hotmail.com

01473 736485 or 07709485979

Parking around Waldringfield Primary School

In common with almost all schools, Waldringfield Primary faces parking issues when parents deliver and collect their children at each end of the school day. This is a particular problem, given that many children live outside the village and the car is the only feasible means of transport for almost all.

To try to alleviate the inevitable, if short-lived congestion, and, more importantly, to reduce the risk to all children who use the approach roads to the School, a 'walking bus' is being introduced as an experiment, with parking at the Baptist Church in Waldringfield Heath.

However, this (of its own) will only provide one solution and the Headteacher, Sarah Wood, is very much aware of the problem and will work with any interested resident if they can think of any other solution.

Sarah can be contacted at headteacher@waldringfield.suffolk.sch.uk or on 01473 736276



Emergency Resilience Plan



The tidal surge of last winter and the subsequent extensive damage to the built and natural environment was a clear reminder of the need to have a local Emergency Resilience Plan that dovetails into the regional and national plans.

The Parish Council, in conjunction a number of key residents, has now prepared the Waldringfield ERP.

As part of the plan, a list of volunteers is now being assembled who can offer useful skills (first aid, traffic management etc.) and/or equipment (camp-beds and blankets, fire extinguishers, pumps, lights & cables etc.) in the event of an emergency.

If you are willing to include your name on the list, or if you wish to have further information before making any commitment, please contact the Parish Clerk on/at:

01255 678888 / pc.waldringfield@googlemail.com

Proposal to cut

179/174 Bus

Service



Suffolk County Council

has announced that the 179/174 Bus Service via Waldringfield, Newbourne to Woodbridge and return is under review. Therefore, from Monday 5th January 2015 (although this may be delayed until later in the month), to improve the reliability of the bus network in the area, SCC are proposing to withdraw both the 179 and 174 morning journeys via Newbourne and Waldringfield. The timetables for other journeys would remain unaltered.

The message is clear – **USE IT OR LOSE IT !**

www.suffolkonboard.com

ANNUAL PARISH



MEETING

Waldringfield Village Hall

7.30 pm, Tuesday April 14th



Yet another family enjoying the pleasures of the Deben

Waldringfield Parish Council

PARISH COUNCIL MEETING DATES

Tuesdays. 7.30 pm in the Village Hall, Kennedy Room.

Remaining meetings in 2014 and dates in 2015:

December 9, January 13, February 10, March 10, May 19 (Annual Parish Council Meeting) June 9, July 14, August 11, September 8, October 13, November 10, December 8.

ALL PARISH COUNCIL MEETINGS ARE OPEN TO THE PUBLIC and there is an opportunity at these meetings to put information to the Council and ask questions. If anyone wishes to see planning applications, report problems, etc., please contact the Clerk to arrange it.

Contacting the Council:

In writing to: **The Clerk, Waldringfield Parish Council, 43 Fourth Avenue, Frinton-on-Sea, Essex CO13 9DY**

Telephone: **01255 678 888** (with voicemail)

E-Mail : pc.waldringfield@googlemail.com

Your Parish Councillors:

Ian Kay (Chairman) Alyson Videlo (Deputy)

**Bridget Rayner Serena Gold Frances Matheson
Janet Elliot Colin Archer Neil Winship Colin Reid**

Website: www.waldringfield.onesuffolk.net



**Seasonal greetings to all our residents
from all at the Parish Council**

A gentle reminder and plea to dog owners



One of the pleasures of living or visiting somewhere designated as an Area of Outstanding Natural Beauty is the ability to enjoy a walk with your dog.

What is less pleasant is the habit of some dog owners to leave an undesirable memento of their walk, especially in areas where many other (non-dog) walkers go.

To those few, please pick up what your dog leaves behind, bag it and bin it in the many receptacles around the village.

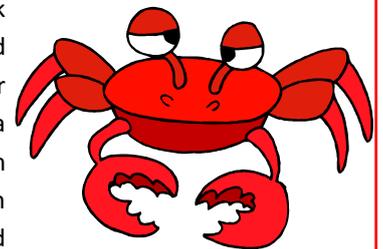
Failing that, please take the bag home and find somewhere much more suitable to dispose of it, rather than let the contents find their way onto other people's shoes, possessions or clothing.

www.KeepBritainTidy.org

Abandoned Crabbing Lines

Another quite serious litter problem is that of crabbing hooks and lines being abandoned on the beach. The risk to wildlife, domestic pets (especially dogs) and to children is obvious.

Liz Kennedy and Kit Clark are seeking a catchy and meaningful slogan, with or without picture, so that a notice board can be put in the right place(s) to warn people of the danger and annoyance of leaving crabbing litter on the beach.



It is important that the notice catches the eyes of children as well as their parents. Liz and Kit want to have this ready for next season, so they ask you to put on your thinking caps and/or get out your pencils, crayons or paintbrushes.

Please contact Liz Kennedy with your contributions

736637— deckhousecheck@gmail.com