



## No. 54 - Winter 2016

### Christmas Coffee Morning

**Village Hall Thursday 1st December 10am— 12noon.**

There will be Christmas and other cards for sale, Christmas crackers, and more.



Thank you to all those who have donated items for our special Christmas hamper raffle. If you would like to donate anything such as chocolates, biscuits, mince-meat, nuts, tea, coffee, or anything else you think we may like, you still have time.

You can contact me and I will collect, or you can deliver.

We would love to see you on the day, as we start the festive season.

Chris Lyon - 01473 736291 Jane Spall - 01473 736751

The second of this season's **Village Hall Winter Talks** is scheduled for **Thursday 1<sup>st</sup> December at 7.30 pm**. Professional genealogist, local historian and writer, **Sarah Doig** will introduce us to '**The A-Z of Curious Suffolk**', the subject of her recently published book, described as an alphabetical cornucopia of strange, spooky and mysterious facts about the county. If you don't know how to dwile flonk after this talk, then you never will.

Our New Year kicks in on **Thursday January 5<sup>th</sup> 2017**, again at 7.30 pm, when **Dave Steward** will bring along a tableful of home-guard memorabilia and enlighten us with '**Dad's Army - the history of the TV series.**' Who hasn't chuckled at that long-standing icon of sit-com entertainment?

On Thursday February 2<sup>nd</sup> Mark Barton of Waldringfield Boatyard, ably assisted by his wife and business partner Emma, will tell the extraordinary tale of their **Mid-life (crisis) gap year in the Eastern Mediterranean (known to many as the Middle East!)** Who mentioned 'crisis?' Children out of school, finances, political unrest – it's all there!

Coming up, so save the dates:

March 2<sup>nd</sup> : '**It's a dog's life**' with Jules Hamilton

April 6<sup>th</sup>: Get your noses in a book by the **History Group**

Remember, the entrance fee remains only £3, which includes your tea/coffee and a biscuit – the best value for money you will ever get. Proceeds support your Village Hall.



## ADASTRAL PARK

### Delivering high quality new homes and facilities

**CEG invites you to attend a public consultation regarding development of land near Adastral Park.**

The site has been identified in the Council's Adopted Core Strategy as a sustainable and suitable location to accommodate future housing growth.

CEG is the new developer leading the scheme and our approach is very different. We like to work with local communities to evolve a masterplan that is best suited to the local area, providing solutions for important issues such as transport and access, environment and infrastructure, so that all of our developments best meet the aspirations of the local area.

We will provide extensive green space, including parks and landscaping, new facilities and infrastructure to manage education and healthcare needs, as well as providing sports facilities and employment.

We also feel it is important to integrate the new community with the existing villages and ensure that as it evolves its character compliments the local environment.

We are at a very early stage in our thinking and would welcome the opportunity to discuss your ideas and concerns before we evolve a masterplan. We hope you can attend one of the events and meet the team on:

- **Thursday 1st December, drop in between 4:00 and 7.30pm at St Michael's Church Centre, The Drift Martlesham Heath, Ipswich, Suffolk, IP5 3PL**
- **Tuesday 6th December 2016 drop in between 4:00pm and 7:30pm at Waldringfield Village Hall, School Lane, Waldringfield, Woodbridge Suffolk IP12 4QP**



**An example of a proposed CEG development in Hertfordshire**



# ADASTRAL PARK

## Delivering high quality new homes and facilities

CEG is committed to exemplary design standards, respecting the heritage and character of the area. We seek to work collaboratively with local people to find the best solutions, meet aspirations and deliver locally-responsive proposals.

### We aim to include:

- New facilities or investment to expand existing facilities if this is preferred. This includes healthcare provision, schools, local shops and services
- Generous green spaces – parks, play areas, a village green, sports facilities and ecological features
- Improve highways and public transport provision, investing in roads and improved access as well as bus, cycling and walking routes
- Community ownership of land and key assets and strong management programmes for green spaces
- A full mix of up to 2,000 characterful homes for first time buyers, growing families and the elderly and those wanting to downsize into suitable accommodation
- New employment opportunities within the existing employment park
- Opportunities for residents to grow their own food in allotments and community orchards.

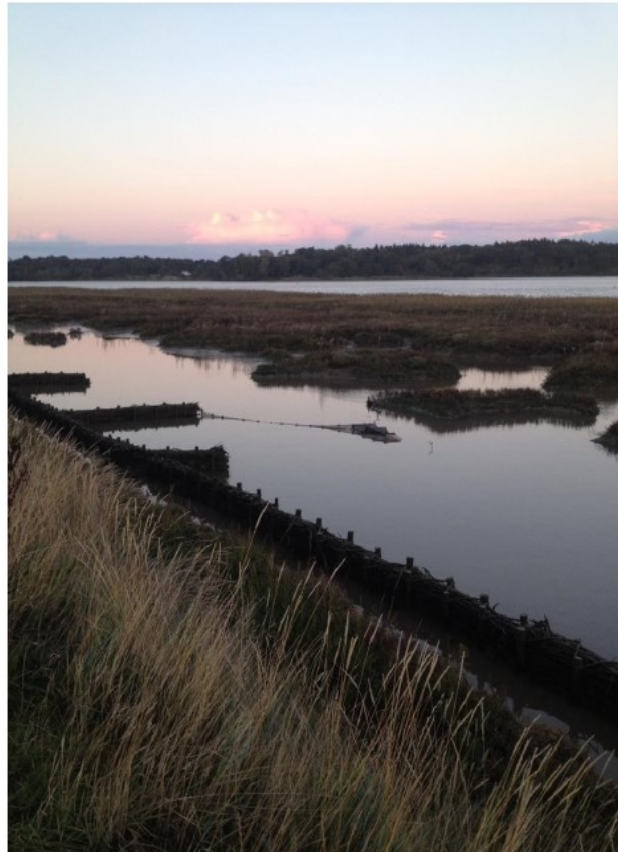
If you cannot attend the exhibitions but would like to attend a future event or receive updates please register on [www.adastralparkdevelopment.co.uk](http://www.adastralparkdevelopment.co.uk) or call Alana Maxwell on 0207 7309090 to ensure you are kept informed.



# Waldringfield Wildlife Group

Invites you to

## An Illustrated Talk on



## The Saltmarsh by Karen Thomas

Project manager for the  
Water Management Alliance

**Saturday 10<sup>th</sup> December at 11.00 am**

Kennedy Room, Waldringfield Village Hall

**Admission: Non-members & Visitors £3**

Members - £1

Preceded by a Members meeting at 10.00 am prompt start.

**New members welcome (Membership £5)**

Followed by the **Members** 'bring & share' Christmas lunch.

Enquiries: Linda 736044

## Neighbourhood Watch in Waldringfield



There is a Neighbourhood Watch page on the village website which has useful information about schemes that may help you to protect yourselves and your property.

If you wish to join the Waldringfield NW emailing service please send a request to: [waldringfieldnw@yahoo.co.uk](mailto:waldringfieldnw@yahoo.co.uk) and you will receive an invitation to join. If you thought you were on the list, but have not been receiving emails recently, then please email with your updated email address.

If you have a neighbour who doesn't have access to the internet, please feel free to pass any useful information on to them.



Trusted by  
local families  
since 1925

47 St. Helens Street  
Ipswich **01473 257242**

139 Main Road  
Kesgrave **01473 860030**

64 New Street  
Woodbridge **01394 385456**

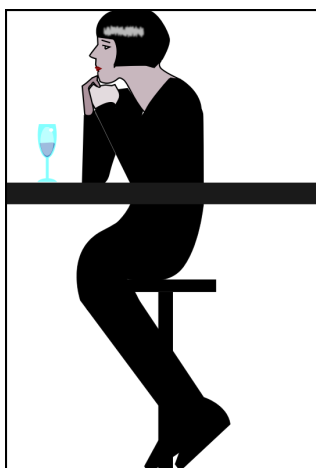
183 Hamilton Road  
Felixstowe **01394 583010**

213 High Street, Walton  
Felixstowe **01394 670100**



**Funeral Services**  
eastofengland.coop/funerals

The East of England Co-op has been your local funeral service for 90 years.  
We are **not** part of the national Co-operative Funeralcare chain based in Manchester.



## Eastern Angles is coming to Waldringfield on Friday 24th March 2017.

Tickets will be £10 (with an Early Bird price of £9 up to Friday 24th February). Tickets available from Colin Reid at [colin\\_reid1@btinternet.com](mailto:colin_reid1@btinternet.com) and 01473 376506. Cheques payable to "Waldringfield Village Hall Trust".

Inspired by the Border Ballads, Eastern Angles are taking on David Grieg's acclaimed play ***The Strange Undoing of Prudencia Hart***.

It has toured extensively throughout Scotland and the world since 2011 with The National Theatre of Scotland at the helm and, most recently, it was given its London premiere by The Royal Court Theatre in 2013. This show is unlike any other Eastern Angles Spring Tour to date, an immersive experience placing the audience in the heart of a bar with the story unfolding around them through folk music and performance.

Using a cast of 4 folk musicians/actors the show will tell the story of Prudencia Hart, an academic who sets off to attend a conference in Kelso in the Scottish borders. As the snow begins to fall, little does she know who or what awaits. Swept along on an enchanting dream like journey of self-discovery, Prudencia meets with magical moments, devilish encounters and wittily wild music.





**Waldringfield Primary School** will be celebrating National Tree Week on **December 4th** in our Forest School afternoons and making things for Tree Dressing Sunday - we'll adorn one of the trees in the play area opposite the School and warmly invite people in the village to add their ornaments too.

The School collects printer cartridges for re-cycling. This is co-ordinated by the Eco-team which puts any money generated towards projects within the school: at the moment we are hoping to re-line the pond which is leaking badly. We have been collecting for about two years and still have only half a box - a full box could earn us up to £100! Please let us have your printer cartridges for recycling!

The Squirrels class has also helped with the Village Verges project co-ordinated by the Wildlife Group. They planted 400 purple crocus bulbs provided by the Rotary Club via Neil Welling. P for purple and p for polio - Rotary has been working for many years towards the eradication of polio - and purple because vaccinated children get a splodge of gentian violet dye so they don't get a double dose. The children are looking forward to seeing the crocus in the Spring and then again and again as they are Badgers or Owls and remembering they helped: we will be having a collection in the spring when the crocus are in bloom.

If you would like to help the school's Eco-team work towards the school's second Green Flag, ([www.Eco-Schools.com](http://www.Eco-Schools.com)) which we should be applying for at the end of this school year, please get in touch.

Many thanks

Nicola Dawson

School Business Manager, Waldringfield Primary School

Tel: 01473 736276 [school@waldringfield.suffolk.sch.uk](mailto:school@waldringfield.suffolk.sch.uk)



The Macmillan Coffee Morning raised an amazing £1371.86. The coffee morning hostesses would like to thank the village for its continued support for all the events



The mobile grocer will be in Waldringfield every Tuesday as usual but from November 1st will be at:

**Village Way 9.50am to 10.00am then  
Sullivan Place 10.10 to 10.25am**



## All Saints' Church Waldringfield

We are pleased to report that after some years of hiatus, The Very Reverend Canon Ian Wilson, has been installed as team vicar of the new Colneys Rural Benefice. A rather grand title...but Ian is very down to earth and very enthusiastic about the enormous task of caring for eight parishes. He and his wife, Trish, are now living in the rectory at Nacton.

A united benefice service took place earlier at Kirton, but on October 30<sup>th</sup> All Saints was host for a benefice service, at which some were able to meet Ian and Trish for the first time. A very full church for a happy service was followed by tea and coffee in the church hall. We are very fortunate that the Reverend Christine Nunn from Kesgrave, who works in an entirely voluntary capacity, is happy to carry on here to fill in the gaps that naturally occur when all the parishes have to share Ian, and are so thankful for her continuing ministry here. Christine has been working for and with us for well over two years, and has contributed so much, not only to the services but in the very generous pastoral work she has carried out in the village. Her support to bereaved families has been second to none.

Our Harvest Service took place in a beautifully decorated church, and we thank the ladies who provided the lovely flowers. The PCC thought that the harvest collection of £90 should be donated to a cause linked to harvest, and at Christine's suggestion we chose the charity WaterAid. It provides essential water in third world countries, not only for drinking but also for families trying against all odds to grow small crops for survival and to make a meagre living. The collection was made up to £100 and sent to WaterAid.

Our Remembrance Service will have taken place when this newsletter is published. In the last two years we have donated the collections to the Woodbridge branch of the Royal British Legion for its Poppy Appeal, which have been gratefully and graciously acknowledged.

We have had some minor but essential repairs carried out to the church and church hall, and carpets in both professionally cleaned. We are grateful for the Waldringfield Craft Group providing a new vacuum cleaner for the church hall, and for continuing to buy all cleaning and domestic products.

December services are as follows:~

December 4 <sup>th</sup>	Family Service	Rev Christine Nunn	1030
December 11 <sup>th</sup>	Holy Communion	Rev Christine Nunn	0930
December 18 <sup>th</sup>	Carol Service	Rev Christine Nunn	1600

With music, coffee/tea and mince pies

December 24			
Christmas Eve	Holy Communion	Rev Christine Nunn	2300
December 25			
Christmas Day	Happy Half Hour	Rev Christine Nunn	1000

With birthday cake

**The PCC wishes you, your families and friends blessings at Christmas.**



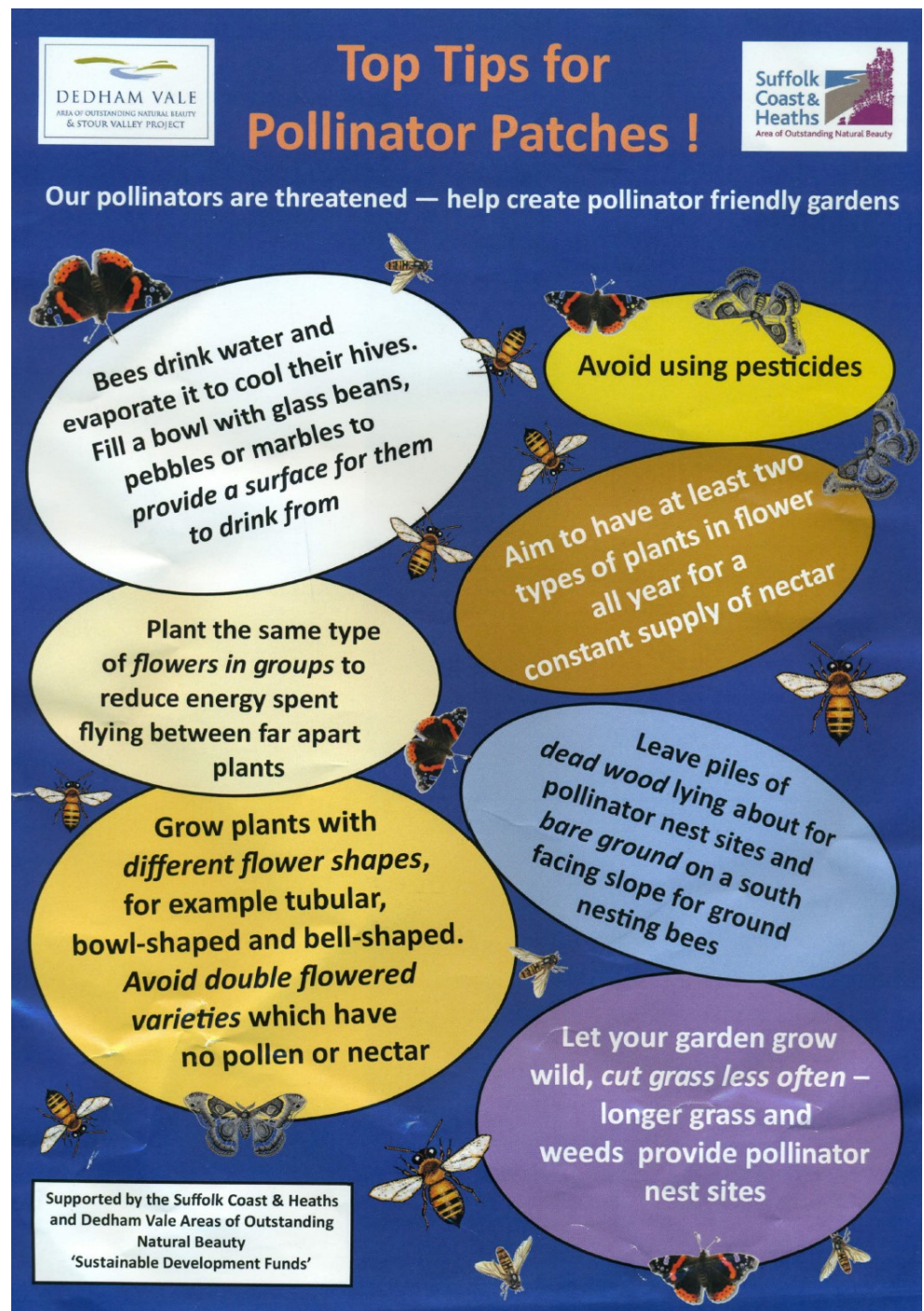
## AONB 'Pollinator Patches'

Following on from the Scattered Orchards, which are now springing up throughout the Suffolk Coasts and Heaths and Dedham Vale, the AONB have come up with another cunning plan. Everyone will have heard on the news about the serious decline in pollinators - as in most wildlife - affecting our countryside.

This has accelerated in the last ten years. The idea of pollinator patches is to concentrate lots of plants good for pollinators such as bumble bees and others, together in patches which people can develop in their own gardens, or in shared spaces. The AONB supply community groups with native hedgerow plants, tree saplings, plug plants and seeds which are all potentially helpful to a range of species of bugs and butterflies. They also supply lots of information and advice for people wishing to do this in their own gardens (see the poster).

Waldringfield is of course on board with this project, and the Wildlife Group (WWG) and Waldringfield Gardeners (WALGA) are developing areas round the edges of the playing field, where part of the scattered orchard is located, to increase their usefulness to bees etc. A range of plants including primroses, red campion, viper's bugloss, field scabious and others were planted and sown, with Yellow Rattle to reduce competition from grasses. Look out for these in the spring and summer months. More crocus bulbs and wild daffodils were also put in to add to the 1000 daffodils planted by the school last year.

**Christine Fisher Kay (for WWG and WALGA)**







**VIPER'S BUGLOSS**

Waldringfield  
Sailing Club



### **More Sailing Opportunities in 2017**

Some of you may be aware that, last summer, the Sailing Club had been running social sailing sessions on Saturday mornings that attracted some village residents onto the water. Next year, we plan to build upon this. As well as continuing with the informal social sailing for adults and youngsters, there will also be a more structured set of activities aimed specifically at juniors who would like to give sailing a try.

The team organising this hopes to start each junior session with breakfast from the galley, after which there will be a range of water and onshore activities with an emphasis on learning through having fun with games and teams. This initiative is intended to get more children sailing and build their skills so they're able to sail competently and eventually be ready to race in the afternoons, should they wish to do so.

Once again, we will welcome local families, whether you are already a member or not. The first session is likely to be on Saturday 6th May 2017, so put that date in your diary now! Further dates and details will be available on our web site nearer the time.

<http://waldringfieldsc.com/sailing-activities/social-sailing/>

Finally, the Sailing Club would like to wish all Waldringfielders a very Merry Christmas and a Happy New Year.

**Ian Videlo**

# Waldringfield Road Safety

**An article and questionnaire by Neil Winship**

***Many of you told our parish planners that road safety is the No.1 concern***

## **Issue 1: Encroaching hedges along the Ipswich Road.**

The Parish Council has asked and is asking landowners to cut hedges back as soon as possible and certainly before the 2017 nesting season

## **Issue 2: Pedestrians at Welham Corner:**



**Thank goodness man and dog were not by the Lilacs' hedge when the two cars were passing each other! Any footway seems best on the inside of the corner because cars invariably skid outwards.**



Pending a footway, prudent pedestrians may exercise their right of way by walking along the carriageway itself on the West side to reach Woodbridge or Fishpond via the apex to cross safely to 'refuge' area. Drivers may be delayed for a few seconds but better than injury to a walker or a head-on collision with an incoming vehicle by crossing the centre line.

## **Issue 3: Vehicles speeding along School, Cliff and Mill Roads.**

Despite 20-mph zone and speed bumps, a few drivers still speed or alarm walkers and cyclists by passing too close. We already face much increased traffic, a volume that will doubtless increase with Adastral New Town etc. So your County and District Councils have provided grants for a Speed-watch 'gun' for use by volunteers; it appears that residents are just as guilty as visitors or 'white van man'

**Meanwhile, our rural village has very few pavements and even if there were more, that would narrow the carriage ways, possibly leading to greater pedestrian anxiety and even risk. While virtually all walkers and cyclists are also drivers, only a small proportion of drivers ever walk much, so they may not realise how frightening a close pass is, especially with tyre noise in the wet.**

**Issue 4: Car parking in & near Waldringfield.** It is probably vehicle traffic we resent, not the passengers, whether visitors or residents: But **everyone** has a legal right of way to walk, cycle, ride or **drive** - provided they are properly licensed and insured - along Waldringfield's highways down to the Boatyard.



**Visitors:** The Deben is a 'honey spot' and when Adastral New Town is built plus Ipswich's big housing growth, there are likely to be even more people exercising their right. Foreseeing this, the Deben Estuary Plan called for small 'informal' car parks away from the River.

**School:** Waldringfield is fortunate, I feel, still to see and hear daily the vitality of children, but continuation may be challenged when Adastral New Town is built, probably with a primary school.

**Given the average age of Waldringfield residents, at least 80% of the children now and in future must come from several miles away, causing a brief cavalcade of cars and congestion during drop off; yet the Head Teacher's survey a few years ago found over 80% of Years' 3, 5 & 6 wanted to walk or cycle, as their parents did at that age.**

**A PERSONAL PROPOSAL:** Consequently, it was suggested we try to conserve Waldringfield's and the Deben's charm by providing modest visitor parking outside the village envelope and from where children might walk to and from our School. 'Modest' being for about 20 cars only; much smaller than the Maybush's and only slightly larger than Church Field's car park.

Such a mini-car park by Waldringfield Heath Cross Roads would offer visiting walkers easy access to several footpaths; e.g. Newbourne Springs, the Green Way beside the golf course, three footpaths towards Martlesham and The Folly bridleway to Waldringfield via School Lane (not School Road). The Folly offers a 1 km walk to or from the School so some parents might set down or pick up their children there.

Clearly it is desirable that such a mini-car park should not mean children have to cross roads to reach The Folly bridleway: Volunteers for 'Lollipop' patrol? Being just inside the AONB boundary and well outside the Waldringfield village envelope, there seems virtually no prospect of development permission around there so agricultural land prices should apply, whether for purchase or lease. That cost, plus clearance, surfacing and fencing, would need some £17,500, but grants can be obtained for such projects, which might be undertaken by Waldringfield Parish Council or a specially formed community interest company.



**The School's 'walking-bus' must be escorted by two adults, mainly to ensure safety at the Heath cross-roads and for the 200 m along the road to the Baptist Chapel's car park; as such, that 'walking-bus' can only 'run' once or twice a week at present.**



**PLEASE COMPLETE AND RETURN  
MY SMALL QUESTIONNAIRE  
ON THE BACK PAGE  
THANK YOU—NEIL WINSHIP**

## Waldringfield Church Field Trust



Autumn mists, cobwebs and fruit at the field, which has supplied blackberries, hazelnuts and mushrooms to those passing through.

Our AGM is on the 5th December, so please come along to see photos taken by me and others, hopefully, of the field through the seasons, and have a glass of mulled wine and a mince pie (plus a short AGM) in the Kennedy Room at 7.30.

Earlier in October a work party supported by the AONB volunteering group did quite a bit of hard work reducing gorse around the entrance, removing brambles where infringing on paths and removing the annoying evergreen honeysuckle from hedges.

There is always lots to do and more volunteers would be very welcome. The AONB brought people from as far afield as Debenham! We all had an very enjoyable day. Another work party is planned for 22nd November and another one with AONB on 21st February.

The Wildlife Group held a bat detecting walk earlier in the year and it was fascinating to hear the sounds of millions of insects picked up on the detectors when the group walked through the field after the relative silence of the cultivated crop nearby.

The long grasses at the field are home for all kinds of insects and spiders which are not tolerated in the agricultural crops. The meadow butterflies such as

Gatekeeper and Meadow Brown were also out in force in summer as were plenty of dragonflies and damselflies.

The drainage problem in the car park has been neatly dealt with by John Nunn and hopefully this will prevent the large puddle formation seen last winter. Many thanks to John.

The autumn colours are looking good up there with the strong reds and yellows of Guelder Rose, Field Maples and Cherries, and lots of brightly coloured rosehips and haws on the bushes maybe signifying a hard winter to come!





## Waldringfield



### Wildlife Group

## PROGRAMME FOR 2017 (FIRST QUARTER +)

- February 11<sup>th</sup>** Hares by Roger Draycott  
Game Wildlife  
Conservation Trust
- April 8<sup>th</sup>** Susan Rendell Read RSPB  
EU LIFE  
Little Tern Recovery  
Project
- May 3<sup>rd</sup>** Nightingale Walk in  
Newbourne Springs wit  
Peter Maddison followed  
by al fresco breakfast.  
6.00am start

## TONE AND STRETCH CLASSES

Every Wednesday in the Village Hall

7pm - 8pm and now every Friday

1pm -2pm. All levels welcome



Come along and have an hour for yourself

to Tone, Stretch and Relax

Bring a Mat. £7 per session

For any further information, contact

Di Taylor (BSYA) 0774 8611730

## VILLAGE HALL QUIZ

Many thanks from me (and The Village Hall Committee) to all who supported the quiz held a couple of weeks ago. Particular thanks to those who gave the Raffle prizes, to Pat Nunn for running the raffle and dealing with the delivery of the food; Tony and Chris Lyon for setting up the hall; Sue and Steffen Larsen for helping pack it all away; and Colin Archer who showed me how to use the new hi-fi. It was very pleasing that we made a profit of £474.08 (of which £98 on the raffle) to help keep our Village Hall going! It was even more pleasing that when the leader of the winning team came to collect the trophy, it was Liz Kennedy who originally bought the trophy years ago!

**Tim Elliot**  
**Quizmaster**

Once again the **Scattered Orchard** group are running pruning and grafting courses on Saturday 28th January 2017 at Waldringfield Village Hall.

Places are filling up fast so booking asap is essential if you would like to attend.

Fruit tree pruning with Marina O'Connell 10am – 1pm Learn how to prune fruit trees, both young or old and neglected £15 per person - refreshments included.

Followed by Fruit Tree Grafting Course with Mariah Ballam and Betsy Reid 2pm – 4pm. Learn how to graft your own apple or pear tree (you may bring prunings from your own trees or use the varieties that we have collected) £15 per person.

If you would like to book for either session please contact Mariah Ballam at [mariahskellorn@hotmail.com](mailto:mariahskellorn@hotmail.com) or by phone on 01473 736485 or 07709485979

# Powercut?

# Contact us!



[ukpowernetworks.co.uk](http://ukpowernetworks.co.uk)



Text POWER and your postcode to 80876



Call 0800 31 63 105 or simply 105



(free from a mobile phone or landline)



Tweet us or send us a Facebook message

**Need extra support during a power cut?**

**Register for free:**



[ukpowernetworks.co.uk/priority](http://ukpowernetworks.co.uk/priority)



Call 0800 169 9970



[psr@ukpowernetworks.co.uk](mailto:psr@ukpowernetworks.co.uk)



Scan this QR code to get signed up to our register for free.

**POWER CUT?  
CALL 105**



**UK  
Power  
Networks**  
Delivering your electricity



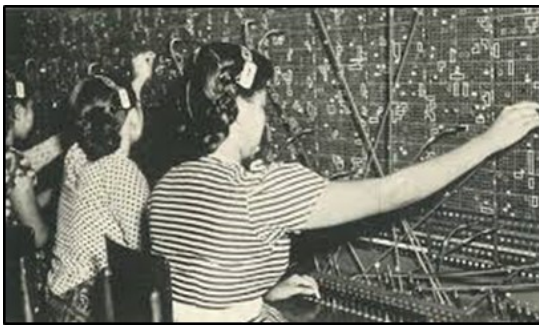


## Telecoms Action Group

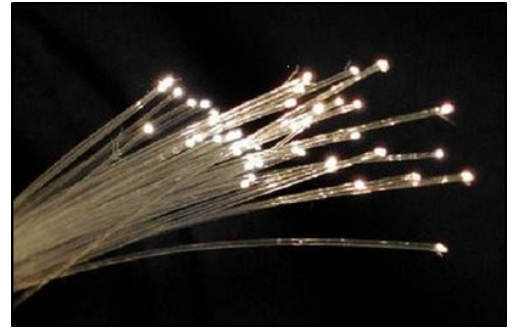
The results of the 2015 Parish Plan survey showed that there are a number of telecoms related issues that are of concern to villagers:

Poor broadband speeds were a major issue for most residents. Very few people rated broadband speed as 'good' for any of the functions (email, social media, streaming films/gaming, etc).

Although a fibre optics box opposite the BT exchange was brought into service in late 2015, the broadband speed is affected by the distance of the house from the



exchange, so for those living further away broadband speeds remain very poor. Mobile phone



signals were rated even more poorly. Only 8% of respondents rated their mobile signal, across a range of network providers, as 'good'.

The quality of TV and radio reception varied depending to a large extent on the location of individual properties and the type of equipment installed.

It was therefore decided that the Parish Council should set up a 'Telecoms Action Group' to address these issues, particularly broadband and mobile phone signals, and I agreed to lead this. So I am looking for volunteers to help. Obviously some knowledge of telecoms would be useful, but it isn't essential (my own knowledge is very limited!)



Our general aims would be to:

- research the issues,
- liaise with key players (broadband providers, etc),
- identify ways of improving services,
- where appropriate, take action to make improvements happen

I don't anticipate this being a huge commitment – basically people would contribute as much time as they want to. But obviously the more people we have the better and more varied is our pool of expertise, and the more we are likely to achieve. So if you feel you are able to contribute, please contact me by one of the methods below.

**Ian Kay**

Email: [ian.kay1@btinternet.com](mailto:ian.kay1@btinternet.com)

Phone: 01473 736384

Post: 2, Heath Cottages, Newbourne Road, Waldringfield, IP12 4PS

# Waldringfield Parish Council

**Your Parish Councillors:** Ian Kay (Chairman) - Alyson Videlo (Deputy) - Frances Matheson - Serena Gold - Janet Elliot - Colin Archer - Neil Winship - Colin Reid

**PARISH COUNCIL MEETING DATES** - Tuesdays. 7.30 pm in the Village Hall Kennedy Room

**Remaining Meetings in 2016:** December 13.

**Meeting Dates in 2017:** January 10, February 14, March 14 (*April 11—Annual Parish Meeting*), May 9 (Annual Parish Council Meeting), June 13, July 11, August 8, September, 12, October 10, November 14, December 12

**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](mailto:pc.waldringfield@googlemail.com)

## **Notice of Vacancy**

Notice is hereby given that there is a vacancy on Waldringfield Parish Council. The vacancy has previously been advertised and, to date, no election has been requested. If the situation remains the same, the Council will be able to fill the vacancy by co-option.

**ANY APPLICATION SHOULD BE MADE IN WRITING TO THE CLERK TO THE COUNCIL, DELIVERED BY EMAIL OR POSTED TO THE ADDRESSES LISTED ABOVE**

Applicants are asked to give brief reasons for offering their services and what qualities they bring to the Council.

Any elector interested in applying is welcome to contact the Clerk for further information and/or go to [www.beacouncillor.co.uk](http://www.beacouncillor.co.uk). The successful applicant will be chosen following consideration by the Parish Council.

Applicants should note that Councillors are expected to attend regular monthly meetings on the second Tuesday of each month, and any additional meetings as may be arranged, and to represent the electors of Waldringfield in raising and discussing those issues of interest and concern on which the Parish Council is empowered to act.

Applicants should also note that membership of the Council is open to electors who are citizens of any state in the European Union or of the Commonwealth and whose residence is in Waldringfield or within 3 miles of Waldringfield, or whose principal place of work is in Waldringfield and who is not disqualified (by reason of a criminal record, bankruptcy or involvement in corrupt practices).



The Felixstowe and District Safer Neighbourhood Team have started a Community Speed Watch team for the peninsular, supported by funding from County, District and Parish Councils. There are currently 16 volunteers (members of the public), who help with tasks and conducting speed checks in a number of surveyed locations around the area.

The sites have been selected following a safety survey in areas identified as a risk from speeding motorists and the volunteers have been trained in the use of a speed gun and the process of monitoring vehicles safely. Since the 'Go

live' date on August the 3<sup>rd</sup>, there have been 20 Speed watch events and 64 motorists have been sent advisory letters.

We hope that with additional funding and the recruitment of more volunteers, we can obtain additional equipment to expand the scheme to improve road safety in the area. If you are interested in volunteering in the scheme, you can contact the SNT by e-mail direct to us on

[Felixstowe.snt@suffolk.pnn.police.uk](mailto:Felixstowe.snt@suffolk.pnn.police.uk)



# NHS HEALTH CHECK

Helping you prevent  
diabetes

heart disease

kidney disease

stroke & dementia

If you are aged 40 - 74 and have not had a stroke or been diagnosed with heart disease, high cholesterol, high blood pressure, kidney disease or diabetes then you are eligible for a free NHS health check.

To arrange the check contact your registered GP practice who will be able to make an appointment for you. Alternatively, you can also contact OneLife Suffolk to arrange the check for you on (01473) 718193.

[www.healthysuffolk.org.uk/healthchecks](http://www.healthysuffolk.org.uk/healthchecks)



## Publication of sustainability and transformation plan



A bold plan on how all organisations involved in health and social care can work together differently across east and west Suffolk and north east Essex was published recently.

The NHS and social care have developed a large part of the plans based on what people have already shared, and accept that things have to be different to support a dwindling workforce, patients with more long term conditions and boost quality of services.

The plan is known as a sustainability and transformation plan (STP) and involves some 26 organisations in east and west Suffolk and north east Essex, including ambulance, hospitals, community services and social care.

Nick Hulme, who is leading the Suffolk and North East Essex Sustainability and Transformation Plan said: “We are changing the way we work across health, social care and all public services so that we can make sure that by 2021 the one million people who live in this area will have healthier, happier lives and are better supported to look after their own wellbeing.

“The ambitious parts of our plans are to replace competition with collaboration, look at improving care and quality at a broader scale, boosting the workforce and doing all of this quickly. If we can work together to do things like raising education levels and improving information to support people to look after themselves that will set families across north east Essex and east and west Suffolk on the road to a better future,” he added.

The challenges facing health and care organisations are set out very clearly in the plan and include:

*-Demand on family doctors.* More people than ever before are going to see their family doctors and nurses. Around 90 per cent of care is given by our family doctors in the NHS – but many are reaching retirement age. Too few new or potential recruits want to come to north east Essex and east and west Suffolk to work.

*-Record numbers of people living with long term health conditions.* People with long-term conditions, such as diabetes, chronic obstructive pulmonary disease, arthritis and hypertension, account for around 50% of all GP appointments. The numbers of people with three or more long-term conditions is rising, and we expect there will be 45,000 in north east Essex and east and west Suffolk by 2018.

*The cost of treatment.* In 2016, north east Essex and east and west Suffolk will spend £2.4 billion on health and care. The costs of drugs, treatments and overheads have all gone up, and will do so again.

The pressure on finances is also highlighted. If we continue spending money on services as we are, there will be a £248 million overspend in five years’ time.



Cllr Tony Goldson, Suffolk County Council's Cabinet Member for Health and Chairman of the Suffolk Health and Wellbeing Board, said: "Suffolk County Council is working collaboratively with the health and

social care sector in providing high quality services that are closer to home. The Sustainability and Transformation Plan is an opportunity to design and deliver services in a more integrated way and we are looking forward to working with all of our partners in delivering this."

Sam Hepplewhite, chief officer, NHS North East Essex Clinical Commissioning Group said: "We are fully committed to ensuring local people have access to quality health and social care services. We are all working closely together in order to transform health and social care services and to ensure these are affordable in the future. As we go on we look forward to engaging with all of our stakeholders in this planning process and I am sure there will be many who will have a lot to say and a lot to contribute."

Dr Mark Shenton, a GP in Stowmarket and chairman of the NHS Ipswich and East Suffolk Clinical Commissioning Group said: "This plan outlines how, by working together, health and care organisations aim to tackle the very real issues which have been developing over the years. As a practicing GP for the last 20 years, I see more and more people living longer, but with long term health conditions such as diabetes, arthritis and hypertension. Long term health conditions account for around 50% of GP appointments.

"Major changes are needed to reduce illness and deteriorating health, to support communities and deliver care closer to people's homes. By keeping people fitter and healthier for longer and improving the quality of care through more effective collaboration we can overcome the challenges we face."

## **Carol Singing round the Village**

**Monday 19th December 2016.**

Meet at The Maybush between 6.00-6.30pm.

Wear warm clothes and bring a bright torch.

Collection will be made for the Ipswich Soup Kitchen- a charity which helps the homeless in Ipswich.

All welcome after singing....

at The Lilacs, Fishpond Road, for mulled wine, hot soup, mince pies etc.



# Creating an east Suffolk Council

Following a recent independent survey of 1,000 local residents which showed that a clear majority of people are in favour of a new council for east Suffolk, we are now asking all residents for their views.

A decision to combine the Waveney and Suffolk Coastal District Councils, and create a brand new 'super district', delivering services to communities in east Suffolk, will be taken in January; however both councils are determined to hear the views of as many local people as possible before a final decision.

With this in mind, an independent telephone survey by leading research consultancy ComRes was conducted in October. One thousand local people, representing the different backgrounds of people who live in east Suffolk, were asked a number of questions about the proposals. Of these, four out of five respondents (78%) expressed a favourable or neutral view about the proposals and of those who "don't know" (20%), the majority then expressed a favourable view when provided with more information about the plans.

Now, we are asking EVERYONE in the two districts to tell us what they think, as part of an engagement campaign which is running until December 12th. You are invited to read the proposal summary and email any views on the plans to [merger@eastsuffolk.gov.uk](mailto:merger@eastsuffolk.gov.uk).

It is the view of both Council Leaders that a new, larger organisation would be better placed to address a range of challenges and better serve our local communities by ensuring that crucial services are protected and sustained. Both are determined to do so while maintaining a low council tax base and a new council would be better able to deliver this.

A copy of the proposal can be found online at

<http://www.eastsuffolk.gov.uk/yourcouncil/new-single-council/>.

---

## Waldringfield Road Safety Questions

Please return when completed into the Village Hall post box, marked 'FAO Winship.' Circle answers as appropriate

**Issue 2:** Does safety at Welham Corner deter anyone you know from walking around it?  
**YES/NO**

:Do you consider a footway along the verge is justified? **YES/NO**

**Issue 3:** Should persistent offenders should be named after oral and written warnings:  
**YES/NO**

Are the three *suggestions* **RIGHT** or **WRONG?** 1 **YES/NO** - 2 **YES/NO** - 3 **YES/NO**

**Issue 4:** Do you support the idea of a small car park by the Heath cross-roads in principle?  
**YES/NO**

**THANK YOU – NEIL WINSHIP**