



No.85—Autumn 2024

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### Waldringfield Sailing Club



Established 1921

The Club has been busy during the summer with regular Saturday and Wednesday evening sailing. During July over 60 boats competed in the Regatta weekend, which took on a traditional format. The shore events included a sandcastle competition, and the theme for the fancy dress was the Paris Olympics. The running and rowing races were fiercely competitive in all categories, especially the blindfolded rowing and the dinghy cork hunts. Sailing over the weekend for the yachts, Squibs and eight dinghy classes was held in very pleasant conditions with sunshine and fair winds.



Photo — Alexis Smith

The event culminated with a lovely evening for the Yachtsman's Service conducted from afloat, with participants on the river and ashore and the Woodbridge Excelsior Band playing from the clubhouse.

Several members have been racing or cruising elsewhere over the season - particular note should be made of the Cadets with several juniors participating in the Cadet World Championships, held this year in Plymouth. There were 105 boats sailed at the event from 10 counties, including Argentina, Australia and Ukraine, all competitors being under the age of 18. Several Club parents were involved with the organisation of the event, which was followed a few weeks later by the local Waldringfield Cadet Week.

Boats come in all sizes, and the smallest craft to be raced at Waldringfield are Bottle Boats, which are radio-controlled model boats. They have their own special rules, and a championship was held off the beach in August.

The Cartoon Open Meeting is scheduled for 7-8 September during which the Dragonfly class will celebrate its 75th Anniversary. Dragonflies are our local class, designed just after the Second World War, and are of a traditional clinker-built wooden construction. They were the backbone of the Club for many years and are still actively raced, particularly on Wednesday evenings. Several have been

lovingly restored by those with suitable craftsmanship skills. During the weekend we expect a visit from some Irish sailors as a similar boat is sailed in Dublin Bay.

Wednesday night sailing came to an end on 28 August and the Saturday series finishes on 16 November. After that there will be some preparing of the Club for the winter, and the AGM at the Village Hall. Sailors will doubtless then be thinking of what new sail or fitting they want to put on their Christmas list.



Photo — Alexis Smith

William Sudell, Club President

## Waldringfield Gardeners

Our main event this half of the year was the Produce Show – held this year on  $10^{th}$  August. We did not have quite as many entries as last year, but put on a creditable show with the cup strongly vied for: Chris Lyon and got the same number of points, but Chris had more firsts!

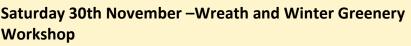
Those of us who planted up the Triangle have been well pleased with the result and hope it has given general pleasure. It looks a bit tatty now and urgently needs some attention as soon as the weather is a little cooler – we would very much appreciate some help!

We have also taken on the verge outside Japonica Cottage, which needs attention. The GW committee has agreed to make some funding available for these and perhaps some other areas. We invite residents to join us to design something more diverse and colourful than what is there at present. Thus we could continue to connect habitats for wildlife and have a more continuous ribbon of interest running through the village.

#### Forthcoming events:

**Saturday 26<sup>th</sup> October: Pumpkin Parade**. No plastic or explosions but plenty of fun with Lantern Parade to the river through Church Field, ghost story etc. 5.00 onwards starting at the Village Hall.

Wednesday 20<sup>nd</sup> November: AGM of WALGA (Waldringfield Allotment and Leisure Gardeners Association) aka Waldringfield Gardeners, and Seed Swap: slide show of Open Gardens and a brief talk -20 things you might not know about worms. And wine and nibbles and conviviality. 7.30pm in the Kennedy Room at the Village Hall



Annual Winter Greenery Workshop on in the Village Hall 10.00 am- 1.00 pm. Learn from a professional, the wonderful Emma how to make a wreath, swag/garland or table centre piece. Please let Alexis know if you would like to reserve a space.— but there are only 3 left—email : g1dik@btinternet.com

Betsy Reid, Sec Waldringfield Gardeners.







# Warm Welcome afternoons 2024-25

The parish council is delighted to announce that the weekly Warm Welcome sessions <u>will be resumed this winter in the Kennedy Room at the village</u> <u>hall.</u>

It seems a bit odd to be thinking about the winter when the sun is blazing down but I wanted to update you on the Warm Welcome sessions which will recommence before the next edition of the Parish Newsletter.

This will be the third season of this weekly get-together – the format has evolved slightly over time with the focus on creating an informal and welcoming space where residents can enjoy meeting friends, old and new, and having a good old chat (sometimes quite lively) over tea & cakes.

We will be open from 2pm to 4.30pm every Wednesday afternoon during the winter months from late October 2024 to mid March 2025, with a short break over the Christmas period. **There is no charge and everyone is invited.** 

The Parish Council will continue to organise the scheme but, as before, its success will be entirely dependent on a rota of volunteer hosts.

Last time this meant a commitment from each volunteer to just 2 or 3 very enjoyable sessions over the period. It would be marvellous if we have a similar number of volunteers for this new winter season. So......

#### Volunteers Needed Please

If you are able to spare an occasional few hours or would like more information please contact Janet Elliot via janet.elliot@btinternet.com

Thank you very much for your support.

Cllr Janet Elliot



#### VILLAGE HALL WINTER TALKS

#### Friday 8th November 7.30pm £5 (under 18s foc) with refreshments

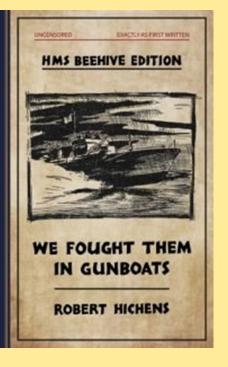
#### Julia Jones: We Fought Them in Gunboats: a talk and a film

As twilight fell over the southern North Sea, Felixstowe Dock reverberated to the roar of engines. The fast boats of Coastal Forces were preparing for their night-time missions. Would they tackle a trawler patrol, an enemy convoy or their particular foes, the E-boats? Would they rescue a downed airman or deliver a Dutch resistance agent?

Initially these small, wooden boats were ill-equipped for success. Peacetime solicitor and inspirational leader, Robert Hichens, fought fierce bureaucratic battles ashore while he and his young crew risked their lives at sea.

'Hitch' was killed in action in April 1943 before he finished writing his story. His *HMS Beehive* companions fought on until the E-boat surrender in May 1945.

Julia Jones has recently published this story in *We Fought Them in Gunboats* by Robert Hichens. She is also the author of *Uncommon Courage: The Yachtsmen Volunteers of World War II*.



Next talk: Friday 6<sup>th</sup> December: Professor Helene Burningham on Coastal Change

#### Do you have guests coming to visit ?



#### Low Farm Cottages

are open all year-round - In Waldringfield!

We have **five** cosy cottages located at the entrance to the village! We're also pet friendly from October – March.





01473 736475 www.stayatlowfarm.com



#### **Greener Waldringfield**

The parishes of Waldringfield, Newbourne, Hemley, Martlesham, and Brightwell with Foxhall & Purdis Farm are collaborating, calling ourselves "West Deben Green Cluster".

We are making good progress with developing a Bioidversity Action Plan, which will update the Parish Landscape and Wildlife Policy, so that we cover the spaces within settlements but also the spaces, or corridors, between settlements across parish boundaries. All this will eventually feed into the East Suffolk Council Nature Recovery plan and embrace the Suffolk Coast and Heaths plan for our AONB or National Landscape.

And we are looking forward to understanding what the other parishes are doing at the follow up Green Infrastructure workshop in Ufford on 18<sup>th</sup> September. We will keep you posted!



**Earth Overshoot Day** started being calculated in 2006. This is the day on which, globally, humanity has used as much as can be regenerated within that year – for the rest of the year we are in deficit, borrowing against the future.

Going back, in 1971 it was December 25<sup>th</sup>. This year is was August 1<sup>st</sup>

EarthOvershoot has been calculated separately for each country too – Britain's day this year was June 3<sup>rd</sup> (Quatar 11<sup>th</sup> February, Kyrgistan 30<sup>th</sup> December)

https://overshoot.footprintnetwork.org

#### BUT there are reasons to be hopeful -

Last year a pyramidal orchid was spotted on the bank outside Sunny Hill House. This year it is sleeping, but one has shown itself near the Village Sign further along School Road. There are probably lots more seeds in the soil seed bank – they just need the circumstances to grow.



The moth count by the Wildlife Group released 86 moths and 39 different species from the count, trapped on an inauspiciously damp night – 20 WWG members were full of wonder at their diversity and beauty. Moths are more important pollinators than most day flying insects and feed bats and owls. Numbers really down from previous years but pleasing that so many had survived the really awful stormy weather.

Elephant Hawk-moth

#### Greener Waldringfield



Barn owls have been nesting in some of the WWG nest boxes – details in the next Waldringfield Wildlife Group report

Nature can bounce back very swiftly if farming provides space

for it – "The evidence in the Natural England report confirms what many nature-friendly farmers are finding: delivering goodquality habitats, supported by public money, is helping to stop nature's decline or even reverse it. Many farmers are pleased that their hard work is showing positive results, and with the

support of well-funded ELMS, more farmers can deliver or help reverse nature's decline."

Hundreds of local groups have sprung up to test river water: there is now widespread concern about water quality so keep making your concerns known – your voices will be heard! The problem is wider than sewage and agricultural run-off - there are hundreds of harmful chemicals in rivers. But there are strong moves to hold the Water Companies to account and our Anglian Water company are on the case!

https://anglianwater.co.uk/siteassets/household/services/aw0784-storm-overflowaction-plan.pdf

We can all make a difference - either in what we do or what we don t do!

#### **Dates for your diary:** Star Count - 30th September-

Star Count - 30th September—6th October Rubbish Walk - Wed 13th November



## Waldringfield History Group

After a quiet time, the Group is looking forward to meeting again on 12th September 2024 at 2 pm till 5 pm. in the Kennedy Room at the Village Hall. We are all looking forward to hearing member's new discoveries since April.

If you are at all interested in history (not just of the History of the Village) please come an join us. We are all interested in different aspects of history, but we all play a part in recording the village history, and it is fascinating especially how different areas are linked.

We meet from September to March in the Kennedy Room at the Village Hall usually on the 2<sup>nd</sup> Thursday of the month at 2.00 p.m. A lot of information is to be found on our website <u>www.Waldringfieldia.com</u>, though some of it is available to members only

For more information please contact Hon Sec: Margaret Lake or Chair: Alyson Videlo waldringfieldhg@gmail.com





The Mindful Life Group The UK's only not-for-profit dedicated to older adult mental health

# Our very popular online mindfulness course is opening for Older Adults in Suffolk

- Designed by Clinical Psychologists
- Proven to improve wellbeing, sleep and resilience



Find out more at the-mindful-life.com

Feedback from one of our previous participants:

'I'm an absolutely great believer in the course it really got me through...the relaxation techniques, which I still do, really helped me in quite a profound way'. JB







Suffolk and North East Essex Integrated Care Board (ICB)

Your Parish Councillors: Ian Kay (Chair); Janet Elliot (Vice Chair) Serena Gold—Colin Reid Nigel Shore—Sue Quick Robert Forsdike

To contact the Clerk: Jennifer Shone-Tribley Low Farm, Ipswich Road, Waldringfield, IP12 4QU Telephone: 01473 736475 E-mail: pc.waldringfield@googlemail.com



ALL PARISH COUNCIL MEETINGS ARE OPEN TO THE PUBLIC and held on the second Tuesday of the month, in the Kennedy Room at the Village Hall—starting at 7:30pm unless otherwise notified. Next meeting: 10 September 2024

#### Waldringfield Church Field Trust



On 28<sup>th</sup> May local children with their families were invited to join in a morning workshop organised by the Waldringfield Wildlife Group and run by Charlie Zakss of Suffolk Wildlife Trust. This went very well in spite of slightly damp weather. Activities included some small craft projects and investigation of insects and flowers using lenses and nets. The idea is to be repeated in mid August and is fully booked.

Children and families at Church Field , May 28th



The wildlife group held their annual picnic and butterfly count in July. 9 species of butterfly were recorded, three less than last year. The long rainy period earlier in the year has been difficult for butterflies as they are less able to fly and to feed and there is less nectar for them.



Following discussions at the AGM and subsequent meetings the committee are looking into the possibility of making a pitch for petanque at the field.

Many thanks to Martin Spall for continuing to mow the paths and games areas. Everything has been looking well cared for. Earlier in the year the ox - eye daisies put on a stunning show having spread to almost the entire field. All the plants you see at Church Field are self sown - no flower seeds were sown.



The Annual General Meeting is held at the end of November . Everyone will be invited, so watch out for posters and notices on waldringfielders. There will also be work parties outside of the nesting season, when reduction of bramble expansion is usually on the list of tasks.

Christine Fisher Kay, Chair of the Church Field Trust





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The Village Hall

One of the highlights of the summer is the Annual Flower, Vegetable, Produce and Craft Show, organised to perfection this year, as always, by Alexis Smith assisted by a host of volunteers on behalf of Waldringfield Gardeners. It was a pleasure to see the Village Hall being used to the full for such a community wide event, showcasing amazing local talent.

In addition to displays of fruit, vegetables, flowers, crafts, cakes and preserves, were fabulous examples of drawings, paintings and photographs by local residents. It was pleasing to see the young also represented. Well done to all those who took part! Even if you don't fancy entering yourself, do come along next year to admire the talents of your neighbours.

Dates to put in your diary for the Autumn include the Harvest Supper and Annual Fun Quiz Night. The Harvest Supper will be on Saturday 5<sup>th</sup> October whilst the Fun Quiz Night will be on Friday 29<sup>th</sup> November.



Alexis Smith holding one of the exhibits —Photo P. Hall

The AGM of the Village Hall Trust will be held at **7.30 on the 15<sup>th</sup> October 2024**. The AGM is an opportunity to hear about the work of the Village Hall Trust and to ask questions of the Trustees. All residents are welcome. This year Christine Lyon is stepping down from the committee and I would like to pay thanks to her commitment and dedication over the years. Thankfully we are not saying goodbye as Chris will continue to organise the Fun Quiz Night and the monthly coffee mornings.

Last year we were successful in obtaining a grant of £10,000 from the National Lottery towards the cost of installing LED lighting. This year we have submitted another application which, if approved, will enable further improvements to be made this coming winter. These include new curtains, creating more storage, better soundproofing between the two halls, better hot water facilities, disabled and baby changing facilities and a much-needed improved kitchen hatch.

Philip Hall, Chairman, Waldringfield Village Hall Trust 1 School Lane, Waldringfield IP12 4QP <u>chair@waldringfieldvillagehall.co.uk</u>

# Waldringfield Parish Council **Councillor Vacancy** We need members of the community to join us!



Waldringfield Parish Council has a vacancy for the role of Councillor, for which all members of the community are welcome to apply. When vacancies arise, Parish Councils may fill the vacancy through the process called Co-option. We are seeking to fill our vacancies through this process.

Parish Councillors are first and foremost members of the local community. We have a wonderful and vibrant village and look to have representation from all areas of the community. The role is varied and enables local people to use their skills and experience to enhance the work undertaken by the Council for the benefit of the community. We do lots of things – so there are lots of opportunities to contribute!

Some of the things the Council does in Waldringfield:

- We provide amenities, such as benches, the village sign and grit bins
- We manage the playing fields and its equipment
- We organise community events, such as fetes and the Warm Welcome coffee afternoons
- We produce a quarterly newsletter
- We organise litter picks
- We represent the community to other levels of government on issues such as planning and highways

In terms of time commitment, Councillors are expected to attend the monthly meetings of Council (on the second Tuesday of the month) and some work outside of the meetings.

The Council wishes to invite interested people to contact the Clerk for an information pack, which details eligibility and application requirements. We also encourage applicants to visit <u>www.beacouncillor.org.uk</u> for more information.

The Council is committed to achieving a balanced composition of Councillors that reflects the Waldringfield community.

If you are interested – please contact the Clerk:

#### Jennifer Shone-Tribley - Clerk

Post: Low Farm, Ipswich Road, Waldringfield, Woodbridge IP12 4QU
e-mail – pc.waldringfield@googlemail.com phone: 01473 736475



# News from All Saints Church Waldringfield

Recently, our church had its Quinquennial Inspection, essentially an independent survey undertaken (at each parish church) every 5 years which reports on the state of the fabric of the church, church hall and churchyard – rather like a homebuyer's report when buying a new house.

Amongst other things, this report identifies remedial work that needs to be carried out to keep the church in good order, both in the short term (1 - 2 years) and longer term (10 + years).

Some remedial work has already been carried out - to re-mesh the louvre windows in the tower to prevent birds and squirrels setting up residence. Other up-coming work involves repointing of tower parapet, improving the brackets on the flagpole, installing a lightening conductor, and overhauling the gutters and drainpipes.

In the longer term, we face the rather daunting prospect of needing a new church roof.

## Some dates for your diary

The annual **Ride and Stride** event is on Saturday 14th September (a sponsored bike ride, walk or vintage car tour of as many local parish churches as possible). Started in Suffolk this is now a national event. If you would like to enter, please contact Anne Parkinson on 01473 736697. Further details can also be found at: https://shct.org.uk/rideand-stride.

There will be an **Auction of Promises** evening on 2nd November at the village hall - so we're looking for promises (and items) to auction (please contact Anne Parkinson on 01473 736697 or Rolls Barclay on 07860 718174 if you can offer anything). Fingers-crossed, there will also be a licensed bar, selling a selection of wine, beer and soft drinks.

#### The Churchyard

The wet spring and late arrival of a warm summer has provided plenty of challenges for keeping the Churchyard constantly tidy. The stinging nettles and brambles seem to have especially enjoyed the weather conditions, as have the many moles that keep turning up uninvited.

However, slowly but surely, things are getting back under control thanks to the stirling efforts of a few volunteers. The grass paths are being mown regularly again. The holm oak has flourished since being released from its smothering cage of brambles, and the weeds around the church walls are being kept down, which should help minimise the accumulation of damp in the brick work. Over the next few weeks the longer grass, and wilder areas, will receive their annual 'haircut'.



Clearing brambles and overgrown scrub late last year.



Digging out persistent weeds around the base of the church.



The newly restored notice board.

If you would like to help in any way, please contact Anne or Rolls, or Simon Couchman on 07515 385550 regarding churchyard work. *All are very welcome.* 

Finally, great big thank you's to the Church Field volunteers who mow the grass around the Church Room for us, and all the other volunteers - the church cleaners, flower arrangers and churchyard volunteers - who help to preserve the church buildings and keep it looking presentable.
Last but not least, a big thank you to every one of you that already regularly donates money for the upkeep of All Saints church.

# **Sunday Services**

Prayer Service Occuring every first Sunday of the month at 10.00 a.m.

### Holy Communion

Occuring every third Sunday of the month at 10.30 a.m.

For further information go to: https://www.achurchnearyou.com/church/2027/

#### MARTLESHAM HEATH SURGERY

#### **Patient and Practice Group NEWS**

At the most recent meeting of the Martlesham Heath Surgery Practice and Patient Group (PPG), the main focus of the discussion was around the Anima online system. Followed by a discussion on the work a team from the PPG had undertaken to look at improving the Continuity of Care for people with complex medical conditions.

The discussion on Anima was based on feedback from patients either to the PPG or directly to the surgery, plus feedback from the surgery itself. The surgery is now investigating different systems to Anima, with the view that whichever solution is chosen it should be a long term solution.

The PPG members have since carried out dummy testing of one of the potential options, which is based on the surgery's clinical system.

The PPG are looking forward to hearing feedback from the surgery team at our next meeting in September.

The PPG also discussed the initial findings of the Continuity of Care, Working Group with the surgery. The surgery team have taken this away to look further into the report we presented. The surgery fully supports the aim of improving patient experience, within the bounds of what they can influence. It became clear that many of the issues relate to services that are not provided by the surgery, such as hospital services, x-ray, physiotherapy, tests, etc.

If you are interested in finding out more about the PPG please either email me at <u>MartPPG@gmx.com</u> 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



#### Waldringfield Village Hall

Friday 29<sup>th</sup> November 2024—7pm for a 7.30pm start

Bring your own drinks, nibbles, and glasses

Teams of up to 6 people

£5 per person - cash on the night please

Optional "Heads and Tails" game to start (£1 to enter)

Raffle

Proceeds in aid of Waldringfield Village Hall Trust

To book a table, please contact: Chris Lyon – 01473 736291

#### Woodbridge Choral Society New Season

It is my great pleasure to report that 2023/24 was a remarkable season for Woodbridge Choral Society.

After a full house for the Christmas concert last December, we saw another full house in March at Snape Maltings, a rare event for any amateur choir. This wonderful concert featured a new composition *Begin*, by talented local composer Ben Ponniah. The concert culminated in the excitement of Beethoven's *Cho*-

ral Fantasy and thrilled the audience who were rapturous in their applause and gave a standing ovation. Talented Musical Director and pianist Andrew Leach, performed whilst simultaneously conducting the choir and orchestra and deserves much praise for the hours of rehearsal time spent mastering this piece. Our wonderful soloists, who have become good friends of the choir, gave outstanding and inspiring performances and the post-concert party gave pleasure to many friends and supporters.

Our plans for the next 18 months include two concerts at St Mary's Church Woodbridge on 7<sup>th</sup> December 2024 and 29<sup>th</sup> March 2025. On 1<sup>st</sup> November 2025, we have a hugely ambitious concert planned at Snape Maltings. Being close to the 80<sup>th</sup> anniversary of the 1945 Armistice, our programme is devoted to the themes of war and plea for peace, with two contrasting works, a masterpiece by Vaughan Williams, *Dona Nobis Parcem* and *The Armed Man* by Karl Jenkins.

## **NEW SEASON** 2024-25 Founded 1883 Saturday 7<sup>th</sup> December 2024 St Mary's Church, Woodbridge Martín Palmeri Misatango (Misa a Buenos Aires) Vaughan Williams Fantasia on Christmas Carols Carols for choir and audience Saturday 29<sup>th</sup> March 2025 St Mary's Church, Woodbridge Rossini Petite Messe Solennelle New singers welcome Woodbridge Choral Society **Come and Sing - Tuesday 3rd September** Contact - info@woodbridgechoralsociety.org.uk www.woodbridgechoralsociety.org.uk Charity No. 276627

If all this excites you, do get in touch with us (*info@woodbridgechoralsociety.org.uk*). You will receive a warm welcome at our forthcoming 'Come and Sing' taster rehearsal on September 5<sup>th</sup>, when there will be a chance to chat to our members and enjoy a glass of wine.

With best wishes

Jane Hall, Chairman, Woodbridge Choral Society





# **COFFEE MORNING**

# WALDRINGFIELD VILLAGE HALL

# THURSDAY 5<sup>th</sup> SEPTEMBER

# 09.30 - NOON

Note the earlier start! So you will have more time to chat with friends and neighbours.

# **TEA/COFFEE AND CAKE = £3.50 PP**

# HAND CRAFTED BAGS & APRONS – BY WILLA

# TOMBOLA

# RAFFLE

## **SECONDHAND SCARVES, JEWELLERY, BAGS & HATS**

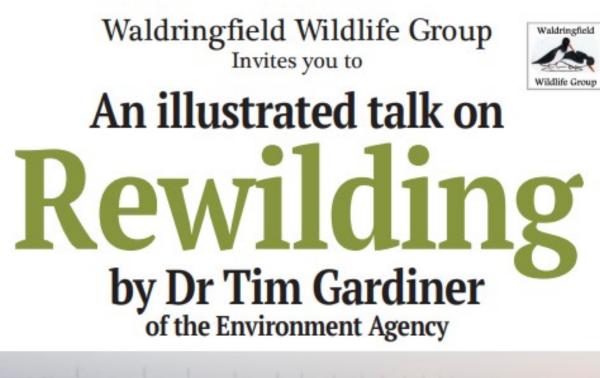
**NEARLY NEW ITEMS & MAYBE MORE!** 

FOR MORE INFORMATION, OR TO MAKE A DONATION OF SUITABLE ITEMS, PLEASE CONTACT:

CHRIS LYON - 01473 736291

OR MARION SHARPE – 01473 736467

# ALL PROCEEDS TO THE ALZHEIMER'S SOCIETY





# on Saturday 12th October at 11.00 am at Waldringfield Village Hall

Admission: Non-members and visitors - £3.00. Paid up members - Free

Dr Tim Gardiner is a children's author, ecologist, editor, essayist, poet, songwriter and storyteller. His scientific papers, poetry and prose have been published all over the world.

#### Preceded by the A.G.M. at 10.00 am, prompt start.

#### New members welcome (Membership £10)

Enquiries: Linda.thequay@btinternet.com or jillwinter2@gmail.com

