



## No.87 —Spring 2025



*Photo—Al Gurr, Waldringfield resident*

## Update on Brightwell Lakes February 2025

Here are some of the main headlines.

### Current work in the South Eastern area of the site.

We have all noticed the screening off of the S.E. area of the site. The current activities there are primarily “enabling works” including vegetation clearance and general assessment in readiness for the bulk earthworks to start on phase 2 of the development in late February. The earthworks should be completed by September 2025 to enable the infrastructure for the school, local centre, sports pitches, SANG and housing parcels E2 & E3.

### The New School

Suffolk County Council (SCC), as the local authority (LA) will provide the land and buildings for the school build. The cost will be met through a mixture of LA basic need funds and S106 contributions (from the developer, TW).

Whenever an LA identifies the need to establish a new school it must, in the first instance, seek proposals to establish an academy. That process has now started and proposals are currently being sought from all potential academy trusts including voluntary aided schools and academies.

The original plan was to provide a “through School”, to include both primary and secondary pupils. Responding to demographic forecasts the current plan appears to have moved away from that and is now providing a 420 place, mainstream, 4 to 11 mixed primary school, with a 60 place Early Years (EY) setting on site. Both the school and the EY will have the capacity to expand further if needed.

The school will primarily serve the families on the new development. It is planned that the school will open to Reception and key stage 1 aged children in September 2027. It will open initially with 15 places in Reception, Year 1 and 2. The school will then build up to a capacity of 420 primary places over a number of years. The EY setting will be expected to provide childcare for children aged from 9 months old up to school age and to open from 8am to 6pm all year round.

Academy Trusts will be required to work with the Council to manage the availability of places, to ensure that the new school does not impact on surrounding schools and ensure that children moving onto the development can access a place.

The next Brightwell Lakes Community Forum meeting is expected to take place in March and we anticipate that a representative from SCC will attend. Please contact myself or Cllr Kay if you would like us to raise a particular issue or concern that you might have regarding the school or any other aspects of the development.

***Cllr Janet Elliot***



# Warm Welcome Afternoons

Every **Wednesday** afternoon between 2pm to 4.30pm  
in the Kennedy Room.



The Warm Welcome afternoons have now become a regular feature in the Waldringfield Winter calendar. Guided by our guests the format has evolved over time but remains an informal and welcoming space where residents can enjoy meeting friends, old and new, and having a good old chat over tea & cakes. (Wi fi access, board games & information on local service providers are also available).

The last scheduled date for this winter was originally March 12<sup>th</sup> but we are very pleased to say that this has now been extended to **March 26<sup>th</sup>**. We hope to reopen again for Winter 2025/6, so watch this space for updates!!

In the meantime a huge THANK YOU to everyone who has supported this initiative, particularly the great band of volunteer hosts and those who each week work behind the scenes to set up & then dismantle the room itself. Thanks also goes to East Suffolk Council and The Community Partnership for their generous funding.

For more information contact: [janet.elliott@btinternet.com](mailto:janet.elliott@btinternet.com)



## LOW FARM

COTTAGES & CAMPING

### Do you have guests coming to visit this summer

**Low Farm Cottages** are open all year-round - In Waldringfield!

We have **five** 1 and 2 bed cottages located at the entrance to the village!

01473 736475—[www.stayatlowfarm.com](http://www.stayatlowfarm.com)

***We offer a 10% discount to Waldringfield residents!***

Visit our website for photos, availability and  
booking information





## Waldringfield Gardeners

All our traditional events are booked in for this year.

### ***Open Gardens on Sunday June 1st***

We aim to raise money for St Elizabeth Hospice and to show a variety of gardens, they really don't have to be immaculate! *Might yours be a joy to peak into?*

While you consider this exciting prospect, you might like to see other local village garden delights and share your own too? Great advice and tips are available from some passionate local pros if you join us at an 'Ad Hoc See My Garden!' event. These are advertised on the Waldringfield Gardeners WhatsApp group.

The village also takes part, around the same time, in a themed **Scarecrow competition**. Villagers also write **hedge poems** that entertain and amuse people who visit Open Gardens on the day.

If you would like to open your garden or can offer help on the day, or would like to take part in beautifying the Village then do join our group by getting in touch with Nell Sully on 07785314771

### ***The Community Flower, Vegetable, Produce and Craft Show is on Saturday 9th August***

Alexis will circulate classes soon. If you would like more information on the show, please contact Alexis Smith — [g1dik@btinternet.com](mailto:g1dik@btinternet.com)



### ***The Pumpkin Parade***

The Autumn half term brings us **the Pumpkin Parade** with the little veg boats floating down the river and a scary story at sundown on the beach. This is an amazing village tradition which has been active for over 15 years now. Date TBC.

### ***Annual AGM***

We have our Annual AGM with mulled cider and a talk on the evening of **19th November 2025**. Then finally on **Saturday 29th November** we can cheer our home for Christmas with a seasonal greenery workshop at the Village Hall.

We enjoy gardening together, when we can, beautifying the village on the verge outside Japonica Cottage and the Triangle by the school and Village Hall.

Waldringfield Gardeners is one of three local groups. The others are the Wildlife Group and Greener Waldringfield.

Greener Waldringfield website [www.greenerwaldringfield.org](http://www.greenerwaldringfield.org) features all the local groups info and other organisations working together to increase biodiversity: do come along to the talk on Pesticides at the **Greener Waldringfield AGM on 20th March at the Village Hall.**





# Waldringfield Sailing Club

Established 1921

The Sailing Club is coming back into life after the winter recess. Some sailors have continued to sail elsewhere over the colder months whilst others are now coming out of near hibernation to prepare their craft for the forthcoming season. Saturday racing resumes on 15 March, with Wednesday evening racing restarting just after Easter. The Easter Egg Open Meeting is scheduled for Friday 18 and Saturday 19 April when we expect a good turnout of sailors, including visitors from near and far.



Another key date is the Regatta Weekend of 28 and 29 June, culminating in the Yachtsman's Service on the Sunday evening.

Whilst regular individual racing continues to remain popular, the Club this year is intending to acquire a group of six Firefly dinghies for Team Racing, which is a type of competition requiring tactical and rule knowledge as well as good sailing ability. When younger members mature out of their junior classes it is hoped that many of them will want to give this a go, as well as appealing to other Club members.

It is also hoped during the course of the year for there to be more in the way of organised dinghy cruising up and down the river for those who prefer not to race but enjoy being afloat and taking in the beautiful scenery by the River Deben, and the surrounding flora and fauna – seals, avocets and geese to mention but a few. There will also be Saturday morning sessions throughout the season to introduce both children and adults to sailing in a structured manner.

For further information about the Club, or if you are interested in getting on the water with us, do come along when the clubhouse is open or take a look at the website [www.waldringfieldsc.com](http://www.waldringfieldsc.com)

**William Sudell**  
**Club President**



*All Photo—Alexis Smith*

# Waldringfield Parish Council

## Councillor Vacancy

### We need members of the community to join us!



#### Who we are...

Waldringfield Parish Council is the first tier of Local Government for the parish. We operate at a level below district and borough councils. As members of the community, we understand the Parish community and can help make grass-roots decisions to help the village, and advocate for Waldringfield at all levels of government.

#### Why we need community representation...

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 so we can make the best decisions for everyone.

#### More about what we do...

Waldringfield Parish Council has 9 Councillors – although we are only 8 at the moment and looking for the 9<sup>th</sup> to join us!

Our council does a lot of different things – so it appeals to a variety of people as there will surely be something you're interested in!



*The photopost*

#### We provide practical local amenities – such as:

- ◆ Public benches on the beach
- ◆ The rubbish bins, dog bins and the grit bins
- ◆ Signage for the waterfront and playing fields
- ◆ The Photopost
- ◆ Our Village sign

#### We own and manage the play area and play equipment:

In 2022 we installed new equipment to rave reviews!

We are now in the process of re-vitalising the much-loved Fort and mound area, which has reached the end of its serviceable life.

We are currently exploring innovative ideas on re-opening “the mound”, slide and fort.







*Photo – Stan Baston*

### **We organise community events:**

The Council, on occasion, organises community events – such as the Jubilee and Coronation fetes. Games, entertainment and much fun had by all at these events!

The Warm Welcome afternoons is on-going with the generosity of East Suffolk Council. The dedicated volunteers make this a much-loved event in the colder months.

### **We produce and distribute a community newsletter:**

All your local news and events are distributed to every household 4 times a year.



### **The Council provides community grants to help local organisations.**

Waldringfield has a vibrant community of organisations that contribute to the great Parish we have. We have provided grants to the Waldringfield Wildlife Group to plant bulbs in the verges for Spring, we support the Village Hall and the church in maintain their grounds, and we support the Church Field Trust in their efforts to provide a fantastic green space for villagers.



*Churchyard photo S. Baston*



## The Council represents the community to other levels of government:



The Council is a statutory consultee on village Planning applications, and we take a keen interest in responding to these. This is evident in our strong and on-going involvement in the Brightwell Lakes development.

While as a body, the Council has limited power to make decisions, our opinions carry weight in those discussions. We have engaged with Highways, Planning, and other organisations to ensure that the parish voice is heard on issues that matter to us.

We also work well with our District and County councillors, who often attend our meetings, and continue to advocate for change and resolving issues where they arise.

## What you can expect...

Councillors are expected to attend meetings of Council. We meet 11 times a year (monthly with the exception of April) for about 2 hours on a Tuesday evening. Sometimes we have additional meetings, and Councillors also contribute in other ways such as representing the Council on various district groups, investigating projects and ideas, and planning events. There are also special project working groups when there is a bigger project. Participation is on a voluntary basis. Essentially – aside from meetings, the time commitment for Councillors is up to them. The Council also offers new Councillors training sessions through the Suffolk Association of Local Councils (SALC).

## Am I eligible? The legal bit....

To become a councillor, you have to be:

- A British subject, or a citizen of a commonwealth or European Union country
- Over the age of 18 on election day (or date of Co-option)

Additionally, you have to be one of the following:

- A local government elector in Waldringfield Parish **OR**
- Have, during the whole 12 months preceding election or Co-option, occupied, as owner or tenant, any land or other premises in Waldringfield or within 3 miles of it. **OR**
- Have, during the same period, had your principal or only place of work in Waldringfield or within 3 miles of it.

You cannot stand to be a Parish Councillor if you:

- Hold any paid office or employment with Waldringfield Parish Council
- Are the subject of a bankruptcy restriction order, an interim bankruptcy restrictions order, a debt relief restrictions order or an interim debt relief restrictions order.
- Have, within the five years before the day of the election or co-option, been convicted in the UK of any offence and have had a sentence of imprisonment (whether suspended or not) of at least three months without the option of a fine.
- Have been found guilty of corrupt or illegal practices, or was responsible for incurring unlawful expenditure and the court has ordered your disqualification

## Interested?

For more information, please contact Jennifer Shone-Tribley, Clerk at [pc.waldringfield@googlemail.com](mailto:pc.waldringfield@googlemail.com) or by phone 01473 736475.



# Waldringfield Parish Council

## Annual Parish Meeting

**Wednesday 16 April 2025**

**7.30pm—Village Hall (Deben Hall)**

Although arranged by the Parish Council, this is not a Parish Council meeting – it is an opportunity for various groups that are active in the village to present information on their activities, and for people to meet, find out what is happening in the village and discuss any aspect of village life they choose. Refreshments will be served half way through.

If anyone wishes to give a presentation on behalf of a village group, would they please contact the Parish Clerk by email at [pc.waldringfield@googlemail.com](mailto:pc.waldringfield@googlemail.com) by **FRIDAY 04 APRIL 2025**. The Village Hall also has display boards that can be used to publicise information about groups.

The Annual Parish Meeting is an excellent way of keeping in touch with what is happening in the village. Everyone is welcome, whether or not you wish to contribute. A reminder will be posted on Waldringfielders nearer the date.

***Ian Kay (Chair, Waldringfield Parish Council)***



### **Your Parish Councillors:**

Ian Kay (Chair) - Janet Elliot (Vice Chair)

Serena Gold—Colin Reid

Nigel Shore—Sue Quick

Jonathan Ramsay—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](mailto: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 meetings: 11 March and 13 May 2025**

# Greener Waldringfield

## PhotoPosts and more memories of the tideline



Many of you will be familiar with this citizen science project in Waldringfield and the post where you place your smart phone to record the saltings adjacent to the sea wall, going towards Woodbridge. There are many of these posts around the Deben Estuary, from Melton and Woodbridge and then from here down to Bawdsey and Felixstowe. You can email the photo to [debenphotoposts@gmail.com](mailto:debenphotoposts@gmail.com), or post on Facebook page – [www.fb.me/WaldringfieldPhotoPost](https://www.facebook.com/WaldringfieldPhotoPost), where you can see all the photopost photos.

The Deben PhotoPosts project is a public and community monitoring project using fixed point photography to monitor change in the coast, including erosion and accretion, that are not evident through standard monitoring approaches. The coastal scientist who initiated this research, Helene Burningham from UCL, has a special interest in

our coastline and has also supported the set up of the Deben Marine Centre at Bawdsey Quay which is open to visitors on Thursdays and Sundays.

Helene has recently offered further opportunities to record and monitor what is happening here at Waldringfield, this time looking the other way towards Felixstowe. Another PhotoPost is in discussion to be placed adjacent to the sea wall South of the Sailing Club. It would capture the view towards the saltmarsh and beyond Early Creek, a fantastic opportunity to monitor the edge of the marsh and the effects of flood deposits on the beach. Very often including shingle, weed, vegetation and mud. Mud is something we discuss a lot around here if you have any relationship with the river!



*View from photopost—photo from Facebook page*

Further to this new project, we are excited to have some funding offered for another opportunity to further study our special bit of coastline. It is part of the 3 C's initiative, championing coastal coordination, that aims to support long term sustainability of coastal communities and ecosystems. This time we want to gather local knowledge from a variety of sources, from within the community, around the theme of Memories of the Tideline. It is hoped to be a collection of memories, incidents (big flood events), data (including the PhotoPosts), artefacts, water and mud samples, evidence of plants and wading birds, sketches, photographs, paintings etc, of the beach at the edge of the tide as it floods and ebbs.

Please get in touch if you would like to be involved, if you have any things that tell the story over time of this special stretch of coastline, or would just like to be involved in helping with curating this project.

The GW AGM is being held Thursday 20th March 2025 at 7.30 at the Village Hall.

Sue Quick  
Biodiversity Coordinator, Waldringfield Parish Council, Chair, Greener Waldringfield  
email: [info@greenerwaldringfield.org](mailto:info@greenerwaldringfield.org)







# News from All Saints Church Waldringfield

The Churchyard Snowdrops are putting on an impressive display this year. Their cheery little flowers provoking thoughts of the brighter, warmer days ahead.

Over the winter months the Parochial Church Council have been discussing and planning a series of fundraising events for this year. All proceeds of which will go towards the ongoing remedial work required to keep the church building in good order. One such event is ...



FREE  
ENTRY

## Waldringfield's AUCTION OF PROMISES

on Saturday 3rd May 2025

at the VILLAGE HALL

6:30pm for 7pm start.

EVERYONE WELCOME!

A glass of  
wine and  
Duncan's sausages  
will be served.



### Church Services *Easter Sunday Service*

20th April at 10.30 a.m.

#### *Prayer Services*

Occurring every first Sunday  
of the month at 10.00 a.m.

#### *Holy Communion*

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

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



New members welcome:  
Annual Membership  
only £10.



# Waldringfield Wildlife Group

Waldringfield Wildlife Group exists to conserve, enhance and record the local wildlife; to protect wildlife habitats and encourage biodiversity; to encourage wildlife-friendly management of land, gardens and public spaces and to encourage a greater interest in the knowledge and love of wildlife in general.

## Meetings & Talks

**are in the Deben Hall at the Village Hall.**

All Talks start at 11.00am unless otherwise stated.

Talks are preceded by Members meetings which start at 10.00am with a Refreshment break at 10.45am.

Admission: Members – No charge. Non-members –£5  
Visitors welcome.

## Field Trips:

Please inform Linda Wilkins or Jill Winter if you are joining any of the field trips/guided tours.

Note: Priority to paid up members for all field trips.



For further details contact:

The Coordinator: Linda Wilkins 01473736044  
mob:07788286482

[linda.thequay@btinternet.com](mailto:linda.thequay@btinternet.com)

Secretary: Jill Winter 01473 736125 [jillwinter2@gmail.com](mailto:jillwinter2@gmail.com)

Treasurer: Alexis Smith 01473 736257 [gldik@btinternet.com](mailto:gldik@btinternet.com)

## PROGRAMME OF EVENTS FOR 2025\*

<b>April 12th</b>	A Brief (un) Natural History of Rivers by Darren Tansley, Wilder Rivers & Protected Species Manager, Essex Wildlife Trust.
<b>April 23rd</b>	10am to 12pm. Guided Walk of SWT Snape Marshes led by Charlie Zakss. Park Snape Maltings Car Park.
<b>May 2nd</b>	Early Morning Nightingale Walk at SWT Newbourne Springs with Peter Maddison followed by alfresco breakfast in Anthea's garden. Meet at The Springs' car park at 6.30am.
<b>May 15th</b>	Early evening Nightingale Walk along the River Wall with Peter Maddison meet 6pm at the Maybush slip way.
<b>June 7th</b>	'Winged Wonders'. Why are insects important and what can we do for them? By Dr Ross Piper. <a href="http://www.rosspiper.net">www.rosspiper.net</a> ; <a href="mailto:AnimalEarth@Dr.RossPiper">AnimalEarth@Dr.RossPiper</a> ; Flickr Photostream.
<b>June 16th</b>	10am to 12pm Herbal identification Hedgerow event with herbalist Rachel Bescoby at Church Field followed by herbal tea making.
<b>June/July tbc</b>	Moth trap opening in Anthea's garden, Newbourne with Sandra and Tony Fix.
<b>July 2nd</b>	RSPB Snape Nature Reserve guided walk with Dave Thurlow, Warden, South Suffolk Coast reserves. Meet at 10.00am.
<b>July 22nd</b>	Butterfly Count at Church Field with Peter Maddison 11.30am followed by Members 'bring and share' picnic at 12.30pm.
<b>October 11th</b>	AGM followed by Saltmarsh Conservation and Sea Grass Mapping by Dr Tim Gardiner, Biodiversity Officer, Environment Agency.
<b>December 13th</b>	Local Nature Recovery Strategy (LNRS) and Biodiversity Strategies in Suffolk by Jen Burlingham, Norfolk & Suffolk Nature Recovery Partnership Manager, SCC. Followed by Members Bring and Share Christmas Lunch.

*\*Updated February 13th 2025*





## **Waldringfield Wildlife Group**

### **HOUSE MARTIN SUPPORT SUFFOLK PROJECT**

After a fascinating illustrated talk in Waldringfield on House Martins in 2024 by Martin Tickler, WWG are proud to support The Suffolk Bird Group by taking part in their recently launched House Martin Conservation Project in Suffolk. The HMSS has received generous funding from both Suffolk's Natural Landscapes, Coast and Heaths and Dedham Vale via their Sustainable Development Fund. The bulk of the funding will enable the project to offer free artificial nest cups (ANC'S) to enhance existing colonies of house martins.

In Waldringfield, we are initially locating where the existing house martin colonies are and with the support of the SBG we hope to add artificial nest cups to enhance these colonies. This with the consent of the property owners where house martins are nesting on either domestic or public buildings.

**Why Should We as a Community Support House Martins?** Every year from their arrival in May, we are still so fortunate to see house martins along with swifts in the skies, but House Martins are currently 'Red' listed because of a 57% decline between 1969 and 2018. The latest monitoring results from BTO Bird Trends report that house martins have declined by 75% in England from 1967-20018. We are fortunate to have in Waldringfield, residents who are keen to help the house martin population by installing artificial nest cups under the eaves of their houses. We have first-hand evidence that this enables house martins to nest safely in protected environments in carefully considered locations.

#### **Possible Reasons For their Decline:**

Weather systems can affect the availability of mud for nest making and invertebrates for food. Severe weather events may affect migration to and from Africa each year and breeding. Degradation of habitat can impact on food availability and hence survival. Suitable nest sites are in decline due to renovations and new buildings using unsuitable materials.

**What can We do to Help?** You can encourage house martins to use your home to build their nests or put up some artificial nests to give them a permanent home year after year. House martins need an available supply of mud to build their nest cups which can take 10 days to build after their migration from Africa. Disappearing water ways, drier springs and summers and evaporating puddles that provide vital mud for HMs to build or repair their nests is a major problem. Drier summers can also cause house martin nests to break up or even fall from a house, when eggs or chicks are inside.

**Install Artificial Nest Cups:** Install under your eaves or in false eave boxes and should be placed at a minimum two metre height from the ground. They like to nest in colonies so a double nest cup is ideal or install more than one with a gap in between so that house martins can build their mud nests in between. House martins prospect the apex of a building, the next favoured positions are open eaves and soffit/eaves. North, east and west aspects are good. Overhangs are good to provide sun protection throughout the day especially if in sunnier positions.

**Droppings:** Droppings can be an issue for some households, but they are quite harmless and can easily be removed with a hosepipe or brush.

**Wildlife Friendly Gardens and Public Spaces:** Ponds are a good way for attracting lot of insects and muddy edges can provide good nesting material. A tray of wet mud can make a real difference to encourage nest building. Planting native trees, shrubs and wild flowers will further help to increase insect populations to keep the house martins and other insectivores, like swifts and swallows well fed.

For more Information: House Martin Conservation UK & Ireland: <https://housemartinconservation.com>

Please inform Linda Wilkins , coordinator of WWG and [House-Martins@SuffolkBirdGroup.org](mailto:House-Martins@SuffolkBirdGroup.org) of any existing house martin colonies that you become aware of.

***Linda Wilkins, Coordinator WWG***



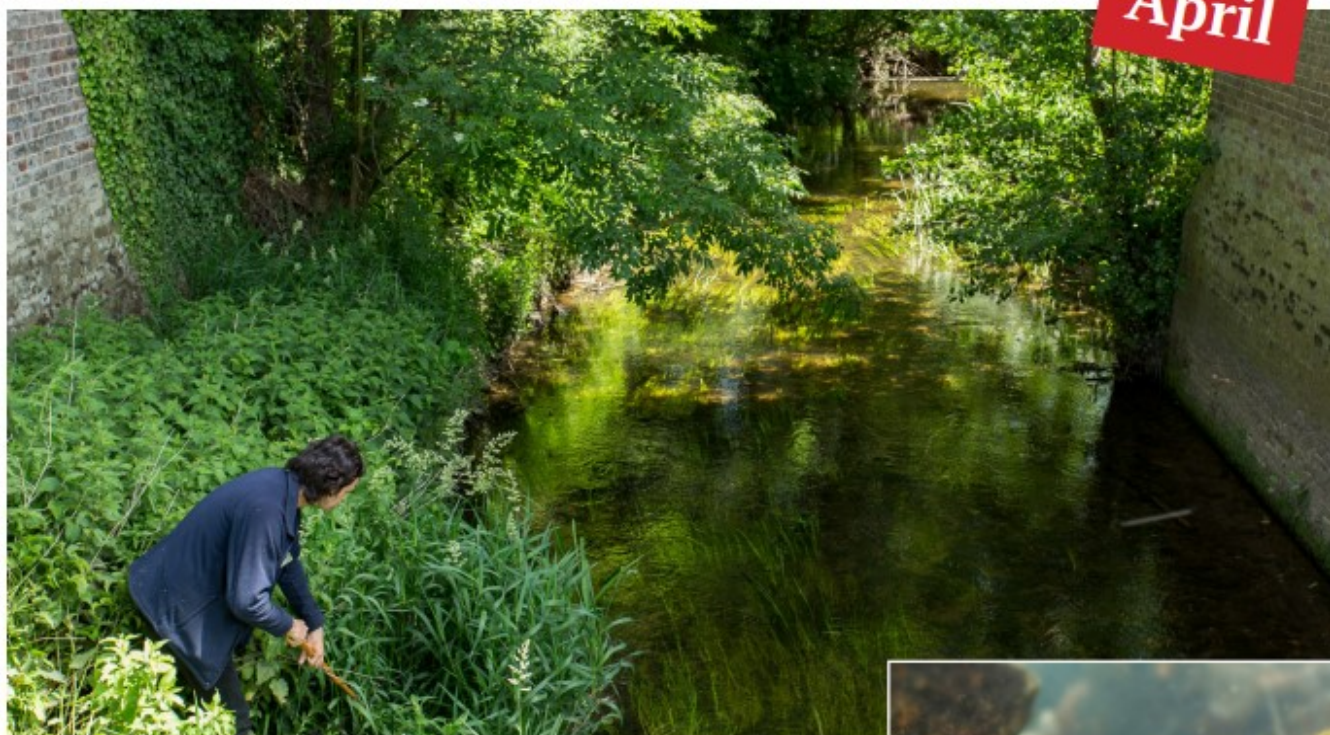


Waldringfield Wildlife Group presents

# A Brief (un)Natural History of Rivers

An illustrated talk by **Darren Tansley**,  
Wilder Rivers & Protected Species Manager, Essex Wildlife Trust.

**12<sup>th</sup>  
April**



on

**Saturday 12th April 2025**

at **Waldringfield Village Hall**

School Rd, Waldringfield IP12 4QP

**Doors open at 10.45am for 11.00am start**

Admission: Non-members – £5.00 includes refreshments  
(cash payment preferred). No charge for paid up members.

From Brook Lamprey to Beavers, source to sea, rivers are one of our most diverse habitats but they have never been more threatened. Darren Tansley asks the questions what did rivers used to look like; what have we done to alter them and how can we make them more resilient in the face of the looming biodiversity and climate crises?



All enquiries to Linda Wilkins on 07788286482 email: [Linda.thequay@btinternet.com](mailto:Linda.thequay@btinternet.com)

**The talk is preceded by a members meeting at 10.00 am**



# PROFESSIONAL THEATRE COMES TO THE VILLAGE HALL

Friday 25<sup>th</sup> April 7.30pm



Book direct with **Eastern Angles**  
([easternangles.co.uk](http://easternangles.co.uk) 01473 211498):  
Tickets £15.00 each. **Early Bird Tickets** at  
£13.00 each are available up to 7<sup>th</sup> April  
from Colin Reid, Dormers, Cliff Rd,  
Waldringfield IP12 4QL—01473 736506 and  
[colinreid2@btinternet.com](mailto:colinreid2@btinternet.com) (with cash or  
cheque payable to Waldringfield Village  
Hall Trust)

Written by Hannah Kumari this new play brings to life the story of a lioness of women's suffrage and her part in the defining moments of British Indian history.

This epic drama tells the story of an extraordinary woman. Sophia Duleep Singh was born into royalty and grew up to be a revolutionary.

Her father was the last Maharajah of Punjab, de-throned by the British as a child and exiled to England. The dispossessed Maharajah made his home in Elveden in Suffolk where Sophia spent her childhood.

Before turning 18, Princess Sophia, goddaughter of Queen Victoria, lost her mother, her dearest younger brother, Edward, and finally her father. Looking for answers and in secret defiance of the British Government, Sophia travels to India, and returns a revolutionary in her own right becoming a leading suffragette alongside the Pankhursts.

## Volunteer with us!

Join our team as a volunteer and make a difference in your community.  
A range of roles are available



Interested? You can email us  
[volunteer@caes.org.uk](mailto:volunteer@caes.org.uk)

Or for more information visit our website - [caes.org.uk](http://caes.org.uk)

**citizens  
advice**

**East  
Suffolk**

Our offices are in :  
Beccles • Felixstowe • Leiston • Lowestoft • Woodbridge  
plus outreach centres across the region



## Volunteers Needed!

Wherever you are in East Suffolk, there are people needing to get around. Volunteering helps them enormously and helps you feel better!



Get involved  
**MAKE A  
DIFFERENCE**

Get Involved Driving Local  
People To:

- Medical appointments
- Shopping and social visits
- Visiting day centres and village halls

Drive your own car and get 45p a mile expenses, or use ours with full training provided

You can volunteer for a little or as much as you want!  
Talk to us to hear more, we would love to talk to you

**01728 830516**

[www.cats-paws.co.uk](http://www.cats-paws.co.uk)



## Waldringfield History Group

The work of Waldringfield History Group continues. Information is coming to light all the time, and we are working to fit it together with what we already know.

The 2025 focus has been on the houses, farms & businesses of the village. We are trying to record the history of all the houses in the village including where and what new houses are being updated and replaced. If anyone has any information which could help us, please contact either myself or Alyson Videlo on [Waldringfieldhg@gmail.com](mailto:Waldringfieldhg@gmail.com).

Who owned the land your house was built on back through history? What do you know about any of the defunct businesses in the village? The Mill, Shops, Garage, the Wheelwright & Blacksmiths etc. We intend to give our usual annual talk at the Village Hall on Friday 4<sup>th</sup> of April title to be confirmed.

By way of a change, we are helping Simon Read's project 'Understanding the past to inform the future'. He has been using our book, published in 2020, as background for his project. We are hoping to use our archive of pictures to contribute towards a future exhibition in conjunction with other village groups like the Parish Council, Wildlife Groups and Art groups etc. (Sue Quick will have more details).

We would like to try and add to our pictures and stories of the history of the beach and saltmarsh and would like to hear from people who may have their own items of interest of these areas in the past, who may be willing to share them with us.

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. and our next meeting will be on **Thursday 13<sup>th</sup> March** at 2.00 pm to 5.00 pm in the Kennedy Room.

A lot of the sources & the results are on our website is to be found on our website [www.Waldringfieldia.com](http://www.Waldringfieldia.com), though some of some of the information is available to members only.

For more information please contact Hon Sec: Margaret Lake or Chair: Alyson Videlo [waldringfieldhg@gmail.com](mailto:waldringfieldhg@gmail.com)

# BARKE SCAFFOLDING LTD

**For all your scaffolding requirements.  
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Call In For A Chat

## MARTLESHAM HEATH SURGERY – PPG NEWS

Recently a new service “Pharmacy First” has been launched nationally, enabling Pharmacists to prescribe some prescription medications for particular conditions. The aim is to make it easier for patients to access medication.

The Martlesham Heath Surgery PPG has been asked to share this information, along with all the other PPGs in the local area.

Pharmacists can suggest treatments that do not need a prescription for a range of conditions.

Most pharmacies can also offer prescription medicine for some conditions, without you needing to see a GP or make an appointment. This is called Pharmacy First.

Conditions they can offer prescription medicine for are:

- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- shingles (aged 18 years and over)
- earache (aged 1 to 17 years)
- sore throat (aged 5 years and over)
- sinusitis (aged 12 years and over)
- urinary tract infections (UTIs) (women aged 16 to 64 years)

If you are not within these age ranges, a pharmacist can still offer advice and support decisions about self-care treatment with over the counter medicines, but you may need to see a GP for treatment.

If you go to a pharmacy with one of these conditions, the pharmacist will offer you advice, treatment or refer you to a GP or other health professional if needed. They will also update your GP health record, but your information will not be shared with anyone else.

Most pharmacies can provide prescription medicine for these conditions but contact them before visiting to check.

More information on Pharmacy First locally can be found at your local pharmacy or online <https://suffolkandnortheastsex.icb.nhs.uk/your-health-and-services/pharmacies-and-prescriptions/what-pharmacies-can-help-with/>

**Tony Willmott – Chair, Martlesham Heath Surgery PPG**



Waldringfield  
Sessions  
presents

No. 4

LIVE ON STAGE

17<sup>th</sup>  
MAY

# The Jackie Oates Trio



at the  
**Waldringfield Village Hall**  
on

**Saturday 17th May 2025**

**7.30 pm**

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"Her voice recalls many contemporary female folk voices: sweet, pretty, unadorned, the kind of vocal that could disappear on the breeze."*

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Email: [simoncouchman@hotmail.com](mailto:simoncouchman@hotmail.com) \*Or buy online for £18.04 from [eventbrite.co.uk](https://www.eventbrite.co.uk)



## Waldringfield Church Field Trust

We had our 21<sup>st</sup> AGM on December 4<sup>th</sup> when reports were given out, illustrated with lots of photographs of the field through the year and also in the past years. It would be lovely if more members of the community could attend but it was a very cold and frosty night! We were however warmed by mulled wine and hot mince pies. Remember that Church Field would be a great place to view the stars and planets on clear nights, which were particularly good this January, and the skies are spectacular if you can get away from the light pollution surrounding us closer to dwellings .



*Work party members Photo C Fisher-Kay*

On 21<sup>st</sup> January about 10 local volunteers got together with another ten or so from the National Landscapes team (formerly AONB) and a very active and jolly work party carried out essential tasks. This included raking off the long grasses and plants from the summer which had previously been given their annual chop by Allan Parken. The cut material is raked off to reduce fertility so that grasses do not out - compete all the wildflowers.

Mr Parken also cut the hedges and verge along Mill Road. The work party also did some pruning and shaping up of bushes and trees and removing an area of gorse which had got too tall.. It was a very atmospheric misty day on the field. It is great to have so many volunteers out, some from far away. Now the nesting season is beginning and skylarks are singing over the fields again and looking for nesting sites on the ground. The gorse bushes are popular with the linnets and house sparrows.

The raked off cuttings provide another habitat for small mammals, birds and reptiles

During winter the owl box was re-furbished by John Gladwin and Peter Maddison and is now a much more comfortable des res, as a few bits had fallen off.

The mowing of the paths and games area continues to be done by Martin Spall and maintenance of the mower carried out by Paul Barrel . The Trust is lucky to have so many people to help in their different ways.

Please get out and enjoy the field when you can. The spring flowers will be starting to appear soon.



*The cut grass made several haystacks.*

*Photo— C Fisher Kay*

**Christine Fisher Kay 736384**





### **Waldringfield Village Hall Trust**

As I listened to one of the latest Winter Talks in the Village Hall, I was reminded that it is the people that make the Village Hall the truly exceptional place that it is. How lucky we are to live in a village populated by richly talented individuals - journalists, mountaineers, historians, politicians and adventurers, to name but a few. Congratulations to Colin Reid for persuading residents to share their stories and to the speakers for making their stories both informative and entertaining. The Winter Talks are a well-supported and regular feature of village life and long may that continue!

Another regular feature in the village calendar, albeit with variable timings, is the pantomime and winter party, described more fully elsewhere in this magazine and in Focus. However, not all is regular or familiar. This January we were truly spoilt by the first ever appearance at the Village Hall of Force Eight. Over 100 people danced the night away to a medley of hits, new and old. It was particularly pleasing to see such a wide age range on the dance floor. I have been asked if this can become a regular event. It depends on a number of factors, not least more volunteers coming forward to help!

Force Eight followed Waldringfield's own Garage Jam, just prior to Christmas. We are fortunate indeed to be able to enjoy a diversity of local musical talent here in the village.

The Village Hall is run as a charity, with all monies received being ploughed back to keep it maintained to a high standard. Hire fees are kept competitive to encourage full use of the hall for the benefit of villagers. We rely upon fundraising events, donations and grants to pay for major repairs and upgrading works. Residents are always incredibly generous in their support, but in this issue, I would like to pay particular thanks to a resident who left a generous donation to the Village Hall in their will. This goes to a good cause in which everyone has a stake, a view, and a desire to see it to go from strength to strength.

***Philip Hall, Chairman***

***Waldringfield Village Hall Trust***

[chair@waldringfieldvillagehall.co.uk](mailto:chair@waldringfieldvillagehall.co.uk)

## DOC WOTTINGTON

The 'Ham'tomime - Gareth Thomas  
writes

WOT?WOT?WOT?

Wen?Wen?Wen??



Doc Wottingham

The Hamtomime



**Waldringfield Village Hall**

**Saturday March 22nd @ 7pm**

Doors open at 6.30 pm

Admission by Ticket only

*£20 includes 2-course meal & coffee*

*Will be available from March 6<sup>th</sup>*

Bookable by email from Feb 6<sup>th</sup>

[tickets@waldringfieldvillagehall.co.uk](mailto:tickets@waldringfieldvillagehall.co.uk)



Doc Wottingham!! ? You may well ask – it's a long story but it fits with equally zany titles from the past such as Pinot Kio and The Wind in the Pillows. For Waldringfield this particular annual village Pantomime is late – not in the sense that it's passed away, rather that it's dawdled here, having for years been associated with the Harvest Supper which, oddly enough, takes place in the Autumn or, in Anglo-Saxon speak, 'haerfest'. Haerfest 2024 came and went along with Dick Whittington.

The Waldringfield Harvest Supper goes back to the 1980s when it succeeded the Sausage Supper, thrown by the Village Hall Committee as thanks to everyone who had helped with the refurbishment of the old Village Hall. Harvest celebrations are world-wide phenomena, from American Thanksgiving and the French Fête de Vendanges (the grapes are in) through to the post-war Kentish parties held by hop-pickers from the East End of London. A village not a million miles from here used to throw a Harvest Supper followed by a sleep-provoking annual agricultural report by the local land-owner.

Here in Waldringfield, where we really know how to enjoy ourselves, since the 1980s the Harvest Supper has been followed by a Pantomime, supposedly a 'bizarre medley of fairy tale, dance, jokes and song' – well, certainly bizarre, although in the early days of Hamish and Isla Fraser much more conventional and word-perfect.

My first experience of a Waldringfield pantomime was in the role of a mirror in 'Cinderella' – my words were written around the frame – easy - little did I realise that the entire cast were also dependant on crib-sheets. This only came to light when I started writing and producing (for want of a more appropriate word) the annual pantomime. When writing, and this will be my eighth, one is obliged to imagine the characters each carrying a sheaf of A4 in one hand – that leaves only one hand to do anything else, like act! But it's fun, so why not join us – there will be audience participation – oh, no there won't! - oh, yes there will! – behind you!

Book early 'cos there are only 106 tickets and the Pantoteam are likely to buy thirty of those. Where else does one pay to watch oneself perform in a right pantomime? See you there.





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