

WHAT'S ON?

- 1 Aug** Coffee & Chat – 10.30am, Boathouse Café. Call Jenny 410198 to book
10 Aug Concert by Shingle Street Folk – 7.30pm, All Saints Church, Sutton
13 Aug Mobile Library 2.00pm School Lane/2.35 The Street, opp Red House Lane
17 Aug Bawdsey Market – 2.00-4.00pm, the Hall
18 Aug Antique Craft & Makers Market – 2.00-5.00pm, The Swan Inn, Alderton
25 Aug Discover Sailing – 11.00am-4.00pm, Felixstowe Ferry Sailing Club
Stay & Play: Big Bears children walking-4 years **Baby Bears** babies, non-mobile to crawling. Both Wednesdays 10.00-11.30am, Bawdsey School. Booking essential.
Deben Ferry runs daily 1 May-30 September, 10.00am-5.00pm
Boathouse Café open daily 11.00am-5.00pm
Suffolk Punch Trust open Wednesday-Monday 10.00am-4.00pm
Poppy's Café, Rock Barracks, Monday-Thursday 9.15am-2.00pm
Thrifty Shop, Rock Barracks, Monday-Thursday 9.00am-4.00pm
Marsh Barn Café RSPB Reserve, Hollesley 10.00am-2.00pm daily
Mobile Post Office every Thursday 11.30am-12.30pm, Alderton Village Hall
Yoga with Darren on Tuesdays 9.00-10.00am, £10 per session
Chair-based Exercise Class 10.30am, the Hall, ring Jane 411373
Bawdsey/Alderton Emergency Planning Co-ordinator Tony Street 07764198759
Suffolk Police www.suffolkpolice.uk email woodbridge.snt@suffolk.pnn.police.uk
★ No Craft Group until Tuesday 10 September – Note new date ★
★ Copy for the September Bulletin required by 22 August please ★

Save The Date: Coach Trip to Norwich for shopping or a visit to the Shrine of Julian of Norwich. Saturday 16 November, £15.50 per head, £5 deposit required. Please contact judyfoulger02@gmail.com to book.

CONCERT BY SHINGLE STREET FOLK

A summer medley of folk at All Saints Church, Sutton
Saturday 10 August at 7.30pm

Light refreshments will be served in the interval plus a raffle

Tickets £10 per person, under 12s free of charge

To book tickets phone 01394 411793 or 01394 384659 or email

susancollins0911@gmail.com

Please email louiseleppard127@btinternet.com if you would like a Bulletin emailed to you. Email addresses will never be shared with third parties.

Bawdsey Bulletin

August 2024

No. 267

POP-UP-PUB & DISCO

The next pop-up-pub and disco will be in September. More details in the next Bulletin, on noticeboards or follow Bawdsey Village Hall & Recreation Ground Committee on Facebook.

PARISH COUNCIL NEWS

We have been made aware of unusual and suspicious activities, happening around our coastline lately. Crimes that may be happening include theft, smuggling and criminal damage. We would like people to be more vigilant and if you see anything unusual, please DO NOT approach, but report on **0800 011 3304**. You do not have to give your name when making a report. ALWAYS call 999 in an emergency.

BAWDSEY RADAR MUSEUM

The museum is open as usual Thursdays and Sundays each week 11.00am-4.00pm. Children 0-18 years have free admission. The Transmitter Block museum makes for an interesting and unusual visit if you're entertaining friends and family over the summer.

So, what's on this month? Can you keep a secret? We have two Spy School Days, 31 July and 28 August - an activity for children 6-12 years old. Must be pre-booked. Details and how to book at www.bawdseyradar.org.uk/whats-on or ring 07821 162879. The Radio Hams will be in the museum on Thursday 22 August and calling the world! Come and listen in as they broadcast to the world on Bawdsey Radar's own call sign. Will you chat to someone in Alaska or Aberdeen? Explore the Universe on Sunday 25 August with Paul Whiting as he takes us through the wonders of space. Both these activities are included in admission. Coming up in September - are you Quiz fan? Bawdsey radar will be holding a quiz night on Friday 13 September at the Woodbridge Community Hall. More details and how to book <https://bawdsey-radar.arttickets.org.uk/bawdsey-radar/bawdsey-radar-general-knowledge-quiz-night-66771b9b1a62f>

ST MARY’S CHURCH NEWS

Sunday 11 August – 11.00am – Holy Communion
Sunday 25 August – 11.00am – Morning Praise
Flower Festival - Thanks again to everyone who contributed in any way, the grand total was £1,893.65.
Suffolk Historic Churches Trust - The annual Cycle Ride will be on Saturday 14 September. If you would like to cycle or help at the church, please contact Marilyn Turner on 411011.

FELIXSTOWE FERRY SAILING CLUB ~ Discover Sailing & Meet Our rowers
Visit the Club to try sailing for FREE. All welcome!
Sunday 25 August 2024, 11.00am - 4.00pm (Sailing & Rowing)
BBQ and Music 4.00pm - 8.30pm
Bar ~ Stalls ~ Music ~ Food available from midday

THE PENINSULA PRACTICE

01394 411641, www.thepeninsulapractice.co.uk, [facebook.com/ThePeninsulaPracticeGPsurgery](https://www.facebook.com/ThePeninsulaPracticeGPsurgery)

DAY	ALDERTON	ORFORD	ALDEBURGH
Monday	8.00am-2.30pm	8.00am-6.30pm	8.00am-6.30pm
Tuesday	8.00am-6.30pm		8.00am-6.30pm
Wednesday	8.00am-6.30pm	8.00am-1.00pm	8.00am-6.30pm
Thursday	8.00am-6.30pm	8.00am-1.00pm	8.00am-6.30pm
Friday	8.00am-6.30pm	8.00am-1.00pm	8.00am-6.30pm

Surgery Closures: Closed for staff training from 13:00 until the following day on Wednesday 11 September (Aldeburgh) and Thursday 17 October (Alderton). The specified site is open to book future appointments and access repeat prescriptions. All calls will be redirected to 111.

Flamingo Challenge: Are you over 65 years old? Can you stand on one leg? Data shows that being able to stand on one leg over the age of 65 years for over 10 seconds significantly reduces your risk of falls and increases strength and balance - why not try it whilst brushing your teeth every day (whilst ensuring your safety)?

Ageing Well: Find more resources and links about ageing well on our website at <https://www.thepeninsulapractice.co.uk/older-age-health>

Flu & Covid Vaccinations: Criteria for winter 2024/25 flu vaccinations have been published, however, we are awaiting the eligibility for covid vaccines. We have been advised to co-administer the two vaccinations where possible and aim to do this in our October clinics. Patients will be invited by text, email, or letter with booking links to book directly into the system once NHS England confirm the eligibility criteria.

DON'T FEED THE SEAGULLS THIS SUMMER

Dropping food waste, whether it is a half-eaten burger, a couple of chips or a dollop of ice cream, is considered littering and it attracts seagulls, encouraging them to steal our food.
This is really bad for their health, and very annoying for us, so we want to encourage them to catch their own food, but we need your help! So, next time you're visiting the seaside, please make sure that you don't leave any food unattended and that you bin any food waste or take it home with you, if the bins are full. You can also help by going to www.eastsuffolk.gov.uk/waste/litter/ and reporting overflowing bins to us.
We are also asking residents to take active pride in their local area by getting involved in keeping it clean and beautiful. East Suffolk's Amazing – let's keep it that way. See article below.

COFFEE & CHAT – THURSDAY 1 AUGUST

Coffee and Chat this month will be at the Boathouse Café at 10.30am. Call Jenny on 410198 for numbers and car sharing. All welcome.

EAST SUFFOLK’S AMAZING – LET’S KEEP IT THAT WAY

East Suffolk Council is asking local people to take pride in where they live with the launch of a new campaign ‘East Suffolk’s Amazing – Let’s Keep it That Way’! A cross-party working group is looking at different ways we can work together to maintain the beauty of East Suffolk, including encouraging residents to take active pride in their local area by reducing fly-tipping, recycling properly and even, where possible, looking after the spaces outside residents’ own property. There is already an incredible network of volunteers who help keep our district beautiful, with regular litter-picks, planting, and an all-round effort to keep their local area clean. East Suffolk Council is encouraging more people to get involved. The Council will support local communities and groups by lending out equipment for litter picks, including hi-viz vests, litter pickers, bags and bag hoops. A range of information about how communities can get involved in schemes, as well as tips and advice, can be found at www.eastsuffolk.gov.uk/waste/litter/amazing/

ANTIQUE CRAFT AND MAKERS MARKET

Sunday 18 August, 2.00-5.00pm
The Swan Inn, Alderton
Pub open for drinks from 2.00pm