

WHAT'S ON?

- 5 Sept** Coffee & Chat – 10.30am, Boathouse Café, all welcome
7 Sept Playground Clean Up – 10.30-11.30am, Recreation Ground
7 Sept Summer Party – Disco, BBQ, Bar, 7.00-11.00pm, the Hall
10 Sept Mobile Library 2.00pm School Lane/2.35 The Street, opp Red House Lane
10 Sept Craft Group – 7.30pm, the Hall
13 Sept Guitar Recital – St Mary's Church, time tbc
15 Sept Village Garage Sale – 10.00am-2.00pm, through the village & at Hall
21 Sept Bawdsey Market – 2.00-4.00pm, the Hall
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 Thursday-Monday 11.00am-5.00pm
Suffolk Punch Trust open Friday-Monday 10.00am-4.00pm
Poppy's Café, Rock Barracks, Monday-Thursday 9.15am-2.00pm
Thrift 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

★ Copy for the October Bulletin required by 21 September please ★

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. Contact
Judyfoulger02@gmail.com to book.

Playground Clean Up: Saturday 7 September 10.30-11.30am. Come help clean up the playground area! We are hoping to install a new fence soon and the play equipment and matting could all do with a scrub and sweep. We are hoping to tidy up the area to make it more inviting.

Harvest Bonfire: Sunday 6 October 5.00pm Harvest Bonfire gathering together to help celebrate the first harvest from our Bawdsey Community Garden. Let me know if you would like to come along or pop by (weather dependant/attend at your own risk).
Suzi 07890087381

Please email louiselennard127@btinternet.com if you would like a Bulletin emailed to you. Email addresses will never be shared with third parties.

Bawdsey Bulletin

September 2024

No. 268

SUMMER PARTY ~ DISCO, BBQ & BAR

Saturday 7 September ~ 7.00-11.00pm ~ Village Hall ~ Free Entry

VILLAGE GARAGE SALES

Sunday 15 September, 10.00am-2.00pm, Come Rain or Shine!

£5.00 per house or boot pitch at Village Hall

Proceeds to Bawdsey Village Hall & Recreation Ground

Clear out your house, loft or garage and made a bit of money for yourself

Contact Pat or Rawdon on 01394 411459 a.s.a.p. to appear on the map.

If anyone could supply a cake or savouries for refreshments or help with teas at the Village Hall on the day, it would be very much appreciated.

BAWDSEY RADAR MUSEUM

The museum is open Thursdays and Sundays, 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.

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. Please see <https://bawdsey-radar.arttickets.org.uk/bawdsey-radar/bawdsey-radar-general-knowledge-quiz-night-66771b9b1a62f> for more details and how to book.

TOUR OF BRITAIN

The Lloyds Bank Tour of Britain Men is back this September, and for the first time ever, the entire final stage will take place right here within East Suffolk! It will mark the seventh edition of the men's Tour to have visited Suffolk, and it will also be the first time that the county has hosted the prestigious final stage – with the last day of Britain's biggest professional cycle race getting underway in Lowestoft and finishing in Felixstowe on Sunday 8 September.

Since its return in 2004, the Tour of Britain has become a cornerstone of the UK sporting calendar. More than 15 million people have watched the event in person, with the race generating over £330m for the UK economy to date.

See <https://www.britishcycling.org.uk/tobmenroute> for details and a route map.

ST MARY'S CHURCH NEWS

Sunday 8 September – 11.00am – Holy Communion

Sunday 22 September – 11.00am – Morning Praise

Thursday 26 September – 10.30am – School/Village Harvest Festival - Please leave donations of cans/dried goods in the porch beforehand. These will then go to the food bank in Woodbridge.

Suffolk Historic Churches Trust - The annual Cycle Ride will be on Saturday 14 September. If you can cycle or help at the church, please contact Marilyn (411011).

COFFEE & CHAT – THURSDAY 5 SEPTEMBER

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.

BONFIRE ETIQUETTE – STEPS TO REDUCE IMPACT OR AVOID ALTOGETHER

- Compost garden waste or use an alternative disposal service for green waste.
- DO NOT burn any oily rags, rubber, plastics, damp garden waste or other materials that would create heavy smoke or toxic fumes.
- Never light a bonfire when your neighbours have washing drying, or are out enjoying their gardens or have windows open.
- Advise your nearest neighbours before you light a bonfire so they can be prepared for any minor inconvenience that may arise.
- Choose the time of day and weather conditions that will cause the least inconvenience to neighbours.
- Never leave your fire to smoulder for long periods and do not allow a bonfire to continue burning beyond dusk.
- Burn material quickly in small quantities in a hot fire so the minimum smoke is created. Choose your bonfire site carefully, away from trees, fences and windows.
- Beware of attempting bonfires on windy days as it can easily get out of control.
- Have a hose-pipe and buckets of water handy just in case.
- Never leave a fire unattended.

GUITAR RECITAL IN ST MARY'S CHURCH

James Woodrow (jameswoodrowguitar.com) returns to enchant us on Friday 13 September. Time to be confirmed, please see posters on the Church & Village notice boards for details. Tickets £15 on the night or in advance from Marilyn Turner, 4 Eastfields or Susan Foster, 23 East Lane.

THE PENINSULA PRACTICE

01394 411641, www.thepeninsulapractice.co.uk, 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 Wednesday 23 October (Alderton). The specified site is open to book future appointments and access repeat prescriptions. All calls will be redirected to 111.

Pharmacist Appointments: When you contact our surgery, our highly trained staff triage your concerns to the most appropriate clinician, such as nurses, health care assistants, doctors or one of our pharmacists. Our pharmacists are trained to prescribe certain medications, treat 7 specified ailments and provide the care that patients expect. They train for 5 years to be able to treat minor illnesses and to become experts in medicines. This enables GP appointments to be available for people with more complex health needs and ensures that everyone gets treated.

PARISH COUNCIL NEWS

Falls & Balance Assessments: Have you had a recent fall, are unsteady on your feet or worried about falling over? Free falls and balance assessments are available at the Woodbridge Holistic Assessment Team clinic. Book a free session with our team of experts. Email what@suffolk.gov.uk or telephone 01394 694730 with your name, address, date of birth and GP surgery.

Mindfulness Course: The Mindful Life Group is offering an online mindfulness course that is fully funded to support older adults (over 65) and carers or former carers in Suffolk. The course is designed by a clinical psychologist who is also a mindfulness teacher. The course is based on the mindfulness-based stress reduction course by John Kabat Zin but has been adapted for these populations. We've received really good feedback and have found that it improves peoples' attention and memory, reduces loneliness, low mood, stress, anxiety and chronic pain. We have courses starting in October, all courses are online and last six weeks. Places are free but limited to 15. Details at <https://the-mindful-life.com/>

Trees: The Council, if given the opportunity, would like to plant more trees this year. If you have any suggestions on where a tree could be planted, please contact the Parish Clerk - Email bawdsey-pc@hotmail.co.uk or call 01394 411092