#### WHAT'S ON?

- 5 Nov Mobile Library 2.00pm School Lane/2.35 The Street/Opp Red House Lane
- **5 Nov** Craft Group 7.30pm, the Hall
- 7 Nov Coffee & Chat 10.30am, Clare's , 1 Farmhouse Cottage, Bawdsey Manor
- **10 Nov** Act of Remembrance 9.30am, War Memorial
- 16 Nov Bawdsey Market 2.00-4.00pm, the Hall
- **19 Nov** Craft Group 7.30pm, the Hall
- **20 Nov** Parish Council Meeting 7.00pm, the Hall
- 24 Nov Morning Praise 11.30am, St Mary's

**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. **Boathouse Café** closed

Suffolk Punch Trust open 1/2/3 November, 10.00am-4.00pm then closed 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 December Bulletin required by 22 November please ★

# SUTTON CHRISTMAS MARKET

Will be held in the Memorial Hall on Saturday 23 November from 10.00am-12.30pm, when the hall will be packed with goodies for Christmas. Local craft people will be selling their crafts including cards, jewellery, home-made fudge, knitted toys, jams and pickles, succulents, Xmas crafts, hand sewn items, knitted hats & gloves and lots more. Plus a cake and bake stall, tombola, raffle, refreshments and a hamper raffle. The market provides a good opportunity to do some Christmas shopping. Hope to see you there! In aid of Memorial Hall funds.

#### **NEW MILLENNIUM BENCH**

Congratulations to the Parish Council for commissioning and installing the new bench which sits at the top of Red House Lane. I'm sure villagers and visitors will appreciate resting or passing the time of day on such a sturdy piece of furniture.

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**

November 2024

No. 270

# **RECREATION GROUND PLAY AREA**

If anyone can give us a hand to remove the old wooden fence around the play area on Monday 4 November at 10.00am, it would be greatly appreciated. A new replacement metal fence is being erected.

## CHRISTMAS LIGHTS SWITCH ON & POP-UP-PUB

We are hoping to have a Christmas tree light up on Saturday 8 December, followed by a Pop-Up-Pub, 6.00pm-11.00am. We apologise for the cancellation of the last Pop-Up-Pub, due to unforeseen circumstances.

# Anne-Marie's Coffee Morning for Macmillan

Thank you to all who came, baked and helped. An absolutely amazing  $\pounds$ 551 was raised for this fantastic charity.

#### BAWDSEY RADAR MUSEUM

Sunday 3 November is the last opportunity this season to visit Bawdsey Radar. Opening times 11.00am–4.00pm (last admission 3.00pm). Children go free. We hope to be at the Bawdsey Christmas Market, so pop in and see us for great gifts and stocking fillers.

#### **ST MARY'S CHURCH**

**Remembrance Sunday:** There will be a short Act of Remembrance at the War Memorial at 9:30am on Sunday 10 November. This will be followed by refreshments in the Church. If you're passing the Church, do pop in to see the beautiful tribute for Remembrance created by Sharon Graham.

**Annual Church Appeal:** Thanks to everyone who have given so far, it is still not too late to give! See the Appeal Letter in last month's Bulletin for details or drop donations off at 4 Eastfields, The Street, Bawdsey.

#### **Church Services November**

Sunday 10 Nov – 9.30am – No service but Act of Remembrance at War Memorial Sunday 24 Nov – 11.00am – Morning Praise

## COFFEE & CHAT – THURSDAY 7 NOVEMBER, 10.30am

At the kind invitation of Clare Walker. Clare lives at 1 Farmhouse Cottage on the Bawdsey Manor Estate, the first house on the right after the Radar Museum. Tel 410205 if you're able to attend. All welcome.

#### 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 13 November (Aldeburgh), 12 February (Alderton). The specified site is open to book future appointments and access repeat prescriptions. All calls redirected to 111.

**WOMEN'S HEALTH APP – CONNECTPlus:** A new app has been created and released by the Suffolk and North East Essex Integrated Care System and Healthwatch Suffolk to support women with their wellbeing. You can find out more and download the app at https://api.hciconnect.plus/SNEE-WHH/.

**National Patient Survey – Peninsula Results:** Conducted annually by an independent 3<sup>rd</sup> party, patients across England are randomly surveyed about their experience with their GP surgery. 101 Peninsula Practice patients completed the survey. The following data is a snapshot of the feedback (national average in brackets):

- 93% find the reception and administrative team at this GP practice helpful (83%)
- 78% describe their experience of contacting their GP practice as good (67%)

• 94% felt their needs were met during their last GP appointment (90%)

We value your feedback and always want to improve, please contact us if you wish to discuss your experience with our surgery.

# PARISH COUNCIL NEWS

**Shed and Outbuilding Security:** There have been a few burglaries of outbuildings in the area recently. Suffolk Police's advice for keeping items safe is:

- Keep Locked and Secured at All Times
- Check Insurance covers sheds and outbuilding
- Good padlock with no exposed screws
- Check hinges, these can easily be removed
- Windows can be vulnerable, secure with wire mesh or grills /Contd

- Alarm consider a battery-operated shed alarm
- Consider locking tools inside a locker/box or secured with a chain.
- Secure bikes to the ground or a lockable stand within a locked shed or garage
- Drape an old sheet over the top of mowers/bikes to keep them from view
- Mark your items and take photographs of them

- You can also register any item that has a serial number with Immobilise The top five most common items stolen from sheds are bikes, mowers, sports equipment, power tools, garden tools. Please report anything suspicious to the Police on 999 in an emergency or 101 in a non-emergency or online at www.suffolk.police.uk/ro/report/ocr/af/how-to-report-a-crime/

Pension Credit: Are you over State Pension age, or know someone who is? Pension Credit tops up pension income and can help with day-to-day living costs. If you are over State Pension age, you may be eligible to claim Pension Credit, even if you own your home or have savings. People who claim may also be able to get • help with heating costs • help with rent and Council Tax • a free TV licence for those aged 75 or over • help with the cost of NHS services (eg NHS dental treatment, glasses and transport costs to hospital appointments). You could be eligible if your weekly income is below £218.15 or, if you have a partner who lives with you, £332.95. Qualifying income level may be higher in some circumstances. Check your eligibility at www.gov.uk/pension-credit or call 0800 99 1234. For other help with the cost of living the Age UK Helpline is open 365 days a year, 8am to 7pm, on 0800 678 2603. Citizens Advice East Suffolk can help with Pension Credit, benefits, budgeting, debt and more. Call 0808 278 7866 (Mon-Fri, 10am-2pm), visit www.caes.org.uk or visit the Woodbridge Office 0808 278 7866, 7 Cumberland Street Woodbridge IP12 4AH by appointment only Wednesday/Thursday/Friday 10:00-14:00. East Suffolk Council's Community Help Hub offers help with money, including Pension Credit and other benefits via telephone or face to face appointments, including home visits. Call 0333 016 2000 and ask for 'help with money' or fill in our referral form www.eastsuffolk.gov.uk/cost-of-living

Alderton 'Thirsty Thursday: Held every Thursday in Alderton Village Hall 10.00am -11.30am for hot drinks/cake/biscuits with lots of chat, free of charge. A welcoming group who'd love to see more people of any age and from anywhere! **Rural Transport Survey:** Your feedback will help us shape the future of rural transport services. Visit <u>www.suffolkonboard.com/news/2024/06/2024-ruraltransport-survey/</u> to complete the survey. Closing date 30 November 2024. **Parish Council Meeting:** Thursday 20 November at 7.00pm in the Village Hall. Agenda on the website www.bawdsey.onesuffolk.net