

WHAT'S ON?

4 Aug Coffee & Chat – 10.30am, Suffolk Punch Trust (book with Liz 411426)
6 Aug Village Breakfast – 9.00am, Sutton Memorial Hall, book on 411793
13/14 Aug Exhibition of Art & Crafts – 10.00am-4.00pm, Sutton Memorial Hall
20 Aug Bawdsey Market – 2.00-4.00pm, the Hall
27 Aug Pop-Up-Pub Party – 7.00-11.00pm, the Hall
Boathouse Café Open All week, 11.00am-5.00pm
Deben Ferry Daily, 10.00am-5.00pm
Bawdsey Radar Open Thursdays/Sundays/Bank Holiday Mondays, 11.00am-4.00pm
Suffolk Punch Trust Open Wednesday-Monday, 11.00am-4.00pm
Poppy's Café Rock Barracks open Mon-Thurs 9.15am-2.00pm (closed 15 Aug-4 Sept)
Thrift Shop Rock Barracks, open weekday, 8.00am-4.00pm (NB close at Noon on Fri)
Marsh Farm Café RSPB Reserve Hollesley open 10.00am-3.00pm daily
Blue Rabbit Café Shottisham weekend breakfasts 9.30am-1.00pm
Pete's Pizza Tuesdays & Fridays 5.00-8.00pm, ring to order 07850 815486
Mobile Post Office: Every Thursday, 1.15-3.15pm, Alderton Village Hall
Mobile Library: Tuesday 16 August, opp Red House Lane, 2.30pm-2.50pm
Yoga with Ellie: Tuesdays, 9.00-10.00am, Village Hall, contact Rawdon 411459
Chair-based Exercise Class: 11.15am every Tuesday, Village Hall, ring Jane 411373
Bawdsey & Alderton Emergency Planning Co-ordinator – Rob Johnson 01394 411185/07851 211230 or email rob@bawdseyemergencyplanning.co.uk
Woodbridge & District Safer Neighbourhood Team www.suffolkpolice.uk, email woodbridge.snt@suffolk.pnn.police.uk. Dial 101 when less urgent than 999

★ Copy for September edition required by 22 August please ★

All Saints Sutton Art and Crafts Exhibition and Sale

Saturday 13 and Sunday 14 August ~ Sutton Memorial Hall
10.00am-4.00pm ~ Free admittance
Exhibition of art and crafts for viewing and for sale
Light refreshments served for the duration of the sale

ALZHEIMER'S SOCIETY

A big Thank You to all who came for cupcakes and coffee. Your very generous donations totalled £265 plus £11 for the 'Forget me not' raffle, helping fund life-changing support for all those in the UK who are affected by dementia.

Bawdsey Bulletin

August 2022

No. 245

SCHOOL LANE CLOSURE

School Lane will be closed for a period of six weeks from Monday 25 July to Friday 2 September 2022 to essentially allow the Highways improvements to be completed to School Lane. These improvement works include, but are not limited to, the road being widened and a new footpath/extension of the existing footpath link to the Primary School. During this period, Statutory Authorities on behalf of Crocus Homes and Brooks & Wood will also be installing the main services for the new development within the road, and works to provide eight new parking spaces for the School on the development will also commence, all in preparation of when the School returns at the beginning of September 2022.

BAWDSEY RADAR TRANSMITTER BLOCK

The Transmitter Block has been a cool place to be in the heatwave, a few degrees cooler than outdoors! A successful Talks Day filled the museum back in July, thank you to everyone who came along. August is filled with events and activities: climb a radar transmitter tower – virtually at least! The Radio Hams will be calling the world and they'll be a chance to safely watch some solar activity! Please see www.bawdseyradar.org.uk for all dates and times before travelling.

POP-UP-PUB PARTY

Saturday 27 August ~ Village Hall ~ 7.00pm-11.00pm
Music ~ Food ~ Usual Selection of Drinks
We hope also to have the planting of our Jubilee Oak tree

ST MARY'S CHURCH NEWS

Flower Festival: This raised the record sum of £1337. Thanks to all who arranged flowers, baked cakes, prepared plants or helped in other ways. Particular thanks to our two neighbours for generously opening their splendid gardens to support us. Finally, thanks to all who came and made the event so worthwhile.

Church Services: Sunday 14 August – 11.00am – Holy Communion
Sunday 28 August – 11.00am – Morning Praise

Forthcoming Events: Saturday 3 September – Autumn Fair – CANCELLED
Saturday 10 September – 9.00am-5.00pm SHCT cycle ride
Saturday 8 October – Harvest Supper – Details to follow

VILLAGE BREAKFAST

The next Village Breakfast is on Saturday 6 August in Sutton Memorial Hall. We will be serving from 9.00am and the last orders for cooking will be 10.30am. For catering purposes we do require that you book please by Wednesday 3 August via email (susancollins0911@gmail.com) or phoning 01394 411793.

QIGONG CLASS COMING TO BAWDSEY - COME AND GIVE IT A TRY FOR FREE!

Qigong is an ancient and powerful form of Chinese health exercise that has profound effects on the body and mind. It's a flowing exercise that regulates breathing, improves coordination, balance, posture and body strength. It's calming, reduces stress, supports good mental health and benefits wellbeing in many ways. It's great as a single form of exercise but also complements other sports/fitness activities really well. Qigong is suitable for all ages and levels of fitness and could be the form of exercise you've been waiting for! Classes will start in September but please come to a **FREE 90 Minute Taster Session** and give it a try! Just come along at the start time on Wednesday 17 August at 10.00am, Thursday 25 August at 7.30pm, or Saturday 27 August at 10.00am, at Bawdsey Village Hall.

Classes will be led by Chris Tappenden, who has recently moved to Bawdsey. Chris is a practising Acupuncturist (BSc Hons) and a Certified Qigong teacher. If you'd like to talk to Chris about whether Qigong is suitable for you, have any questions about the classes or Acupuncture, call him on 0771 3637841.

OPERATION CAMOUFLAGE

East Suffolk Council and the Army Welfare Service announce the return of Operation Camouflage where children and young people aged 8–16 years old that live in, or go to school in, East Suffolk can attend this action-packed activity taking place at Sutton Heath, near Woodbridge. The aim of the programme is to bring together young people to challenge themselves and develop new skills.

Every Tuesday to Friday from 26 July to 19 August there will be a mix of physical, creative, educational and adventurous activities on offer including BMX pump track, circus skills, football freestyling, dance, bushcraft and much more.

Funding has been secured which allows free places to be offered to those eligible for free school meals and transport is available to those young people that go to school in the Farlingaye and Kesgrave High School catchment areas. All participants will have snacks and lunch provided.

If you are not eligible for free school meals, there are limited spaces available at a cost of £20 per day. Details on how to book or to see the 2022 timetable visit www.eastsuffolk.gov.uk/leisure/sport-and-leisure-development/operation-camouflage

STAMPS AND £20/£50 NOTES

Royal Mail is adding bar codes to its regular stamps. Any non-barcoded stamps will still be valid until 31 January 2023. If you won't be able to use all your stamps by that date you can swap them for new barcoded ones. Special stamps with pictures on and Christmas stamps without a barcode will continue to be valid and don't need to be swapped. To swap your stamps, complete a Stamp Swap Out form. See www.royalmail.com/sending/barcoded-stamps for how to obtain this form or call the Customer Experience Team on 03457 740740.

30 September 2022 is the last day you can use paper £20 and £50 notes. Many banks will accept withdrawn notes as deposits from customers and the Post Office may accept withdrawn notes as a deposit into any bank account accessed at the Post Office. You can also exchange notes with the Bank of England by post. See www.bankofengland.co.uk for further information.

THE PENINSULA PRACTICE

Telephone: 01394 411641, Website: www.thepeninsulapractice.co.uk

DAY	ALDERTON	ORFORD	HOLLESLEY	ALDEBURGH
Mon	8.00am-2.30pm	8.00am-6.30pm	1.30pm-5.30pm	8.00am-6.30pm
Tues	8.00am-6.30pm			8.00am-6.30pm
Wed	8.00am-6.30pm	8.00am-1.00pm		8.00am-6.30pm
Thur	8.00am-6.30pm	8.00am-1.00pm		8.00am-6.30pm
Fri	8.00am-6.30pm	8.00am-1.00pm		8.00am-6.30pm

Surgery Closure Date: The surgery will be closed on Bank Holiday Monday 29 August. When the surgery is closed please call NHS 111.

Flu Season 2022: We are busy organising our flu program for 2022. Once again we plan to host a full day of flu vaccinations at Aldeburgh Community Centre, Hollesley Village Hall and Orford Surgery. Dates will be published very soon. Please keep an eye on our website and Facebook page for more information.

Ear Care Services: We are very happy to be offering wax removal services by Ear View at Alderton and Aldeburgh surgeries. With the services no longer being provided on the NHS, Ear View offers microsuction and irrigation ear wax removal at one standard cost of £49.50 per appointment. Book an appointment online at www.earview.co.uk, call 07925 651116 or email questions to info@earview.co.uk

Social Prescribing: Social prescribing allows clinicians and medical professionals to support patients with non-clinical services by referring them to local specialists. This is known locally as Connect for Health and can support people with long-term conditions, welfare benefits, isolation, lifestyle and other needs. It is free and confidential, and for anyone 18+. To find out more call the surgery on 01394 411641 or email Connect for Health at C4h.suffolk@nhs.net or call them on 01394 332265.