



The newsletter for the community of Orford and Gedgrave

Issue No. 302 May 2017

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The Council therefore holds no responsibility for its content except that submitted by and on behalf of the Council or Trust.

All copy must be received by the 22nd of the month for inclusion in the following month's issue, preferably by email to:

orfordtrust@btconnect.com or put through the Town Hall letterbox

Priority for inclusion is given to articles that are about or directly affect the community of Orford and Gedgrave and inclusion is subject to editing and availability of space.

ANNUAL PARISH MEETING

This year's annual Parish meeting will take place on Friday 26 May, at 7pm in Orford Town Hall. The Parish Council, New Orford Town Trust and local organisations will present their reports for the year, and light refreshments will be available.

Marie Backhouse, Parish Clerk

NEIGHBOURHOOD WATCH

Orford runs a Neighbourhood Watch scheme and is always looking for more volunteers from the village. If you are interested in helping, please contact me. We have recently received information about a potentially bogus garden services company cold calling at an older person's property in a nearby village. Please can I urge everyone to be vigilant, and keep an eye on neighbours who are elderly or may be vulnerable. If you have any information about bogus callers, you can contact Crimestoppers on 0800 555 111 (free of charge).

Anne Macro, Chairman, Orford Neighbourhood Watch, tel 450741

MAY AT ST BARTHOLOMEW'S

Sunday 7 May – Fourth Sunday of Easter

8.00am Holy Eucharist – Rev R Alderson

11.00am Holy Eucharist – Rev D Murdoch

Sunday 14 May – Fifth Sunday of Easter

8.00am Holy Eucharist – Rev D Murdoch

10.30am Family Service – Mr G Marshall

Sunday 21 May – Rogation Sunday

8.00am Holy Eucharist – Rev D Murdoch

10.30am Annual Rogation Service at High House Fruit Farm, Sudbourne. Come and join this traditional outdoor Service, blessing the growing crops and praying for our local rural, agricultural and fishing activities.

Thursday 25 May

7.30pm Ascension Day Taize Eucharist at Rendlesham for the whole of the Wilford Peninsula Team Ministry (of which Orford and the Rector's other five churches are a part.)

Sunday 28 May – Seventh Sunday of Easter

8.00am Holy Eucharist – Rev S Affleck

10.30am Village Service – Mrs J Maslin

Sunday 4 June

3pm Sudbourne Quartet in concert at Sudbourne Church

Rev David Murdoch

MAY AT ORFORD METHODIST CHURCH

Sunday 7 May 10.30am Stephen Caley

Sunday 14 May 10.30am SONGS OF PRAISE

Sunday 21 May Aldersgate Sunday

10.30am A Time for Peace

5pm TEA TABLE SERVICE

Sunday 28 May 10.30am Rev Martin Dawes – Communion

Sunday 4 June 10.30am Stephen Caley

EVERY MONDAY: TEA ROOM – OPEN from NOON – 4pm Lunch time food, afternoon tea – meet friends, relax NO BOOKING NECESSARY!

EVERY WEDNESDAY: LUNCH is served at 12.30pm – you are welcome to join us, however for this meal you will need to book!

Our Good Friday service with words, thoughts and hymns themed around the Last words of Jesus on the cross was very moving. After hot cross buns and coffee everyone moved in silence to the dining area where we shared a lunch of smoked salmon, salads and desserts – then to action as we commenced the Easter Garden creation which again looked stunning and in readiness for our well attended Easter Day Service – great singing and rejoicing. Afterwards Easter eggs were given out to all Easter refreshments were enjoyed. The church was open on Easter Monday when many, many visitors came along to see the Easter Garden, relax with lunch, afternoon tea and cake – a very busy day appreciated by all.

Delightful pot plants were distributed on Mothering Sunday – and cake was also enjoyed! The service was themed for the day and its occasion.

The return of the TEA TABLE SERVICES gives an opportunity to gather in an informal way to 'praise and worship' as well as to enjoy a delightful tea! These services are usually held monthly, (Join us on May 21st), with the occasional Cafe Worship.

Comic Relief (Red Nose Day) – much fun and entertainment was had at the Monday Tea Room and Wednesday Lunch just after Red Nose Day. There were visits from the 'Sugar Plum Fairy,' 'Elsa and the Snowman' from 'Frozen' (Pam, Ellen and Louise) who gave renditions of dance. With sponsorship, fun raffle, *everything red*, sale of cakes and contents of 'the bucket' £200 was raised. Many thanks to all who joined in the fun!

Monies have also been sent for the Africa Crisis Appeal – thank you for support (Wednesday Lunch and others) to this appeal.

Stephen Caley

ALDE AND ORE ESTUARY PARTNERSHIP - FOLLOW US ON TWITTER!

We are setting up a Twitter account <https://twitter.com/SOSestuary?lang=en-gb> Follow us now to receive our first tweet and keep in touch with Partnership news and activities. A film called **Save Our Suffolk Estuary** has been made – hence our handle @SOSestuary.

Amanda Bettinson

NEWS FROM THE PENINSULAR PRACTICE

Peninsula Practice Patient Participation Group

We currently have a strong team as 'the voice of the patient' and are working well on a number of projects to enhance local services. However, we would like some representation from those who normally attend the Orford surgery to give a balanced view. If you would like to join the team, please contact the practice secretary on 01394 411641 who will be happy to give you details. Thank you.

'OPEN THE BAG AND LOOK INSIDE'

A new campaign launched by NHS is encouraging people who get prescription medicines to "Open the Bag" at the pharmacy counter and hand back anything they don't need. The average prescription cost overall is quoted at £41.25, which takes into account some very expensive medicines of course, but it certainly makes you think! It is estimated that the cost of wasted medicine annually is £2.1 million in east Suffolk alone, of which £780,000 is returned to pharmacies but cannot be re-used. Safe disposal also costs tens of thousands of pounds. What an absolutely appalling waste!

Did you know that once you've taken prescription medicine away from the pharmacy or from the delivery driver it cannot be used by anyone else, even if the packet is un-opened. If it is handed back straight away before leaving the premises it can be dispensed again by the pharmacist. As well as opening the bag, there are other actions you can take to help save money. Do not tick the boxes on your repeat prescription form for any medicines you don't need and don't be afraid say that you've stopped taking your repeat medicine. With the NHS facing continued financial pressures these small steps could make a really big difference and ensure that this money can be better spent on patient care rather than being wasted.

The Peninsula Practice surgery holds a variety of over-the-counter medications for many common ailments. If you are feeling under the weather, there is no need to go all the way into town! If you do need a repeat prescription, please use the drop in boxes at the surgeries or the online service rather than telephoning – this reduces errors and is safer for patients.

Peninsula Practice Patient Participation Group

ORFORD SPORTS & RECREATION CLUB – May Events Diary

Thursday 11 May – Bike meet from 6pm, anyone welcome, you don't have to have a bike.

Friday 19 May – Jimbo's Bingo from 8pm.

Saturday 27 May – Flaming Cheek, if you haven't yet seen this fantastic band, come along for a fantastic night of music.

Dawn Phillips, OSRC secretary

ORFORDNESS LIGHTHOUSE VISIT DATES: Spring & Summer 2017

Orfordness Lighthouse Trust volunteers will be opening the Lighthouse to visitors on the following dates:

Sunday 28 May (Bank Holiday Weekend)

Sunday 25 June

Sunday 30 July

Sunday 6 August

Monday 28 August (Bank Holiday Weekend)

To book your place and to join our mailing list, please email orfordnesslighthouse@gmail.com with the number in your party. Please see our website

www.orfordnesslighthouse.co.uk for all the details including timing, ferry dues, visit advice etc. You can also follow us on Facebook and Instagram. We look forward to welcoming you!

Lydia Finney, Orfordness Lighthouse Trust

ORFORD SAILING CLUB

We will be offering 'Taster sailing sessions' which are open to anyone. Come and have some fun sailing! No experience is required, however children must be at least 8 years old and must be able to swim. These sessions are aimed at local families to create an opportunity to experience sailing without any future commitments. We charge £5 per session.

Dates:

Wednesdays, 5pm-6.30pm: 7, 14, 21, 28 June, and 5 July

Sundays, from 10.30am-12 noon: 25 June, 2 and 9 July

Should you be interested please contact **Sheena Barrow**, email sheenabarrow@btinternet.com, 01394 450737

ORFORD FLOWER SHOW OPEN MEETING

An open meeting was held at the Recreation Ground hut on 31 March, to give an opportunity to outline some of the plans for 2017, and to harness ideas for future development of the Flower Show. Thank you to those who attended the meeting.

The way the Show is financed will be changed this year. Historically, the costs of the Show, amounting to £6-7,000 pa, have been met through three more-or-less equal sources of funds – patrons, field events (mostly tombola and raffle) and gate entrance charges. For 2017, we plan to expand the group of supporters, re-named "Friends of the Flower Show" rather than Patrons, with a suggested minimum contribution per household of £30 – anyone is welcome to become a Friend. Email mikeredmond44@gmail.com if you would like to be contacted nearer the time in order to make a contribution.

At the same time, we shall abolish the fixed entry charge, and instead encourage people to make a voluntary donation. This carries some risk to the financing of the Show, but hopefully enough attendees will feel able to contribute and thus minimize the risk. The committee needs some extra help to put on the show. We need someone who will handle the publicity for the Show, including setting up a Facebook page and Twitter account (US Presidents need not apply). We also need to recruit replacements for the position of Secretary, as Frances Barnwell would like to step down – If you are interested, please contact Frances on frances.barnwell@gmail.com. Also, Patrick and Caroline Cooper, who organize the children's and the dog races want to hand over having done the job for years. They will help show the ropes this year to anyone who is able to take over the reins. Please contact stephen.j.worrall@gmail.com if you are able to help.

The exhibit schedule has been distributed, essentially the same as last year's but with a few tweaks. Hopefully, there are plenty of ideas germinating in exhibitors' minds for winning entries.

Mike Redmond, Chairman

GARDENING CLUB

Date: Thursday, 4th May

Topic: The Perennial Mr Potter – The Life of a Suffolk Gardener
Presenter: Bryan Thurlow

Venue: Orford Town Hall 'Main Room'

Time: 7.30 pm

Bryan tells and illustrates a poignant story of a Suffolk gardener, in a local accent. Born in 1900, the young Horace Potter narrowly escaped the horrors of WW1 and spent all his working life as a full time gardener in a large Suffolk garden. Inspired at an early age, Mr Potter shares his passion for plants and his dream of restoring a much-neglected old knot garden.

Bryan's perennials will also be for sale...

Flowers for a Cutting Garden by Frances Boscawen of Moat Farm Flowers (April meeting)

Frances started her business in 2013 because of her love of flowers, plants and gardening and the fact that many of the flowers we buy are grown in other countries. She grows and sells fresh flowers locally for homes, occasions and businesses. Frances talked us through the development of her business and her 'growing year' and gave us tips on what to plant and when. She also told us how to 'treat' flowers once picked to optimise their life. She answered our many many questions from members and that gave us more insights. It was a fascinating evening which culminated with a raffle of one of her beautiful bouquets which was one by Anne and Keith Green. The event was very well attended by members including some new ones drawn to join us by the great quality of our speakers...

Advance Notice: Coach Trip to Pensthorpe Natural Park and Gardens – all welcome!!

Wednesday, 5th July 2017 departing Sudbourne/Orford at 8.45/9 a.m.

At Pensthorpe (www.pensthorpe.com) there are a variety of gardens to enjoy including the Millenium Garden designed by world renowned Piet Oudolf, the Wave and Waveline Garden designed by Chelsea Gold Award winner Julie Toll and the Wildlife Habitat Garden which is a haven for wildlife and rare wildfowl breeds. There are 750 acres linked with trails through ancient fenland meadows and woodlands, so ideal for walking if that's what you like! But if not, there are many benches to enjoy the views as well as walking and relaxing. There is a cafe and shop on site for refreshments or you can bring your own picnic of course!! Cost: £25. Contact: Polly Sharkey to reserve your place.

Still to come in 2017...

Thursday, 15 June 2.30pm Garden Party (not 1st as previously advertised) – venue: a beautiful local garden previously not open to visitors!! and the Second Competition of a Fragrant Posy.

As always, new members and occasional visitors very welcome!!

Polly Sharkey 01394 450959

creativefutures98@btinternet.com

FITNESS & MOBILITY CLASSES IN ORFORD

Are you as fit and mobile as you could be? Come to Bart's Hall in Broad Street, Orford and join our happy group where simple exercises improve your muscle strength, flexibility and balance. The class is run by a trained instructor. All ages welcomed.

For more information: telephone **Maggie Beale 450292**

FROM ORFORD WEA

Orford WEA has a television set which it no longer has need of. It's an older-style Hitachi TV, and works well, though would need a Freeview box to receive a TV signal. It is free to a good home! Please call me on 01394 450934 if interested.

Elisabeth Cooper

OPEN GARDENS IN ORFORD

ST. ELIZABETH HOSPICE'S GREAT GARDEN TRAIL

Gedgrave Hall, Gedgrave Road. Garden Open Saturday, 17 June from 2-6pm, afternoon teas, in aid of the Hospice. Children free. Dogs must be on leads.

NATIONAL GARDENS SCHEME

On Sunday, 11 June 2017, the gardens at The Old Rectory, Rectory Road and at Brundish Lodge, High Street will be open for charity from 2pm to 5pm. Teas will be for sale at Brundish Lodge and the combined charge for both gardens is £5.00, children free.

On Sunday, 2 July 2017, the gardens at Gedgrave Hall and Green Lane House, both on Gedgrave Road, will be open from 11am to 5pm. Teas will be on sale at Gedgrave Hall. The combined charge for both gardens is £6.00, children free. Dogs must be on leads.

The National Gardens Scheme supports many major charities and your visits to these gardens can help change lives as well as being an enjoyable experience.

KING'S HEAD NEWS

This year seems to be flying past into May already. Let's start this month's update off with sport. Yes, it is back to cricket again and we have arranged all the pub matches for this year:

25 th May	Thorpeness Dolphin (Away)
13 th June	Westleton White Horse (Home)
18 th July	Westleton White Horse (Away)
27 th July	Thorpeness Dolphin (Home)
18 th August	Pearces (Home)

Everyone is welcome to come along and play – just sign up on the notice in the pub. Enthusiasm is as important as experience and ability. Any questions please feel free to ask Stuart Moss (Captain) or Ian. In order to get everyone in the swing we have arranged for a net practice session at Sudbourne Hall Cricket Club on Tuesday, 18 May. Meet there at 6.00. Let's see if we can continue the progress we made last season.

Live music this month is from Peter Hepworth on Saturday 13 May. Peter is a Woodbridge-based artist who has had much success with The Blue Bus Tour, performed all over the UK, Europe and further afield, and experienced recording success with his song "Eternity". A talented musician, singer and songwriter, Peter brings an easy listening evening of music to the pub. As always it is free entry and everyone is welcome.

Quiz night this month is Sunday, 21 May. Starting at 8 pm and costing £1 per person to enter. Winners get to take the cash prize and then roll a dice to find out which of the top six teams, including themselves, are setting the next quiz. Guaranteed to be an eclectic range of questions – quiz nights are fun for all. We look forward to seeing you in the pub and the garden and thanks for all of your support.

Ian & Suzanne Ballantine, thekingsheadorford@gmail.com

ALDE AND ORE MCZ

Further to the article in March's Village Voice regarding the proposed Marine Conservation Zone (MCZ) plans for our area, I am writing to express my extreme reservations as a Parish Councillor, NOTT Trustee and foremost as someone who has enjoyed and worked the river for many years.

Natural England is proposing the Alde and Ore to be designated a Marine Conservation Zone. The estuary is already protected as an SPA, SAC, RAMSAR, SSSI etc. Does it really need more protection, and from what!?

Reasons put forward by Natural England (NE) are extremely questionable, e.g.:

- Rocky habitats which turned out to be man-made (more than once I heard them being corrected on this).
- 10 sites of muddy gravel which turned out to be areas almost anywhere covered by the river, and not a convincing argument.
- The humble smelt fish that belongs to the salmon family and which is not fished in the river. They spawn in fresh water so working with the Environment Agency on the sluice at Snape might be a more worthwhile exercise to help their cause.

They appear to be trying to fill a gap around the country of some sort of blue belt, but this is not a basis for turning the Alde and Ore into an MCZ.

Worryingly, no recommendations on what will be stopped or changed on the Estuary will be known until it is designated and then **it will be too late to object**: Moorings • Anchoring • Fishing • Wildfowling • Sailing (the area around Orfordness from mean high water to 5m could compromise people being able to land and indeed parts of the river would become too narrow to navigate).

This will mean future generations might miss out on something a great many generations have enjoyed doing over hundreds of years. At a recent meeting NE agreed the Estuary is very diverse and extremely well looked after by stakeholders who manage it. If it needs changing, leave it to the people who know it and not those who think they know.

I have attended two presentations by NE, and what was apparent was the gulf of knowledge between those giving the talk and the

locals being talked to. It was acknowledged by a NE representative the superior, wide-ranging and innate understanding of the river and its environs we the audience had. This is not surprising. It worries me that an MCZ will mean that specialised expertise will end up dying out and will be replaced by something less knowledgeable and that will be a sad chapter in our Estuary's history.

If you have any concerns, please convey them to our Member of Parliament, Therese Coffey. She can be contacted on therese.coffey.mp@parliament.uk, or by post at: House of Commons, London, SW1A 0AA.

These views are my own and not those of Orford and Gedgrave Parish Council or the New Orford Town Trust.

Matthew Smy

ST PETER'S FESTIVAL AT BLAXHALL

Flower festival at Blaxhall (IP12 2DW) on 1 & 2 July 2017 (11am-4pm daily). Flowers and music in the church • Art exhibition in the village hall • All-day refreshments (lunches and teas) • Children's activities • Local interest displays • Plant and produce stall • Free entry

Miranda Barclay

SPRING MARKET AT SUTTON MEMORIAL HALL

Saturday, 27 May 10am-1pm. A selection of crafts stalls, plants, cakes, raffle, refreshments and more! Everyone welcome.

Sue Collins

CONCERT: Prometheus Orchestra

Saturday, 6 May 2017, 7.30 pm at St Bartholomew's Church, Orford

Aldeburgh's own Prometheus Orchestra returns to St Bartholomew's Church, Orford on Saturday 6 May at 7.30pm. The attractive programme conducted by Edmond Fivet features Beethoven's Piano Concerto No 4 with up-and-coming young piano soloist John Paul Ekins. The concert begins with Rossini's sparkling Overture *Il Signor Brusolino* and ends with Mozart's Symphony No 41, 'Jupiter'.

Prometheus Orchestra, founded in 2008, brings together the best professional musicians in Suffolk and wider East Anglia to give really enjoyable concerts, playing the greatest classical music with style and commitment. Tickets are available now from Snape Maltings Box Office: Telephone 01728 687110 www.snapemaltings.co.uk or you can buy at the door on the day. Tickets £15, under 18s £5.

RSPB WOODBRIDGE LOCAL GROUP – FUNDRAISING CONCERT BY IPSWICH GILBERT & SULLIVAN

On Saturday, 13 May 2017 at 7.30pm in St John's Church, Woodbridge, the RSPB Woodbridge Group is again taking a new direction in its quest for funds for the environment. Ipswich G & S, a much appreciated local choir, is inviting you to laugh, hum, smile and tap your feet through an evening of live music from Musical Theatre and Light Opera to Folk and pop – all in a good cause.

The RSPB Woodbridge Local Group raises nearly £6,000 each year for the environmental work of the RSPB. Much of this money is spent enhancing the work of our existing local reserves, such as Havergate Island, North Warren and Boyton and Hollesley Marshes. We rely on the generosity of the public to support us in raising these funds. *For information and tickets please email malcolm.key@btopenworld.com. Cost £10.00 which includes nibbles and a glass of white wine or soft drink in the interval. Some tickets will be available on the door, but booking is advised.*

HOLLESLEY PLAYERS SPRING 2017 PRODUCTION 'Blithe Spirit'

This year's Spring production is Noel Coward's *Blithe Spirit*. Coward called it "An improbable farce", but I think it is so much more. It raises many issues about the side of marital relationships that lie beneath the surface and are not what is generally presented to the public.

We are keeping it in period as it was first performed in 1941. The intriguing plot focuses on a successful playwright who asks a medium to perform a séance so he can use it within a book he plans to write. He and his second wife invite two sceptical friends to dinner to watch the entertainment. All starts well but before long there are most unexpected happenings as this play develops into a great deal more than mere farce.

The play will be at Hollesley Village Hall on Thursday 25 May, Friday 26 and Saturday 27 at 7.30pm. Tickets: adults £8.00 & concessions £6.00. Ticket prices are reduced by £1.00 if paid for in advance, available from the box office on 01394 411079 or Hollesley Village Stores. We look forward to welcoming you.

Jim Wyllie, director, Hollesley Players

SANDLINGS ART GROUP

We enjoy a get-together every Tuesday morning in Sudbourne village hall from 10.00 am to 12.30 pm. If you would like to come along and join us for a free trial morning, then we would love to see you. (Normally just £3 per session to include coffee and biscuits.) No experience is necessary. We are a very friendly and helpful group with skills ranging from watercolour painting to pastels, from oils to acrylics – and everything in between! We have lots of artists' materials available for you to try. You may have seen samples of our work at our exhibition in Orford last year and we are now working hard for this year's event in August. Come along and have a fun morning! Just call Jean on 01394 459459 to let us know you are coming and ask any questions you may have.

Jean Dean

THORPENESS CROQUET OPEN DAY, SATURDAY 10 JUNE

Thorpeness Croquet Club will be holding an Open Day on Saturday, 10th June for anyone interested in finding out more about the game and seeing whether they would like to play it regularly. The Open Day will be held from 2pm on the club's lawn at the Ogilvie Pavilion Sports Ground, Thorpeness IP16 4LY. There's plenty of parking space and club members will be on hand to introduce newcomers to the game. Please wear flat shoes (e.g. trainers).

Croquet is a sport where you hit a ball through a series of hoops with a long mallet. It needs skill and tactics rather than brute strength, so men and women, young and old, play on equal terms using an effective handicapping system that allows beginners to hold their own against much better players.

Club days are on Wednesday, Thursday and Saturday afternoons when you will usually find others to play with but members can also arrange games on any day they choose. Membership fees are very reasonable and prospective members get two free taster sessions before they choose whether to join.

*To find out more, please contact **Andrew Paris** on 01728 833673 - andrewparis@tiscali.co.uk; Colin Hart on 07495 364399 - colinhart101@btinternet.com or visit www.thorpenesscroquetclub.onesuffolk.net*

LOCAL CARE WORKERS NEEDED

Deben Willow Care Ltd are looking for local people to work as Care Workers in the Orford area. We can offer a variety of reasons why you should work as part of our team: Weekday £8.50 p/h, Weekend £10.50 p/h – enhanced rates for NVQ/QCF level 2 and above – company car for selected roles – mileage allowance – flexible hours.

We are looking for people: with a full driving licence who are able to work at our busiest times, early mornings, evenings and alternate weekends.

Our Care Workers assist our Service Users: to remain in their own homes, enabling them to be independent – with personal care – with shopping, meal preparation and light domestic duties – with medication, mobility and other care needs. We will be holding an open afternoon/evening in Orford on 31 May, and details of this event will be put up nearer the time. For more information please call 01728 453677, or email Victoria.ransome@debenwillowcare.co.uk

Vicki Ransome, Business Support, Deben Willow Care