



The newsletter for the community of Orford and Gedgrave

Issue No. 338 May 2020

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Although published and funded by Orford and Gedgrave Parish Council and New Orford Town Trust, Village Voice is totally unbiased in its reporting.

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 Wednesday 20 May 2020, 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. Contributors should be aware that this newsletter is published on the website of Orford and Gedgrave Parish Council and the

New Orford Town Trust (www.orfordparishandtrust.onesuffolk.net)

VILLAGE VOICE

Due to the ongoing coronavirus pandemic, the decision has been taken to publish this May issue of Village Voice in **digital format only**. All issues of Village Voice can be found on the the Parish Council and New Orford Town Trust website.

www.orfordparishandtrust.onesuffolk.net

The copy deadline for inclusion in the June issue of Village Voice is Wednesday 20 May.

MAY AT ORFORD METHODIST CHURCH

In this interim time of isolation and there being no church services or weekly events/activities we are keeping in contact with all those associated with the church.

Sending out a weekly 'Keeping in Touch' newsy letter, Sunday Service, Diary linked to the Psalms and, during 'schooling at home', a family diary, pastoral letters from the Chair of the East Anglia Methodist District too, together with reproduced paintings and photos plus much more! All this is sent via email and media links as well as post for those who don't access the internet! Also keeping regular contact by email and/or phone.

The website for the local Methodist Church is www.Methodistic.org.uk where you will find Sunday Services from various local churches and presenters, also Thought for the Day and other helpful material.

If anyone would like to receive our 'mailings' do get in touch on tel. 450676 and we will be happy to include you on the contact list.

We send a warm welcome to the Rev Giles and Mrs Sarah Tulk as they commence their Ministry as Team Rector in the Wilford Deanery.

Every good wish, keep well and stay safe.

Stephen Caley

THE PENINSULA PRACTICE IMPORTANT NOTICE

Due to the rapidly changing situation relating to the Coronavirus and how it effects the services we provide please visit our website to find out the latest information.

www.thepeninsulapractice.co.uk

Nicola Thompson, Medical Administrator, Peninsula Practice

ORFORD SPORTS AND RECREATION CLUB

At this moment in time, due to the COVID 19 situation, the club remains closed.

We wish all our members and customers to keep well, and stay safe.

Mark Smy, OSRC Secretary, tel 450358

ORFORDNESS LIGHTHOUSE UPDATE

You will have hardly failed to notice from your daily exercise walk on the river bank that the lighthouse is still standing and looking very handsome in the Spring sunshine. And it will be there for the Summer at least I suspect.

The demolition company that has been engaged to dismantle the structure has suspended its operations during the COVID 19 lock down. But before shutting down they managed to get a large digger down the track and along the beach from Aldeburgh in order to demolish the oil store before it slid down the beach having been undermined by the sea. The brick remains of the store were placed in front of the lighthouse as a temporary defence. This has worked well, although the recent North Easterly winds have caused the beach to erode and cut back around the Southern side of the lighthouse. Ultimately, we need to protect the land to the sides and the back of the lighthouse so that we can bring in the large crawler crane along the beach and track from Aldeburgh to lift the 14 tonne lantern room off for further preservation.

So a welcome stay of execution for this much loved building, a comfort to us all I think as we get through these difficult times. To see recent photographs which show just how close the sea is to the lighthouse visit www.orfordnesslighthouse.co.uk

Mike Finney, Trustee, Orfordness Lighthouse Trust

OPEN GARDENS IN ORFORD ON SUNDAY 24 MAY 2020 IN AID OF ST BARTHOLOMEW'S CHURCH

I advertised this event last month before the restrictions were imposed because of the Coronavirus. We will therefore not be able to open the Orford gardens this year but will organise this for the same weekend in May 2021.

Diana Grayburn

ORFORD AND DISTRICT GARDENING CLUB

As I write we have another most beautiful day and one which we will spend outside in our field and garden...

Even if you have never gardened or paid attention to wildflowers and wildlife, I expect you are doing or wanting to do that now. There is much in the media but here are a few ideas from me:

Make your outside space more wildlife friendly by:

- leaving your lawn uncut for longer
- fill your borders with nectar rich flowers – single petal ones so bees and insects can reach in
- allow some 'wildflowers' to make themselves at home – honesty, corncockle, poppies even Alexanders!
- encourage your trees and hedges to suit birds – Cotoneaster self-seeds everywhere with us as do teasels which grow in one year and make the teasel in the next – get some bird boxes and plant climbers – we had a Wren nesting last year in one of our roses – we're hoping the Swifts will arrive on 7 May to make homes in our new boxes
- leave a patch of nettles, the butterflies love them
- leave a woodpile or rough patch for little animals and start your own compost heap
- put out water even if it is just a saucer for tired bees and birds

Places to look:

- The National Trust are showing their gardens off
- Sarah Raven does a weekly recording about what to do this week
- The National Gardens Scheme is doing virtual tours so take a look at those places you've always wanted to go
- RSPB for advice and ideas
- The Suffolk Wildlife Trust for beautiful photos

Grow some vegetables even if you haven't before! Beans and salad are a great place to start. Put them in with your flowers! You can get seeds online, plants from The Orford Store and Ladybird. The Gardening Club visited last year and had a tour of this family business.

If you fancy trying out a new plant then Woottens of Wenhaston is delivering. Luci Skinner from there is speaking to us at our November meeting this year.

Polly Sharkey, creativefutures98@btinternet.com 01394 450959

HERE TOGETHER: TODAY AND TOMORROW

St Elizabeth Hospice launches urgent appeal for support

While preparing to cope with the impact of Coronavirus on its end of life care and bereavement services over the coming weeks, St Elizabeth Hospice has launched an urgent appeal to the public to support their local hospice in light

of all fundraising events being postponed and all 31 retail shops closing.

The clinical staff at St Elizabeth are working in partnership with the NHS and partners at speed to significantly expand our services both in the community and at the hospice in response to Coronavirus, whilst continuing to care for patients with non-Covid end of life and palliative care needs.

A new rapid response co-ordination centre has been created in the past week to cope with the expected increase in demand for clinical advice and end of life care in the community, doubling the capacity of the hospice's existing OneCall telephone advice helpline.

Last year, the hospice cared for over 3,000 Suffolk patients and their families at a cost of £10.5m, of which 75% was raised by the community through the shops and local fundraising – income-generating activities which are now impossible due to social distancing and self-isolation.

Chief Executive Ru Watkins has called on the local community to support the hospice's new 'Here Together' appeal to highlight the role of St Elizabeth at the clinical frontline of the current pandemic and to make sure that its end of life care can continue unaffected when the crisis is over: 'Every family who has come into contact with our consultants, doctors, nurses, carers and volunteers over the years knows how dedicated they are to our local community. We are still here with our patients delivering the care they need today so ask everyone to support our efforts together.'

With all fundraising events postponed or cancelled, many supporters are looking for alternative ways to support the hospice. As local supporter Wendy Goddard says, 'St Elizabeth Hospice was there for me and my family when my daughter Zoe sadly passed away and their support was outstanding. Last month I was due to hold a Charity Night for 300 people to raise funds to support the hospice but sadly this has had to be postponed. I would ask you to do what you can in this time of need to support our local hospice together.'

The 'Here Together' appeal is being launched across the hospice's social media platforms to raise awareness of St Elizabeth's frontline role in continuing to care for some of Suffolk's most vulnerable patients throughout the pandemic and our shared commitment as a community to protecting its vital services today and tomorrow.

To donate to the appeal, visit the hospice Just Giving appeal page <https://www.justgiving.com/campaign/SEHCoronavirusAppeal> or call the hospice on 01473 723600.

To find out how to get involved or fundraise for us then please contact your hospice community fundraiser, **Beth Condie** at beth.condie@stelizabethhospice.org.uk or call **07900 653972**.

Orford, Gedgrave & Sudbourne Park Good Neighbour Scheme

During the Covid-19 pandemic we will be offering the following services

Collection and Delivery of Shopping from Orford General Store

We can arrange for a volunteer to pick up pre-ordered items from Orford General Store and deliver them to your doorstep. You must avoid contact with our volunteers so the items **must** be ordered either online or by telephone and paid for by bank card.

Medical Prescriptions from the Peninsula Practice

We can pick your medication up and post it through your letterbox or leave it outside on the doorstep if large. If you are under 60 and pay for your medication you must ring the surgery pharmacy and pay using a bank card. If you are under 60 and have a medical exemption, we will need the exemption number. We need to know your Name, Address and Date of Birth in order to collect your prescription.

Transportation to GP or Hospital Appointments

This is only available to clients who are not presenting symptoms of Covid-19.

Companionship

We are offering telephone befriending during this challenging time. If you would like a one-off or a regular call from one of our volunteers please let us know.

Walking Dogs

RING US ON 01394 450235
Please spread the word about this Scheme

Other Useful Information

- Silverline free confidential helpline providing information, friendship and advice to older people 0800 470 8090
- Living Life to the Full free online course offering help with anxiety and stress: <https://lltff.com/>
- Orford Meat Shed 01394 459890 to order and arrange delivery
- Orford Village Stores 01394 450204 or preferably order by email: orfordgeneralstore@outlook.com
- Orford Surgery Pharmacy 01394 411641

Please bear in mind that the Scheme is run entirely by volunteers. We will always do our utmost to help. Abuse and aggression to any of us will result in our assistance being withdrawn on an individual basis. Thank you