



The newsletter for the community of Orford and Gedgrave

Issue No. 397 April 2025

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All copy must be received by midday on Thursday 24 April, preferably by email to:

orfordtrust@outlook.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](http://www.orfordparishandtrust.onesuffolk.net))

## **COPY DEADLINE FOR THE MAY ISSUE OF VILLAGE VOICE IS MIDDAY ON THURSDAY 24 APRIL**

### **VE DAY COMMEMORATION**

The Parish Council is organising a commemoration event for VE Day. This is to be held on Thursday 8 May in the Town Hall. There will be a fish and chip supper supplied by The Moving Place and a fruit crumble dessert supplied by The Mixing Bowl. Funding is being sourced for the event. The evening will end with the lighting of the beacon at 9.30pm. More details to follow in the May issue of Village Voice

**Marie Backhouse**, Clerk to Orford and Gedgrave Parish Council, [orfordtownhall@outlook.com](mailto:orfordtownhall@outlook.com), 01394 459172

### **ORFORD SPORTS & RECREATION CLUB**

In a slight amendment to last month's jottings, I now confirm the coach outings for club members as:

Saturday 14 June, to Bury St Edmunds, and Thursday 18 September, to Great Yarmouth incorporating the races. For further information, contact Sam Davis or enquire at the club.

Bike meet nights recommence Thursday 10 April from 6pm, bar and bbq available, bike not essential.

Looking further ahead, Saturday 17 May, live music with Handle With Care.

Don't forget Friday night club nights, and keep an eye on the Facebook page and board.

**Mark Smy**, Secretary, 450358

### **ORFORD SCHOOL ANNUAL EASTER EGG HUNT**

The Orford School Annual Easter Egg Hunt for all year 6 and under will take place on Easter Saturday, 19 April, location to be confirmed. Entry from 9.45am for prompt hunt start at 10.30am. Admission £5 or £2.50 for Orford School pupils. Teas and coffee and cakes, along with a chocolate tombola, teddy tombola plus crafts and more. Donation boxes at Orford General Stores, the paper shop and in the school foyer.

**Nicola Ehlert**

### **TMEF TALKS FOR THOMAS**

The last in the current series of our popular 'Talks for Thomas' will be on Friday 11 April with 'All at Sea' by Jeremy Rugge-Price. Following on from his exciting and entertaining talk last year about his life in New York and his relationship with the Mafia, Jeremy will be regaling us with more of his amusing escapades from his life on the ocean

### **April dates for your diary**

- Each Monday: badminton - Orford Town Hall, 10am-12noon
- Each Monday: art class - Bart's Hall, 10am-1pm, all welcome (tel 07714 644584 for more details)
- Each Monday: Coffee and chat - Rec Hut, 10.30am-12.30pm
- Each Monday and Wednesday: Methodist Chapel tea room, lunch, afternoon tea, 11am-4pm
- Each Tuesday: chair pilates - Orford Sports and Recreation Club, 11.30am-12.30pm (tel Suzanne Kearney for more details, 07944 991138)
- Each Tuesday: pickleball - Orford Town Hall, 7-9pm
- Each Wednesday: badminton - Orford Town Hall, 7-9pm
- Each Friday: pickleball - Orford Town Hall, 10am-12noon
- Each Friday: Bart's Hall - Friday Soup - 12.30-2pm
- Each Saturday: Orford Country Market - Orford Town Hall, 9.30am-1pm
- Wednesday 2 April: Alzheimer's Society drop-in session - Orford Sports and Recreation Club, 10.30am-12.30pm
- Wednesday 2 April: Orford Museum Talk - Butley Priory, 6pm
- Friday 11 April: Talks for Thomas - Orford Town Hall, 6.30pm for 7pm
- Saturday 12 April: SEAS open meeting - Orford Town Hall, 4pm for 5pm
- Saturday 19 April: Orford School Easter Egg Hunt - location tbc, entry at 9.45am for a prompt start at 10.30am

waves which included battling a Category 5 typhoon in the Indian Ocean when he was one of four helmsmen on his ship in 1957.

The evening will start at 6.30pm with a glass of wine and some nibbles and the talk will begin at 7pm. Please book tickets, £10, in advance from Heather Patrick on 07720 265427 or email [contact@tmef.org.uk](mailto:contact@tmef.org.uk)

And a 'save the date' for everyone: T4Thomas this year will be held on Sunday 8 June and we look forward to welcoming you all to our popular annual main fundraising event which is now in its sixteenth year!

Thank you all for your ongoing support of TMEF.

**Wendy Marshall**

### **OPEN MEETING WITH SEAS AND FRIENDS**

Help to STOP Needless Destruction of Suffolk Heritage Coast

Join SEAS & Friends\* at an OPEN MEETING at Orford Town Hall, Market Hill, Orford, IP12 2NZ, on Saturday 12 April 2025. Doors open for tea and a chat at 4pm, talk to start at 5pm.

The energy infrastructure projects, Sea Link and Lionlink, will needlessly cause severe damage to local ecology, communities, heritage, landscape and the economy. There are better solutions. The projects should be developed at brownfield sites, closer to demand. Offshore wind power should be transmitted via an integrated offshore grid like the ones our North Sea neighbours are using in The Netherlands and Belgium.

Suffolk Energy Actions Solutions (SEAS)  
[www.suffolkenergyactionsolutions.co.uk](http://www.suffolkenergyactionsolutions.co.uk)

\*Saxmundham Against Needless Destruction (S.A.N.D.)  
[www.sandgroup.co.uk](http://www.sandgroup.co.uk)

\*Off Shore 4 Sure [www.offshore4sure.com](http://www.offshore4sure.com)

**Susie Bridges**

### **ALZHEIMER'S SOCIETY DROP-IN SESSIONS**

Looking to prioritise your health in 2025? Would you like to learn how to improve your memory? Do you have memory concerns or a dementia diagnosis? Alzheimer's Society, working in partnership with Peninsula Practice, will be holding drop-in sessions at Orford Sports and Recreation Club once a month. Refreshments will be provided. On the first Wednesday of each month 10:30am-12:30pm. Starts Wednesday 2 April 2025, no appointment needed.

### **SUDBOURNE HALL CRICKET**

With less than three weeks to go until the new cricket season begins across the Easter weekend, Sudbourne Hall CC have enjoyed four Sunday sessions of nets at Thomas Mills school in Framlingham ahead of the league opener against Long Melford on 19 April. Plenty of optimism across the club for a positive summer after last year's relegation.

Youth cricket will begin in June and will run on consecutive Sundays, more details to follow. We also hope to run some social women's cricket sessions in August.

The club relies on its volunteers to exist and a very big thank you to Nick Joel who has stood down as treasurer. His input, not only as treasurer, but in everything he has done for the club over the last four years, will be missed. A tough act to follow!

The club is always on the lookout for new players, umpires, supporters and new vice presidents. If you are interested, please drop Andy Halliday an email on [andyhalliday1@me.com](mailto:andyhalliday1@me.com)

**Andy Halliday**

### **TASTER SAILING SESSIONS 2025**

Orford Sailing Club would like to offer taster sailing sessions which are open to everyone. Children should be at least eight years old. These sessions are aimed at local families and particularly Orford School children. These short fun sessions create an opportunity to experience sailing on the river and to meet others who enjoy sailing. They are free of charge. There is no further commitment.

First session will be held on Wednesday 28 May at 5pm and on subsequent Wednesdays until 2 July. There will be sessions on Sunday 15 June and Sunday 22 June at 10.30am.

On Sunday 29 June there will be a special extended children's session to include games, fun and lunch.

Should you be interested please contact Sheena Barrow [sheenamargaretbarrow@gmail.com](mailto:sheenamargaretbarrow@gmail.com), 07867 978770.

**Sheena Barrow**

### **FRIENDS OF ST BARTHOLOMEW'S CHURCH**

Save the date and start to assemble your teams. The Friends of St Bart's Quiz Evening will take place on Saturday 15 November in the Town Hall.

Reminder: Open Gardens Sunday 25 May 11am to 3.30pm.

**Sally Walton**

### **ORFORD, GEDGRAVE AND SUDBOURNE HALL GOOD NEIGHBOUR SCHEME (GNS):**

THE IMPORTANCE OF HAVING A LASTING POWER OF ATTORNEY

The GNS recommends everyone to consider executing a Lasting Power of Attorney (LPA), which can offer great assistance if for any reason you or your loved ones lose the mental capacity to make important decisions. Recently we became aware of how important this is when an elderly resident was mis-sold goods and services. In that case, because a financial LPA was in place, the Attorney was quickly able to recover the money. We asked Jennie Kingham from Birketts LLP in Ipswich, who specialises in this area of the law, to outline the benefits of setting up an LPA, and what should be considered when putting one in place.

There are two types of LPA, one dealing with property and financial affairs, and the other covering health and welfare decisions, although the focus of this article is on the property and financial affairs LPA. Once signed and registered, this document provides your Attorneys with the legal authority to assist you in the management of your affairs whilst you retain capacity, and to carry on doing so if you lose capacity to make your own decisions. There are many benefits of executing an LPA, the most important of which is that you are in control of choosing who to appoint as your Attorney(s) – the authority granted under an LPA is far reaching and so it is crucial that your chosen Attorney(s) is/are someone you trust to make the right decisions on your behalf, should that become necessary.

LPAs are very flexible documents, for example, the donor can choose replacement Attorney(s) to step in if the original Attorney(s) becomes unable to act, and 'preferences' and 'instructions' can be included within the LPA, allowing the donor to provide guidance to their Attorney(s) as to how they would like their affairs to be managed. It should be remembered that an LPA is something to consider at any age, as a person may lose mental capacity suddenly, for example, as a result of a stroke or brain injury following an accident. An LPA can only be signed if the donor fully understands the meaning and effect of the document so it is sensible to put one in place far in advance of a time when it might need to be used. If a person loses mental capacity and does not have a valid LPA then it will be necessary to make an application to the Court of Protection for the appointment of a Deputy, which is a costly and time-consuming process.

For further information about the process and cost of setting up a professionally drafted LPA, or to discuss a Court of Protection application, contact Jennie Kingham at Birketts LLP. You can also get information from the Government website at <https://www.gov.uk/power-of-attorney>

**Caroline Gill**

### **ORFORD AND DISTRICT GARDENING CLUB**

We hope you are all out in your gardens now, seeing something new coming up each day and preparing for the coming months.... Join us for some inspiration!

Our next event:

Thursday 3 April: Mark and Adrienne De Roy – Stour Valley Organic Lavender Company: 'The Growing and use of Lavender as a Plant and in Essential Oil Production', 7.30pm, Orford Town Hall

Mark and Adrienne have been farming Lavender in Essex for about 30 years. Mark has a background in engineering and industrial design which helped in designing the distillation equipment! Adrienne worked for local government, notably in arboriculture and country parks, whilst having and interest in aromatherapy and natural healing. The idea to plant lavender on the farm arose from a visit to Jersey and a lavender farm. It shared a similar location and soil type, so the idea was born! They decided to go organic to achieve the best results. There will be lavender products for sale too! New members and guests always very welcome.

*Luci Skinner 'Iris all the year round'*

Luci gave us an in depth talk about the various genus and species of iris, those with rhizomes and those with bulbs, which types of soil they like and when they flower, also how to care for them and to propagate. She illustrated her talk with beautiful

slides which made us want to acquire iris if we didn't already have some and get more if we had already started a collection! Luci suggested companion plants particularly for the bearded iris, such as alliums and nepeta so that their rhizomes are not covered when they need to get the sun for future blooming. So now we know which iris to acquire so that we can have one every month of the year in flower and we were able to buy some of them from her too!

Trailer for 2025 programme...

Thursday evening, 1 May: Fiona Cumberbatch – Creating a Container Garden in a Year

Wednesday afternoon, 14 May: Visit to Ramblers for Rhododendrons and Azaleas

**Polly Sharkey** (Chair), [creativefutures98@btinternet.com](mailto:creativefutures98@btinternet.com)  
01394 450959

## ORFORD OPEN GARDENS 2025 – SAVE THE DATE

Please save Sunday 25 May in your diary for this year's Orford Open Gardens. There will be a range of beautiful gardens to visit, some opening for the first time this year, alongside a display of sculptures by local artists, a refreshment stall, a raffle and a plant sale.

Watch out for further information in a future issue. In the meantime, if you are interested in opening your garden this year or in future years, or have any questions about Open Gardens, please call Libby Archer on 0771 341 3494.

**Libby Archer**

## PART-TIME ADMINISTRATOR WANTED FOR ST. BARTHOLOMEW'S CHURCH

St. Bartholomew's Church, Orford is recruiting for a part-time Administrator to provide essential administrative support. Responsibilities include managing public inquiries (weddings, funerals, services), maintaining schedules, organising events, and handling bookings. The role is 6 hours/week with some flexibility as to when those hours are worked, however we will need 3 hours of availability on a set day (to be agreed). Strong organisational, communication, and IT skills are essential, along with a friendly, professional demeanor. Salary: £4,680 per year. This newly created role offers the opportunity to help shape the role as it evolves. If you are interested and would either like an informal chat to learn more and/or to apply please contact Kim Puttock on 07484 833253 or on [kim@stbartschurchorford.org.uk](mailto:kim@stbartschurchorford.org.uk).

**Kim Puttock**

## APRIL AT ST BARTHOLOMEW'S CHURCH

Sunday 6 April	9.30am Holy Communion at Orford – Rev Dr Stephen Thompson
Sunday 13 April	Palm Sunday. 10.45am, Cluster Holy Communion at Orford (meet at Orford Stores with donkey processing to church) – Rev Dr Stephen Thompson
Friday 18 April	Good Friday. 4pm, Stations of the Cross at Orford – Archdeacon Rich Henderson
Sunday 20 April	Easter Sunday. 10am, Easter Family Service at Orford – Guy Marshall
Sunday 4 May	Easter 3. 9.30am, Holy Communion at Orford – Rev Dr Stephen Thompson

For further information during interregnum, please contact Churchwardens Guy Marshall (450090) or Jacki Maslin (450799).

**Jacki Maslin**, Churchwarden

## APRIL AT ORFORD METHODIST CHURCH

Sunday 6 April	Passion Sunday 10.30am, Stephen Caley
Sunday 13 April	Palm Sunday, 10.30am, Songs of Praise and Readings
Good Friday, 18 April	11am, Service of Meditation, hymns and music around the Cross
Easter Sunday, 20 April	10.30am, Resurrection Praise
Sunday 27 April	10.30am, Rev Saul – Holy Communion

Sunday 4 May 10.30am, Stephen Caley – VE Day Remembrance Celebration

Join with us at any of our services – you will be most welcome. Children and young people stay in the service and often assist. We enjoy refreshments afterwards.

Good Friday service will be followed with hot cross buns and a fish and chip lunch – lunch booking essential please.

Easter Day service will include the distribution of Easter eggs and for the young people an Easter Egg Hunt! Afterwards, coffee, scones and chocolate cake will be shared! As is our over fifty-year tradition, we will again create the Easter Garden in church – and will happily receive donations of, or towards flowers.

Chapel Tea Room – open from 11am–4pm Mondays and Wednesdays – and this month on Saturday 12 and 26 April – call in and enjoy great food at a very reasonable cost. There's an array of local crafts including woven items, preserves and cards galore!

Check out details of our VE Day lunchtime/afternoon celebration on Saturday 3 May.

Our young people, and some not so young, enjoyed a very happy lunchtime party recently to celebrate early spring birthdays. Pizza, chips and hotdogs were soon devoured with cake later in the afternoon. What fun as everyone, including long-standing friends from Congleton, played all the 'party games' with great success – scoring in each round of bagatelle, bean bags, carpet bowls, tabletop skittles, spinning wheel, hot parcel and a final game of 'Stations' – individual prizes were gained, and overall scoring and prizes were awarded together with birthday gifts received. Many thanks to all involved making this another memorable event.

No doubt, for the first time in living history, badgers have decided to destroy the grassed parking area to the chapel causing under foot problems – how to rid the area of this, before we put out tea room tables and parasols for the warmer weather is another matter!

May the risen Christ fill you with Easter hope and joy.

**Stephen Caley**

## ORFORD MUSEUM UPDATE

On Wednesday 2 April 2025, Baillie Gifford prize-winning author Lucy Hughes Hallett will talk about her biography of King James I's favourite, George Villiers, Duke of Buckingham: *The Scapegoat: The Brilliant Brief Life of the Duke of Buckingham*

Buckingham was James I's gatekeeper, right hand man and lover and, when Charles I succeeded his father, he was similarly enthralled and made Buckingham his best friend and first minister. Buckingham's story was part of a great political drama. After a spectacular fall from grace, he came to represent everything that was wrong with the country. The Scapegoat navigates love, war-fever and pacifism in a society on the brink of cataclysmic change and in this authoritative account of his life, Hughes Hallett summons up an era that still resonates today.

This talk starts at 6pm and last about an hour. Tickets cost £15 for Friends of Orford Museum, £20 for guests and include a complimentary glass of wine (served from 5.30pm). Please book through our website at [www.orfordmuseum.org.uk](http://www.orfordmuseum.org.uk)

Orford Museum is delighted to welcome the travelling theatre group Three Inch Fools ([www.threeinchfools.com](http://www.threeinchfools.com)) to Butley Priory on Tuesday 26 August 2025 to present a musical version of Shakespeare's *A Midsummer Night's Dream*. Formed in 2015 by brothers James and Stephen Hyde the idea for the Three-Inch Fools is simple – to stage a production that is inventive and fast-paced and to use music to bring to life Shakespeare's timeless stories. Over the past seven years the company has staged fourteen plays around the UK including *Macbeth*, *Romeo and Juliet* and *Twelfth Night*. The performance will start at 6.30pm (doors open at 6pm) and will take place outside, so please bring chairs, rugs and a picnic. There will be a twenty-minute interval. Tickets cost £20 for Orford Museum Friends, £25 for non-Friends, children under 16 £14, and children under 8 free. Friends and

guests, please use our online booking system. For non-Friends, please use our booking form. If you have any queries, please email us at [info@orfordmuseum.org.uk](mailto:info@orfordmuseum.org.uk).

Looking ahead to autumn, on Thursday 2 October, Peter Gutteridge returns to Butley Priory to continue his very popular series of talks on Nelson with one entitled 'Nelson – Disaster at Tenerife and the Battle of the Nile'.

On Thursday 6 October, well-known journalist and Woodbridge resident, Simon Pearson will give us a talk about his book *The Great Escaper: the Life and Death of Roger Bushell*. Roger Bushell masterminded the 'Great Escape' from Stalag Luft III in March 1944. He was one of the fifty escapees who were re-captured and subsequently shot by the Gestapo.

Talks for September and late November are still at the planning stage – details will be published later so watch our website [www.orfordmuseum.gov.uk](http://www.orfordmuseum.gov.uk) for more information and how to book.

**Elizabeth Spinney**

#### **APRIL UPDATE FROM THE PENINSULA PRACTICE**

Staff training is important for our practice. On the following days, surgery sites are closed from 13:00 until the following day. The specified site is open for booking future appointments and accessing repeat prescriptions.

Thursday 10 April – Aldeburgh • Wednesday 14 May – Alderton •

Thursday 12 June – Aldeburgh

#### **Covid spring clinics**

Our Spring covid clinics are beginning soon:

Tuesday 22 April – Orford Surgery

Tuesday 29 April – Aldeburgh Old Generator Station

Thursday 8 May – Hollesley Village Hall

Please contact us if you believe you are eligible for a Spring booster and don't yet have an appointment.

#### **Your practice team**

When you contact us, you are triaged to the most appropriate healthcare professional, which can include our pharmacists and paramedic. Depending on your health concern, they may be more suited to support you than the GP and are able to direct you to appropriate care if more specialist treatment is required. This enables us to ensure that everyone gets treated at the right time, by the right healthcare professional.

#### **Missing your appointments**

If you cannot attend your appointment, please call to inform us so that we can offer it to other patients and reschedule your appointment. Between 01/10/2024 – 31/12/2024, 28 hours of clinical time were lost to missed appointments.

#### **Dementia project**

Are you worried about your memory? Come and have a free memory check, as well as learn about brain health. Contact us to find out more and make an appointment.

**[www.thepeninsulapractice.co.uk](http://www.thepeninsulapractice.co.uk) or 01394 411641**  
<https://www.facebook.com/ThePeninsulaPracticeGPSurgery/>



**01394 450235**

We can help with any of the following:

- Friendship and companionship
- Collection of medication
- Shopping
- Dog walking / feeding pets
- Form filling and help with technology
- One-off garden tidy
- Minor household repairs
- A healthy meal
- Transport to hospital and GP appointments
- Provision of a personal care alarm and key safe
- A Community Larder located in the entrance to the Kings Head car park
- Identification of scams and scammers and support for those affected.
- Friday Soup at Bart's Hall
- Other activities as requested and agreed

#### **Be Scam Aware**

There have been some attempts to scam villagers out of their money recently. Please follow these guidelines from Suffolk Trading Standards:

Never agree to anything, including a home visit, when approached by a cold caller on the phone (text or call), at your door or via email. Do your research first and find out if it is a product or service that you want or require.

Use this checklist which might indicate you are dealing with a scam:

- it seems too good to be true – for example, a holiday that's much cheaper than you'd expect
- someone you don't know has contacted you unexpectedly
- you suspect you're not dealing with a real company – for example, if there's no postal address
- you've been asked to transfer money quickly
- you've been asked to pay in an unusual way – for example, by iTunes vouchers or through a transfer service like MoneyGram or Western Union
- you've been asked to give away personal information like bank details, passwords or PINs
- you haven't had written confirmation of what's been agreed

If you want help identifying a possible scam or what to do if you think you have been scammed please ring us for advice.