



The newsletter for the community of Orford and Gedgrave

Issue No. 389 August 2024

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All copy must be received by midday on Thursday 22 August 2024, 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)

COPY DEADLINE FOR THE SEPTEMBER ISSUE OF VILLAGE VOICE IS MIDDAY ON THURSDAY 22 AUGUST

FROM ORFORD AND GEDGRAVE PARISH COUNCIL VACANCY

There is currently one vacancy for a Councillor to represent Orford on the Parish Council. This vacancy is a voluntary role and will be filled by co-option at the monthly Parish Council meeting, to be held on Wednesday 18 September 2024. Anyone wishing to be considered for this vacancy should write a letter to the Clerk to arrive before noon on Tuesday 17 September 2024. Applicants must be 18 years of age or over and have had their main residence or place of work in Orford, or within 3 miles of Orford, for the past 12 months. The Parish Council as a body also acts as the Trustee for the New Orford Town Trust. If you wish to discuss details of the role of a Parish Councillor, please call me at the office.

VILLAGE FEAST

The Village Feast will take place on the evening of Saturday 24 August 2024 in the Market Square. There will be an outside bar, live music and hog roast. The band, Flaming Cheek, will start to play at 7pm and finish at 10pm and the bar and hog roast will be selling from 6.30pm. If you would like to bring your own picnic, please feel free, and please bring a chair if you can. A fun evening should be had by all.

HEDGES

It has been brought to the attention of the Parish Council that there is a number of overgrown hedges around the village. If your hedge is on a footpath or on a highway, please could we ask that you cut it back. People are having to walk in the road instead of the footpath as the hedges are so overgrown. Thank you.

Marie Backhouse, Clerk/RFO to Orford & Gedgrave Parish Council, 01394 459172, orfordtownhall@outlook.com

ORFORD SPORTS & RECREATION CLUB

Well, the Euros are behind us now, and many thanks for your support at the club during the tournament.

- Bike meet nights continue with the next meetings on Thursday 8 August and Thursday 12 September, from 6pm, bar and BBQ available, bike not essential.
- Saturday 7 September, Steve Richardson memorial darts night from 7.30pm, prize money available.

August dates for your diary

- Each Tuesday: pickleball - Orford Town Hall, 7-9pm
- Each Wednesday: chair pilates - Orford Sports and Recreation Club, 11am-12noon
- Each Monday and Wednesday: Methodist Chapel tea room, lunch, afternoon tea, 11am-4pm
- Each Wednesday: badminton - Orford Town Hall, 7-9pm
- Each Friday: pickleball - Orford Town Hall, 10am-12noon
- Each Saturday: Orford Country Market - Orford Town Hall, 9.30am-1pm
- Sunday 4 August: Annual Quay Service - Orford Quay, 6pm
- Saturday 10 and Sunday 11 August: 'A History of Sailing' exhibition - Watch House gallery, Orford Quay, 10am-4pm
- Sunday 11 August: Dr Bike cycle repairs - New Room of Orford Town Hall, 9am-2pm (please see p3 for more information)
- Monday 12 August: Ink and Insights book club - Jolly Sailor, 8pm
- Tuesday 13 August: Ladies tennis tournament - Orford tennis courts, 9am
- Wednesday 14 August: mixed doubles tennis tournament - Orford tennis courts, 3.30pm (please see more information about the tournaments on page 2)
- Wednesday 14 August: Luceat Choir concert - St Bartholomew's Church, 7pm
- Saturday 17 August: Tea room supporting Suffolk Epilepsy Support Group - Methodist Church, mid-morning until 4pm
- Thursday 22 August: Orford Museum event, *Son et lumière* - Butley Priory, doors open 7pm, performance at 8pm
- Saturday 24 August: Dr Bike cycle repairs - New Room of Orford Town Hall, 9am-2pm (please see p3 for more information)
- Saturday 24 August: Orford Flower Show - Orford Recreation Ground, from 1.30pm
- Saturday 24 August: Village Feast - Market Square, from 6.30pm

- Thursday 19 September, members' coach trip to Great Yarmouth, seats still available.

Don't forget Friday night club nights, and keep an eye on the board for bingo and other events.

Mark Smy, Secretary, 450358

FLOWER SHOW REFRESHMENTS

It's the time of year again when I ask for donations of cakes/biscuits etc for refreshments at the flower show on Saturday 24 August.

Donations can be dropped off at the Recreation Ground Pavillion on the morning of the show or the day before, or I can collect them from you. All money raised will go to the Recreation Ground Charity. Many thanks!

Anne Macro, 01394 450741

THE ORFORD, SUDBOURNE & GEDGRAVE FLOWER SHOW AND FETE

Friends of the Flower Show

This year's Flower Show will take place on Saturday 24 August 2024. We do not ask for an entry fee we just ask for voluntary contributions but the main funding for the Show is provided by the Friends of the Flower Show scheme. Anyone can become a Friend of the flower show. We merely ask for a minimum contribution of £40 per person per annum, but obviously there is no upper limit...

Apart from knowing that you are helping to secure the future of the Show and support local charities, you will be invited to the Friends reception, lunch and preview, where you will be able to wander the marquee, before the general public are allowed in, with a glass of fizz in hand, enjoy some lovely food, and debate the judges' decisions.

If you would like to contribute then you can make a transfer, adding your name as a reference to: account name: The Orford and District Flower Show, sort code: 20-98-07, account no: 80675962. Alternatively, you can send a cheque made payable to The Orford and District Flower Show, to the Treasurer John Stanton, care of 14 Raydon Lane, Orford IP12 2BT.

If you require any further information then please call Gary Wingrove on 01394 459875 or email orfordflowershow@gmail.com or go to the website at www.orfordflowershow.org

Gary Wingrove

35th ANNUAL QUAY SERVICE

SUNDAY 4 AUGUST AT 6PM

Supporting the Fishermen's Mission (RNMTDSF). Andy Malcolm representing the Mission will update us on the recent work of the mission – and he will also preach. Suffolk Phoenix Brass will accompany the singing. Let's hope for some good weather.

Stephen Caley

ORFORD TENNIS TOURNAMENTS 2024

We are planning to organise the tennis tournaments this year after missing them last year.

The Ladies Tournament will be on Tuesday 13 August at 9am. You do not need to enter with a partner as we all play as individuals. The Mixed Doubles will take place on Wednesday 14 August starting at around 3.30pm.

Please let me know in good time if you would like to enter. The cost will be £5 per person and there are cups to be presented at The Flower Show for the winners.

Diana Grayburn, dianampaterson@btinternet.com, 07513 520827

BOOKS FOR CHURCH

Thank you to everyone who has donated books to the church. Stocks are running low, so anyone with any spare books, especially children's, please place them on or under the side pews. Many thanks.

Nicola Atchley

AUGUST AT ST BARTHOLOMEW'S CHURCH

All are welcome to join us at St Bartholomew's, Orford for the following services in August:

Sunday 4 August 9.30am Holy Communion – Rev Dr Stephen
Sunday 11 August 10am Family Service – Guy Marshall
Sunday 18 August 11am BCP Holy Communion – Rev Robin
Sunday 1 September 9.30am Holy Communion – Rev Robin

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

Jacki Maslin

AUGUST AT ORFORD METHODIST CHURCH

Sunday 4 August 10.30am Stephen Caley
6pm Annual Quay Service

Sunday 11 August 10.30am Service arranged locally

Sunday 18 August 10.30am Rev Saul - **Holy Communion**

Sunday 25 August 10.30am Stephen Caley

You are welcome to come along to any of the services. Our young people stay in the service, often contributing to its theme and also with their own activities. We share refreshments afterwards.

Music in the Chapel Tea Room - we are thrilled that Celia has offered to bring her musical skills to the Tea Room/Chapel on Mondays playing a selection of classical favourites, on our lovely piano, throughout the day. Already there has been a collective audience – and enjoying the delights of lunch or afternoon tea too. If there's anyone who would like to come and play piano or own instrument on Wednesdays just call in!

The Chapel Tea Room is open every Monday and Wednesday from 11am–4pm. with a varied lunch menu and plenty the choice of delicious cakes. There's a huge book stall, JMA stall also a very large selection of local crafts, paintings and cards for sale. If you've never visited the Tea Room, you will be most welcome.

SUFFOLK EPILEPSY SUPPORT GROUP

The Tea Room will be open on Saturday 17 August from mid-morning through until 4pm supporting the Suffolk Epilepsy Support Group - there'll be plenty of food on offer, homemade cakes and tombola.

Stephen Caley

LUCEAT CHOIR

The Luceat Choir, a 14-piece semi-professional choir based in Oxfordshire, will perform a free 45-minute concert in Orford Church on Wednesday 14 August at 7pm. The choir will also be performing in Blythburgh and Aldeburgh churches, St Mary's Woodbridge and Norwich Cathedral. In Orford they plan to perform *a cappella* pieces by Anton Bruckner, Charles Villiers Stanford and Edward Bairstow, promising a contrapuntal combination of Romantic sensibilities with Renaissance flourishes. This is for music lovers, families, and a free performance on a lovely summer evening.

Jacki Maslin

INK AND INSIGHTS BOOK CLUB

The Ink and Insights Book Club, after a short break will be meeting on Monday 12 August, at the Jolly Sailor pub in Orford at 8pm. The book we will be discussing is *Man's Search for Meaning* by Viktor Frankel. Written just after the Second World War, the book chronicles Viktor's time in a Nazi concentration camp and how he came to see meaning as a vital part of life and essential for finding the strength to survive suffering. All welcome, further information from jaimievclements@gmail.com.

Jacki Maslin

ORFORD GOOD NEIGHBOUR SCHEME COMMUNITY LARDER FUNDRAISER HELD ON 8 JULY

The Larder has been in the King's Head car park since October 2020. It was placed there by Orford, Gedgrave & Sudbourne Hall Good Neighbour Scheme who wanted to show support to people unable to work or earn their full wage due to Covid. The plan was to remove it when people returned to full employment, but the cost-of-living crisis came along and demand for the basic items the larder stocks increased. The combination of greater demand and higher prices has resulted in it costing significantly more to keep it stocked compared to 2020.

The Good Neighbour Scheme would like to thank the King's Head for their continued support, for hosting the excellent lunch which raised £300 and for allowing the larder to stay in the car park. Thank you also to the volunteers who restock the larder every day, people who came to the lunch and all those who

donate to the larder, with their Orford General Stores loyalty points, groceries and money. We really appreciate your generosity.
Liz Feibusch and Corinne Lusher

SUDBOURNE HALL CRICKET CLUB

Traditionally, August is the busiest month for cricket activity at Sudbourne Hall CC and we are full steam ahead for a busy month, hoping that the sun shines! Our women's programme continues with sessions open to all on Wednesday evenings from 6.30pm onwards. The programme is aimed at a social and fun introduction to cricket, no previous experience needed. Please contact nick.joel@me.com if you are interested in coming along to a session. Our Allstars and Dynamos programme for youngsters continues fortnightly on Saturday mornings from 11am to 12 noon with sessions on 10 and 24 August.

Our Saturday league team is battling to stay in the Two Counties League Division 7 and you can find all the August fixtures on sudbournehallcc.com. Do pop down and see us at our beautiful ground set in the grounds of the Sudbourne Park estate.

Andy Halliday

ORFORD CELEBRATES 150 YEARS

This year is a very special year for the River at Orford. It is 150 years since the first Regatta was held here in 1874 and 100 years since the founding of the sailing club in 1924. Both events were organised by local residents and there will be an exhibition in The Watch House gallery over the weekend of 10 and 11 August celebrating their achievements. The Regatta went on to become an annual event and included sailing, swimming and rowing races, as well as walking the greasy pole, a tug of war competition and a duck hunt. Fifty years later a group of local men started a sailing club to race dinghies on a Saturday afternoon. They called it the Orford Dabchick Sailing Club, named after a small water bird and a similar club at West Mersea known to Charlie Stoker, an oyster fisherman and Orford's first commodore. Each event led to the development of regular sailing at Orford and the enjoyment of pursuits on the river for many residents and visitors in subsequent years.

Orford Sailing Club will be putting on the exhibition 'A History of Sailing' in The Watch House, on the Quay, as part of the celebrations of its centenary. The exhibition will show what Orford was like one hundred years ago, with a selection of old photographs from Orford Museum and from local people whose families have lived here for generations. The sailing boats on the river at Orford have changed enormously over one hundred and fifty years and there will be photographs and working models to explain this evolution. This is not just for sailors – people might find out who was living in their house in 1924! Entry is free and open to all, 10am-4pm each day. We are most grateful to Frances Brennan, Spinney Bantoft and Orford Museum for their help and generosity.

The exhibition follows the Centenary Ball held in the Town Hall on 1 June. It was open to members and non-members and was a sell-out event enjoyed by everyone. People interpreted the 1920s theme in a variety of ways, from women wearing flapper dresses adorned with ostrich feathers to men dressed as 'Peaky Blinders' Birmingham gangsters and even Charlie Chaplin. The seven-piece band, Hollie B and the Rocketeers, had us dancing to almost midnight which was quite a sight! The Town Hall looked great, with decorations reminding us of other events in 1924 as well as the founding of the sailing club.

Penelope Murley

DR BIKE – free cycle repair events

My name is Martin Smith, I am a local bicycle mechanic. I am running in conjunction with the charity Cycling UK a couple of Dr Bike sessions in the New Room of Orford Town Hall.

I am doing sessions like this in a number of villages local to me (Hasketon). This is part of their 'Big Bike Revival' where we repair/tune up adult bicycles for free, including some spare parts,

inner tubes, brake pads etc, this is to encourage people to cycle more with all the benefits that brings. All I ask is that you complete a short online survey about you and your bike, this gives Cycling UK data and evidence to secure more funding for these free events.

I have booked the New Room of Orford Town Hall for Sunday August 11 August and Saturday 24 August, if there is a large number of people wanting bikes done a third date has been pencilled in for Saturday 31 August. I will open up at 9am and be there until 2pm, I can take bookings for ten bikes, approximately half an hour per bike.

It will be first come first served, maximum two bikes per household (no children's bikes). I would be happy to offer advice on a child's bike but won't be able to do any work on it. Please email me for a slot - martsmith63@hotmail.com or text on 07966 089 881.

Martin Smith

ORFORD AND DISTRICT GARDENING CLUB

Next events:

Orford, Gedgrave and Sudbourne Flower Show

We will, once again, be having a stall at our famous Flower Show and hope you will all come and have a chat with us and even bring plants, produce and bunches of flowers for us to sell in aid of Perennial, the Gardeners Charity we support. We hope you'll come and find out more about what we do and we welcome anyone with any interest in plants, gardening, the environment and the wildlife which lives with us.

Special offer to join: £7.50 for rest of 2024!

Wednesday afternoon, 11 September: Trip to Southwold Flower Company

Many of you may have been there to cut your own flowers or bought dried ones at Snape Maltings and other places but we are taking our members and guests to hear the story of how Southwold Flower company came about. We will also be able to cut our own bunches of flowers and enjoy refreshments in their lovely barn and the Cutting Field.

Parham Hall Visit

Sue Paul welcomed over forty of us to hear about the story of Parham Hall, its past and present. It comprises the restored remnant of the original sandstone hall surrounded by lovely grounds.

Our Gardening Club supporting the after-school club...

The children have been busy in the vegetable garden; they dug up a fine crop of potatoes for the school kitchen to cook. Runner beans and raspberries are doing well, we're hoping some will be ready to pick before the end of term. The tomatoes and aubergines have been moved to the front of the school where they can be watered and harvested over the holidays. Great work gardeners!

Coming in 2024:

- Thursday evening, 3 October: Digging for Answers – a light-hearted quiz with drinks and nibbles
- Saturday, 16 November 3pm including afternoon tea: Nick Bailey, award-winning TV presenter, author, garden designer and speaker – Revive your Garden: How to breathe life, style and good health back into tired gardens

Tickets available in the autumn

Polly Sharkey, (Chair), creativefutures98@btinternet.com, 01394 450959

ORFORD MUSEUM EVENTS AT BUTLEY PRIORY

Son et lumière – The Story of Butley Priory

On Thursday 22 August, Orford Museum is presenting a *Son et lumière* (sound and light show) illustrating the history of Butley Priory from its very earliest days up to the present. This will be done using light effects and images projected onto the magnificent façade of the Priory accompanied by music and a narration by professional actors. You are invited to bring friends and family of all ages to picnic on the lawn in front of the Priory

and watch this fascinating story unfold. Doors will open at 7pm and the performance will start at 8pm lasting an hour. Tickets cost £20 for Friends of Orford Museum, £25 for non-Friends, children under 14 free. Book on our website – details below.

The Scoliotic Knight Encounters with Richard III

Our very popular guest speaker, Tobias Capwell, formerly Curator of Arms and Armour at The Wallace Collection in London from 2006 to 2022, is returning to Butley Priory on Wednesday 25 September 2024 to talk about his involvement with the discovery of Richard III's remains in a car park in Leicester. He has written and spoken extensively on both the historical and practical aspects of his subject. Tobias is also a skilled jousting and claims to be the world's only jousting curator!

The discovery of the remains of Richard III raised fascinating new questions. The scoliosis exhibited by the last Plantagenet King's skeleton revealed that the twisted physique of Shakespeare's 'Black Legend' did have at least some basis in fact. But how could such a diminutive person, suffering from a significant spinal condition, have mastered the knightly fighting arts? How could he have worn full armour and fought in battle?

Join Tobias as he discusses his encounters with this most captivating and controversial of English Kings; from his work with Philippa Langley in the years before the discovery of the grave in Leicester, to his research into the implications of a severe spinal condition for a medieval king and warrior, his participation in the Channel 4 documentary *Richard III: The New Evidence* (2013), his role as one of the two armoured horsemen escorting the king himself to his final resting place in Leicester Cathedral to, finally, his service as Historical Advisor on the recent film *The Lost King* (2022).

The Lost Gardens of Suffolk

On 24 October 2024, local historian Edward Martin, who led a visit by the Friends of Orford Museum to the Chillesford Lodge model farm and has contributed to *The Orford and District Local History Bulletin*, will talk about *The Lost Gardens of Suffolk*. Lost gardens have a strong romantic appeal – things of beauty that have been allowed to slip away from us. In this talk, an archaeologist and landscape historian will show how seemingly unimportant mounds of earth and neglected ponds can, with the help of old maps, old photographs and other documents, be brought back to life and revealed as fascinating examples of garden history, giving tantalising glimpses of long-lost design styles and aspirations from the past. This exploration of Suffolk's rich gardening heritage will include medieval castles, Tudor mansions, Georgian parks and twentieth-century dreams.

Horatio Nelson – The Making of a Hero

On 25 November 2024, Peter Gutteridge will tell the story of Nelson's early life from his birth in 1758 in the small Norfolk village of Burnham Thorpe through to battle of Cape St Vincent on 14 February 1797 which established him as one of the nation's great heroes. The talk will identify the myths from reality and seek to explain his 'Dreams of Glory'. Peter is a retired senior partner of a large law firm and now a regular speaker on naval and maritime history subjects and, in particular, Horatio Nelson. He is a long-standing member of the Nelson Society and has Masters degrees in Maritime History from Greenwich University and History from Cambridge University. His interest in Nelson was originally fostered by his grandfather, Professor HC Gutteridge, who was a distinguished academic and author of *Nelson and the Neapolitan Jacobins*.

Jamie Lowther Pinkerton

On 27 January 2025, Jamie Lowther Pinkerton, Suffolk born and bred with a deep interest in its past, will come to Butley Priory to talk about some of the great families of Suffolk and their place

in our country's history. Full details of Jamie's talk will be posted on our website later.

All talks start at 6pm and last about an hour and a half. Tickets cost £15 for Friends of Orford Museum, £18 for guests and include a complimentary glass of wine.

To book tickets for these talks, please go to our website at www.orfordmuseum.org.uk/events or email the Treasurer at info@orfordmuseum.org.uk.

Elizabeth Spinney

TMEF PRESENTS AN EVENING WITH JOANNA EDEN IN:

The Unbearable Pleasure of Being a Woman – Friday 20 September in Orford Church.

We look forward to welcoming back Joanna Eden and Leigh McDonald with an updated version of their amusing comedy cabaret – *The Unbearable Pleasure of Being a Woman* – on Friday 20 September in St Bartholomew's Church, Orford. With hilarious, candid, poignant and irreverent original songs, this show is the brain-child of singer/songwriter Joanna Eden and West End and National Theatre actress Leigh McDonald. Joanna was also voice coach and mentor to Sam Smith between the ages of 10 and 18. Sam is featuring at The Proms on 2 August this year. In 2013 Joanna and Leigh had captivated an audience in Orford Church singing along, crying along and laughing.... a lot! Careering from self-penned songs to musical theatre classics we expect Orford Church to be rocking again with Brighton Fringe Award winners Leigh and Joanna taking you on a turbulent flight through the highs and lows of womanhood. Being female can be an unbearably silly business! Joanna and Leigh manage to spend a whole evening laughing, crying and even singing about it, with candid and poignant original songs. Join them on an oestrogen-driven, emotional roller-coaster ride... from pigtails to puberty, stilettos to strollers, marriage to messing-it-up.

Joanna also appeared in Orford Church in 2019 as part of the launch tour for her new album *Truth Tree*, where she toured churches around England promoting the album. Orford church was laid out with a number of small tables to give it a night club feel. This is also proposed for the upcoming show.

Not to be missed! This event is expected to be very popular so book early to avoid disappointment. Doors open at 6.45pm with the Show starting at 7.30pm. Licensed bar available. Tickets for seats £17.50 or opt to have a table for 4 at £80.

Contact Wendy Marshall to book your tickets on 01394 450090 or email contact@tmef.org.uk

Wendy Marshall

AUGUST AT THE PENINSULA PRACTICE

Flamingo Challenge

Are you over 65 years old? Can you stand on one leg? Data shows that being able to stand on one leg over the age of 65 years for over 10 seconds significantly reduces your risk of falls and increases strength and balance – why not try it whilst brushing your teeth every day (whilst ensuring your safety)?

Ageing well

Find more resources and links about ageing well on our website at <https://www.thepeninsulapractice.co.uk/older-age-health>

Flu and Covid vaccinations

Criteria for winter 2024/25 flu vaccinations have been published, however, we are awaiting the eligibility for covid vaccines. We have been advised to co-administer the two vaccinations where possible and aim to do this in our October clinics. Patients will be invited by text, email, or letter with booking links to book directly into the system once NHS England confirm the eligibility criteria.

www.thepeninsulapractice.co.uk or 01394 411641

<https://www.facebook.com/ThePeninsulaPracticeGPSurgery/>