

Easton Parish Magazine



March



2015

Price 25p

ALL SAINTS' CHURCH, EASTON

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A letter from Tunstall

Dear Friends

This letter was written early because as you read it, I'll be in a 4x4 in the Okavango Delta in Botswana, hopefully surrounded by a herd of elephants going about their daily life, or watching a pride of lions sleeping in the shade digesting last night's feast!

We are in the season of Lent, all the flowers have gone from Church, and the colour of the frontals is purple, a penitential season. This is because Lent is the time when Christians imitate Jesus's experiences in the desert, a time when he was stripped of the most simple of life's necessities, and had nothing left but to come face to face with God.

Going through a period of abstinence from things that comfort us makes us appreciate them the more when we have them again. And it's a humbling experience to realise and not take for granted how very very fortunate we are, and how much we have, while even in our beautiful Suffolk there are food banks for hungry people.

So if we're going to give up something we enjoy for Lent, we might consider in fact maybe even taking on doing something we don't enjoy much instead, but however we mark our Lenten journey we will get through it to meet head on the glory and joy that is Easter. Though any Lenten sacrifice shouldn't just be giving up chocolate or a nice glass of well chilled Sauvignon Blanc in my case, it should be something that hurts, as Jesus hurt while he was being tempted in the wilderness. I remember Archdeacon Geoffrey Arrand telling once that a Lenten offering should be financial and of sufficient size to hurt the pocket of the giver, and then he said you should double it. Ouch!!

But I think you get the message that whatever we do for Lent, it is all about preparing ourselves for the joy and bounty of Easter.

With love in Christ

Deirdre



Church Matters

Discussion Group

The next meeting will be on Wednesday 11th March at 10.30 am at Almond Tree Cottage when we shall be looking at "Children in the Bible". We had a great time last month discussing our favourite psalms. New members are always welcome

Lent Course

This year's Lent course runs each Wednesday until 25th March at 3 pm at Hacheston Village Hall. The topic is Prayers in the Bible.

Mothering Sunday

The joint service this year for Easton, Brandeston and Kettleburgh will be at Kettleburgh church on 15th March at 10.30 am. All welcome.

Palm Sunday

The service is at Brandeston church at 10 am with a procession starting from the Queen's Head pub at 9.45 am.

PCC Meeting

There will be a meeting to approve the annual report at 7.30 pm at Bickley on Monday 23rd March.

Dates for your Diary

Easter

note that Easter is early this year and Easter Sunday is 5th April. There will be a Holy Communion service at Easton that day at 11 am.

Annual Parochial Church Meeting

This will be held in the church this year at 7.00pm on Tuesday 28th April.

May Fair

Advance notice! Our May Fair this year will be on Saturday 2nd May in the afternoon.

Hidden Gardens

This major fundraiser for the church will be on Sunday 14th June. (See separate notice).

Jane Woodbury-Eggins

Bishop David's Farewell Service

This will be Evensong in the **Cathedral at 3.30pm on Easter Day**. If you would like to attend the service to mark his return to Ely you have until the **13th March** to phone Jayne Whiteman on 01284 748722 or email deanspa@stedscathedral.org to accept the invitation.

Donations towards a leaving gift can be sent to Kathy Reade at Diocesan Office, 4 Cutler Street, Ipswich IP1 1UQ clearly marked 'Bishop David's Farewell Gift.'

He has been an inspirational Bishop, and I will be going so if anyone would like a seat in my car please get in touch, first come first served!

Deirdre

FLOWER AND CLEANING ROTA

	Flowers	Cleaning
7th March	Lent—No flowers	Jean Kendall
14th March	Lent—No flowers	Jean Kendall
21st March	Lent—No flowers	Dot Blane
28th March	Lent—no flowers	Dot Blane

Holiday—Reminder

Please note Deirdre West will be away from 7th to 23rd March inclusive. For routine church matters during this period, please contact our Churchwarden, Jane Woodbury-Egins (contact details on front inside page), or the Rural Dean, Deirdre Parmenter, on 01728 748145.

ALL SAINTS CHURCH, EASTON

is hosting

Sunday Cafe



Easton Village Hall

Sunday 15th March

open 10.00 - 11.30 am

Home made cakes and croissants

Bacon rolls made to order

Homemade sausage rolls

Fresh coffee and good teas

Newspapers

Have a chat with friends old and new.

C**OMPLINE** is a service of Night Prayer - ancient - with its origins back in the 6th Century and St Benedict. In monastic life it marked the completion of the working day and the start of the grand silence. Compline provides us with a time of silence for reflection and contemplative prayer, and the 1928 version which has been used in these parishes for over twenty years has a gentle rhythm to it, which for me and other regular followers, is addictive. And it is something I have a mind to try occasionally during the year, a Friday evening and the end of a working week comes to mind, as does weekly in Lent and during Holy Week. So on Monday, Tuesday and Wednesday of Holy Week 2015 we will meet at **6.30pm**, and on a couple of evenings before that (see below), normally seated in the choir pews as a reminder that it was a monastic 'office', and we will let out the tensions of the day and shift our attention back to God. It is not lengthy (20 minutes or so) and for many it is the perfect end to a busy day, and sitting in a familiar church at dusk can be an oddly comforting experience. It is also a perfect preparation for what is to follow later in the week, so if you are a 'fan' or have never tried it, now is your chance. The dates are:

Friday 6th March in Marlesford
Tuesday 24th March in Brandeston
Monday 30th March in Campsea Ashe
Tuesday 31st March in Parham
Wednesday 1st April in Easton

Deirdre



EASTON HIDDEN GARDENS

SUNDAY 14TH JUNE

This biennial event is a major fundraiser for the church. Would you be happy to open your garden to the public for two or three hours on this Sunday afternoon? Your garden doesn't have to be immaculate, but if you are proud of it and would like to show others round, this is an ideal opportunity. It is a lovely village event.

Please contact either Carol Rook on 746162 or Clare Owen on 745015.

Jeremy Frederik van den Arend



Jeremy was born in 1930 at home. His father was a businessman and his mother a Clutterbuck – a successful family of solicitors in Birmingham. They moved about frequently but settled in Belstone in Devon. In 1942 Jeremy's father was killed at the Battle of the Cauldron. This loss had a significant impact on many of the decisions he made in later life. Having his family close to him became very important and he was determined to have the family life with his children that he had missed out on.

In 1944 Jeremy joined the Navy. His time there was dominated by fun, the start of lifelong friendships and a long string of stories which he took great delight in recounting. He commanded HMS Wiston and finished his naval career in charge of Electronic Warfare at the MOD. He started a new career just before he was 40, eventually joining Reed International as a personnel director and ending up as HR Director of the group.

He met Sophia, his wife to be, on a skiing trip in 1968. They were married within a matter of weeks and stayed happily married for 46 years. They moved to Easton in 1975, attracted by the sailing at Aldeburgh and the lack of rain compared with Devon. He was committed to the village and was instrumental in rescuing the Cricket Club when it fell on difficult times. He would mow the pitch on his ride-on mower and Sophia would do industrial sized teas! On retirement in 1992 he became churchwarden of Easton church and fulfilled this role for many years. He and Sophia travelled widely and were great entertainers at High House, also enjoying horseracing at Newmarket.

He was very stoic throughout the various illnesses he had over the last 12 or so years. He remained fiercely proud of his Dutch heritage and was a much loved husband, father and grandfather with a high intelligence and a good sense of humour. He left his memories of his early life on computer for his children and grandchildren, simply ending after 136 pages with the words "in early 1968 I met your mother and I have lived happily ever after".

We send our love and condolences to Sophia and family.

*Adapted and abridged from the tribute at the funeral service
given by Jeremy's son Charles*

John Whyatt



John was born in Freston on 26th June 1927. His father worked on various farms in the Stowmarket area, so as a child John moved quite a bit with his parents, to wherever work took them.

He had cerebral palsy and could not get around very well as a child and he remembered at the age of seven being taken by his Dad to school on his push bike each day. The family moved to Sanctuary Cottage Easton in 1952. After his father's death, John continued to live there with his mother until she passed away.

John's disabilities did not stop him from getting work at RAF Bentwaters and he cycled there each day to do odd jobs and to work in the kitchen. He also worked for the Kerr family at Easton Farm Park where he was nicknamed "Dusty Bin" as one of his jobs was emptying the bins. This name stuck with him right up to his death.

John loved gardening and had one of the best vegetable gardens around. He also played bowls for Easton and served on the Parish Council. Like many, he liked to bike to the pub with his friends on a Sunday, starting at the Easton White Horse and often calling at Pettistree Three Tuns and the Marlesford Bell as well as other places.

In his later years John was a familiar sight as he travelled around the area on his mobility scooter. He often went to Orford Quay and to Wantisden for events. He once found himself on the A12 and was escorted home by the Police. Nothing phased him however and on one occasion when he collided with a wall in Earl Soham, he refused to get into the ambulance which had been called and was once again escorted home on his scooter by the Police! However these trips were sadly curtailed after he came off his scooter and ended up in hospital with a broken shoulder. Thereafter he was confined to a ride to the Farm Park for a cup of tea and a piece of cake with his friend Pop Denny.

John suffered poor health for the last few years but amazed everyone by his bravery and sheer willpower in getting through each day. He was pleased to be able to stay in his own home with his beloved cat, Gizmo, where he was cared for by his many carers who visited four times a day and by Pop. His mind remained as sharp as ever and right up until his death, he would enjoy talking about the politics of the day and putting the world to rights.

Easton is the poorer for the loss of John, someone who loved this village and all aspects of village life. May he rest in peace.

EASTON PARISH COUNCIL

You are warmly invited to attend:

**Easton Parish Council Meeting
Tuesday 3rd March 2015
7.15pm in the Village Hall**

Also
**Annual Parish Meeting
Tuesday 17th March 2015
7.30pm in the Village Hall.**

Refreshments will be provided after this meeting.
Come and hear the annual reports from various
groups in the village and service providers for the
parish.

WELCOME TO OUR NEW PARISH CLERK

A warm welcome to Sally Loader, our new Parish Clerk.

Sally is also Clerk to other councils and lives in Shottisham. I am sure we wish her every success in this important village role.

Her contact details remain the same and are in the back of the magazine.

John Owen

Easton CP School

www.eastonprimary.org.uk

admin@easton.suffolk.sch.uk

01728 746387



As we start the second half of our spring term we have lots of exciting events taking place at Easton. We had Janet Marshall from the education department of Norwich Cathedral, visit us. She arrived heavily laden with props and resources. In Comet Class she became a young girl trying to survive the Great Fire of London and relayed those awful events including how the fire started and how it eventually came to an end. In Pirate Class she spoke to the children about Christianity and the important artefacts and symbols that represent Christianity. The children dressed up as priests and bishops and took part in role play. This was a fabulous day for both classes and gave the children a real insight and an enriched curriculum.

We held our usual School Parliament where the team leaders chair the meetings for each team and discuss events on the agenda. It was decided that 'politeness and etiquette' was something the children wanted to improve on, including table manners. This has been very successful so far and dinner time at school is a much more pleasant affair!

Children continue to have 'Yoga Jo' and still enjoy their sessions. We believe at Easton that yoga relaxes the mind and stimulates learning. The children always participate well and we see good results from this. It has a positive influence on the children and we are pleased that every child in school has this opportunity. The children in Pirate Class will be visiting Dennington Hall Farm where they have first-hand experience of lambing. This allows the children to witness the lambs being born in close proximity. They are briefed about behaviour and how to be respectful to the sheep and the workers at the farm. We are very lucky to have been invited back to the farm and very grateful for the experience.

To celebrate World Book Day (5th March) the children will be dressing up as a favourite character from a book. They will be using this as a stimulus to learning about characters in stories and character profiles. The staff have agreed to dress up too. Lots of Harry Potters I believe!

We also take part every year in Comic Relief and organise events to raise money for the charity. This year the theme is 'make your face funny for money'. For some this will be easier than others! The children enjoy the day while remembering there are others less fortunate than themselves and providing opportunities for enriched PSHE (Personal Social Health Education) work.

Towards the end of term we will have our annual Easter egg hunt, Easter bonnet competition and our Easter service. This service is an opportunity for residents from the village to come along to the church to join us (we will be wearing our Easter bonnets) and then back at school for tea and a hot cross bun. We hope to see you there.

Easton Pre-School News



Easton Pre-School is celebrating its 40th year this year and we would love to hear from any children, adults or parents of children who have attended over this time. We are compiling a memory book so please send us your memories and pictures.

Email eastonpreschool@yahoo.co.uk or go to www.eastonpreschool.org.uk for more information and how to contact us.

Also look out for and join us for a variety of 40th year celebrations; to be advertised soon.

*If you have pre-school children 16 months—4 years and are looking for a small, friendly pre-school, you are always welcome to visit us to find out more. See contact details above or phone 01728 746935
First session free on production of this article.*

Jackie Wall

FROSTFEST 2015

An apt name for our second Winter venture for 10 – 14 year olds in Brandeston Village Hall, as the evening of 31 January was cold, with a hint of snow. Our theme this year was Light and Dark – with activities planned to get everyone thinking about these contrasts.

Soon after 5pm, glow sticks were turned into necklaces and bracelets and they came to life as the lights went down for the ‘ice breaker’ – a game which involved two teams endeavouring to turn torches on or off. Graffiti art came next, the challenge being to create a wall poster on black paper to illustrate our theme.



The chance to challenge senses, with blind tastings (of cold cauliflower, peeled grapes, spaghetti) resulted in shrieks of laughter, or was it terror....





Hot chocolate and star shaped biscuits sated appetites before coloured torches were used to send morse messages across the hall – the plan to make this an outside activity was scuppered by sleety snow.

Our final activity was centred around a circle of tealights. In groups, the task was to re-tell a story themed around light, or dark, with each story teller allowed the length of time that a match took to burn. As this varied from between 10 and 40 seconds, the story tellers had to be quick adapting their section of the tale. All too soon it was 7pm and time to draw the evening to a conclusion and this we did with twirling sparklers in the car park.

We all certainly had a great time – and we think the children did too!



Mary, Jane, Carol, Robin, D, Alison, Eileen, Jackie

Village View in March



Parish Council Meeting
Tuesday 3rd March
7.15 pm Village Hall

Monday Mardle
9th March
7.30 pm Village Hall

Sunday Café
15th March
10-11.30 am
Village Hall

Annual Parish Meeting
Tuesday 17th March
7.30 pm Village Hall

Mobile Library
Wednesday 18th March
12.20—12.40 pm
Village Hall

Easton Belles WI
Tuesday 24th March
7.30 pm Village Hall

Yoga-Pilates
Tuesdays
9.30 - 10.45 am
Village Hall
£8 drop in rate
£39 for 6 sessions

Table Tennis
Every Wednesday
6.30 pm Village Hall
£5 per session

Zumba
Every Thursday
6.15 pm Village Hall
£5 per session

Easton Pre-School
Village Hall
Mondays, Wednesdays or
Fridays 9.15am—3pm
Thursday mornings
9am-11.30am

Volunteer Opportunities

Life can throw a lot at the
families we support

Can you offer
3 hours a week to throw
something good their way?

Do you:

- Understand the needs of families with young children
- Have 3-4hrs to support a local family
- Want to benefit from the support and training an established volunteer charity can provide

If this is you please give us a
call

In return we can offer you:

- Level 1,2,3 OCN accredited training
- Ongoing tailored support, and training
- Travel & Telephone expenses
- Out of hours support
- Various volunteer opportunities; Home-visiting, group, fundraising, marketing, social policy



www.homestarteastsuffolk.org.uk

Home-Start Suffolk Coastal

8a The Square, Martlesham Heath, Ipswich IP5 3SL

01473 621104 email: office@homestartcoastal.co.uk

**£4000 EASTON FESTIVAL
GRANT MONEY AVAILABLE**

If you recall, it was decided by the Easton Festival Committee to retain an amount of money from the funds raised for five years in the event that if it was decided to resurrect the festival within that time, money was available to fund it. This period of time has now passed and the Committee therefore invites organisations within the villages of Easton and Letheringham to apply if they need funding for a project.

These grants are awarded by the Festival Grant Awards Committee at their discretion to non-profit making organisations run on a charity basis, although not necessarily a registered charity.

Grants will be awarded on a matched funding basis and only paid out against invoices or pro forma invoices produced, as in previous years.

For information and an application form please contact:-
John Newson Tel:- 746049. Email:- noose52@tiscali.co.uk by
30th April 2015.



**Village Green Tidy Up
Saturday 28th March
CAN YOU HELP PLEASE?**

Weather permitting, please come along between 10 am and 12 noon and help get our lovely village green in tip top condition for the summer.

Thank you in anticipation!

Michael Coney



Ladies, please join us on Tuesday 24th March, 7.30 pm, Village Hall to be de-stressed by a demonstration of Shiatsu Massage. Visitors and new members will be made most welcome - we look forward to seeing you! Enquiries: 746808

Janet Prentice

ENGLISH – AN EASY LANGUAGE?

Homographs are words of like spelling but with more than one meaning. A homograph that is also pronounced differently is a heteronym.

The bandage was **wound** around the **wound**.

The farm was used to **produce produce**.

The dump was so full that it had to **refuse** more **refuse**.

We must **polish** the **Polish** furniture.

The soldier decided to **desert** his **dessert** in the **desert**.

Since there is no time like the **present**, he thought it was time to **present** the **present**.

A **bass** was painted on the head of the **bass** drum.

I did not **object** to the **object**.

The insurance was **invalid** for the **invalid**.

There was a **row** among the oarsmen about how to **row**.

They were too **close** to the door to **close** it.

The buck **does** funny things when the **does** are present.

To help with planting, the farmer taught his **sow** to **sow**.

The **wind** was too strong for me to **wind** the sail.

Upon seeing the **tear** in the painting I shed a **tear**.

I had to **subject** the **subject** to a series of tests.

How can I **intimate** this to my most **intimate** friend?

*Thanks to Janet
Prentice for
spotting these.*

Wellie Boots for March

First of all, my sincere apologies for misinformation in February regarding our local snowdrop display. My notes got mixed up and I was a month early, but at least no-one has an excuse for missing them this year. Yes, they're still hanging in there. But now is the very best time to start increasing your stock of snowdrops by planting "in the green". These can be bought either loose by the hundred or preferably container grown (more expensive). When planting add some compost to the soil plus a sprinkling of bone-meal and plant them slightly deeper than they were in the pot or ground. Reminds me of last year when dear Delilah rang up to enquire what day we were planting out our snowdrops in the green – poor thing thought I had meant the village green. Easy mistake to make, if you don't think about it?



Well, I suppose we're not out of the woods yet so I'm probably tempting fate, but here in East Anglia we seem to be extremely lucky this winter, although other parts of the country have not been so fortunate. So already the mad March hares have been seen "boxing" in the pastures around the village and small garden songbirds are beginning to stake claims to various nest-boxes around the garden – very early, I know, but then, as we all have experienced, first come first served. At the moment we are fortunate enough to have a group of bullfinches visiting daily, three males and a female, which we suspect are the offspring of the pair we had last year. Being normally a woodland bird they probably hang out in The Wilderness but they just luurve all the new shoots on our old wild-plum tree (not to be encouraged if you have fruit trees, but they are one of the most beautiful of our native English birds after all). So they swoop in regularly each day for tea but rarely use the bird station. P'raps their table manners aren't as good as the other guests?

Following such a mild spell, you will most certainly be seeing new growth appearing at the base of many of your perennials, but be very careful – it's still very early in the year and we can still get severe frosts until mid-April or later. So, if you have any particular plants you covet, I would still cover the new growth with some more mulch for extra protection. My peonies, for example, are particularly advanced for the time of year and they have been outside all winter, whilst I have several rooted cuttings from the greenhouse that need to be potted on. We urgently needed more space which was partly solved by those dear little mouskies who proceeded to eat all my sweet-pea seedlings last month. Needless to say, both seedlings and mouskies are no more. But now it's spring (almost) and that means spring-cleaning and the garden and greenhouse are no exceptions. So first, out with all those old grow bags – the contents make a very good soil conditioner almost anywhere in the garden. As for plastic flower and plant pots, if you need any give me a ring but be warned, they're fairly clean but may need washing before use.



Now if you're anything like me you'll have umpteen pots around the garden containing plants that seemed a good idea at the time but have never quite made it to the garden proper. Many, I'm sure, will have succumbed to the one or two severe frosts we have had earlier, but even if they show the slightest sign of life during March, into intensive care they'll go. A large number have died down to the ground, so their roots will require examination to see whether life is extinct or not. However, the compost in smaller pots and urns etc will already be spent and really deserves a complete change to get rid of vine weevils and other pests. Vine weevils are those pesky little creamy-white curled grubs that deposit their eggs in old compost, hence the need for a complete change. Mind you, scatter your old compost over the garden in general and your resident robin (we all have one) will soon make short work of them. And this is always a fun process, as many of the smaller pots have also lost their labels and identifying these from early growth is often well-nigh impossible. But if you do make a mistake, you can always ship it off to the plant stall at the May Fair on the village green in aid of church funds, so why not also nurture a few extra plants and bulbs for this worthy annual event as well? With larger shrubs such as azaleas, rhododendrons, camellias etc in our area, planting in tubs and in ericaceous soil is a must. Regular feeding throughout the year produces the most excellent results. But even these specimens may need larger containers every two or three years.



Meanwhile, elsewhere in the garden this rather wet winter has taken its toll, and patios and paths in particular have large infestations of algae and moss, especially in cracks and grooves, so I have purchased a long-handled narrow wire brush which seems to do the trick. But this may mean some pointing repairs will have to be done later on, whilst a proprietary brand of patio cleaner performs quite well elsewhere. At the moment, underneath trees and shrubs, most of us have an assortment of dead deciduous leaves lurking and harbouring pests, but don't put them on your compost heap as they only break down well in cold conditions - and the heat in a compost heap prevents this from happening. So instead, rake these damp leaves up, place in black plastic bags, tie and pierce several times with a fork, throw into a corner and forget for twelve months. Result – some of the most wonderful leaf mould you can find anywhere and all for free.



Lawns are also in a very wet, bedraggled state and we have to look at repairing the damage as quickly as possible. As soon as conditions allow, a good "going over" with a sprung lawn-rake will remove a lot of unwanted moss and "thatch" which will allow the grass to breathe more freely, and spiking with a garden fork, combined with the well-tried Easton Wiggle, will help drain any excess water. Then tackle any bald areas by either patching with a few spare turfs cut to size or re-seeding, but be careful to protect any such places otherwise birds will clear any seeds as fast as you can sow them. As for the moss and thatch you've just removed, you'll find the birds will find it makes very comfortable furnishings for a nifty detached "des-res".

Well, spring is sprung, the grass is "riz", and I know where all the birdies is, so keep gardening on, everyone.

Wellie Boots



**EASTON & LETHERINGHAM
VILLAGE HALL**



50th
ANNIVERSARY

1965 - 2015

WOW! What a night! Cocktail dresses, tuxedos and bow ties were out, the hall was looking spectacular with red and black themed decorations, balloons and lighting; cocktails were being drunk and canapés nibbled on. The casino night to celebrate the 50th anniversary of the village hall being bequeathed to the residents of Easton and Letheringham was a huge success, with around 70 people joining us for a fun celebratory evening.

The four speciality cocktails devised for the evening; A Bloody Mary Wilson; A Margie-Rita; A Crinkle-Crinkle Wall Banger and a Beryl Webster certainly went down a storm as did all the delicious home made canapés.

Everybody was given £200 of play money for the evening and really threw themselves into the fun of Blackjack, Roulette and Craps. Our winning couple turned their £400 into over £10,000 and won a home dinner party cooked by a professional chef!

The evening also raised around £500 of which half will go to our chosen charity of **First Responders**.

All the committee worked really hard in arranging and running the evening and a big thank-you to them all. We were delighted to receive the emails and feedback thanking us for an enjoyable evening, which were much appreciated.

Our next event, a Quiz Night on 21st March, is already sold out and we look forward to seeing you there.

Ian Palfreyman

CASINO NIGHT

50th Anniversary of the Village Hall



Concentration at the Craps table, it's as if it was their own money..!



Red or Black? That's the decision. Luckily for Richard and Patricia it turned out to be a winning one!



Keeping focused at the Blackjack table!



The look of a man who bet on odds and it turned up evens..! Fortunately it was only play money John.



Opportunistic Thefts

Sheds

There have been a number of sheds targeted across Suffolk recently both at residential properties and on community allotments. Criminals are tempted by the goods and equipment stored within them including hand tools, power tools, lawn mowers, bicycles and fishing equipment. Sheds are often poorly secured, or indeed left insecure making them an ideal target for the opportunistic thief.

Inside the shed consider securing your tools to a ground anchor or through their handles to a 'shed shackle', or other similar security anchor point. Anchor points are designed to reinforce the security of equipment within a shed by securing it to an 'anchor' point. Please bear in mind that the chains and padlocks used should be just as secure and fit for purpose. Consider an alarm; either a battery operated alarm (sold at most police stations) or upgrade an existing house alarm to include the shed.

Tools that are obviously marked are difficult for an offender to sell on. Property mark your tools, popular options include obvious marking such as etching, painting or DNA products like Smartwater and SelectaDNA. Advertise the fact that they are marked with signs or window stickers to deter an offender, but make sure you keep a note of serial/make/model numbers and take photographs of any valuable or unique garden ornaments and tools. Register all equipment with a serial number on the national database www.immobilise.com for free. This helps police identify and locate an owner if items are lost or stolen.

Cars

There have been a number of incidents where mobile phones and money have been stolen from vehicles. Three of these have been in Dennington and in all cases the vehicles had been left unlocked. It would appear that thieves are simply walking along a street, trying the car handles and taking advantage of those that are insecure.

John Owen

LEATHERINGHAM NOTES

MONDAY MARDLE

Our Mardle for March will be the last of the current season:

“Another Day, Another Donkey”

Mary Skinner tells of her fifteen years starting and running a sanctuary for old and unwell donkeys in Cyprus.

**Monday 9th March at 7.30pm
in Easton & Letheringham Village Hall**

£6 donation includes glass of wine.
All proceeds to St Mary's Church, Letheringham

Paul Clarke

Phoenixsingers

Our next concert:

**28th March 2015, 7.30pm at
St Michael's Church, Framlingham**



Orff: **Carmina Burana**

Saint Saens: *Carnival of the Animals*

Mack Wilberg: **Three Scottish Songs**

Tickets: **£12.00** (£6.00 for under 18s), includes reception after the concert, available from **Hall Farm Butchers**, 25, Market Hill, Framlingham, **William Glasse** william@glasse.org.uk, 07802 597071, and **choir members**, also at the door. charity no. 1076549

Wickham Market Medical Centre

FEBRUARY NEWSLETTER 2015



Investors in People

We are pleased to announce that we have retained our Investors in People Accreditation. The Surgery has worked very hard to maintain the standard for the award and we are very proud of this achievement. The partners would like to take this opportunity to thank all the staff for their hard work on this outstanding achievement.

Virtual GP – Coughs, Colds and Sore Throats

We are now offering a virtual GP online service called VirtTuri on our website.

If you have any queries about coughs, colds, sore throats Dr Matthew Piccaver may be able to answer some of your questions. His advice may enable patients to manage their symptoms more effectively and understand when it is appropriate to book an appointment with the GP.

This service is also available on mobiles, tablets and PCs. For more information view the website <http://www.virtturi.co.uk/>

Getting Advice from your Local Pharmacy

Please remember that your local pharmacist is an expert on medicines and can give you lots of advice on the best way to treat problems such as colds, coughs, minor burns, diarrhoea, sprains, bumps and bruises. They are also able to dispense prescriptions and can answer questions about medication.

You can talk to your pharmacist in confidence about your symptoms without having to book an appointment. They can also give advice on whether you need to see your doctor.

Missed Appointments.

From 1st November to 31st December 2014, **348** appointments were missed. This equates to **63.71** hours of wasted clinician time:

Please could we urge all patients to call the surgery if you need to cancel or re-arrange your appointments.

AGE UK Suffolk Dementia

Advisor

An AGE UK dementia advisor will be providing and holding clinics to advise patients at Wickham Market on the following dates:

- 10th March 2-4:30 pm
- 14th April 2-4:30 pm

The advisor will be able to give information, advice and guidance to diagnosed patients and their carers. They will also provide ongoing support after the session through occasional follow-up phone calls and home visits when necessary.

Please make an appointment with reception if you would like to see the advisor.

Patient Group Vacancy

We have a vacancy on our patient group for a parent of young children. The Patient Group meets a few times a year to discuss possible improvements. If you are interested in the position please contact one of the patient group members or the Business Manager Jane Wallace to discuss the vacancy in more detail.

Patient Survey

The results from the latest GP National Patient Survey are available on our website. The report includes feedback and comments from our patient group.

Changes to our Clinical Team

We are pleased to welcome the following new staff to clinical team.

Dr Charlotte Ridout will be joining the practice on the 1st April she will be taking over Dr Sarah Trigg's patient list.

Cathy Leete will be joining the practice on the 1st March, Cathy is a very experienced Nurse Practitioner.

Jackie Young will be joining the practice on the 10th February; Jackie is a Diabetic Specialist Nurse

The following staff will be leaving the practice in February and March and we would like to wish them all the very best for the future and to thank them for all their hard work and support

Dr Philip Stewart

Pauline Naidu – Practice Nurse

Anne Ackerley – Practice Nurse

Your Patient Representative is :-

Jane Pollock - 01728 747343

jvpollock@mypostoffice.co.uk

Surgery tel: 01728 747101

www.wickhammarketmc.co.uk



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VILLAGE HALL

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7PM

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JACKIE THOMAS AT HUNT KENNELS - 01728 747267

OR JULIET QUILTER – 01394 411135

**Bring along your membership card for £1
off entry fee**





The British Red Cross in Suffolk hit the headlines early in 2015 as they helped save 123 bed days at Ipswich Hospital over six weeks.

Here's how else the Red Cross in Cambridgeshire, Norfolk and Suffolk helped the local community cope with crises in 2014:

Our **Emergency Support** team responded to 30 call-outs (9 times to notifiable incidents)

Our **Fire and Emergency Support** team responded to 89 call-outs

Our **Ambulances** were required to transport 7 patients between hospitals

Our **Events First Aid** team attended 307 events (recovering 72% of their costs through charges)

Our **International Family Tracing** team assisted 111 people

Our **Refugee Support** team helped 636 people (including dependents)

Our **First Aid Learning** team helped: 941 vulnerable adults e.g. homeless people, 125 vulnerable young people e.g. young carers and 4605 young people e.g. in schools

Our **Humanitarian Education** team reached 2888 young people

Our **Independent Living** team helped: 3078 Support at home clients, 10,247

Mobility aids clients (wheelchair loans), 504 Transport support clients, 3075 Hand arm and shoulder massage clients, 15,924 other health and social care clients e.g. Accident and Emergency dept. support, home welfare checks etc

We spent over £150,000 helping people in Suffolk in 2014.

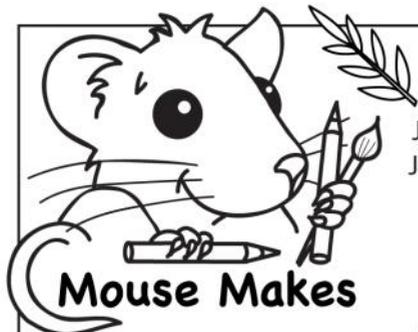
Volunteers needed

We need someone to visit sites in their local area to display posters/fliers and help with our community collection tins. All visits will be to established Red Cross supporters. We anticipate that sites will need to be re-visited every three months. Suggested hours: one day every three months, or as suits.

Typical tasks include

- Visiting pubs, shops, fast food outlets and other commercial premises which support the Red Cross.
- Displaying challenge event or emergency appeal posters
- Replacing community collection tins, counting and banking the income from full collection tins

Interested? Contact Jane Dow 01284 727247 janedow@redcross.org.uk



Mouse Makes

Some believed Jesus was God's Saviour, the Messiah, but some did not.

What do you believe?

Read these stories from Mark's Gospel - 1:40-45, 4:35-41, 5:1-43 and 6:30-56

JESUS COMES TO JERUSALEM AS KING

As Jesus and his disciples approached Jerusalem they came to the Mount of Olives. Jesus sent two disciples ahead of him and said "You will find a donkey and her colt, untie them and bring them to me."

A large crowd spread their coats and branches cut from the trees onto the road in front of Jesus and shouted:

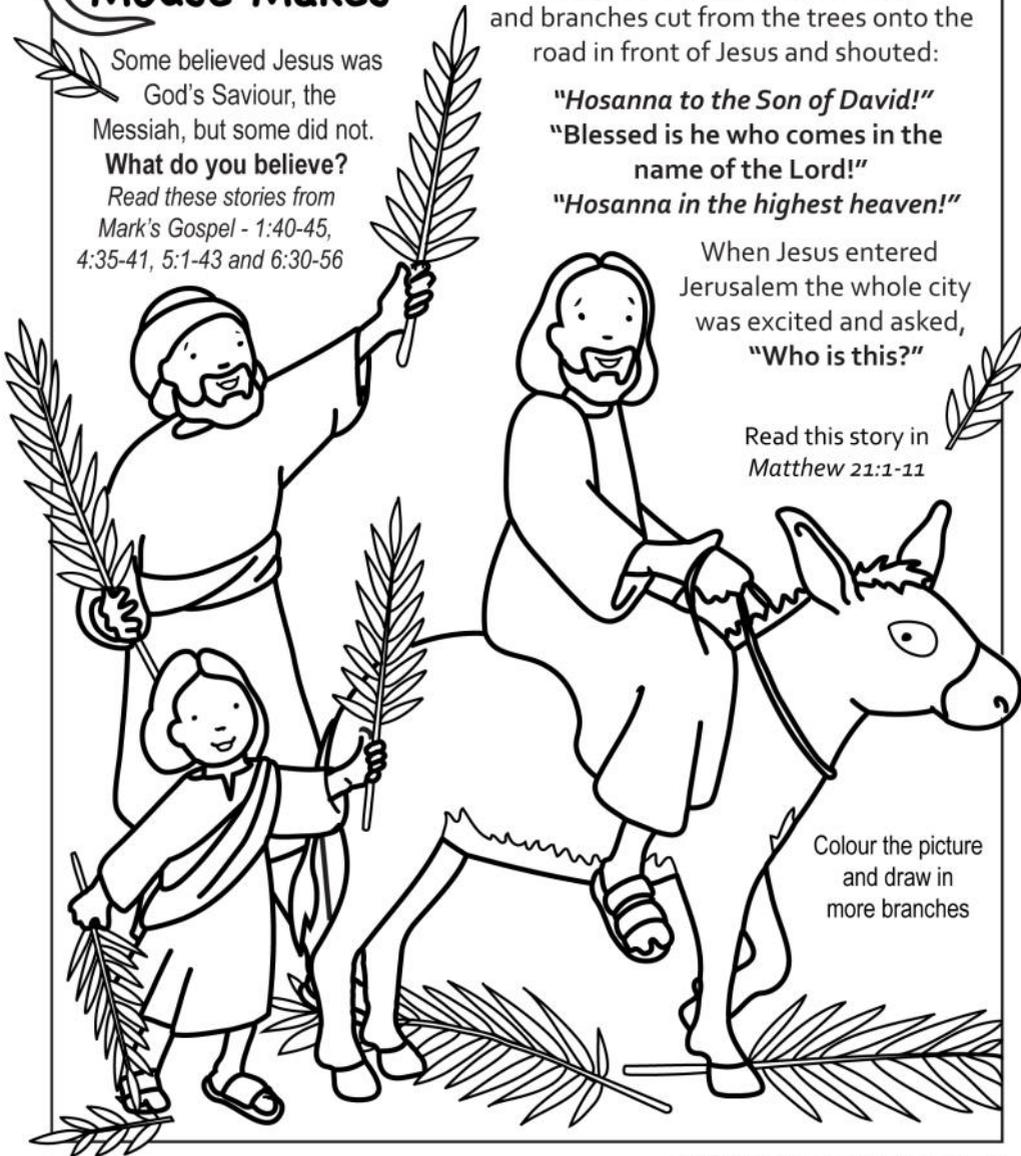
"Hosanna to the Son of David!"

"Blessed is he who comes in the name of the Lord!"

"Hosanna in the highest heaven!"

When Jesus entered Jerusalem the whole city was excited and asked, "Who is this?"

Read this story in Matthew 21:1-11



Colour the picture and draw in more branches

CONTACT DETAILS OF COUNCILLORS THAT SERVE EASTON

Parish Councillors:

Chair : John Owen

Tel: 01728 746644

(Also SCDC Representative)

Vice Chair : Bob Gibbon

Tel: 01728 746866

(Also Playground Officer)

Tony Smith

Tel: 01728 746658

(Also Emergency Officer)

Brian Boon

Tel: 01728 745057

(Also Public Footpath Officer)

Michael Coney

Tel: 01728 746181

(Also Tree Officer)

John Kerr

Tel: 01728 746239

Adrian Hollins

Tel: 01728 746053

Clerk :

Sally Loader

07789 538430

E: easton.suffolk.pc@gmail.com

(Also Responsible Finance Officer)

Suffolk County Councillor

Peter Bellfield

Tel: 01473 735259

Fax: 01473 735859

Suffolk Coastal District Councillor

Bob Snell

Tel: 01728 685877

**A copy of the latest draft minutes
of the Parish Council can be read
on the back of the village notice-
board.**

Do you have something to put in the magazine?

Contributions to the next Parish Magazine should arrive by the 20th of the month before, either by email or by handwritten piece, please.

My email address is :-

clareeowen@tiscali.co.uk

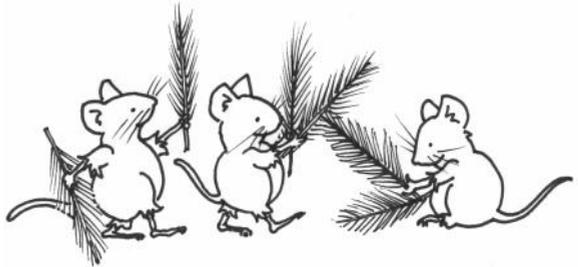
or handwritten pieces to me at 5 Harriers Walk,
Easton IP13 0HA

Village Hall Bookings

Contact Jean Blackwood-Pugh

Email: jeanmbp@gmail.com

Tel: 748378



**For more information on your
local villages, visit the parish
websites:-**

www.easton.onesuffolk.net

www.brandeston.net

www.kettleburgh.suffolk.gov.uk

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