

# Easton Parish Magazine



*May 2018*

*25p*

# ALL SAINTS' CHURCH, EASTON

- Priest-in-Charge** : **From 17th May 2018 -  
Rev Graham Hedger**
- Churchwarden** : **Jane Woodbury-Eggs**  
Bickley, Harriers Walk  
**Tel: 746667**  
Please contact Jane initially to arrange  
weddings, baptisms or funerals.
- Treasurer** : **Carol Rook**  
Ivy Cottage, The Street  
**Tel: 746162**
- Magazine Editor** : **Clare Owen**  
5 Harriers Walk  
**Tel: 745015**

**For pastoral emergencies ONLY please contact:  
The Rural Dean The Revd Mark Sanders  
[revmarksanders@tiscali.co.uk](mailto:revmarksanders@tiscali.co.uk)  
Tel 768875**

## ***FLOWER AND CLEANING ROTA***

	<b>Flowers</b>	<b>Cleaning</b>
<b>5th May</b>	Jane Woodbury-Eggs	Jane Woodbury-Eggs
<b>12th May</b>	Jane Woodbury-Eggs	Jane Woodbury-Eggs
<b>19th May</b>	Dot Blane	Dot Blane
<b>26th May</b>	Dot Blane	Dot Blane
<b>2nd June</b>	Paul Batley	Jayne Gibson

## **Church Mission Society shines spotlight on 'vital, but hard to fund' mission in the UK**

In parts of the UK, there is a kind of poverty more profound than in Uganda. This is the view of Rev Jenny Green, a missionary working with Church Mission Society on the Faxfleet estate in Bradford.

Prior to being community chaplain in Bradford, Jenny Green spent 20 years with CMS in Kisoro, south west Uganda, where she set up Potter's Village, a children's crisis and medical centre. And while it is true that one third of the population of Uganda subsists on less than \$2 a day, Jenny points out that at least: "In Kisoro, almost everyone has someone... there is help from extended family networks and the local community. But in Faxfleet, as in many other parts of the UK, community and even primary family structures are so broken that many find themselves completely destitute."

Jenny tells of one woman in Bradford who spent three months living in a tent in the woods, with no income or benefits, surviving on food from her local food bank. For many in the area, vandalism, arson and fly-tipping are rife, and people are frightened and lonely. A few frail elderly people find themselves unable to sell the homes they bought years ago, as their value has been so eroded. They've been joined by people from a mix of nationalities, unfamiliar with each other's cultures and languages, and struggling in isolation with their own issues.'

As a community chaplain with Church Mission Society (CMS), Jenny helps bridge the gap between church and community, supporting those whose lives have been torn apart by poverty, unemployment and family breakdown.

Naomi Steinberg, CMS head of communications, said, 'People don't realise how much work CMS does in the UK. Unfortunately, this vital UK mission can be harder to raise support for. But the reality is that so many others in our nation feel utterly abandoned and without hope or help. Yet they matter so dearly to God.'

To read more about Church Mission Society's work in the UK go to [www.churchmissionsociety.org/bringhope](http://www.churchmissionsociety.org/bringhope).



## *Church Matters .....*

### May Fair

Come and have fun at our annual Fair on 5th May on the Bank Holiday Saturday. There will be the usual stalls, teas and music, and some new attractions! More information on page 7.

### Licensing of Revd Canon Graham Hedger

Graham's licensing as our Priest-in-Charge for the Orebeck Benefice will take place in **Hacheston Church at 7.30 pm on Wednesday 16th May**. This is the time when he officially takes up his post. Everyone is invited to welcome him and his wife, Sue, to our parishes. There is a short reception afterwards in Hacheston Village Hall opposite the church. (The VH has good parking.)

### Benefice Services

The benefice service on 6th May will be at Marlesford at 10am.

The June benefice service will be at 10 am at Parham on 3rd June.

### Baptism

At our Communion service and COSMIC Club on 27th May we shall be welcoming James William Annal to our church for his baptism. We look forward to seeing him and all his family and supporters.

### APCM (Annual Parochial Church Meeting)

This was held on Tuesday 17th April in the Village Hall. The officers appointed for the coming year are as follows -  
Churchwarden: Jane Woodbury-Eggins, Treasurer: Carol Rook and Secretary: Clare Owen.

## Discussion Group

The next meeting will be on Wednesday 2nd May at Bickley, Harriers Walk. When we will be studying the Book of Jonah. The meeting starts with coffee/tea at 10.30 am. New members are always welcome.

## Dates for your Diary

### Archdeacon's Visitation

This service, which officially installs the churchwardens in their parishes, will be held at Debenham at 7.30 pm on Monday 9th May. This is a service for the whole of the Deanery and beyond.

### PCC Meeting

There is a PCC meeting on 5th June at 7.30pm at Bickley.

*Jane Woodbury-Eggins*

## MAY FAIR — SAT 5TH MAY ANYTHING TO SPARE?

We need Bric-a-Brac, Toys, Books, Homebakes and Plants. Have you got any to spare?

Bric-a-Brac, Toys and Tombola to Jane Woodbury-Eggins, Bickley, Harriers Walk (T:746667) or Nancy Pearson, Glevering House (T: 564398)

Books to Clare Owen, 5 Harriers Walk (T: 745015)

Please deliver them a few days prior to the Fair or pop them in the church porch on Friday 4th.

Fresh cakes and plants to the stalls on the day.

Thank you!

Emma Gibbon



# ALL SAINTS CHURCH

welcomes you to

## *Sunday Cafe*

**Easton Village Hall**

**20th May**

**10.00 - 11.30 am**



**Bacon rolls made to order,  
croissants, toast.**

**Homemade sausage rolls, quiches,  
cakes, cheese and fruit scones.**

**All available to eat in or take away.**

**EVERYONE is welcome so if you  
haven't joined us before, do come and  
see what we have to offer, meet some  
new people or catch up with old  
friends.**

It's ....

C O S M I C !

There are 3 parts to the Holy Trinity :

God the Father, God the Son and God the Holy Spirit

This month we will be finding out about God sending Jesus to rescue the world, not tell everyone what they had done wrong. We can have a fresh start any time of the day any day of the week. It's all about trying to be the best you can be.

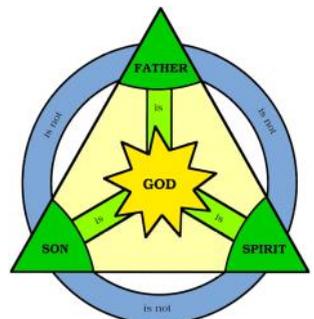
Come along and find out about metaphors too, such as finding other things that have 3 things about them. For example, Water = water, ice, steam.

There'll be some colouring too for younger children.

Sunday 27th May at 11am, All Saints Church

Emma Gibbon T: 746866

COSMIC  
(Children on Sunday  
Morning in Church)



# MAY FAIR

Saturday 5th May

2 till 4 pm

Village Green

Crowning of the May Queen 2.30 pm

Ipswich Community Wind Band

Rabble Chorus

Cream Teas and delicious Home Made Cakes

Lots of stalls: Plants, Homebakes, Toys, Books,

Bric-a-Brac, Hook the Duck,

Human Fruit Machine, Coconut Shy,

Tombola, Grand Draw, Bran Tub,

Guess the Weight of the Cake,

and lots lots more!

**Proceeds to All Saints Church**



# EASTON & LETHERINGHAM VILLAGE HALL



The Village Hall Management Committee Annual General meeting is being held at the hall on Tuesday 15<sup>th</sup> May starting 7.15pm. This is an opportunity to meet the committee and hear the annual reports and accounts for the last 12 months. Every resident in Easton and Letheringham is part owner of the hall and this is an opportunity for you to meet and ask questions of the committee elected as trustees to look after and run the hall for you.

Your support and attendance of the AGM is most welcome, and we look forward to seeing you there.

## **Committee member required**

We are also looking for an additional resident to join the committee. Specifically we are looking for someone who may be able to help in the role of Treasurer. This role involves keeping the accounts up to date and paying money into the bank.

If you are keen to join the committee, but not as treasurer, then please still get in touch as roles and responsibilities can be changed to encourage a willing volunteer!

Being on the committee also means committing to 4/5 meetings a year.

If you are interested in finding out more then please contact Ian Palfreyman on 747366.

**Easton and Letheringham  
Village Hall Management Committee**

**Annual General Meeting**

**Tuesday 15<sup>th</sup> May**

**7.15 pm in the Village Hall**



Our speaker for May is Ian Page and the title of his talk is "The best of both worlds, Guv", to be held in the village hall on Tuesday 22nd May at 7.30pm.

New members can join in May on a pro-rata subscription, so if you are interested in joining us, please come along and meet us.

Enquiries to Janet Prentice 746808  
or email [prenticejanet@hotmail.com](mailto:prenticejanet@hotmail.com)

# EASTON PRE-SCHOOL HAS MOVED TO



Contact us to  
arrange a visit!

## 01728 746935

[www.eastonpreschool.org.uk](http://www.eastonpreschool.org.uk)  
The Hamilton Room, Easton Farm Park, Easton IP13 0EQ

# Village View in May



## Mobile Library

Wednesday 9th May  
12.25—12.45 pm  
Easton Farm Park

Village Hall Management  
Committee AGM  
Tuesday 15th May  
7.15 pm Village Hall

Sunday Café  
20th May  
10—11.30 am  
Village Hall

Easton Belles WI  
Tuesday 22nd May  
7.30 pm  
Village Hall

Easton Pre-School  
The Hamilton Room at  
Easton Farm Park  
Mon 8am-4pm  
Tues Closed  
Weds 8am-4pm  
Thurs 8am-4pm  
Fri 8am-4pm

Strength and Balance Class  
Mondays  
2—3 pm  
Village Hall (see page 12)

Yoga Flow with Kat Hesse  
Tuesdays  
9.30 am—10.45 am  
Village Hall

Pilates  
Every Wednesday  
9.15 am (advanced)  
10.15 am (mixed ability)  
Village Hall

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

Rabble Chorus Community Choir  
Thursday evenings  
8—9.30 pm  
Village Hall  
First session free!



**Easton & Letheringham  
Village Hall**

# Yoga Flow

Energising, strengthening  
Yoga class.  
All levels

**Tuesdays  
9.30—10.45am**

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**Block rate £49 for a 7 week term or £10 per  
class (drop-in)**  
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**with Kat Hesse**

for more information contact Kat  
Email: [kat@rhythmoflife.co.uk](mailto:kat@rhythmoflife.co.uk)  
or ring 01728 638604

# STRENGTH AND BALANCE CLASSES



Come and join our friendly exercise class and keep fit from head to toe.

We generally warm up to music, then jiggle our joints, test our brains, followed by some muscle movers and finish with a cool down and relaxation.

**Easton Village Hall  
Mondays 2-3pm  
(Starts 30<sup>th</sup> April)**

**£5.00 per session**

**Call Amanda (01728) 688696  
for more information  
[www.CoastalFitness.co.uk](http://www.CoastalFitness.co.uk)**

**Easton Parish Council  
is pleased to host**

**Easton Annual Parish  
Meeting 2018**

**Friday 1<sup>st</sup> June**

**at Easton & Letheringham  
Village Hall**

**7.30pm**

**Everyone is welcome  
Local groups and organisations  
are invited to give a short  
report of their past year.**

# SUMMER SPORTS IN EASTON

Easton Cricket and Bowls Clubs welcome visitors to watch a game, enjoy tea and cake or a glass of something more invigorating.

If you are interested in becoming a member of either club, please contact, in the first instance, John and Carol Rook 746162.

## MAY FIXTURES

### Cricket

Sat	05	1st XI	v	Abberton & District	Home
		2nd XI	v	Bury St Edmunds	Away
Sun	06	Sunday XI	v	Saxmundham	Away
Sat	12	1st XI	v	Bury St Edmunds	Away
		2nd XI	v	Sudbourne Hall	Home
Sun	13	Sunday XI	v	Elmswell	Away
		Ladies XI	v	Mildenhall	Home
Sat	19	1st XI	v	Tuddenham	Home
		2nd XI	v	West Bergholt	Away
Sat	26	1st XI	v	Walsham Le Willows	Away
		2nd XI	v	Braintree	Home
Sun	27	Sunday XI	v	Castle	Away

Matches start at 1.00pm

### Bowls

Thur	03	Friendly	v	Wkm Mkt Triangle	Home	6.30
Tue	08	Woodbge Lge	v	Dennington	Away	7.00
Thur	10	Fynn Lge	v	Hollesley	Away	6.45
Thur	17	Woodbge Lge	v	Waldringfield	Away	7.00
Sun	20	Open	v	Eric Peck Trophy	Home	11.00
Mon	21	Open	v	Pairs Tournament	Home	10.00
Tue	22	Woodbge Lge	v	Leiston Town	Away	7.00
Thur	24	Fynn Lge	v	Wickham Market	Away	6.45
Tue	29	Woodbge Lge	v	Otley	Home	7.00
Thur	31	Fynn Lge	v	Sweffling	Home	6.45

# Easton Primary School



The end of the spring term at school was a really busy time but we still managed to fit in our annual traditions at Easter. We had our Easter bonnet competition and you may have seen us walking down to the church on the last day of the spring term. The hats this year seemed to be more amazing than ever and I'm pleased to say I didn't have to be the judge - a very difficult decision, so well done to all involved! We also had our Easter egg hunt on the school playing field, the Easter bunny was very busy this year with so many to find we were a bit late for lunch.

Each class has been involved in some wonderful learning opportunities this term, Pirate Class were lucky enough to have a student teacher join us for the spring term so the children had two for the price of one and enjoyed every moment. They have also been lucky to have lots of visitors to help with cooking, gardening, computing and reading. The topic this term for Pirate Class was 'The Royal Family'. This was linked with many subjects across the curriculum and the children really enjoyed finding out about them from years ago to the present day.

The whole school continues to enjoy Carol Rook's reflective stories. The children have become very good at asking relevant questions. We are very grateful to Carol for giving up her time to be with us. The children in years 1-6 had a visit to the planetarium at Wickham Market—a wonderful opportunity to find out about space and bringing learning to life! In Maths Griffin Class have been learning about how perimeters change by using kitchen tiles. We have written mini play scripts in English. We have been learning about forces in science and investigating how a lever works, making a giant one in class (there was a lot of excitement, that day). In ICT, we coded our robots to follow specific routes. We have enjoyed making videos in R.E. We thought about the rights and responsibilities of the children in the world and in school during P.S.H.E. (Personal Social Health Education).

Last term saw Dragon Class find out about famous explorers and significant people from history. We learnt about Christopher Columbus and Neil Armstrong, comparing their respective voyages and considering similarities and differences between their experiences and equipment.

We also learnt about living things and attempted to find wildlife habitats in our local environment. We toured the school grounds, looking for evidence that animals and plants had made a home in different locations, and considering what features of the habitats meant the living things had chosen to live there.

We learnt about pop-up books, re-telling traditional tales in our own words and making our own pop-up books for the story. We capped the term off with our class assembly and performing in the Easter service at All Saints Church in the village.

Muck, Mess and Mixtures was the focus last term in Science Club and proved very popular - because of the amount of mess created no doubt! We learned about atmospheric pressure, chemical reactions and Non Newtonian fluids; aka slime, magic tricks and glupe. All year groups joined in and it was heart-warming to see the older children supporting the younger children with various tasks such as weighing, measuring and mixing. Next term promises to be just as exciting, utilising spaghetti, marbles, pipe insulation and plastic bottles to create some physics action.

We look forward to a busy summer term with our eldest children taking their SATs, we wish them good luck and remind them that all we ask from them is that they try their best!

Mrs D Payne, Early years/KS1 teacher

# **NEIGHBOURHOOD WATCH**



## **Most of the information fraudsters need to steal your identity can be found on Facebook**

### **Fraudsters need just three pieces of personal information to steal your identity, most of which can be found on your Facebook profile.**

All it takes is your name, date of birth and address for fraudsters to steal your identity and access your bank accounts, take out loans or take out mobile phones in your name.

Recent YouGov research from Equifax has revealed that a high proportion of social media users risk identity theft by giving fraudsters easy access to this type of personal information.

The survey found that almost 30% of adults with a social media account include their full name and date of birth on their profile pages.

### **Finding out your age and where you live**

Even if you don't publicly show your age on your Facebook profile, fraudsters can still work out your age from people wishing you well on your timeline. Once they have your date of birth, they can find out where you live too.

You should review your privacy settings and ensure you are not revealing too much.

John Marsden, head of ID and fraud at Equifax, said: "People must act now to protect their finances for the long term. More adults in the UK are engaging with social media than ever before, especially on their smartphones, and a high number are readily sharing their personal information on these platforms."

"Fraudsters get hold of this type of information so they can impersonate an individual, either by setting up accounts in their name or accessing existing accounts and stealing from them. The extent of damage can run to thousands of pounds worth of debt being racked up in your name. My advice to consumers is to be social savvy; avoid unnecessarily sharing personal details and risking your identity on platforms that can so easily be exploited. It's always nice to receive well wishes on your birthday – but is it worth the risk?"

## **Well-known names being used in cryptocurrency scams**

Action Fraud is warning the public about the growing problem of criminals using the reputation of prominent people in cryptocurrency scams.

In March alone, Action Fraud received **21 reports** of this kind, with a total reported loss of more than **£34,000 to victims**.

Fraudulent websites claiming to offer cryptocurrency investments are using images and fabricating recommendations from prominent individuals such as Deborah Meaden from the BBC's Dragons' Den and Martin Lewis, the founder of MoneySavingExpert.com, without their consent.

The adverts are placed on social media and other websites and use images of these individuals to promote fraudulent cryptocurrency investments. Clicking on the advert takes you to the full article where their images are presented along with fake quotes recommending that you make investments with the fraudulent company in cryptocurrencies such as Bitcoin.

Alternatively, clicking on the advert will take you to a page where you are required to input your contact details. The suspect company will then phone you and persuade you to invest.

### **How can you protect yourself?**

- **Don't assume it's authentic** – professional-looking websites, adverts or social media posts don't indicate that an investment opportunity is genuine. Criminals can exploit the names of well-known brands or individuals to make their scams appear legitimate.
- **Don't be rushed or pressured into making a decision** – a genuine bank or financial organisation won't force you to make a financial transaction on the spot. Always be wary if you're pressured to invest quickly or promised returns that sound too good to be true.
- **Stay in control** – avoid unsolicited investment offers, especially those over cold calls. If you're thinking about making an investment, get impartial advice from an independent financial adviser – never use an adviser from the company that contacted you, as this may be part of the scam.

*John Owen*

# **Village People**

**Gil Farley**

## **How long have you lived in Easton?**

Since September 1988.

## **What made you move here?**

Three reasons. My daughter Linda and her husband David lived in Martlesham at the time and were expecting their first child (Matthew). Secondly I knew Adela Cawston who lived in School Lane; and thirdly I love sailing and wanted to be near the sea!

## **What are your favourite things about living here?**

Everybody is so friendly and it's a very pretty village and interesting historically. Also I met Peter who was an unexpected blessing to me!

## **What is your least favourite thing about living here?**

Drivers who take no notice of 30 mph signs!

## **What is the most interesting job you have ever had and why?**

One year at Queen Mary's Hospital, Carshalton, where the ward I was on looked after children with "hare lips" and the wonderful surgery that was carried out to help them.

## **Have you ever lived in another country?**

I lived in Hong Kong from 1974-78. My first husband, Reg, was seconded from British Rail to run and modernise the Kowloon-Canton Railway.

## **My greatest strength ...**

Becoming a Christian, just before my first husband died.

**My greatest weakness is ...**

Having a sweet tooth! Can't resist those beautiful cakes.

**If you could pass any law you would ...**

Ban the use of mobile phones at the meal table!

**Your favourite TV programme is ...**

Gardeners' World—Monty Don has such enthusiasm for plants.

**My favourite book ever is ...**

The NIV version of the Bible is the most helpful, but I do love all the Poldark books.

**My favourite place in the UK (other than Easton) is ...**

Salcombe, Devon. My sailing partner, Jane, introduced me to the Island Cruising Club and they taught us the theory (and practicality) of sailing all types of yachts and dinghies.

**The best day of my life was ...**

15th February 1997 when I married Peter Farley.



## A LETTER FROM DR DAN POULTER

Mobile phones have been around for over 30 years now. In that time they have been completely transformed and completely transforming. As the great bricks that became synonymous with the 1980s gave way to the sleek, all encompassing smart phones of today, so the way people use them has changed beyond recognition, and the impact of those changes has been dramatic and, on the whole, hugely beneficial.

Whilst almost anything can be done via your mobile phone, its original purpose remains fundamental—the ability to speak to other people. It is there that technology just hasn't kept up. In Suffolk, mobile phone reception is extremely mixed and, in some places, non-existent.

It is in that context that the 'No More Not Spots' campaign has been launched by the British Chamber of Commerce, and strongly supported by the CEO of the Suffolk Chamber, John Dugmore. As John rightly said, "It's particularly important in Suffolk because we have a number of key strategic arteries such as the A12 and A14 with terrible not-spot areas."

I'm sure we can all add to that with the areas we've struggled to make or take a phone call. Quite simply, we must do better. Suffolk has great potential, but in a competitive world we need to keep advancing in order to retain and build on its competitive advantages.

The campaign aims to encourage people to share the details of not-spots which you can do via the Chambers of Commerce website. The Chamber will then take these details to the big network operators, as well as councils and the government, with the laudable aim of achieving 100% coverage by 2020.

We can all do our bit, and I will certainly aim to push this matter with my colleagues in parliament.

So, spread the word and #shareyournotspots.

Dan Poulter



# WICKHAM MARKET MEDICAL CENTRE SPRING NEWSLETTER



## **CQC RATING – OUTSTANDING FOR LEADERSHIP – GOOD OVERALL**

### **GP+ APPOINTMENTS**

Suffolk GP+ is a NHS service delivered by the Suffolk Federation. The service is manned by local GPs and Nurse Practitioners. There are a number of bases throughout Suffolk including one here at Wickham Market Medical Centre.

- Appointments are available up to 9pm on weekdays and on Saturdays.

*There are no self-referrals and appointments can only be made via reception. Please note our reception staff will now offer these appointments routinely.*

### **MUSCULOSKELETAL APPOINTMENTS...**

Patients requesting an appointment to see a GP with pain from joints or muscles will be offered an appointment with a musculoskeletal specialist at the surgery.

### **PATIENT CONFIDENTIALITY**

We would like to remind patients that patient confidentiality is paramount and that if patients would like another family member to be able to contact the practice on their behalf, we do need to have received the Patient's consent in writing prior to a family member contacting the practice.

### **RECORD SHARING AND SUMMARY CARE RECORD**

The NHS uses a secure computer system to hold all patient records. With patient consent records can be shared among other healthcare professionals. This ensures that patients receive the best medical care possible at all times. For more information please ask at Reception.

### **MISSED APPOINTMENTS...**

In the month of Feb we had **207** missed appointments across both surgeries. This equates to **43.6** hours of wasted clinician time.

*We urge all patients to call the surgery to cancel or re-arrange appointments that they are unable to attend to minimise the number of missed appointments.*

### **Please note:**

**Our telephone system is set up so that appointments can be cancelled at any time during the day or evening. If your appointment is for one of our Saturday clinics, we kindly ask to cancel the appointment on the Friday as we would be unable to cancel on the morning of your appointment.**

## CARE NAVIGATION

All our reception staff have been trained in care navigation and after asking patients for the reason for their call will direct them to the most appropriate person to deal with their health needs and requirements.

## INVESTORS IN PEOPLE

We are pleased to announce that we continue to meet the criteria for Investors in People accreditation which we have held since 2005.

## STAFF NEWS...

We are pleased to welcome the following new staff to our team:

Conor Lander- Receptionist  
Sharon Archbell- Receptionist  
Mair Potter - Practice nurse  
Jackie Young - Diabetes nurse

Sadly Catherine Herman, Louise Southam, Aleathea Hastings and Sally Stacpoole have decided to leave the practice and we would like to take this opportunity to wish them all the very best for the future.

## OPENING TIMES...

### Wickham Market

Monday 07:30 - 18:30  
Tuesday 08:00 - 18:30  
Wednesday 08:00 - 18:30  
Thursday 08:00 - 18:30  
Friday 08:00 - 18:30  
Saturday 8:30 - 11:45 am  
(Pre-booked appointments only)

### Rendlesham

Monday 15:30 - 18:30  
Tuesday 08:40 - 12:00  
Wednesday 15:30 - 18:30  
Thursday 08:40 - 12:00  
Friday 14:45 - 17:30  
One Saturday per month  
8:30am - 11:45am  
(Pre-booked appointments only)

## PATIENT REPRESENTATIVE

Jane Pollock - 01728 747343  
[jvpollock@mypostoffice.co.uk](mailto:jvpollock@mypostoffice.co.uk)

## SURGERY

**TEL NO: 747101**

## KETTLEBURGH QUIZ

Our next quiz will be on Friday 11 May in the Village Hall. Tables of four, with supper included in the ticket price of £8.50. There will be a bar, a raffle and, of course, reverse bingo.

Tickets available from Jackie Clark -  
[jwc51@btinternet.com](mailto:jwc51@btinternet.com) 01728 723623

# **Framlingham Medical Practice Newsletter**

## **Dr Hopton Cycle India**

In November Dr Hopton is embarking on a 500 km cycle from Agra to Jaipur in 5 days. She is raising money for women v cancer (breast, cervical and ovarian cancers). If you would like to support her there are sponsorship forms at Reception or alternatively you can go to :-

<https://www.justgiving.com/fundraising/susan.wright69>

We will be holding a stall of home-made produce and plants in Queens Head Alley in Framlingham on Saturday 19<sup>th</sup> May. All proceeds will go towards the charity.

## **Proposed Extension to Surgery**

We have had all the quotations in for the work to the extension and these have been re-submitted to NHS England and we wait to hear if we will be successful in securing a grant.

## **DNA Appointments**

It would be very helpful if patients could inform reception if they are unable to attend an appointment. In the last quarter (1<sup>st</sup> January – 31<sup>st</sup> March 2018) there were 306 missed appointments which equates to over 51 hours of wasted clinical time.

## **Social Prescribing Pilot (Community Connector Scheme)**

Framlingham and the area north of the town has been selected for a new project called “Community Connector” which is designed to help people living in rural areas who may feel isolated or who are vulnerable. The aim of the project is to help improve the health and wellbeing of individuals and which would therefore reduce some demand on GP practices. This project is being launched in the next few weeks and more information will follow in our next newsletter.

## **Travel Vaccinations**

Please remember to book in early if you are travelling overseas and require vaccinations for your trip. You will be required to complete the travel risk, assessment, available on our website, prior to your appointment. There is a link on our website to information about countries and vaccinations required. We advise you to contact the Embassies of all the countries you are visiting to ensure your medication is permitted.

## **Telephone Call Recording**

Call recording has been introduced for all incoming and outgoing calls. This will be a great assistance for monitoring the quality of calls and for training purposes.

## **Patient Participation Group**

Please contact Ann Wybar, Acting Practice Manager, if you would be interested in joining our Patient Participation Group (PPG). Tel: 01728 723627 for more information, or email [ann.wybar@nhs.net](mailto:ann.wybar@nhs.net)

Website: [www.framlinghamsurgery.co.uk](http://www.framlinghamsurgery.co.uk)

## **CONTACT DETAILS OF COUNCILLORS THAT SERVE EASTON**

### **Parish Councillors:**

#### **Chair :**

Sue Piggott

T: 01728 746622

(Also Highways Officer)

#### **Vice Chair :**

Adrian Hollins

T: 01728 746053

(Also Pathways Officer)

Michael Coney

T: 01728 746181

(Also Tree Officer)

Fiona Siddall

T: 07970 450245

(Joint Play Area Officer)

Bob Gibbon

T: 01728 746866

(Joint Play Area Officer)

#### **Clerk :**

Vacancy

#### **Suffolk County Councillor**

Robin Vickery

T: 07545 423827

E: robin.vickery@suffolk.gov.uk

#### **Suffolk Coastal District Councillor**

Carol Poulter

T: 07833 441349

E: carol.poulter@suffolkcoastal.gov.uk

**A copy of the latest draft minutes of the Parish Council can be read on the PC noticeboard in the village car park.**

## **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,

## **Village Hall Bookings**

Contact Lorna Edwards

Email [lornaed@hotmail.com](mailto:lornaed@hotmail.com)

Telephone: 747970

## **WEBSITE ADDRESS FOR VILLAGE HALL**

[www.suffolkvillagehalls.co.uk](http://www.suffolkvillagehalls.co.uk)

... and search Easton

## **EASTON PARISH COUNCIL WEBSITE**

The Parish Council Website is where you will find all Parish Council documents and information. The address is:

<http://easton.suffolk.cloud/>

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

[www.easton.onesuffolk.net](http://www.easton.onesuffolk.net)

[www.brandeston.net](http://www.brandeston.net)

[www.kettleburgh.suffolk.gov.uk](http://www.kettleburgh.suffolk.gov.uk)

[www.campseashe.onesuffolk.net](http://www.campseashe.onesuffolk.net)

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