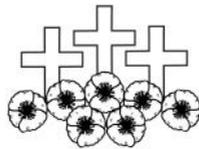


Easton Parish Magazine



November 2015

ALL SAINTS' CHURCH, EASTON

Priest-in-Charge	Revd. Deirdre West Smokey House, The Common, Tunstall	Tel: 688340
Churchwarden	Jane Woodbury-Egins Bickley, Harriers Walk	Tel: 746667
Treasurer	Nick Boulton Gleivering House, Wickham Market Road	Tel: 746745
Magazine Editor	Clare Owen 5 Harriers Walk	Tel: 745015

Dear Friends

After preparing a summary of the discussions from the 'new' Benefice Council which has been focussing on the Diocesan Growing in God initiative, I find that I have an 'itch' to scratch. So please bear with me while I use this letter to tell you that the success, or otherwise, of our churches is not measured by the number of services we hold each month, nor by how few there might be in the congregation sometimes. We are fortunate, however, to have many hard working people who also play a part in keeping our churches open for all to enjoy, each in their own way - attending services being only one of these.

We are not called as a church to be 'successful' (though obviously it is great when we are). We are called to be faithful messengers of the Gospel of our Lord Jesus Christ, 'speaking' it afresh in our generation and moreover 'doing it' in ways that that are relevant to today's lifestyles. So if we follow Jesus' commandment to "Love one another as I have you", then where love is shown and received, where people care about their neighbour, community is found and strengthened. It's in this very way that the many village cafes and social events become the places where the village encounters its church. However painful it might be, our church communities may need to accept that people are not just going to come through the doors and join them. The church and its community are together wherever the meeting place is. So, as we work to build up community in the places where we live, we also need to build up the worshipping community too. The Growing in God initiative highlighted the need to build up the congregations at our services and this includes the 'united' ones, which I know are not very popular with many, so that we can get to know better the church people in our adjoining parishes.

I've been asking some people, who don't attend them, the 'why not?' question. Some of their responses you can read more about in a separate article (page 5). So, before I close, I want to ask you something. Will you do something for me? If you normally attend united services, will you visit someone who doesn't and invite them to come with you to the next one?

If you don't normally 'do' church at all, will you try a service in your local parish or even a united one! The details of all the ones in November are on the website. You might find yourself surprised at the number of people you do know (at least by sight!) and maybe even enjoy it.

Itch scratched, thank you

With love in Christ

Deirdre



Church Matters

Harvest Thanksgiving and Lunch

A big thank you to all who came to our service of celebration and to the lunch and especially for the gifts you brought. The fresh produce went to the Chapman Centre in Ipswich which provides meals, showers and support for homeless people. The tins and packets were collected by the Food Bank which distributes food parcels to those in need in Leiston, Saxmundham, Woodbridge and other local towns. Both charities were profuse in their thanks to us all.



The collection during the service for Christian Aid raised £104 which has been sent to them for their work wherever needed, but at present they are supporting refugees as well as providing their usual aid in poor countries, working with local projects and farming.

It was lovely to see so many families at our service and lunch, and as usual we were able to welcome to the lunch some people who were unable to make it to the service. Our thanks also go to all the helpers who decorated/cleaned the church and made such delicious food for our lunch, prepared the hall and tidied it afterwards, and who heated the food and washed up. Bless you.



All Souls Day Service – Remembering a Loved One

A reminder that there will be a short service for remembering a loved one on Monday 2nd November in the church at 4 pm. This will be a simple, reflective service of music and prayer, with an opportunity to light a candle or bring a posy in memory of a loved one.

There will be tea and cake after the service and an opportunity for a chat.

If you cannot be there and would like someone to be named in the prayers, please contact Revd Deirdre West.



Remembrance

Remembrance Sunday is 8th November and the service this year will be taken by Revd Deirdre Parmenter at 10 am.

There will also be a short Act of Remembrance on Wednesday 11th November at the war memorial in the church at 10.55 am.

Services

The benefice communion service (All Saints) on 1st November is at Kettleburgh at 10.00 am.

On 29th November there will be a benefice service at Easton at 4pm. This is a special Advent Sunday service with communion and advent hymns.

The Benefice service for Sunday 6th December will be at Marlesford.

Bible Study

The monthly benefice Bible study with Revd Richard Ginn will continue on Wednesday 18th November at 3pm at Hacheston Village Hall. The topic is Matthew chapter 7 – the last part of the Sermon on the Mount. All welcome. Please bring a Bible.

Discussion Group

The next Discussion Group will meet on Wednesday 4th November at 10.30 at Easton House when we shall be looking at the story of Joseph and his experiences as a refugee in Egypt, as told in Genesis chapters 39 to 47.

New members are always welcome. We start with coffee or tea and sessions are quite informal.

Dates for your Diary

CHRISTMAS BAZAAR – yes it's almost that time again!

The Bazaar this year will be on Saturday 5th December in the Village Hall from 11am until 2 pm. Please see page 8 for more details.

There will be stalls with Christmas gifts, homebakes, tombola, grand prize draw and children's activities. Also soup and rolls, tea, coffee and mince pies will be served, so you can eat as well as browse the stalls!

Jane Woodbury-Eggins

ALL SAINTS CHURCH, EASTON

is hosting

Sunday Cafe



Easton Village Hall

Sunday 15th November

open 10.00 - 11.30 am

**Cheer up an autumn Sunday
morning by joining us.**

**Usual homemade goodies,
bacon rolls etc**

Takeaways

Read the newspapers

**Have a chat with friends old and
new**

Growing in God

Update

Many people took the time and trouble to attend the meetings of the Benefice Council, others made their responses via the booklet questionnaire which had a wide distribution across all seven parishes. The process of Growing in God has now begun, and will be continued by each parish, as they look for ways to facilitate growth. It has been a first step in a process to encourage every church community to look at how to create a growing church community. To look at what they do, why they do it like they do, and to recognise what they are already good at and would wish to preserve, and then to decide what steps they can take to play their part in assuring the future of their church by encouraging 'growth'.

Of the four criteria suggested by the Diocese, the result of all our responses was overwhelming; we need to '**Grow in numbers**' and secondly as this begins to happen, it may also help to '**Grow younger**' congregations. The remaining two categories were growing in 'influence' and growing in 'depth'. So the choice made in a group of small rural parishes should come as no surprise.

The next step is that PCCs begin to pray, think and talk about any of the issues identified at the Benefice Council and in their preliminary PCC discussions to decide what it might be they could do to create an environment that will encourage church growth. To discover what might be done, or not done, to begin planning for change, whilst at the same time retaining and valuing the good things that already exist.

While obviously we ourselves can't grow younger, what can we do now is to look for ways to encourage younger generations to an encounter with God, in any way we can. Take the small steps we can now that will help us toward securing the future of the church in our community for those who come after us.

The pessimists were saying, "Oh, I didn't bother to take part – nothing will change". To these I say, "yes it will, because it must, your Church simply cannot go on expecting everyone to join the few in Church on Sunday".

Ideas raised to help our church grow in number included:

Building up attendance at 'united' services; getting to know people from other parishes better; keeping the Book of Common Prayer services where they are popular; using more modern services where appropriate; improving how we communicate – better advertising; creating/updating welcome packs/leaflets and delivering them to new residents; avoiding 'jargon' or 'church language' where possible.

What people already felt was important to us as church included:

Variety in liturgy, the seven buildings, parish community events, bell ringing, the choir, preserving the individual parish identities, and still being a worshipping community (of South Loes) in 10/25 years' time.

So as the PCCs begin to take this thinking and talking forward into action, as they work to build up community in the places in which they live, we also need to build up the worshipping community too, as one church held securely within seven parishes. For growth to have a chance we need to build up attendances at all our services and this includes those in our 'home' parish, but also the united ones too.

I have recently been asking people I meet who never or seldom attend church the 'why not?' question, and the answers have been thought provoking and interesting :

"I don't know where or how to park my car." Well this has a simple resolution and it's all about communication. Ask for a lift from someone, and if you are going on a Sunday, invite your neighbour to come with you.

"I won't know anyone there." Well you might be surprised and find you do, and if you don't go, you never will, and this goes straight to the heart of being part of a community.

"I don't want my church to close." Going elsewhere won't make this happen. None of our seven churches will close while they have an active/effective Church Council to run it, and have sufficient funds to pay for the Parish Share, insurance and maintenance.

"I want to give my money to my church." Your church treasurer will be more than delighted to help you set up a direct debit so that your donation goes straight into your church bank account. Or you can send him a cheque from time to time, and then simply ignore the offertory plate when it is passed around, or put in a small token donation.

These last two comments were often repeated, and my response was always the same - no church will close while it is needed, and to be needed they have to be used. So by going elsewhere, even once a month, you will not be damaging or weakening 'your' church., in fact you will play your part in strengthening one of the others. And all seven parishes host the united services in turn, thus benefiting from having a choir, hearing the bells, having a much larger congregation to worship and sing with, and the added bonus of having a much larger offertory plate than usual.

So if we take anything at all from the Growing in God initiative, it is that we can come closer together, it is that together we are stronger, together we can be braver and support one another. And oak trees grow from tiny acorns!!

At our final session of Growing in God on **11th November in Marlesford Community Hall at 7pm for 7.30pm (and there is some wine left believe it or not!)**, we will be hearing about any parish specific ideas for encouraging a growth in numbers or attracting younger people to church related events. Some parishes have already had an idea or two, and some have even already started something new, and how exciting is that!

So regardless of if you've been part of the process from the start, attended just some of it, or if you wanted no part of it, don't stop imagining, don't stop praying and asking God what it is that he has in mind for the future of our seven parishes.

Deirdre

FLOWER AND CLEANING ROTA

	Flowers	Cleaning
7th Nov	Jane Pollock	Jayne Gibson
14th Nov	Jean Kendall	Jean Kendall
21st Nov	Jean Kendall	Jean Kendall
29th Nov	Dot Blane	Dot Blane
5th Dec	Dot Blane	Dot Blane



I did it!

On 11th October I ran the Half Marathon in London in aid of Cancer Research. In glorious weather (thankfully!) I ran the 13.1 miles in 2 hours 21 minutes so was very chuffed!

I would like to thank everyone who kindly sponsored me - I made about £1400, which is wonderful, £1000 more than my target!

Anne Parkinson

Christmas Bazaar

**Saturday 5th December
Village Hall**



11 am—2 pm



**Christmas Gifts
Homebakes
Tombola
Grand Prize Draw
Children's activities
Soup and rolls, tea, coffee and
mince pies.**

Don't miss it!

In aid of All Saints Church

EASTON & LETHERINGHAM VILLAGE HALL



50th
ANNIVERSARY
1965 - 2015

'60's NIGHT—SATURDAY 28th NOVEMBER

Our last anniversary celebration event of the year is only a few weeks away. We have a few tickets remaining for what promises to be a great night. We already know of some 'fab' outfits people are working on...

Remember this 'groovy' evening is in support of Suffolk Community First Responders, and as with all our events this year, half of the money raised will be donated to this great cause.

Tickets can still be purchased from Margie Ransome and David Stagg—see poster opposite for details.

'A SPECIAL SUFFOLK NIGHT' Saturday 23rd January 2016

For those of you who remember our Suffolk Night of 2012, you will be pleased to know we have managed to bring back to the village hall the very popular and talented local band "**THE BROADSIDE BOYS**" for a live music event on 23rd January.

Tickets will be available from December and we will place a full advert with details next month. However these tickets will be limited and very popular so put the date in your diary and watch this space and notice boards from December.

Ian Palfreyman

To celebrate the Golden Anniversary of the Village Hall

1600s the Party



Raising funds for First Responders

Saturday 28th November
8.00pm 'til late

**Dancing to Steve Bayfield's
Turntables of steel**

Baby Cham and Snowball!

Back by popular demand

Stagg and Kenny's

Cocktail Bar!

*Dress to impress!
Optional fancy dress
From sharp suits and miniskirts
to flower power!*

*Retro buffet
Included!*

Tickets £7.50

Ring: Margie Ransome 746818 or David Stagg 746054

EASTON PARISH COUNCIL

VACANCY CLERK & RESPONSIBLE FINANCIAL OFFICER 5 HOURS PER WEEK

Responsible for maintaining the administration of the Parish Council within the legal boundaries set for Local Government. Reporting directly to the Chair and carrying out duties as agreed by the whole council.

Salary and Training in accordance with experience.

This is a varied and rewarding post.

Further details – Chair, Mrs Sue Piggott -01728 746622 / sue.e.piggott@btinternet.com. To Apply, please send CV and 2 References to The Chair Easton Parish Council, Oakburn, Harriers Walk, Easton, Woodbridge, Suffolk IP13 0HA



EASTON BELLES



Tuesday 24th November is our AGM - this year we are following the 'business' with members' night and social time. If you would like to join us for the evening to see what we are about, please do, you will be made most welcome. 7.30 pm. Easton Village Hall.

Call me on 746808 if you have any queries.

Janet Prentice

Easton Pre-School

- Traditional and homely, set in an idyllic village and spacious bright hall.
- Dedicated, highly qualified and experienced staff.
- Affordable and flexible, two and a half hour sessions from £10.
- Rich variety of activities both indoor and out.
- Extras like dance, music and days out at no extra cost.
- Established 40 years ago.

‘Children make good progress in readiness for school in the welcoming and stimulating environment.’

OFSTED July 2015



**Easton Pre-School
Easton & Letheringham Village Hall
E: eastonpreschool@yahoo.co.uk
T: 01728 746935
M: 07826 707987**

Village View in November



Sunday Café
15th November
10 - 11.30 am
Village Hall

Parish Council Meeting
Proposed date Monday
16th November 7.30 pm
Village Hall
CHECK NOTICEBOARD
NEARER THE DATE FOR
CONFIRMATION OF THIS
MEETING AND AGENDA.

Easton Belles WI AGM
Tuesday 24th November
7.30 pm Village Hall

Mobile Library
Wednesday 25th November
12.20—12.40 pm
Village Hall

'60's Night
Saturday 28th November
8.00 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

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

NEIGHBOURHOOD WATCH



FedEx email malware

Email claiming to be from FedEx, titled 'Shipment Delivery Problem'. This is not genuine, the attachment contains malware. These malicious attachments normally have a password stealing component, with the aim of stealing your bank, PayPal or other financial details along with your email or FTP (web space) log in credentials. Many of them are also designed to specifically steal your Facebook and other social network log in details.

Driving after 70: “scam alert”.

Driving licences automatically expire once you reach the age of 70 and if you wish to continue to drive, then you must renew your licence – online or by post. From then on, you must continue to renew it every three years.

Renewing a driving licence in the UK is free for drivers aged 70 and over. Unfortunately, in recent years third party websites offering to handle driving licence renewals for a fee have sprung up. If you see an ad offering to renew a licence for someone over 70 for a fee, it is a scam. The official DVLA pages are only found on the www.gov.uk website.

I have received this request from Suffolk Constabulary. If anyone feels they can help please contact Anne direct on the telephone number shown.

I have been asked by the local SNT Sergeant and PC – Sgt Beresford and PC Burt to contact you about CCTV. Do you or any of the NHW members within your schemes have/use CCTV at home properties or business locations?

This is an initiative to look at locations of where CCTV is located and it is hoped that this could assist police in intelligence gathering if a crime occurs. It would be useful to have the address of the camera and the area it covers (eg garden, vehicle on driveway). Can you return any information 1st week in November. It can then be collated and forwarded to the above officers.

This is voluntary request, so if members are not happy to give this information, it is not a problem.

Anne Powell

Community Watch Liaison Officer

Tel: 01473 613888 Ext. 3313

John Owen

Wellie Boots for November



Please to remember the Fifth of November, Gunpowder, Treason and Plot. That must have been the first history lesson my mother ever taught me, but for a four or five year old it was very riveting. Whether it was poor young Guy Fawkes being hung, drawn and quartered or the massive nationwide bonfires to celebrate the saving of King and Parliament I know not, but it was very impressive for a young lad.

Many gardeners seize this opportunity to rid their gardens of various garden debris and rubbish, but do be very careful. If your bonfire is already set, do please move it to a slightly different location before setting it ablaze. At this time of year much of our garden wildlife is actively seeking refuge for hibernation or protection from the extremes of an English winter. All the gardener's friends - frogs, toads, lizards, newts, shrews, slow-worms, hedgehogs etc - all move slowly at this time of year and will object most strongly to being burnt alive. Take care - we'll need them in the spring.

I've just found one drawback to making leaf mould in black plastic sacks and forgetting about them. When you come to use it, such as now, you'll probably find dozens of our pond friends have beaten you to it and taken over the site for their preferred winter abode. I've just spent considerable time re-housing a large number of them, but at least we're all happy and I know where most of my little friends are now. (Snails and brown slugs I must admit are not treated so royally.) Instead of bags this year, I'm going to try a wire cage - just four posts surrounded by wire-netting - to contain damp leaves. This is almost as cheap as using sacks and will create a very cosy hide-away for our smaller amphibians all winter long if needed, and I can use it as a mulch in the spring, tra-la.

The colder weather is not really yet with us and my dahlias have not yet been caught by the frost. So this year I'm not going to be caught out. During the next few days, up they're going to come, to be stored in slatted boxes lined with newspaper to dry out, dusted with sulphur and then covered with straw and stored in the garage over winter. Just hope the mice don't get to hear about it.

Another thing I lost a few years ago in the early snow was my very first cordyline. I now know that this is the time of year to tie up all their leaves into a kind of top-knot to keep all the snow away from their delicate centres and move them to a very sheltered spot close to the house. Bubble wrap or polythene around any pots will also protect any other vulnerable plants from root damage, or even put fleece over the plants themselves. Snow can also cause much distress to small conifers and flat-topped evergreen hedges, causing them to splay out and lose shape. Always keep a long-handled soft broom to dislodge any unwanted deposit before it becomes too deep and turns into a problem. A good shake is all that is needed if snow is caught early enough.



Now is the time to make your last lawn-cutting of the season, after which give the lawnmower a good rub-down and put it to bed for the winter. But before you do, with a petrol mower don't forget to drain off the petrol. Being stored in a mower for five or six months apparently causes degradation (I never claim to be technically minded) and can often cause much trouble in the spring. Of course, if you can get it serviced now you can get someone else to do it for you. Incidentally, did you know the land speed record for a lawnmower is over 96 miles an hour?? Honestly. But is there any truth in the rumour that an esteemed villager was arrested for being drunk in charge of a lawnmower in The Street?? I understand it is not known if he had been "grassed up", but he was definitely "half cut".

Pots and urns, pots and urns. They've all done so extremely well this autumn that it has been an absolute sin to have to strip them down whilst still in their prime, but needs must and they have to be prepared for spring bulbs. One year those pesky squirrels had an absolute Halloween party at our expense and almost wrecked the lot. They seem to have built-in radar that senses a tulip or crocus bulb within a half-mile radius - but not this year, no sir. The tulips are already planted fairly deeply under about 2" of compost-mix and are about to be covered by a circle of wire netting. Another 2" of compost and a final planting of winter pansies and hyacinths should produce a squirrel-proof show (I hope). Watch this space. For planted pots not on display, put them all together for group protection in a sheltered spot. Much easier to cover with a large section of bubble-wrap or fleece come a hard spell of seasonal weather.

You have probably already cleared your nest boxes, but what about the bird station? Not only do you need a good stock of seed and fat balls, but also a bowl for water when our ponds freeze over. It's a very good investment - being on the East Coast, watching the comings and goings on a bird table during winter beats day-time telly any day, but keep a wary eye on that moggie from next door.



In the pond activity is slowing down, as should your feeding and water circulation. Combat freezing by floating a large ball on the surface which also prevents the build-up of poisonous underwater gases. Want to stop an outside tap freezing up?? Take an old sock, stuff it full of newspaper or other material, push over the tap and tie as firmly as possible.

In the garden itself it's mainly a question of battenning down the hatches and waiting for the worst that nature is preparing to hurl at us - it's only seventeen weeks to March and we'll then be wondering what all the fuss was about. But if you've time on your hands you could always try root cuttings, something I've never done. With the roots of acanthus you apparently chop it into pieces about two inches long, insert it right way up into potting compost, water and cover with gravel under cover. Anemone roots, being much thinner, are also cut into sections but pressed into the surface of the compost before being covered with the gravel. You've already got a load of free plants by splitting your own perennials, and extended your seed store by "borrowing" the odd seed head here and there from the gardens you visited in September and October, haven't you?? Oh, yes you have - I was there, I saw you!

Well, I don't want to panic you folks, but next month is Christmas and New Year's Eve. How time flies!!

Finally I would like to thank all those of you who came along to assist in the village green 'tidy up'. Your help was much appreciated.

Happy Gardening.

Wellie Boots



QUIZ NIGHT - WHAT A RESULT!

Cystic Fibrosis - crying out for a cure

Much laughter and many groans were heard at the quiz held in the village hall early in October, with an amazing amount raised of £774.

I couldn't have done it without huge support and contributions, so sincere and heartfelt thanks to you all.

Such positive and encouraging developments currently, with drugs, gene therapy etc. so every pound raised made it so worthwhile.

We have to keep going

Janet Prentice

Easton Primary School

www.eastonprimary.org.uk
admin@easton.suffolk.sch.uk
01728 746387



As the first half term comes to an end already, we at Easton have been very busy. All three classes have had their class assemblies and shown family and friends what they have been learning. We saw Phoenix class share their trip to Hill Top with some lovely photos, they certainly had a good time. Comet class shared different areas of the curriculum and the wonderful work that had been produced. And Pirate class gave a lovely demonstration of yoga and also shared work from the curriculum.

We also took part in the international day of language. Each class picked a country in Europe and found out about the language and its culture with a 'Eurovision song contest' to finish off the day. This was in addition to our French curriculum which the children have from year 1 to year 6.

We have also started our academy joint venture and inter-sports activities. We began with a tournament of tag rugby; we sent two teams to join Wickham and Leiston and both teams came back very enthusiastic about it. The three reception classes (and year 1 at Easton) from the academy schools spent the day at Rendlesham Forest. They had a fantastic day with lots of activities and a picnic lunch. It is lovely to see the children mix and play together. It is nice for the staff to get together too!

Our e-safety ambassadors across the schools have met together to learn about keeping safe online. The children came back with lots to do and have already got their display up offering help and advice.

In November all three schools will come together at Leiston and Snape for a big birthday singing concert celebrating one year of Avocet Academy.

Pirate class have visited the pre-school for a stay and play session. They always welcome us with stimulating and engaging activities and share their snack. It's lovely for the staff there to keep in touch and watch the children learn and grow as they move on to 'big school'!

We ended the term with our harvest festival in the church. The children love walking through the village and celebrating harvest in the church. Thank you for welcoming us and sharing our celebration. We hope if you were there, you enjoyed our class performances and singing.

After half term we begin the countdown to Christmas and lots to do! Please join us at our Christmas Fayre in the school on Sunday 6th December from 2pm -4pm.

Mrs D Payne, Early years/KS1 teacher

Wickham Market Medical Centre

NEWSLETTER

SHINGLES...

From September 1st 2015 the shingles vaccine is routinely available to patients aged 70 and 78. Patients became eligible for the vaccine on the first day of September 2015 after they have turned 70 or 78 and remain so until the last day of August 2016.

In addition, anyone who was eligible for immunisation in the first two years of the programme but has not yet been vaccinated against shingles remains eligible until their 80th birthday. This includes:

- people aged 71 and 72 on 1st September 2015
- people aged 79

For more information, please visit:

<http://www.nhs.uk/conditions/vaccinations/pages/shingles-vaccination.aspx>

SHUT DOWN DAYS...

Please note- the surgery will be closed from 1:00pm on the following dates for essential staff training:

- 12th November 2015
- 9th December 2015

PARACETAMOL...

It has become apparent that the prescribing of paracetamol is being abused by some patients within the NHS.

Ipswich and East Suffolk CCG spent £1m on prescribed paracetamol last year.

The conditions listed below are examples of when paracetamol should be purchased by the *patient*:

- Headaches/migraines
- Earache
- Colds/ sore throat
- Fever
- Bruising
- Cuts
- Period pain
- Teething
- Sprains and strains
- General aches and pains

Please do not ask your GP to prescribe paracetamol for the ailments detailed above

Surgery telephone no:

747101

OVER THE COUNTER DRUGS...

Ipswich and East Suffolk CCG does *not* support the prescribing of medication that is available to buy from local pharmacies or supermarkets for children or adults.

Please see the list below for examples of such medication:

- Moisturising creams, gels, ointments and balms for dry skin
- Bath oils and shower gel
- Anti-diarrhoeal medication for short term diarrhoea (<72hrs)
- Antifungal medication e.g Canesten
- Anti-inflammatories eg ibuprofen gel
- Head lice treatment
- Cough and cold remedies
- Hay fever remedies eg antihistamines
- Paracetamol & Ibuprofen
- Laxatives for short term use (<72 hrs)
- Indigestion remedies e.g Gaviscon

AND MANY MORE...

Patients have a responsibility to look after themselves and their children where possible and manage minor ailments with support from their local pharmacy.

Please remember - the NHS belongs to everybody and the CCG must ensure that its resources are used in the best possible way for all patients.



PATIENT GROUP CONTACT FOR EASTON ...

Jane Pollock - 01728 747343

jvpollock@mypostoffice.co.uk

Help prevent falls and trips


**Ipswich and East Suffolk
Clinical Commissioning Group**

Don't underestimate the consequences of an older person having a fall. A fall can result in broken hips or bones and even early death. In addition to the pain and distress a fall can cause, it can take away someone's self-confidence, leaving them afraid to go out and socially isolated.

One way of reducing the chance of falling is by replacing old and worn slippers. Many people have a favourite pair of comfy slippers that could be potentially dangerous. Worn soles can easily lead to a slip and slippers that fit poorly can cause a trip. The safest slippers are those with good quality non-slip rubber soles, are enclosed and have a fastener.

So, if you have a pair of old and worn slippers, please think about replacing them. And if you've got an elderly friend or relative think about giving them an early Christmas present of a new pair of slippers.

Easton 'Exchange and Mart'

NEW for Easton villagers only—do you have something you would like to sell (or give away to a good home) that is NOT electrical but not appropriate for charity shops? If so, let me have the details (and photo if appropriate) for 'advertising' in the magazine. Please give your name and telephone number too.

The church and PCC accept no responsibility for any transaction which takes place but is happy to offer this 'market' service monthly. Maybe if a transaction is successful, a donation to the church might be considered ...

*Clare Owen
Ed*

White wooden chair with dark blue seat (for nursery?) £5
Call Sophia on 746402



Pale green 3' armchair, 1980's
so no fire certificate.
Back cushion - quite comfortable! £5 - 10
Call Sophia on 746402



Baby's high chair. Probably Mothercare. Bought secondhand. £5
Call Sophia on 746402



Smaller baby's high chair.
Bought 2nd hand. £5
Call Sophia on 746402



Small baby's bouncing cradle (Mothercare) complete with box it came in. £5
Call Sophia on 746402



Dog guard for car £5
Call Sophia on 746402

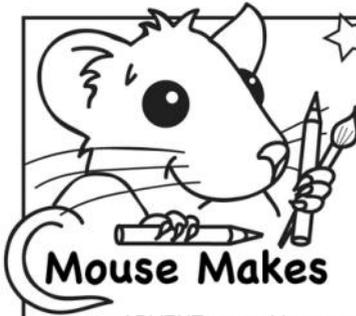


Brand new roller blind - box unopened. Cream with green leaf pattern. 0.9m wide
£10
Call Carol on 746162.



Ladies Raleigh Pioneer Commuter Cycle. Five gears, two new inner tubes, gel seat, front and rear lights, pannier, cycling helmet, wall rack — all included. £90 ono. Call Clare on 746644.



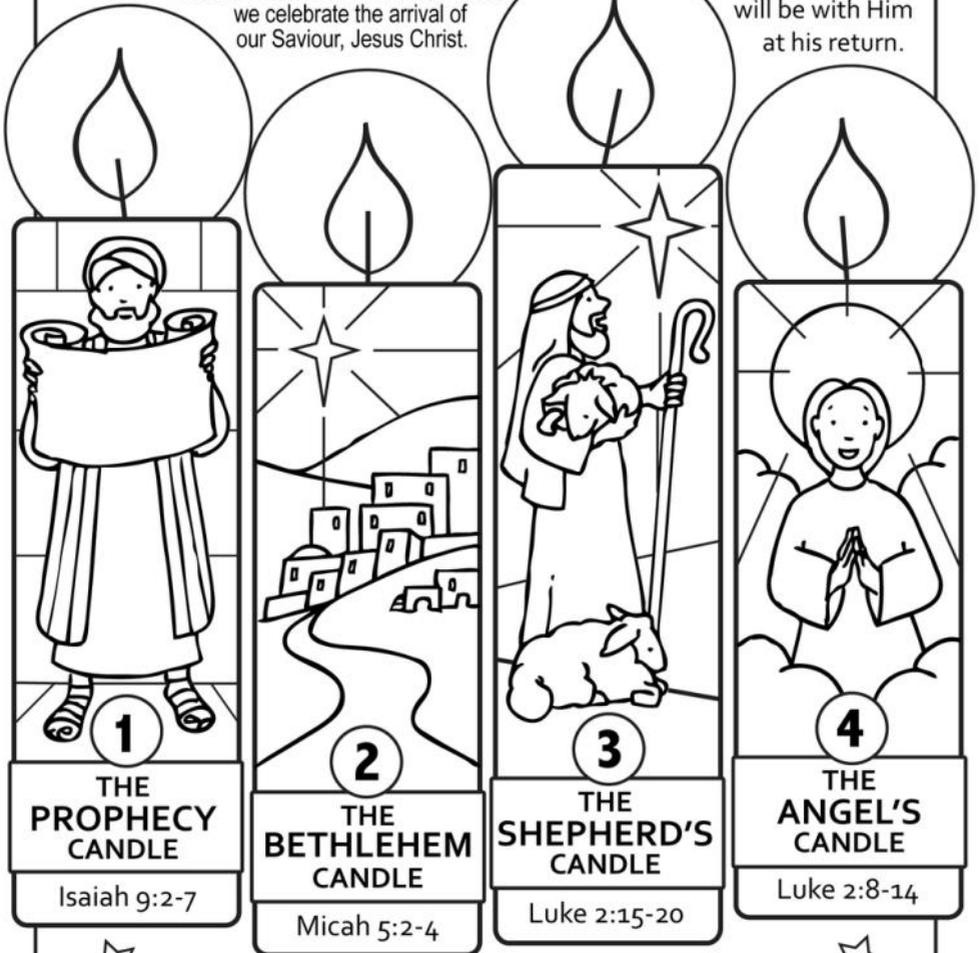


THE FOUR CANDLES OF ADVENT

The **Prophecy** Candle reminds us God's prophets foretold Jesus' birth. The **Bethlehem** Candle reminds us Jesus, our Saviour, was born in an ordinary town among ordinary people. The **Shepherd's** Candle reminds us that the first to worship Jesus were the Shepherds. The **Angel's**

candle reminds us that it was the angels who announced the birth of Jesus and will be with Him at his return.

ADVENT starts this year on 29th November, it is the time before Christmas when we celebrate the arrival of our Saviour, Jesus Christ.



1

THE
PROPHECY
CANDLE

Isaiah 9:2-7

2

THE
BETHLEHEM
CANDLE

Micah 5:2-4

3

THE
SHEPHERD'S
CANDLE

Luke 2:15-20

4

THE
ANGEL'S
CANDLE

Luke 2:8-14



Colour in one candle each Sunday in ADVENT and countdown to Christmas



CONTACT DETAILS OF COUNCILLORS THAT SERVE EASTON

Parish Councillors:

Chair :

Sue Piggott

T: 01728 746622

(Also Highways Officer)

Vice Chair :

Alun Thomas

T: 01728 747267

(Also Cemetery Officer)

Michael Coney

T: 01728 746181

(Also Tree Officer)

Adrian Hollins

T: 01728 746053

(Also Pathways Officer)

Steve Parkinson

T: 01728 746879

(Also Speedwatch Officer)

Fiona Siddall

T: 07970 450245

(Also Play Area Officer)

Bob Gibbon

T: 01728 746866

Clerk :

Vacant

Suffolk County Councillor

Peter Bellfield

T: 01473 735259

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 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

www.campseashe.onesuffolk.net

www.marlesford.com

www.parham.onesuffolk.net

www.hacheston.suffolk.gov.uk

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