



Village Newsletter August 2025 Issue 284

If you have any updates for the September newsletter, please send to me by the 28th August, warm wishes, Natalie
Nataliebrett64@gmail.com

Defibrillator code C159 X, located at the back of Sorrel Horse pub.



Allotments - we have several allotment plots that are vacant. If you wish to have a plot, please contact me either by email terriesbsl@hotmail.co.uk or pop down to Tower Cottage to see me, thank you.

The annual Shottisham village Summer Fete Sunday 24th August

Mark your calendars and plan to come from 12-2:30pm on bank holiday Sunday, 24th of August. As usual, it will be held in the church parking lot on the top of the hill behind the Sorrel Horse.

There will be BBQ, games for children (and adults), raffle, tombola, a barrel of booze to win, cakes & treats, jams & chutneys, face-painting, bric-a-brac, and other bits and bobs. Please join us for a fun and social time.

Volunteers will be needed to help set up the marquees and to run the stalls. So, we may be in touch to ask for your help in the coming weeks.

Thanks and we look forward to seeing you!

Jeremy Emerson jeremyemerson81@gmail.com

SHOTTISHAM WI.

On the 12th July, a training session with 3 first responders was held at the WI Trust Hall. 22 people attended and were shown how to give CPR (cardiopulmonary resuscitation), the use of Defibrillators and EpiPens. It was extremely informative, giving us confidence to assist if we were to be in an emergency situation. Everyone practiced CPR and the correct use of a Defibrillator on a dummy called Annie.

On the evening of July 17th, the "Improv Comedy" group, Here And Now People entertained a very enthusiastic audience of 33 people. The 8 members of the group were very funny and clever and made us all laugh with their presentation. This Shottisham WI fund raising event raised over £200.00 towards the renovation of the kitchen project. It was lovely to hold a community event at the hall with everyone enjoying themselves.

There will be another evening WI fund raising event on Thursday 28th August. The Felixstowe Ukelele Group are coming to play and entertain us. Do come and join us. Further details to follow.

At our next WI monthly meeting, at 2pm on Wednesday August 13th, we are welcoming Ffyona Campbell to be our speaker. Ffyona will educate us on wild food foraging. If any ladies would like to join us as guests for the afternoon, they are welcome.

Diane Fleming

President Shottisham WI.

dillypal@outlook.com

Parish Council

Ray Kay who has been the Chair of the SPC and a member for several years stepped down just before the July meeting. Ray has committed much time and energy to his role and has supported many initiatives during his tenure. The Parish Council formally thanked Ray during the July meeting for his commitment and ongoing support for the village and our community.

Natalie Brett

Chair SPC

Sorrel Horse Update

As many of you may already know, Emma is currently receiving treatment for breast cancer and is now undergoing further tests. Ryan recently underwent surgery on his spine and has been told that this is degenerative and will get worse not better.

As a consequence, Ryan and Emma have had to make some very difficult decisions for their family and the future. As a result, they are reluctantly going to sell the lease as they feel it will be very difficult for them to run the pub in the future. This decision has not been taken lightly as they have felt very welcomed and have managed to turn the pub around in a short amount of time. It was their dream to have this business, and they have very much become part of our small village community.

Their intention is to find a new leaseholder as soon as they can and they do not intend to walk away leaving an empty pub.

All our thoughts and wishes are with Ryan and Emma and their family during this very difficult period.

Sorrel Horse Shares

If anyone is interested in buying shares, I have been contacted by someone who wants to sell. Please get in touch with me on nataliebrett64@gmail.com for details.

Bawdsey CEVC Primary School

For this half term we have had so much to do at school, an amazing Sports Day, with a carousel of activities with the older children looking after the younger ones in their colour teams, then we had the races. Including one for Parents and Carers, and then the Staff in fancy dress- it looked like a dinosaur was chasing them all down the field! We raised money at our Summer Strawberry Fair, which will pay for all our trips next year. Thank you as always goes to the Bawdsey School Association. A big thank you also goes to their lead Becks Hudson, who is sadly stepping down this year as her child moves onto Farlingaye. We had the Suffolk Philharmonic Musicians come and play to us, which held us all captivated. Years 3-6 performed an amazing version of the Jungle Book by Rudyard Kipling, when Parents and Carers were moved to a gamut of emotions. Afterwards the children had their own Oscar's Award ceremony, they were dressed to impress in their finest attire fitting of the event. Our youngest children have been loving their Singing and Signing (BSL) sessions with Mrs Head and can now tell you how they feel with signs, and they know lots of songs and can sign through them too. The older children went to Wimbledon- we have managed to get tickets three years in a row- the tennis was amazing and the strawberries and cream! It is a sad farewell to our year 6 pupils as we wish them well on the next part of their school journeys and we commend them for all they have achieved academically culminating in good SAT scores and more in how they have developed and flourished into talented and caring pupils with us. *Katie Butler, Headteacher*



Message from Reverend Canon Kevan S. McCormack

Life can only be understood backwards,
but it must be lived forwards.

Soren Kierkegaard, Danish philosopher and theologian (1813-1855)
Reaching the age of seventy-five has been an unexpected watershed, a defining moment in my understanding of myself. I hadn't expected the psychological impact of the moment, never mind the depth of power in the impact. I didn't feel any different on the day than I had the day before. I'm not sure that I feel any different now, as I write this, some four months later, but I know that my understanding of myself has changed.

Funny and innocent remarks have unintentionally given pause for thought. I find myself asking 'am I really this old'; 'what of the future', and 'where might it all end'? I suppose those of us who creep towards, and even arrive at mature citizenship are faced with these questions, sometimes because of illness, retirement or growing incapacity.

If I believe in the integrity of prayer, which I do, then I must seek to get into the heart of what my life is about. I must do so now. I have a lot of years to look back on. I must search for a pattern of unfolding purpose; some clue that will help me sort out what the God I believe in has been doing in my life for all these years. I know I need to get a grip of the present without being so intimidated by the impact of my four-month-old new age. If I can accept and hold the clues I find, then the impact of the present watershed will reassure me for that which is to come.

So, in faith, and with an undaunted inquisitiveness, I shall look forward. If I am afraid of anything, it is that I shall discover I have misread or ignored the clues, the signs and the unfolding pattern and have little time to put things right.

So, when older acquaintances and friends tell me I'm still young, it gives me confidence and time to sort my life out, in my own way, and in my own prayer, looking backwards and living forwards.

With my love to those of you who read this.

Rev Canon Kevan S. McCormack

WHAT'S ON

9/10 Aug Flower Festival – 10.00am-6.00pm, All Saints Church, Sutton

10 Aug Refreshments at the Church – 12.00-4.00pm, St Mary's Bawdsey

11 Aug Pawns on the Peninsula Chess Club – 6.00pm, the Hall Bawdsey

16 Aug Bawdsey Market – 2.00-4.00pm, the Hall

17 Aug Refreshments at the Church – 12.00-4.00pm, St Mary's Bawdsey

24 Aug Shottisham Village Fete – 12.00 - 2.30pm

25 Aug Refreshments at the Church – 12.00-4.00pm, St Mary's Bawdsey

31 Aug Refreshments at the Church – 12.00-4.00pm, St Mary's Bawdsey

- 7 Sept** Garage Sales – 10.00am-2.00pm, through the Village/the Hall Bawdsey
- 14 Sept** Gardener's Question Time – 2.00-4.00pm, the Hall Bawdsey
- 27 Sept** CPR Training – 11.00am-1.00pm, the Hall Bawdsey

Suffolk Punch Trust see www.suffolkpunchtrust.org for days/times
 Marsh Barn Café RSPB Reserve, Hollesley 10.00am-2.00pm daily
 Deben Ferry 1 May-30 September daily, 10.00am-5.00pm, dependant on weather
 Chair-based Exercise Class 10.30am, the Hall, ring Jane 411373
 Yoga with Darren Tuesdays, 9.00-10.00am, £10.00, the Hall
 Suffolk Police www.suffolkpolice.uk email woodbridge.snt@suffolk.pnn.police.uk



DAY	ALDERTON	ALDEBURGH	ORFORD
Monday	8.00 to 14.30	8.00 to 18.30	8.00 to 18.30
Tuesday	8.00 to 18.30	8.00 to 18.30	CLOSED
Wednesday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00
Thursday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00
Friday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00

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

- Wednesday 17th September 2025 - Alderton
- Thursday 16th October 2025 - Aldeburgh

All calls will be redirected to 111.

We offer an increasingly wide range of NHS services to our patients:

Get up to date with your health

We offer an increasingly wide range of NHS services to our patients:

- Memory checks (if worried about dementia)
- Menopause management
- Paramedic appointments
- Same day physiotherapy for acute musculoskeletal symptoms
- Minor surgery including moles & lesions
- Steroid joint injections
- Ultrasound (by referral)
- Mental health and wellbeing support

- Single skin lesion clinic

- Travel health
- Social prescriber – support for non-clinical health and wellbeing needs
- Compassionate Companion service – to support end of life choices and care
- Full contraception services (eg coils) and sexual health

Also available at our practice are non-NHS services (charged):

- Chiropody – foot care appointments & home visits
- Ear care – wax removal (see website)

Flu and Covid Vaccination Campaign 2025 – Dates for Your Diary!

We are currently busy planning this year's Flu & Covid Vaccination Campaign and wanted to keep our patients informed in advance.

We anticipate the flu vaccinations will be delivered alongside the Autumn Covid booster, and we are preparing for the campaign to begin in early October.

We're planning to host our main flu & covid clinic days on the following dates:

- Wednesday 8th October – Aldeburgh Old Generator Station
- Tuesday 14th October – Orford Surgery
- Thursday 23rd October – Hollesley Village Hall

Booking for these clinics will open in early September, and we'll be sending out booking links directly to our eligible patients. These links will allow you to book online at any time that suits you, without needing to call or wait on the phone to speak to our team.

If you are housebound, please don't worry – we will be in touch nearer the time to let you know when we will visit you at home with your vaccine.

We look forward to seeing as many of you as possible and helping keep our community protected this winter!

peninsula.practice@nhs.net

<https://www.thepeninsulapractice.co.uk>

