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A WORD FROM

The Team

The leaves are changing colour and starting to fall!

At In Touch, we do like the change of season, we're officially in autumn and this sees temperatures gradually dropping and the mornings having a refreshing crisp chill in the air. The deciduous trees prepare themselves for winter by shedding their leaves after turning a vibrant yellow, red, or brown, it's a beautiful time of year!

As the days get shorter and the evenings get longer it's tempting to stay in and cosy up in front of the TV but there's still plenty going on in and around our region.

Halloween is on 31 October and there are plenty of local pumpkin patches for you to visit with family and friends where you can pick up a pumpkin or two!

Whatever you decide to do this month don't forget to turn back your clocks on 27 October and enjoy the extra hour!

The In Touch Team



A gentle reminder that the deadline for the November edition is the 5 October.

While every effort has been made to include all editorial supplied to us, unfortunately due to rising material and print costs we can't always guarantee your edit will feature in the printed version of our magazine. We will endeavour to include everything on our website which doesn't feature in the magazine.

More local stories from Kesgrave can be found on our website:
www.intouchnews.co.uk/kesgrave

Rushmere Common News

The heather has really thrived this year and is making the common a vibrant purple. Please be aware there will be maintenance work carried out over the autumn/winter as the bird nesting season comes to an end. Please respect the signs when paths are closed for your safety.

Sadly, this month we have a few issues that have required attention. The common is a fantastic area for all to enjoy, unfortunately a few spoil it. Firstly, we have BMX style, cycle jumps and tracks dug into the little common causing dangerous areas for people walking there. This has been reported to the police as it constitutes criminal damage.

Over the past year, we have had high winds and have had to manage several trees. This had resulted in logs being placed at the base of trees or in undergrowth. These logs act as great habitats for insects and some of the endangered species such as stag beetles as the wood rots down. Unfortunately, some people have taken it upon themselves to remove the logs. Several piles have been removed without knowledge of the committee. Anyone caught removing logs from the common without permission will be reported for theft. Please remember the common is there as a nature reserve and our enjoyment and secondarily for our enjoyment.

There appears to be an increase in dog waste again on the common and the surrounding nature areas. Dog owners are reminded that there is a £1000 fine for dog fouling on public land. If you are walking in low light then please ensure your dog is under control and you can clear up after it. Dog waste is not only unpleasant but changes the balance of the soil which leads to changes of what will grow, therefore the nature of our heathland. To assist the Commoners Committee place over 90,000 bags a year in dispensers on and near the common. Please be mindful of others and only take a couple at a time. We are a charity with no statutory funding so this is a service that is reviewed by the committee.

The volunteer group will look to start up again shortly. There are several areas where saplings and brambles need some management to protect the grass and heather areas. Without this maintenance these areas will be lost and become woods. If you are interested then please contact the clerk and you can be added to the Whatsapp group. Please enjoy and respect the common and surrounding areas and nature so generations to come can enjoy it too.

Email: clerkrushcommoners@gmail.com

Website: <http://rushmerecommonerstrustees.onesuffolk.net/>

Kesgrave Town Council

If you would like to help in your community, we are looking for volunteers to plant lots of Spring bulbs, pop into or call the office and we can give you more details!

Save the dates!

Sunday, 3 November – Fireworks at Kesgrave High School - Tickets on sale from Monday, 7 October from the Town Council Office or the 2nd Stop Charity Shop

Monday, 11 November – Remembrance Service, Legion Green Kesgrave – 11am

Friday, 29 November – Christmas Light Switch on at Rupert Fison Square, Scout Fayre, Santa's Grotto and Ice Skating

Saturday, 30 November – Ice Skating, Scout Fayre and Santa's Grotto

Town Council Meetings in October:

14 October – 6.15pm Planning and Development, 7.15pm Finance and General Purposes

28 October – 6.15pm Planning and Development, 7.15pm Full Council

Kesgrave Indoor Market at the Scout Hall – 19 October, 9am-12noon

Kesgrave Town Council, Ferguson Way, Kesgrave. IP5 2FZ
01473 625179 / email: enquiry@kesgravetowncouncil.org.uk

Rushmere St. Andrew Parish Council

Planters Installed as Part of Rewilding Project in Rushmere St Andrew

The area opposite the Baptist Church in The Street in Rushmere St Andrew has been transformed with the installation of new planters as part of a rewilding project aimed at enhancing local biodiversity and beautifying the area. The planters are a key feature of the initiative, which seeks to bring more green spaces and plants and flowers to the heart of the community. This project has been made possible thanks to Councillors Dan Clery and Colin Hedgley from East Suffolk Council that funded the project with funding from their Enabling Community Grants.

Chairman of the Rushmere St Andrew Parish, Robert Whiting said: "we are thrilled to see these planters installed as part of our rewilding initiative, this project reflects our dedication to creating a greener, more vibrant community in Rushmere St Andrew, and we are excited to see how these spaces will flourish in the coming months. This project is a wonderful example of how we can make small but meaningful changes to our environment. These planters will not only add beauty to The Street but also support local wildlife by providing habitats for pollinators and other species."

The Women's Institute (WI) of Rushmere St Andrew also played a role in the success of the project, generously donating funds to support the purchase and installation of the planters. The Women's Institute said that they are proud to support this rewilding project and that through community-driven initiatives they can make a positive impact. The planters will serve as a lasting legacy of their commitment to a greener future. The planters will help to enhance the street scene and create a more biodiverse environment in Rushmere St Andrew. We would also like to thank Kiln Farm Nursery that donated plants and bulbs for the planters.

The Parish Council invites residents and visitors to enjoy the new planters and take part in the ongoing rewilding efforts. The community is encouraged to get involved by volunteering for future projects or simply enjoying the beauty of the newly enhanced green spaces. For more information about the rewilding project or to learn how you can get involved, please contact the parish office.

Gateway Signs

Rushmere St Andrew Parish Council unveiled the first of eight new gateway signs that were installed at the entrances to the parish. The signs marked the entrances to welcome visitors and celebrate the community's rich heritage. The unveiling ceremony took place on Saturday, 7 September at 2.30pm at the new gateway sign that has been installed on the grass verge at the junction of The Street and Humber Doucy Lane. Refreshments were provided at St Andrew's Church after the unveiling. The Parish Council would like to thank Councillors Stuart Lawson and Debbie McCallum who made this project possible through funding from their Suffolk County Councillor budgets.

Mr Robert Whiting, Chairman of the Parish Council said "I am very excited to see the new signs installed in our parish. As part of the community initiatives of the Neighbourhood Plan, we are aiming to strengthen the identity of the parish and these gateway signs form part of that project. The signs mark the entrances to the parish and celebrate the unique natural surroundings, wildlife and the history of our parish. They represent our commitment to preserving our heritage while welcoming growth and diversity. We hope that these signs will not only guide visitors but also inspire a sense of belonging and pride among our residents."

Remembrance Commemoration

A reminder that a commemorative light show will be projected on the St Andrew's Church Tower on Remembrance Sunday, 10 November from 6pm.

A Civic Remembrance Service will be held at the First World War Memorial in the St Andrew's churchyard on Monday, 11 November beginning at 10.45am, followed by the laying of wreaths at the memorials in the churchyard and inside the church. After the service, free refreshments and entertainment by Evie Capon will be provided in the church. This will include the showing of Stanley's War: a film made locally and released in 2018 about the impact of the First World War in Suffolk. Please join us for the service and refreshments afterwards. Any knitted or crocheted poppy donations can be dropped at the parish office during October. Please encourage friends and family to participate in this project and support the events.

Enhancements at Rushmere St Andrew Lawn Cemetery

We are pleased to announce the completion of significant enhancement works at the Rushmere St Andrew Lawn Cemetery. The recent improvements, which include the planting of vibrant flower beds and the widening of the cemetery's paths, reflect the Council's ongoing commitment to maintaining this important community space with care and respect. The newly planted flower beds, thoughtfully arranged throughout the cemetery, feature a selection of seasonal and perennial plants chosen for their beauty and resilience. These enhancements aim to create a serene and welcoming environment for visitors, providing a peaceful place for reflection and remembrance. The flower beds will also contribute to the local ecosystem, attracting pollinators and enhancing the overall biodiversity of the area.

In addition to the planting of flower beds, the paths within the cemetery have been widened to improve accessibility for all visitors. The widened paths allow for easier navigation through the cemetery, particularly for those with mobility issues, families with strollers, and individuals using wheelchairs. These improvements underscore the Parish Council's dedication to ensuring that the cemetery remains a place where everyone can visit comfortably and safely.

"The completion of these works at Rushmere Lawn Cemetery represents our commitment to preserving the dignity and tranquillity of this important community space," said Mr Robert Whiting, Chairman of the Parish Council. "We hope that the new flower beds and widened paths will enhance the experience for all who visit, providing a beautiful and accessible environment for reflection." Residents and visitors are invited to visit the cemetery to experience the improvements firsthand.

The Parish Office: Please contact the Parish Office to make an appointment before visiting.

Parish Clerk: clerk@rushmere-st-andrew.org.uk / 07568 632110

Assistant Parish Clerk: assistantclerk@rushmere-st-andrew.org.uk / 07897 340917

Parish Office telephone: 01473 711509

Website: www.rushmerestandrew.onesuffolk.net

Instagram: [rsaparishcouncil](https://www.instagram.com/rsaparishcouncil) / Facebook: Rushmere St-Andrew Parish Council

Address: Rushmere St Andrew Parish Council Office, Tower Hall, 5 Broadlands Way, Ipswich IP4 5SU.

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Parish Halls Rushmere St Andrew

Rushmere Village Hall

We are pleased to announce that our free winter warm sessions will be returning this year. Every Saturday 12noon-2pm from 16 November through to 28 February. There will be free hot refreshments and lunch available at each session.

There will be a fundraising book sale and refreshments at Village Hall on Saturday, 12 October, 10am-2pm. The money raised will help fund the winter warm sessions and a new Monday meet up session starting in January 2025. Everyone welcome, free entry and book donations are welcome on the day too if you find yourselves having a sort out.

The remaining monthly market dates for your calendars are 5 October, 9 November and 7 December. Doors open at 9am-12noon and entry is free. Each month the hall is full of local makers and crafters for you to discover, along with a book sale and free tea and coffee for everyone too (no purchase needed). Rushmere Village Hall, Humber Doucy Lane, IP4 3PD.

Tower Hall

Our next craft destash sale is on Saturday, 2 November at Tower Hall, Broadlands Way, IP4 5SU 10am-2pm. It will once again be a Faberdashery of crafting supplies and an opportunity to shop for craft supplies at bargain prices. Sellers will have items including fabric, yarn, patterns, card-making, paper crafts, and much more. Entry is free and the event is usually quieter after 1pm if you prefer to avoid the crowds.

If you would like to hire either of our halls (Rushmere Village Hall or Tower Hall) for a children's party, family celebration, quiz night or for regular group meetings/classes, please contact us at: parish.halls.rushmere@gmail.com

Kesgrave Community Chinwag

Kesgrave Community Chinwag takes place every third Friday of the month from 2-4pm at Kesgrave War Memorial Community Centre – Fiona and her fabulous team of volunteers are ready to welcome you all.

A free event designed specifically for those aged 60 years and over, offering a warm and inviting atmosphere where locals can come together to relax and enjoy each other's company.

To book your seat(s) please call Kesgrave Community Centre on 01473 612648, or email Fiona: chinwag@kwmcc.co.uk Please note: you must book in advance. We have a maximum of 150 seats, still allowing a little space for dancing if anyone feels so inclined!

We run a BIG, very popular Raffle at the session each month which costs £1/strip to enter.

We keep our Facebook page updated with goings on; for more information visit Kesgrave Community Chinwag

On Friday, 18 October, local vocalist Jayne Katrine will be singing; this session will be available to book from 23 September.

These events are delivered to you by Kesgrave Community Centre, through funding received from East Suffolk Council Community Partnerships. KWMCC registered charity number 1186279

RSPB Ipswich Local Group

Our autumn and winter programme of indoor meetings will continue in October with Ian Barthorpe, Visitor Experience Officer at RSPB Minsmere describing his trip to South America: Jaguars and More – Exploring the Brazilian Pantanal, followed in November, with Dr. Eliza Leat, RSPB Conservation Advisor who will be talking about Operation Turtle Dove. In December our Christmas meeting will be with Tim Kenny our Group Leader taking us on 'A Winter Walk Along the Orwell.'

All indoor meetings take place on the second Thursday of the month at 7.30pm in Rushmere St. Andrews Church Hall, The Street, Rushmere, IP5 1DH between September and April (inclusive). Charges, which include refreshments, are £5 for non-members and £3 and £2.80 (concessions) for members of the local group. Young people under 18 (who must be accompanied by an adult) are free. All outdoor meetings, unless specifically stated, are free.

Outdoor meetings planned for autumn and early winter include: Bourne Park, Wrabness EWT Reserve, Rushmere Common, Kiln Meadow and Spring Wood, Shotley Peninsular and Dunwich and Dingle Marshes.

Walks are expertly led and there is always someone willing to help those less experienced with bird identification. Details of all walks including date, time, distance covered, and meeting place can be found by contacting us in any of the ways set out below. Suitable clothing and footwear should be worn, and refreshments carried if needed.

All are welcome at our meetings. Membership of the RSPB, either local or national, is not a requirement.

Further information for both indoor and outdoor meetings can be found on: www.rspb.org.uk/groups/ipswich or find us on Facebook: RSPB Ipswich Local Group or: 01394 809236.

Kesgrave W.I.

Our August Garden meeting was held in the Conservatory at Kesgrave Community Centre. Members enjoyed a lovely Afternoon Tea supplied by Café 66 (supporting local initiatives) whilst attempting a General Knowledge and a Gardening related quiz. A variety of items were for sale on our Bring and Buy Stall with the proceeds going to Breast Cancer, and of course lots of time for 'chatter'- giving members the opportunity to catch up with friends!

Kesgrave WI are very proud of Teresa Kidd and Julie Meadows – two of our members who held a Sunday Afternoon Tea and Cake fundraiser in their garden in Bell Lane during early August and raised an amazing £700+ for Breast Cancer, which was being matched by the Building Society that Teresa works for. Well done Ladies.

Nicky Reynolds was welcomed to our September meeting talking about The Land Army girls from the 1940's- what a lovely evening. Nicky not only talked about the history of the Land Army but supported her talk with lovely photos and an amazing collection of memorabilia-including a photo of a lady, 103 years old living in Suffolk who had been a Land Army girl!! Nicky is set for a return visit in 2025 to entertain us with one of her other talks!! Members themselves brought an amazing array of 1940's memorabilia from their own photos of family members, a Royal Doulton Land Army figurine, and cutlery from Army Stores when being cleared after the war, to various documents – ration books, ID cards etc.

At our October meeting we will be welcoming Richard Harvey a local entrepreneur who in an earlier life had served as a Bandsman on the Royal Yacht Britannia to today when he runs his own Coffee business.

Visitors are always welcome to join us for our usual monthly meetings which are held on the first Thursday of the month at Kesgrave Community Centre, Twelve Acre Approach at 7.15pm. For any information regarding Kesgrave WI please contact Di Chilver, secretary on: 01473 611415.

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Tales from the Repair Shed #13 – We need your help!

The Suffolk Repair Shed is doing a great job of reducing the amount of things going to landfill. At the moment we are taking on 6-700 jobs a year, and just over 75% go out repaired.

That's all thanks to the efforts of our volunteer repairers who bring a wide range of skills and experience to the shed. We could always do with more, so if you are the sort of person who mends things of whatever type, we'd love to hear from you.

One of the skills we are really short of is being organised. It doesn't somehow seem to go with the territory. But there are lots of tasks just as important as the mending, which we aren't very good at or need help with. For example:

- helping to organise the monthly Repair Hubs
- meeting and greeting at the regular shed sessions
- helping to organise the "stores" and spares
- social media and articles for print media
- sorting out stuff for sale or onward donation
- liaison with similar organisations

In short there's all sorts of ways you can get involved in a worthwhile enterprise. Besides, volunteering is (according to experts!) good for you. Why not get in touch?

www.suffolkrepairshed.org/hello@suffolkrepairshed.org

www.facebook.com/profile.php?id=100091867569554

www.instagram.com/suffolkrepairshed/

Suffolk Repair Shed Ltd is a non-profit company established in June 2022. It started operations in October 2022. It is staffed entirely by local volunteers.

Cafe 66 Community Cafe

Did you know we can provide buffets for events of all kinds? Pop into the cafe between 10am-1.30pm, Tuesday to Friday at Kesgrave Scout Hall to discuss your requirements or email us on: cafe66@kesgrave.org.uk.

We support adults with learning difficulties and disabilities who work very hard to provide our cafe service to the public. Visit us for coffee and cake or a light lunch, menu includes daily special, all food cooked to order.

Find us on Facebook Cafe 66 Community

Suffolk Industrial Society

Suffolk Industrial Society monthly meeting will take place on Wednesday, 9 October, 7.30-9.30pm at Ipswich Transport Museum, Cobham Road, Ipswich, IP3 9JD. The topic is Street Furniture and the speaker will be Steven Worsley. Further information: 01473 405116

Many items of street furniture survive in the local environment, frequently the products of local iron foundries which have long since ceased to trade. Boundary markers, bollards, street signs, traffic signs, letter boxes, telephone kiosks and much more can be found in our streets, in a wide variety of patterns, some surviving from the Victorian age.

Martlesham Ladies Club

The first meeting of the new season was well attended and we enjoyed an interesting talk. The yearly subscription remains at £10 with an entrance fee of £2 to each meeting.

There are three meetings planned for October.

On 3 October, we have a coach outing to Felixstowe for afternoon tea at the Martello Restaurant, on 17 October Petra Wenhan, a trans woman, will tell us about her journey and the support she gets from her wife. Finally on 31 October, Wendy Wootton will tell us about the work of the Air Ambulance and how we can support this vital service. Looking further ahead, on 14 November we will be painting ceramics with Wendy Card again.

Meetings are held in the Richard's Room on alternate Thursday afternoons at the new time of 2pm. To find out more contact June Peck: 07867 525422.

East Ipswich Camera Club

The East Ipswich Camera Club has been running for over 40 years and is a small friendly club whose members have a wide range of photographic experience and knowledge.



We meet at the Tower Hall, Broadlands Way, Rushmere St Andrew, IP4 5SU (close to the Bixley Farm Centre) on the first and third Tuesday evenings of most months from September to June, although there will be a few meetings via Zoom instead of at the hall during this season. The evenings start at 7.30pm and usually finish by 10pm.



Our programme leans heavily towards competitions within the club, which encourages us to develop

our photography skills but it is also a way to get feedback on your own photos. During the year we also have a few lectures and discussion evenings to learn how to achieve better pictures. There are also occasional social events, which usually combine taking photographs at a specific location with perhaps a drink together afterwards.

Our 2024-25 season is now underway. You can come along for a taster session for a fee of £3. If you like what you see membership of East Ipswich Camera Club costs £55 a year and is open to anyone aged 18 and over. So, if you enjoy photography, why not call in and give us a look.

To find out more about East Ipswich Camera Club and dates of future meetings please email: secretary@eastipswichcameraclub.co.uk or have a look at our website: www.eastipswichcameraclub.co.uk



Ipswich Transport Society

The next Ipswich Transport Society meeting will take place on Monday, 21 October from 7.30-9.30pm at Greenfinch Church Hall, Greenfinch Avenue, Ipswich, IP2 0SQ. The topic will be 'Through the Spotter's Lens – 50 Years in Pictures' with the speaker being Ian Bloomfield.

A Norfolk-based railway enthusiast reviews the past 50 years through his photographs. Cost: £3 payable on the door, includes refreshments. Further information: 01473 405116

Portal Woodlands Conservation Group

Our next work morning is Sunday, 20 October from 10am-12noon, meeting at the Education Area. New volunteers of all ages and abilities are always welcome. No experience needed. For further information, please contact us at pwgc.martlesham@gmail.com, phone: 01473 612632 or visit our website: pwgc.onesuffolk.net or join our members' Facebook Group by messaging Duncan Sweeting. Stephen Corley, Chairman

East Suffolk National Trust Association

East Suffolk National Trust Association invite you to their October meeting at Ropes Hall Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, Ipswich, IP5 1JF. The start time is 7.15pm.

On 15 October. 7.15pm, Graham Murchie will be giving a talk entitled "The Eyes of the Few," dealing with the history of Bawdsey Radar Station. Within two years of the discovery of radar in 1935, Bawdsey was set up as a research station, the first in the world. However, following the outbreak of the Second World War it ceased being a research station, and became fully operational, playing a vital role in detecting incoming enemy planes. This talk is a must for all those interested in local history.

Looking further ahead, on 19 November Jim Jarvis will be talking about crime, in particular drug trafficking, money laundering and frontier fraud.

Visitors are welcome, entrance fee £3 each. The annual subscription is £8 per year (£12 for two people at the same address). We publish three newsletters a year for members and enjoy interesting day outings and other events.

For more information, contact our membership secretary at: membershipsnta@gmail.com or 01473 723761. Alternatively visit our website: <https://sites.google.com/view/eastsuffolknta>

Citizens Advice East Suffolk

Our next free advice session in Kesgrave is on Tuesday, 15 October. At Citizens Advice we help people find a way forward. Life is complicated and sometimes people encounter challenges and problems that they don't know how to deal with and need help to understand and overcome them.

Our free drop-in service is there for you. We are in the Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, IP5 1JF on the third Tuesday of every month between 9am-12noon. No appointment is necessary and there is plenty of free parking at the centre. For further information about the advice session or about volunteering, call Citizens Advice East Suffolk on: 0808 278 7866

Martlesham Brass

'Making Music Fun in East Anglia'

The Martlesham Brass Birthday Concert is on Saturday, 5 October at 7pm in St Michaels Church Centre, The Drift, Martlesham Heath IP5 3SL. Our Birthday Concert is always a special event, as we recognise those band members who have made a real difference to the band over the past year. Adult tickets are £4 each (primary school age children free) and are available to reserve by calling 07544 962205, or on the door. We hope to see you there.

If you feel you would like to learn to play a brass instrument, or if you already play and would be interested in joining us, please email join@martleshambrass.co.uk (please note that we are currently operating a waiting list for our beginners' band)

Liz Howard (Publicity Officer)
publicity@martleshambrass.co.uk / 07544 962205
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Suffolk Singers

Suffolk Singers are now inviting you to join them for another of their popular singing workshops this Autumn under the professional leadership of Claire Weston, former principal with English National Opera, assisted by Jamie John Hutchings, composer, conductor and organist.

Sing in Celebration - Sunday, 20 October.

The workshop will explore the legacy of choral music from Puccini, Fauré and Stanford who all passed away 100 years ago and will also celebrate the 80th birthday this year of Karl Jenkins.

It will be held at Thomas Mills High School, Saxtead Road, Framlingham, IP13 9HW and will start at 10am (with registration from 9am) and finish around 5pm. There will be a free public performance for friends and family at 4.30pm preceded by tea and cakes at 3.45pm to which they are also warmly invited.

The fee for the day is £25 with students under 18 admitted free. Singers 14 or under must be accompanied by a responsible adult. Refreshments will be provided. Just bring a packed lunch along with your enthusiasm for an enjoyable and rewarding day. Full details of the workshop can be found on our website: www.suffolksingers.co.uk or to register – Contact Peter Lamb: 01728 638897 / 07970 062366 / peterlamb54@googlemail.com



Further performances by Suffolk Singers in the next few months include an evening concert in the Church of Saint Michael Framlingham on Saturday, 16 November as well as the annual charity concert for FIND at the Woodbridge Community Hall on Saturday, 18 January 2025.

The Orwell Singers

A very warm welcome to upper voice singers of all ages to come and join us to sing and enjoy songs from our Christmas Collection. An eclectic mix of seasonal music of different styles and genres.

On Saturday, 9 November, 1 - 4.30pm at St Michael and All Angel's Church, Martlesham Heath. £10 entry fee to include all music and refreshments. For more information please contact d.sharman@btinternet.com.

Orwell Art Club

Orwell Art Club is a friendly and convivial art club for all levels. We meet monthly between September and June for demonstrations and talks. We also organise a varied outdoor summer painting and sketching agenda.

We welcome Anne Plummer, a mixed media artist who is well known for her painting of sailing barges. This will take place on Wednesday, 16 October at Parish Halls Rushmere St Andrew, Humber Doucy Lane, Rushmere St Andrew, Ipswich, IP4 3PD starting at 7.30pm.

Annual membership £30. Non members welcome £5 to monthly meetings. Want to know more? Contact: orwellartclub@gmail.com

'Charlie & The Dig'

This promises to be an entertaining evening with Charlie Haylock. He is not just known as a master of the Suffolk dialect but has the ability and knowledge to speak in a variety of other accents. Charlie is also the author of books on the English language and has frequently been seen and heard on BBC Radio Suffolk and BBC Countryfile amongst others. Most famously recently he was the voice coach for Ralph Fiennes on the Netflix film about Sutton Hoo, 'The Dig'.

Saturday, 26 October 7 - 9.30pm with a break for light refreshments and a raffle at St Michael's Church, Martlesham Heath, with plenty of free parking.

Please pay on the door - £10 per person to include refreshments. But we do need to have an idea of numbers, before the event. Please contact me to confirm your attendance.

Thank you for your support.
 Rachel Pennick: 01473 610437 / Rachel.pennick@btinternet.com

Kesgrave Library

Sunday Crafts 10am-12noon – during October we will be making the following crafts:

Sunday 6 – Create a paper plate scarecrow's face. What colour hat and scarf will you choose?

Sunday 13 – This week, to continue our autumn theme, we are making paper bag squirrel puppets.

Sunday 20 – It is pumpkin time – create a pumpkin monster picture. How scary will yours be?

Sunday 27 – It is nearly Halloween – this week we are making Halloween hands – will you make a ghost, a witch or a scary pumpkin?

Activities are free. Parents must stay with under eights.

Word Play Sessions: Every Thursday Morning. Trained staff run these free sessions.

Tot Rock: 9.45-10.15am – active songs and rhymes for pre-school children.

Baby Bounce: 10.45-11.15am – Gentle songs for you and your baby to enjoy.

No need to book. Please just pop along. We look forward to seeing you soon.

Story Time – Fridays 9.45-10.15am. Fun stories, rhymes, and songs – this is a free activity. We hope to see you soon.

Lego Club – Every Tuesday 3.30-4.30pm. Free play with each child given a basket of Lego bricks to create designs of their choice. We hope to see you soon.

Stay and Play – Every Tuesday 10-11am

Bring your little ones to our Stay and Play group for a relaxed and informal opportunity to meet other parents and carers, share experiences and chat. Our Stay and Play groups are a chance for parents to socialise and give their babies and young children a fun, interactive play session that engages their senses and helps their development. These sessions are suitable for under 5s. This event is part of our Me Myself and Baby perinatal support service. The aim of the project is to help reduce isolation and improve emotional wellbeing for new parent.

Morning Book Group – Tuesday, 1 October, 10am at the library. The group are discussing *Before the Coffee gets Cold* by Toshokazu Kawaguchi.

Afternoon Book Group – Thursday, 3 October at 2.45pm. They are currently reading *A Thousand Splendid Suns* by Khalid Hosseini.

Evening Book Group – Thursday, 31 October 7-8pm. The group are currently reading *The Nightingale* by Kristin Hannah.

If you are interested in joining any of the above book groups, please contact library staff on: 01473 626103. The library supplies copies of the titles being read.

Menopause and Me Support Group – returning on Thursday, 3 October 7-8pm.

This peer led support group is run by staff and Jen Evans, who is a menopause advisor. All sessions will comply with both NHS and NICE guidelines; and are for anyone who is affected by the menopause and its symptoms. This month's session we are running an 'expressive book making workshop'. Tea, coffee, and biscuits will be provided.

New - Family History Sessions – Saturday, 5 October, 2-4pm. This session is fully booked – please ring if you would like an appointment in November: 01473 626103.

Reading Quest – Congratulations to all our young readers who finished the quest this year. We hope you enjoyed the new format and look forward to seeing you in the library throughout the year.

Recycle Your Ink Cartridges – Did you know that Kesgrave Library is a drop off point for printer ink cartridges, whether used or out of date (apart from laser printer cartridges). Every donation of a used cartridge helps the library to raise funds.

Printing and Photocopying – You can print and photocopy at your local library. We can print A4 colour and black and white, as well as photocopy in A4 and A3. We are also able to scan to email and enlarge and reduce documents.

Home Library Service – If you would like to access the library but are unable to visit us, Kesgrave runs three home library routes, where volunteers come out with a selection of books to your homes. To access this service, whether you are house bound, recovering from an operation, receiving treatment for an illness, or enquiring for a relative/friend or someone you care for, please ring the library: 01473 626103 or log onto the Suffolk Libraries website and complete the online form.

Opening Hours -

Monday	9am-12noon
Tuesday	9am-12noon / 2.30-5pm
Wednesday	2.30-6pm
Thursday	2.30-8pm
Friday	9am-12noon / 2.30-6pm
Saturday	10am-5pm
Sunday	10am-3pm

Maggie Lusher

Kesgrave Library Manager
01473 626103 / www.suffolklibraries.co.uk

Ipswich Symphony Orchestra Concert

Saturday, 30 November at 7.30pm at Ipswich Corn Exchange

Saint - Saëns: *Bacchanale* from *Samson and Delilah*

Dvorak: *Cello concerto* in B minor

Beethoven: *Symphony no. 5*

Ipswich Symphony Orchestra has an enviable reputation for performing adventurous programmes with world-class soloists.

Our concert on Saturday 30th November includes Beethoven's iconic 5th Symphony plus another classical favourite, Dvorak's *Cello Concerto*, with soloist, Adrian Brendel. A familiar presence at many of Europe's leading festivals, Adrian is a hugely versatile performer playing classical and contemporary music as well as jazz improvisation. Tickets: from www.ipswichtheatres.co.uk, orchestra members, and at the door.



Speak Easy at Martlesham

Speak Easy is part of Toastmasters International, and we offer public speaking opportunities. We provide a fun and supportive forum to practice speaking, to compete, and to evaluate. We meet at Richard's Room in Martlesham, and we are also using Zoom to enable greater participation, including from abroad. We encourage new members to join us in the room, where we add the online audience giving us the experience of one meeting.

Guests are welcome to attend Speak Easy to see what we have to offer, and to take part if you would like. On a typical evening, you can expect introductions, a round of impromptu speaking, three prepared speeches, and evaluations throughout.

We hope you will choose to become a member, whether to beat public speaking nerves, develop your abilities, enter competitions, or help us run the club! Speak Easy meetings are held on alternate Thursdays. The next 10 and 24 October. Join at 7pm for a 7.15pm start, finishing at 9.15pm. Speak Easy is an inclusive and diverse group, open to anyone 18 years or over.

If you would like any further information, or to attend one of our online meetings please contact Adam Green: vprr@speakeasy.org.uk or www.speakeasy.org.uk or find us on Facebook: Speak Easy Martlesham

The Woolverstone Project

The Woolverstone Project, a charity dedicated to the provision of sailing for people with disabilities and operating in South Suffolk and Essex, is delighted to have received National Lottery funding. This is part of an ambitious plan to expand and enhance our services by increasing the number of participants, improved volunteer engagement and the development of new relationships with the region's special schools. We also hope to expand annual community events for specific groups and families.

The funding has also supported the purchase of a new boat named "Freedom". One of the first sailors to use Freedom was 55 year old Mark, a former keen sailor frustrated by being unable to pursue his passion due to disability. His support nurse approached the Project and we were able to make his dream come true.

With the support of James Cartlidge, the MP for South Suffolk, the Woolverstone Project is appealing to the local community to support our mission. Volunteers are the backbone of the Project and there are numerous ways to support us. For further details please contact us at info@woolverstoneproject.org.uk



October is Breast Cancer Awareness Month

Anita is a breast cancer survivor, and this is her story.

Back in August 2022, while family were visiting, Anita felt a lump in her breast while taking a shower. As so often happens, she put it to the back of her mind as she enjoyed the special time with her loved ones. When they went home,



she knew she should do something about the lump but, as with so many of us, normal life resumed, and she didn't go and see the doctor immediately. Fortunately, Anita told her husband, Michael, that she had found the lump and he ensured she made an appointment to see her GP.

Anita was already seeing the doctor for another issue and because there was another person in the room, possibly a trainee, she felt uneasy and sadly didn't report the lump. This meant another appointment the next day at the insistence of Michael. She was then referred to the breast unit at the West Suffolk Hospital within one week for a mammogram, test and finally the diagnosis.

Anita said "Because I could see my lump my idea was to leave it for a while to see if it changed but this is totally the wrong idea. I urge women who notice any changes to go to their GP. If it turns out to be cancer, then the sooner you start treatment the better".

Anita saw the surgeon who explained she had cancer. Anita said "Although I expected it, to actually hear it said was a shock. I am a positive person but it knocked me for six."

Anita said about the days and months that followed, "It's important to have someone by your side whether it's like in my case, my husband, or another relative or friend. You need someone to support you, for you to confide in as you prepare to face the many appointments, potential surgery and all the treatments."

Within 10 days Anita was having surgery for a lumpectomy at the hospital and preparing for the next stage of treatment. Anita said the next part can be overwhelming as you can feel bombarded with information, but her advice is to take it steady, read the literature at your pace and rest up. Anita said "You can't paint over chemo, it's really not a nice experience but you just have to keep positive and think about life on the other side".

The chemo soon meant that Anita started to lose her hair and she was directed to Steve Trowles, at the Stephen John Salon on Moreton Hall, who immediately took control of the situation helping Anita realise that the time had come to talk about a wig.

Over a year on Anita has now been given the all clear, her treatments are over and her hair has started growing back but she wanted to share her story. She had had no family members with breast cancer, and being past 70, her three yearly mammograms had stopped, so she urges women to keep an

eye on their bodies, to notice any changes and to seek advice quickly should anything seem to change.

How My WiSH supports you after a cancer diagnosis Counsellors

We provide two wonderful counsellors, Michelle and Clare, should you or your loved ones need to talk.

Exercise sessions

My WiSH pay for exercise classes at Bury Physio to help you both during and after treatment.

HOPE course

A course post treatment to help you readjust back into your life.

Sentimag machine and specimen cabinet

These two pieces of equipment cost £25,000 and £40,000 respectively and aid staff when removing lymph nodes to pinpoint the first one, and to check all the specimen needed is taken.

Mama B's cancer wellbeing day

Run with Steve Trowles at the Stephen John Salon once a month, these pamper days have been invaluable to ladies like Anita. Treatments are available as well as love and support from fellow cancer patients.

Breast care cushion club

Anita woke from surgery to find a heart shaped cushion, made by the Breast care cushion club, which is supported by My WiSH who provide the materials. The shape is to hug under your armpit and to keep you comfortable as you heal.

The Macmillan unit

We have amazing donations on a weekly basis for the Macmillan unit at the West Suffolk Hospital. If you would like to stay local and support cancer care then please contact the team via our website, www.mywishcharity.co.uk. To access any of the above sessions please talk to the Macmillan Information Centre, 01284 713023.

What am I looking for?

Anita said she could see her lump, showing on the surface of her breast. Others don't know they've got any signs of breast cancer until they have a mammogram. Others find an anomaly when they do their regular check.



This shows the importance of knowing your body so you can spot changes, but also the importance of going for check ups when they are offered.

If you find anything you are unsure about please visit your GP. For more information please visit: www.nhs.uk.

u3a East Suffolk

Shorter days equal more fun for u3a members

The days may be getting shorter but it's not doom and gloom for members of East Suffolk u3a!

Following Open Day and the start of the new calendar, lots of u3a members are getting stuck into new activities bringing more fun, friends and learning into their lives. They are enjoying walks, quizzes, dining out, visiting gardens or churches, discussing architecture, the arts, current affairs and much more.

This national members' organisation provides opportunities for older, mostly retired, people. More than 2,200 people in East Suffolk are currently members, finding new interests, new challenges and social activities.

Alongside approximately 150 different local activities, there is a varied programme of talks held at different venues in East Suffolk.

October begins with talks about Livelihood Creation in Zambia (the work of Tools with a Mission), Life on Land and Offshore in Borneo, The Story of Silk and Rail Freight in Suffolk. In November there are talks about the history of Fish & Chips, The NHS, Life as a Security Guard and Picasso's Blue Period.

Full up to date information is available on the u3a website: www.u3aeastsuffolk.org.uk.

New members are welcome, with the expectation that they will contribute to the success of the group. Membership is on an annual basis and gives members access to all the u3a's many activities, subject to availability at a very modest cost. For more information please see the website or call the secretary on 0300 123 3913.

Cedarwood Primary School

Do you have a child starting school in September 2025? If so, please join us on one of our open evenings or days this year to meet our friendly team and find out more about us. Out of catchment children are welcome! Our governors, staff and pupils will be on hand to chat with you and answer any questions you may have.

Dates this year:

Tuesday, 22 October at 7pm

Wednesday, 23 October, 9.30am and 1.30pm

Wednesday, 13 November at 7pm

Thursday, 14 November, 9.30am and 1.30pm

Please contact us to book in on your chosen session – they are all identical sessions - by emailing admin@cedarwoodprimary.org.uk

We understand that choosing the right school for your child is a big decision and we'll do all we can to support you with this. Our Foundation open days provide you with the opportunity to experience Cedarwood first-hand before making your decision. Our extensive summer induction programme then begins as soon as your child is offered a place with us and it includes a range of experiences to ensure that they can settle quickly and smoothly into school life.

Our school's ethos is underpinned by the goal of achieving 'Excellence and Enjoyment for All'. We seek to reach the highest standards for all our pupils in learning, teaching, safeguarding and behaviour, with the aim of being the very best that we can be.

Caring for your child is our top priority. We develop excellent relationships with pupils and families and work closely with parents and carers to ensure every child has both the encouragement and the support they need. We offer wraparound care at our very successful on-site Out of School Club, run by our own highly skilled staff. It provides excellent care for our pupils, before and after the school day and we offer a range of flexible booking options to suit your family's needs.

Cedarwood is a warm and happy place to work and learn, for further details, please see our website: www.cedarwoodprimary.org.uk/suffolk/primary/cedarwood which also includes details of career opportunities for anyone who is interested in joining the Cedarwood Team. We look forward to meeting you!

Brights Stars

At the moment we are sending out free activity sheets by email and/or post on the second and fourth Mondays of each month during term time, for the children to enjoy doing with their family and/or carers, we used to meet in St Michaels Church Centre, Martlesham Heath. The activity sheets usually include a story, song and a craft or game about a theme or story from the Bible.

If you have or look after a child/children of pre-school age, or slightly older and would like to receive our sheets, please give us a call on the telephone number below; we look forward to hearing from you.

If you would like further information, please contact Sonya and Maureen Burrows: 01473 625196

Ipswich and District Croquet Club

Croquet, a sport for all seasons

As winter approaches many traditional summer sports are closing their facilities for another year. However there are a few notable exceptions. Most people think of croquet as one of those gentle summer only sports, but not so at Ipswich Croquet Club. Here only deep snow, severe frost or floods keep its enthusiastic members at home.



Indeed with today's milder winters most of the club's members enjoy many hours playing this challenging and, dare one say apparently addictive, sport throughout the winter months. The benefits of all-year-round gentle exercise in the fresh air are now recognised as essential for both physical and mental wellbeing. Therefore if you are looking for something worthwhile and stimulating to do at this time of year why not give croquet a go?

Ipswich Croquet Club offers all members of the public free taster sessions on Saturday mornings at its facility on Bucklesham Road, Ipswich, IP10 0AA (what3words\\waitress.escorting.landlords) next to the archery club.

Interested? Call/text: 07780 704792 or email: croquetclub.ipswich@gmail.com

Badminton in Kesgrave



Woodbridge Badminton Club has now returned to Kesgrave High School for the winter season (September-April) on Wednesday evenings at 7.30pm. League matches will be on Thursday evenings for those feeling competitive!

We welcome a range of abilities but unfortunately not complete beginners. For latest details check out our website at: www.woodbridgebadminton.co.uk / email: contact@woodbridgebadminton.co.uk or ring Jim Cavanagh on: 07803 232892. You can come along and try us out for a £6 guest fee, refundable against the annual membership if you join for the season. Our pay-as-you-go summer badminton sessions at the Kesgrave Community Centre Sports Hall have now finished, but we hope to be back there again next summer.

Kesgrave Tennis Club

Kesgrave Tennis Club (located at the community centre sports area) welcomes all ages and abilities. We've various membership packages available and if you would like details on these, or on play sessions, or on group or individual coaching (open to non-members too) please contact us at: secretaryktc@outlook.com, see our website: <https://clubspark.lta.org.uk/KesgraveTennisClub> or look at our Facebook page.

Adult club sessions are on Wednesday nights 7-10pm all year round – come along and try a session! Details of coaching sessions (open to members and non members) can be found on the coaching page on our website. Head Coach, Matthew Last has sessions for juniors - youth (red, orange and green ball) and teen players; and for adults - clinics, cardio, pair and play, Tennis Xpress, team training.

In club news:

At the time of writing, we're eagerly anticipating our Annual Finals Day on Saturday, 14 September. This is the culmination of knockout events that have been running throughout the summer. We wonder who'll successfully defend their titles?!

Luke Barnes and Jason Dove represented our club at the Suffolk Tennis Annual Inter-Club doubles tournament, held at Felixstowe Tennis Club on 1 September. They had a good win in the first round but then came up against very tough opposition in the next.

The Summer league has recently finished. The ladies team were happy to end up mid table in Div 1, an admirable achievement which means that they will remain in that division. The men's first team came second in Div 4, narrowly losing out on first place only by percentage of sets won. The mixed second team came second in Div 4. Well played to all the teams.

The Winter League is just commencing. We have entered one men's team and three ladies teams. Our ladies first team are hoping to repeat our Div 1 win from the last two seasons.

At time of writing, we are just getting details for the Floodlit league, in which we have entered two ladies teams, three men's teams and two mixed teams. Good luck to them all for a successful season.

Kesgrave and Northgate Karate News

Hope you all had an amazing summer break ... but no break for our competitors! Five members of Northgate Karate competition team went to BKF International Championship in Sheffield where we won two bronze medals in individual kata! This competition gave an opportunity to compete not only against our neighbours from Scotland, Wales and Northern Ireland but other nations as well. Now we back to our regular sessions schedule and we are getting ready to the UK and European competitions but in between we are training hard towards gradings for red dragons, juniors and adults.



If you are interested in karate, we are welcome all from four years old and all abilities, so why not come along? You can find us online: www.northgate-karate.co.uk or on our Facebook page: Northgate and Associated Karate Clubs.

If you would like to join our family friendly karate club or come along to free trial session, just turn up and have a go! We are running karate sessions in Ipswich, Claydon, Kesgrave and Martlesham. For more information visit: www.northgate-karate.co.uk or email us: admin@northgate-karate.co.uk.

All Saints Church, Kesgrave



Autumn has arrived and, as I looked at a freshly - fallen acorn, I meditated on the potential for this small seed as I stared up at the huge oak from which it fell.

The Bible tells us, 'There is a time for everything, and a season for every activity under heaven.'

That thought is all very well but we humans don't share the simplicity of this saying. We can be impatient, especially when waiting for something exciting, like a holiday or something worrying like a hospital appointment. At other times we long for time to slow down when we are enjoying ourselves or expecting something we dread.

Everyone at All Saints church has had to be very patient during our quest for a new vicar since the retirement of Reverend Robin Spittle in November 2022, but now – at last – the time has arrived, and at 11am on 3 October our new priest in charge, Andrew Dotchin will be welcomed in church.

Living in the vicarage with his wife Lesley-Anne there will be plenty of opportunities for him and our community to become acquainted and wish him well as a new era begins for church and community in Kesgrave, Little Bealings and Playford.

Rev Chris Nunn

More information and details of church services can be found on the church website: www.asksesgrave.org or on Facebook: www.facebook.com/Askesgrave/

Rushmere Baptist Church

Autumn is here but it is a beautiful time of year even though the days are getting shorter. There may still be a few bees around and hopefully they have been enjoying the Bee Cafe planter now set up on the grass opposite our church, as well as the flowers in many gardens and allotments and our own planters outside the church. We are going to water the plants as needed, and look forward to the spring flowers.

We have just celebrated Harvest Festival and thought about God's creation of every living thing - plant and animal. We had a display of fresh fruit and vegetables, and also tins and packets of non-perishable food given by people, all of which has been sent to FIND who are the charity that run the Ipswich Food Bank. You may have seen their collecting bins in supermarkets.

As the evenings get darker the children and young people in your family might like a group of friends to meet up with regularly. On Monday evenings in term time we have several groups which meet for people in different school years, to enjoy chat, friendship, games, activities, and bible stories and discussion. Everyone is welcome, and to find out more please look at our Facebook page or contact: secretary@rushmerebaptist.org.uk.

We have a brand new group called 'Illumin8' for young people in school years 6-8 which meets twice a month from 7.15-8.30pm. The dates for October are the 7 and 21. These are the people who have recently started high school or who are going to change schools next year, and it is an opportunity to share experiences and help each other as needed.

God bless.

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