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with Kesgrave & Rushmere

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Cafe 66 Community Cafe in Kesgrave
See page 3



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Bookings in the evening can only be taken up to 10pm.
Rates are £18 per hour at weekends and £12 per hour weekdays.

**For bookings and further information please contact the Town Council office:
01473 625179**





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A WORD FROM

The Team

Summer is here!

July is officially summer season. Take advantage of the summer weather and head outside and enjoy one of the counties many festivals or events taking place this month.

Whatever your tastes or interests, there's plenty of things going on, from carnivals, village fêtes, open gardens and classic car shows. If music is your vibe then Ipswich Music Day returns to Christchurch Park on Sunday 7 July. It's the largest free one-day music festival in the UK and is a brilliant celebration of music, culture and local talent.

We hope you have fun whatever you do!

The In Touch Team



A gentle reminder that the deadline for the August edition is the 5 July.

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 Commoners Committee

The wet mild weather is making the common look lush and green. It reminds us of what a wonderful space we have on our doorstep. The golf club are managing the fairways so the edges aren't cut right back so we are seeing varying heights of grass which is excellent for the wildlife. Many species of butterfly have been seen.

The Rushmere Commoners Committee Annual General Meeting was held on 20 June at Tower Hall, Rushmere St Andrew. This is a very busy time for the common from a leisure viewpoint and it's important that anyone using the common is aware of the direction of play and where the main footpaths intersect the golfing areas. A map is available on our website: rushmerecommonerstrustees.onesuffolk.net/ and a paper copy can be obtained by contacting the clerk.

Users are reminded that no one has priority over another group and patience and courtesy needs to be shown by all. The RCC works hard with the golf club management to ensure that golfers understand this is a public open space enjoyed by all. We also ask members of the public to be respectful of the tees, bunkers and greens. Dog walkers are reminded to keep dogs under control and to clear up their mess and dispose of it in bins provided.

The committee would also like to thank all those that litter pick and those who are mindful with their litter and take it home. Let's continue to respect the wildlife areas and enjoy the superb space.

Email: clerkrushcommoners@gmail.com

Website: rushmerecommonerstrustees.onesuffolk.net

Cafe 66 Community Cafe in Kesgrave

Kesgrave Scout Hall, 12 Acre Approach, Tuesday to Friday, 10am-1.30pm.

Cafe 66 is open to the public for hot and cold drinks, home made cakes, sausage rolls and scones. Lunches include a daily special and traditional toasties, jacket potatoes, panini's and baguettes. All food freshly made to order and served to your table or to take away.

Outside catering is also available for family gatherings, children's parties, wakes, business meetings etc. Please pop in during opening hours to discuss or find us on Facebook: Cafe 66 Community Cafe, and send us a message. We are currently looking for volunteers, if you'd like to be part of our special Cafe 66 team please get in touch.

Kesgrave Town Council

The office often receives lost property found around the town. Please feel free to check with us if something has been lost or left behind on one of our parks and has been handed in or found by one of our Estate Operatives.

Dates for your diary in July

20 July – Kesgrave Market at the Scout Hall from 9am

Town Council Meetings:

1 July, 15 July and 29 July – 6.15pm Planning and Development

22 July – 7.15pm Full Council Meeting

Kesgrave Town Council, Ferguson Way, Kesgrave, IP5 2FZ

01473 625179 / enquiry@kesgravetowncouncil.org.uk

Rushmere Evening WI

At our May meeting our speakers were Robin and Sue Franklin. Together they read a selection of Robin's poems which were varied and hugely entertaining providing us with a great fun evening with a lot of laughter. They even finished this fabulous evening with a poem called "Rushmere W.I."

Our May meeting also includes a debate and vote on a resolution which is a call for change on a current issue. If agreed nationally, the WI takes this forward and turns it into a national campaign. The resolution this year is Dental Health Matters. Our President Linda led the debate, and the vote from members was unanimous to support this issue.

Visitors are welcome to come along and see what we do. Members can join our regular socials and wide variety of sub groups. Contact us via the Suffolk East Federation: office@sefwi.org.uk

Meetings are (usually) held at the Rushmere Village Hall on Humber Doucy Lane starting at 7.30pm. Our next Speaker is: Steve Everett: RSPB Minsmere at 75 on Thursday, 4 July. (Due to the Election this meeting will be held at St Andrew's Church Hall, The Street, Rushmere). No meeting August.

Rushmere St. Andrew Parish Council

Rushmere St Andrew Chinwags

We would like to invite you to our 2024 Chinwag get-togethers on the first Friday of every month 2-4pm. The events are perfect opportunities for residents to connect, enjoy live performances by wonderful musicians, and indulge in delicious refreshments. If you are new to Chinwags, this is a fantastic chance to meet and mingle with other community members. Communities Together East Anglia, in association with the Rushmere St Andrew Parish Council, run the events.

Details of the next Chinwag:

Friday, 5 July, 2-4pm at Church Hall, St Andrew's Church, The Street, Rushmere St Andrew, IP5 1DH. Admission: free and no need to book. What to Expect: Live Music: Enjoy performances from local musicians from a variety of genres to suit all tastes. Delicious Refreshments: Savor a selection of tasty treats and beverages. We will have a variety of options available, including vegetarian and gluten-free choices. Activities: Engage in a range of games and activities that will be available.

The events are aimed at the over 60s and designed to strengthen community bonds. Please share this with your family, friends and help us spread the word. Feel free to reach out if you have any questions or need further information.

Community Hut – Rushmere St Andrew Allotments

The Parish Council recently purchased a community hut to be located at the Rushmere St Andrew Allotments, next to Chestnut Pond on the Street. We would like to thank County Councillor, Stuart Lawson for the grant funding to purchase the hut. Over the next few weeks, we will be looking to install the hut with help from allotment holders. The community hut will provide a place for allotment holders to connect and support one another. It offers a chance to take part in activities such as the end of season harvest lunch, spring seed swap, weekend questions and answer events and to meet other allotment holders in the community.

We also hope that it will provide valuable volunteer opportunities for members of the community, reduce loneliness and isolation and support community and educational projects to involve the wider community in improving gardening space, visiting the allotments, and forming a better understanding about seasonal vegetables. We would like to thank Natalie and Kevin Barber, local allotment holders that have helped to implement this project. Please get in touch if you would like to get involved in any way or have questions about this project.

Litter Picking Equipment

In our communities, litter distracts from the beauty and cleanliness of our shared spaces. We are fortunate in our parish that we have many volunteers that dedicate their time and energy to litter picking and we would like to thank all those volunteers for their time and amazing efforts. The Parish Council has several litter grabbers and litter rings that can be borrowed to support litter picking efforts in the parish and to make it easier for individuals and groups to participate in clean-ups. For more information on this or to borrow the equipment please get in touch.

Reporting Tools

There are several online tools available to report issues in the parish. For highways issues visit highwaysreporting.suffolk.gov.uk/. This process is managed by Suffolk County Council and problems with potholes, streetlights, signs and bollards, traffic lights, drainage and flooding on roads, trees/hedges, roads, pavements, public rights of way, etc can be reported here. To report fly tipping to East Suffolk Council visit: my.eastsuffolk.gov.uk/en/service/Flytipping_or_Litter_Report. To report crime to Suffolk Police: www.suffolk.police.uk/ro/report/ocr/af/how-to-report-a-crime/.

The Parish Office: Please phone or email the Parish Office to make an appointment before visiting. Parish Clerk: clerk@rushmere-st-andrew.org.uk or: 07568 632110

Assistant Parish Clerk: assistantclerk@rushmere-st-andrew.org.uk or 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.

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 very sociable afternoon with FREE refillable cuppas and cakes/ refreshments. Free musical entertainment too!

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. There is a donations box at the end of the afternoon - our guests' kind offerings help us to continue offering Chinwag as a free social event. We keep our Facebook page updated with goings on; for more information visit: Kesgrave Community Chinwag

Friday, 19 July sees our Chinwag Summer Party with Singing Sisters Jane and Julie entertaining us for the afternoon – available to book now.

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

Kesgrave Allotment and Leisure Gardeners (KALGA)

July is a lovely time when you hopefully begin to reap some rewards for the hard work!

Summer fruiting raspberries should be ready to pick, so too courgettes, lettuce, summer strawberries, pak choi, salad leaves, peas and radish to name just a few. I must admit I haven't had a lot of luck with beetroot again but I'll keep trying!

Watering is a continuing summer activity, so to conserve this precious resource it is good to prioritise which plants need watering and when, as plants need different amounts of water at different stages of growing. Soaking the soil weekly helps roots to grow deeper in search for water.

It's great seeing children at KALGA allotments, enjoying the outdoors and joining in. Gardening benefits children in so many ways - healthy eating, self-confidence, and respecting nature are just a few, but being involved with growing their food can mean healthier eating as well as learning in a hands-on way. With school holidays coming soon what better activity can there be?

Fennel comes in three different sorts. Common fennel and sweet fennel, where the fronds are used as a herb and the seeds used as a spice, and bulb fennel that is eaten as a vegetable too. Fennel is related to anise, caraway and dill. Bulb fennel can be sown direct in early summer in full sun and take three or four months to fully grow but can be harvested sooner as baby fennel bulbs.

Recent wildlife sightings include two sightings of male stag beetles. It is possible that the KALGA hedgerows, areas of longer grass and wood left to decay may have encouraged these. A swarm of bees flew over too, how lucky if they stopped by to pollinate our fruits and vegetables.

If you are interested in joining KALGA waiting list, please email our Membership Secretary, Angela Brown at: kesgraveallotments@outlook.com

Wendy May

Portal Woodlands Conservation Group

Our next Volunteer work morning is Saturday, 20 July 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: pwcg.martlesham@gmail.com, phone: 01473 612632 or visit our website: pwcg.onesuffolk.net or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

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Kesgrave Library News

Crafts on Sunday, 7 July, 10am-12noon. During the rest of the month, craft sessions will take place when the Reading Quest is running – during July we will be making the following crafts:

Sunday 7 – As part of our ‘Make a Difference with a Daisy’ fundraising campaign, this week we are creating daisy pictures.

Sunday 14-Saturday 20 July – Create a quest character to begin your reading challenge this summer.

Sunday 21-Saturday 27 July – Play ‘Reading Quest’ Bingo and learn more about your local library. Plus, decorate your quest prize.

Sunday 28-Saturday 3 August – This week we are making origami bookmarks – what will you create?

Word Play Sessions – Every Thursday Morning. Trained staff run these free sessions. These sessions will continue throughout the summer holidays.

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 – Friday 4 and 11 July 9.45-10.15am.

Lego Club – Tuesday 1 and 8 July 3.30-4.30pm.

Morning Book Group – Tuesday, 2 July, 10am at the library.

Afternoon Book Club – This group’s next meeting is Thursday, 4 July at 2.45pm.

Evening Book Group – Thursday, 25 July 7-8pm.

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

Knit and Natter – From 2.30pm.

New - Family History Sessions, Saturday, 6 July, 2-4pm.

Stay and play – Tuesday 1 and 8 July, 10-11am.

Reading Quest – Saturday, 13 July – Friday, 13 September. The reading challenge may have changed its name this year but it’s still a fun way to read over the summer and to visit your local library. This year’s theme is all about Suffolk and its myths and legends. Kesgrave Library is running the following sessions throughout the challenge:

Monday 9.30am-12noon / Tuesday 2.30-5pm / Wednesday 2.30-5.30pm
Thursday 2.30-5.30pm / Friday 9.30am-12noon / Saturday 2.30-4.30pm
Sunday 10am-1pm

This is a free activity and open to all 2-12-year-olds. Children will need their own library card, which can be issued before the challenge begins. Please speak to staff. Adults will need to bring ID to act as guarantor. To finish the challenge each child needs to visit the library six times throughout the holidays and tell our amazing volunteers all about what they have been reading. They can read anything they choose but we do ask for at least one of the choices to be non-fiction. There are prizes and stickers throughout the challenge to motivate our young readers to finish, as well as competitions to enter. Those who finish the challenge will be invited to the presentation of medals and certificates on Sunday, 8 September. Why not pop along and join in the fun!

Recycle Your 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 – 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. 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.

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

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Windmill Tours Limited is a small travel company born from years of organising holidays for the WI. Gill Denny and Viv Ritchie would be delighted to welcome you aboard for any of our tours and holidays. Here are just a few we have coming up.



Shrewsbury Flower Show
Friday 9th—Monday 12th August

A long weekend in Shropshire to include a visit to the Shrewsbury Flower Show (which is much more than just flowers) and Ludlow with its historic Castle. Add some interesting stops as we travel across country and we have a great few days.

Three nights dinner, bed and breakfast with all entries is £385 with a single occupancy supplement of £75.



Dublin and the Wicklow Mountains

Monday 30th Sept—Saturday 5th Oct

Staying at the Hamlet Court Hotel we will take in the sights of Dublin, the National Stud and Japanese Garden, Newbridge Silverware, Powerscourt Gardens and Castletown House. Along with the stunning scenery or Glendalough this will be a super look at this part of Ireland. As we will be sailing from and back to Holyhead, we will have an overnight stop in Caernarfon before making our way back to Suffolk.

Five nights dinner, bed and breakfast with all entries is £790 with a single occupancy supplement of £125.



Autumn Gardens of North Wales

Monday 4th—Friday 8th November

Staying at the delightful Dunoon Hotel in Llandudno, we will take in the breathtaking beauty of Bodnant Garden, travel on the Mountain Spirit Ffestiniog Railway and be captivated by Penrhyn Castle. All in all a super five day break.

Four nights dinner, bed and breakfast, coach travel and entrances is £620. There is a single occupancy supplement of just £40, but these are single bedded rooms. Rebate for National Trust members is £30.



For more information and booking forms, along with the other trips we are offering, please email info@windmilltours.co.uk or telephone Gill on 07734 722484.

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Northgate and Associated Karate Clubs

Not a bad day in the office for Northgate and Associated Karate Clubs! 11 competitors went to Meopham Karate Championships and brought back the following medals: Jamie – gold in kata; Lilly – silver in kata; Lauren – gold in kumite; Codi – two bronze medals in kumite own category and step up; Joshua – bronze in kumite; Charlie – bronze in kata; Isla and Amira – bronze in kata.

Alicja – two silver medals in kata step up and own category and Silver – kumite own category – Bronze – kumite step up. Pairs kata – Isla and Lexi – gold in pairs kata and Alicja and Amira – silver in step up kata. Well done team

Our competition season is in full swing but to get to this level our students are working very hard every day to perform at the competitions and gradings. Our classes are structured to teach karate to the highest level. If your goal is achieving black belt or simply to improve your fitness, co-ordination or mental agility then please come along to one of our sessions or contact us for more information: www.northgate-karate.co.uk; email: northgatekarate@outlook.com. We always welcome new students.

All our clubs are run by qualified instructors and we offer a friendly atmosphere for you and/or your children. At Northgate and Associated Karate Clubs we believe that in order to excel at anything in life, you should possess solid values and a strong character that develop the dedication needed to achieve your goals. Joining us will give you the all-important inner strength to navigate our complex world with confidence and drive.

Kesgrave Tennis Club

Inspired by Wimbledon to try tennis, or dust off your old racket?! Kesgrave Tennis Club (located at the community centre sports area) welcomes all ages and abilities. We have various membership packages available and if you are interested in joining, would like details on play sessions or group or individual coaching (open to non-members too), or need any more information please contact us at: secretarykct@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 and try it out!

Club news

Head Coach, Matthew Last is operating a busy schedule: groups for juniors – youth (red, orange and green ball) and teen players; and for adults – clinics, cardio, pair and play, Tennis Xpress, team training. There will also be summer camps for juniors. These are all open to members or non members. Find details of sessions here: <https://clubspark.lta.org.uk/KesgraveTennisClub/Coaching>. The summer leagues are halfway through now, with five teams competing, the ladies first and mixed first both competing in Div 1. Our Annual Club Championships is underway with players competing throughout the summer in knockout events to get to Finals Day on 14 September.

Hedgehog Nursery

Do you have a child aged three/four years old? Are you looking for high quality care and learning in a stimulating environment? Have you thought about the huge benefits of sending your child to a school Nursery? Hedgehog's is open Monday to Friday for three and four-year-olds during term time. We offer wrap around care from 7.30am-6pm with our breakfast and afterschool clubs.

Hedgehogs Nursery is part of Gorseland Primary school and is led by a qualified teacher, Mrs Haig, who is supported by highly qualified and experienced staff. We are very lucky that we have the use of the school's fantastic facilities including our forest school, library, large sports hall and extensive grounds to explore. This makes our provision very special. We provide a learning atmosphere where children can explore and investigate in a safe, stimulating and challenging environment. We capitalise on the children's interests to springboard them into learning experiences that extend what they can already do. If you are 'curious' and have a three or four-year-old please don't hesitate to get in touch with the school office to arrange a visit. We warmly welcome families from our community to come to see us in practice.

We have limited spaces available in our Reception intake for September 2024. If you would like to arrange a personal tour with a member of our Senior Leadership Team, please contact the School Office on: 01473 623790 or email: office@gorseland.net. We look forward to welcoming you to Gorseland Primary School.

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Heath Primary School and Nursery

Suffolk's Greenest Primary School

We are now officially the greenest school in Suffolk! Some members of our eco-council were presented with the award at a ceremony at The Hold in Ipswich. The judges said: "Heath Primary School has delivered an incredibly broad range of environmental activities, from introducing energy monitors and wildlife ambassadors, to being awarded the first 'Plastic Clever School' in Suffolk and working with the local community in several areas. The judges all agreed that Heath Primary has a really strong pupil action focus and curriculum design, which is very inspiring."

If you are looking for a nursery or school place, please contact a member of our friendly admin team. They will be happy to arrange a tour and answer any questions that you may have about the application process.

01473 622 806 / admin@heathkesgrave.suffolk.sch.uk / heathprimary.co.uk
David Whatley. Headteacher

Rushmere Baptist Church

We do hope you are enjoying the summer. When you go past do have a look at the sunflowers, strawberries and tomatoes growing at the front of the church, and the Bee Cafe across the road.

The holiday season is here and you can enjoy holiday activities without leaving Rushmere and Kesgrave! Booking is now open for our Holiday Club for children aged five to 11, please go to our Facebook page or website: www.rushmerebaptist.org.uk to book places. Secret Agents Academy Holiday Club with fun, crafts, games and stories will run 23-26 July, 10am-1.30pm and it is free, and there will be a special service on Sunday, 28 July at 10.45am.

In the meantime we are planning a new group for young people in school years 6-8, called 'Illuminate'. If you have children or young people who come to FFAF or Spring you will know that we have groups for different ages who meet on Monday evenings for fun and friendship. Illuminate will meet on 8 July from 7.15-8.30pm and it would be lovely to see the young people you know there, for more information please email: secretary@rushmerebaptist.org.uk.

On Wednesday, 7 August, we are holding Holiday at Home for those who are a little older. We will be celebrating Ipswich Town Football Club's promotion to the Premier Division and perhaps you would like to dress in blue and white! From 10am-5pm do join us for crafts, fun, activities, entertainment and lunch and afternoon tea. The cost will be £10 and to book a place please phone 07789 955938, or email us at: secretary@rushmerebaptist.org.uk. We are looking forward very much to meeting you.

God bless.

All Saints Kesgrave, St Mary's Playford and All Saints Little Bealings

Jesus said, "The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come." Mark 4 v. 26 - 29

Whilst farmers across the land anxiously focus on harvesting, these verses from St Mark's Gospel take us rapidly through the stages of a seed sprouting and growing in the darkness of the earth and then emerging gradually to reach its full potential. Visually it's like a word-picture of time lapse photography!

Jesus is telling us that his Word is like a seed that finds a resting place in our hearts and, over time, the Word bears fruit even though we hardly know how that is accomplished. Every Sunday that Word is studied and all are welcome to come and worship either in person or online through the All Saints Kesgrave YouTube channel. Please see the website: www.asketgrave.org/welcome

On 21 July, we have our monthly Breakfast Special service, starting at 9.15am followed by a choice of two services at 10am with the F.I.G Family service for children in the Hall. (Please book for Breakfast if you can as it just helps to have approximate numbers). For any queries please contact Sally Wainman: 07807 984589

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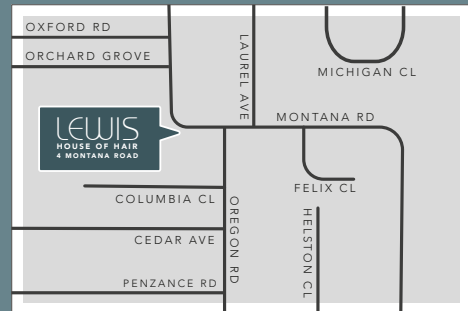
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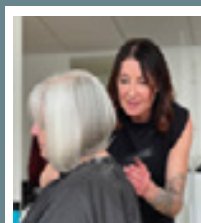
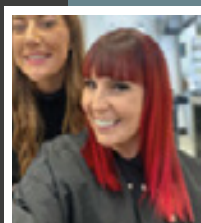
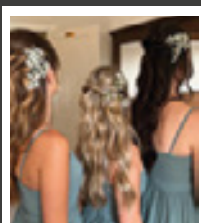
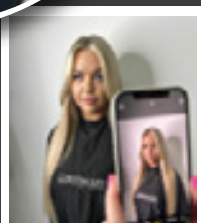


TO CELEBRATE LEWIS JOINING FORCES WITH HOUSE OF HAIR AFTER FOUR YEARS IN PARTNERSHIP WE'VE FULLY RENOVATED OUR KESGRAVE SALON!!

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