

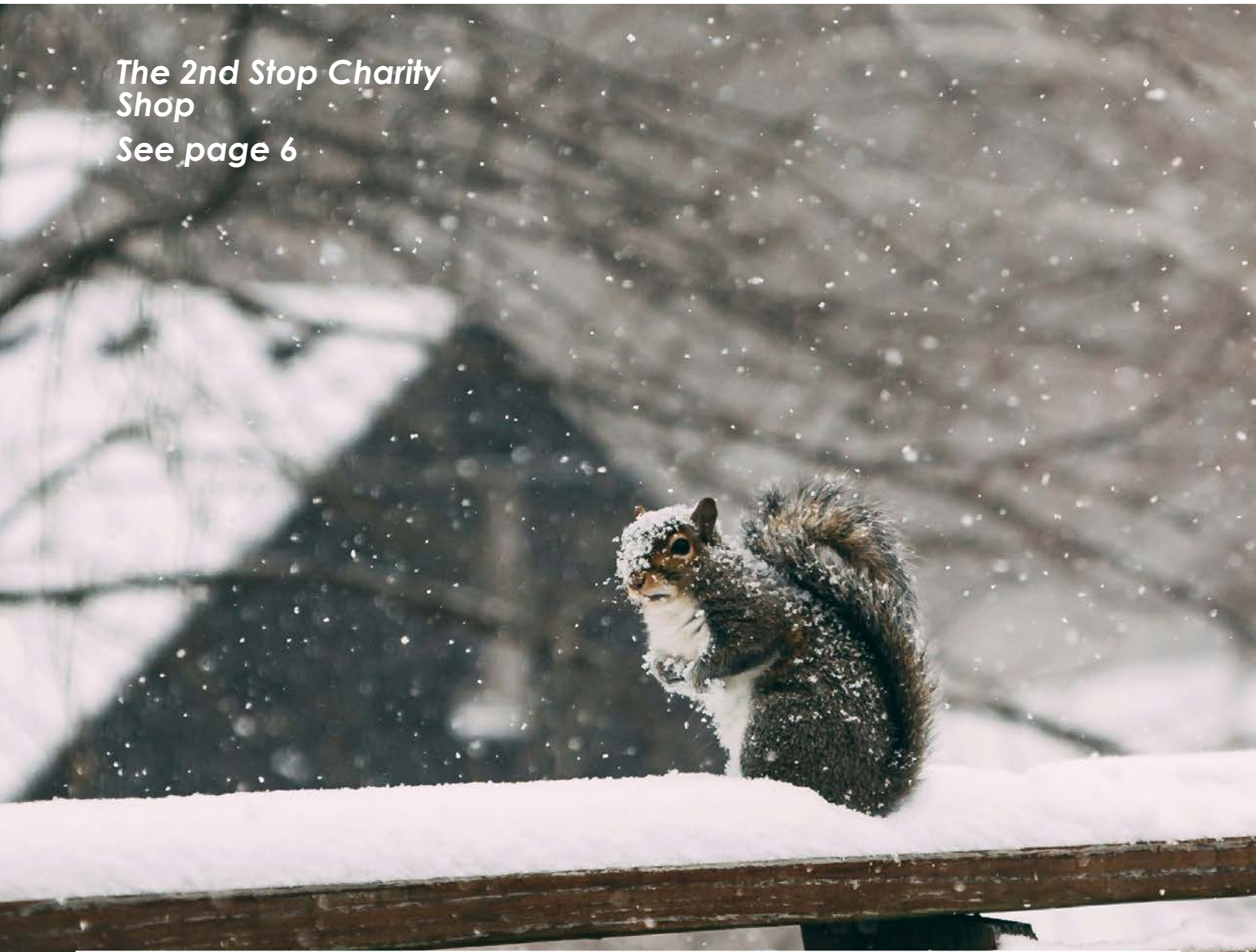
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See page 6



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A WORD FROM

The Team

Happy New Year to all our readers and advertisers; we hope you enjoyed the festivities and are looking forward to what 2025 has to bring.

Many see the new year as a time to reset, a time to plan for the months ahead, a time for resolutions and new prospects. Maybe for you, this year could be the start of a new journey, whether that be in fitness, health, a hobby or volunteering for a group or a charity local to you. Whatever it may be, go and give it a try, it's never too late to make new friends, make a difference and to find new joy in your life. In Touch will continue to keep you updated with all the local events in your area throughout 2025.

The In Touch Team



A gentle reminder that the deadline for the February edition is the 5 January.

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:
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ADVERTORIAL

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Rushmere St. Andrew Parish Council

Replacement of Climbing Walls at Tower Hall Play Area

Tower Hall Play Area is a beloved community space designed to offer children of all ages a safe and enjoyable environment to play and socialise. It is adjacent to the Tower Hall Community Hall, and it has been serving families for many years and remains an essential part of the local community.

The local community is set to benefit from exciting new climbing walls at the Tower Hall Play Area. The much-needed replacement of the existing climbing walls, which have served the community for several years, will bring fresh opportunities for children and families to enjoy outdoor activities safely and creatively.

The new climbing walls will feature modern designs that offer enhanced durability, safety, and challenge for children of all ages. Designed to stimulate physical activity and encourage adventurous play, the new walls will offer a variety of climbing options and interactive features, helping to create a fun and dynamic environment for young climbers.

“We are delighted to be able to replace the climbing walls at Tower Hall Play Area,” said Councillor Robert Whiting, Chairman of the Rushmere St Andrew Parish Council. “This project would not have been possible without the dedication and support of East Suffolk District Councillor Deborah Dean, whose funding has made this transformation a reality. We know how much families and children in the area will benefit from this new, exciting play feature.”

Work on the replacement climbing walls will begin early in 2025, with the project expected to be completed in February 2025. During the installation process, the play area will be temporarily closed to ensure safety. The council will provide regular updates through its social media channels and website.

2025 Meeting Dates - St Andrew's Church Hall

The Parish Council is pleased to announce the Council meeting dates for 2025, which will be held at St. Andrew's Church Hall. This venue, centrally located and easily accessible, will serve as the meeting place for a variety of important community discussions and council gatherings throughout the upcoming year.

Meetings will cover a wide range of topics, including local development projects, community events, and key decisions impacting on the parish. These meetings provide an opportunity for residents to engage directly with council representatives, voice concerns, and stay informed about developments within the community.

The full schedule of meetings for 2025, including additional meetings dates, is available on the Parish Council website.

All meetings will start at 7.30pm unless otherwise stated and are open to the public. Residents are encouraged to attend and participate in these sessions to learn more about local issues and share their thoughts with council members.

The meetings are an important part of the Council's ongoing commitment to transparency and engagement with our residents. We welcome everyone to join us, ask questions, and provide feedback on the issues that matter most.

The Parish Office: Please phone or email 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.

Kesgrave Town Council

We hope you all had a good Christmas and here's to a busy 2025! We are now organising events for 2025, keep a look out in local magazines, social media and notice boards in the town for what's coming up.

The Town Council are delighted by the news that the Kesgrave Pump Track was given unanimous approval by the Planning authority, East Suffolk Council at their meeting in November. We look forward to starting the project in 2025. Huge thanks to Guy Nicholls, Tru7 Group as the benefactor to the project.

Now is the time to cut back any overgrown vegetation on your land, bird nesting season will soon be with us.

We would like to take the opportunity to thank Mr Michael Rayment on all his work he has carried out for the Town of Kesgrave as the Footpath Warden/ Representative over the last 30 years. Enjoy you're your free leisure time Michael. Mr Peter Elmer is his successor in this role, welcome Peter.

Loft Insulation Offer gives Suffolk residents 50% off eco-friendly insulation

The offer is open to anyone in Suffolk and will close once the allocated funding has been spent. Simply go to: www.bit.ly/suffolkloft and fill in the form to receive your personalised link to order, or call High Loft's insulation experts on 01706 248203 (Monday-Friday, 9am-5pm) or, to find out more visit: www.greensuffolk.org/at-home/funding.

Kesgrave Market: 18 January 2025 at the Scout Hall, Rupert Fison Square

Planning and Development: 6 and 20 January at 6.15pm

Finance and Governance: 13 January at 7.15pm

Full Council: 20 January at 7.15pm

All meetings at the Town Council Office, Ferguson Way, Kesgrave, IP5 2FZ

Office Opening hours: Monday, Tuesday, Wednesday and Friday 9am-1pm. 01473 625179 / enquiry@kesgravetowncouncil.org.uk

Mid Week Walk In March

On Wednesday, 12 March I will be leading a walk starting at 10.30am from the footpath at the left of the entrance to the quarry at Ropes Drive East roundabout, Kesgrave (what3words.metals.grin.pizza).

I plan walking for approximately two hours and finishing at our starting point. If you have any questions please call me on: 01473 620042. I'm sure our regular walkers will join me in thanking Michael Rayment for the many interesting walks he has organised over the years.

Peter Elmer, your new Kesgrave Town Council Footpath Representative.

KWMCC

We'd like to wish our wonderful community a Happy New Year! Here at KWMCC, we're thrilled to welcome you back as we kick off what promises to be an exciting 2025.

Looking to get active this year? Come along to KWMCC and discover the fantastic sports and activities we have on offer! From our fantastic 2G all-weather pitch, large sports hall, pétanque, bowls, and cycle speedway, to our two outdoor football pitches, tennis courts, and cricket facilities, there truly is something for everyone. Plus, KWMCC run activities such as Active Adults, Casual Badminton, Yoga and Pilates. Whether you're looking to join a team, try something new, or simply stay fit, we've got you covered.

We're also excited to announce a year packed with events for the whole community. Keep an eye on our website at: kwmcc.co.uk to see our full 2025 schedule, featuring returning favourites and brand-new additions that you won't want to miss!

We look forward to seeing you at Kesgrave War Memorial Community Centre in 2025! For more information, please email reservations@kwmcc.co.uk, or call us on 01473 612648. Address: KWMCC, Twelve Acre Approach, IP5 1JF. Registered Charity Number 1186279.

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Rushmere Common News

The new year brings many new resolutions, if you're a dog owner why not commit to ensuring your dog waste is cleared up from public areas and placed in the numerous bins provided. There appears to be a growing number of dog owners/walkers that are a) not picking up the waste and b) more inexplicably picking it up and then throwing the bags in the hedges/gorse. Please be extra vigilant especially in the lower light, clear up and dispose of waste responsibly. If you see another owner/walker miss one then politely remind them they need to do the same.

If you think there is an area on the common that could do with another bin, then let the Clerk know and the committee will consider it.

Dog owners/walkers are reminded that there is a £1000 fine for dog fouling on public land. 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 acid grass and heathland. To assist the Commoners Committee place thousands of bags a year in dispensers on and near the common and provide bins which are regularly emptied by the greenkeepers. Please be mindful of others and only take a couple at a time - they are supposed to supplement dog/owners not be their only source. We are a charity with no statutory funding so this is a service that is reviewed by the committee, especially with rising costs. Dog owners should already be factoring this in their ownership costs and not relying on us as a charity.

As with the dog waste issues, control of your dog is an important subject and worth re-iteration so please remember that dogs need to be under control at all times on the common. Under control means they should be on a lead or able to recall or stop on command. There have been several instances where dog walkers haven't been paying attention and dogs have caused a nuisance to other users. Also a few instances where dogs off leads have approached other dogs on leads and been aggressive, with owners not appearing to care or taking a less than respectful stance. Any such instances with unsympathetic or aggressive owners should be reported to the police as anti-social behaviour.

As reported last time, several areas will be under maintenance over the coming months. This will include the pond, where a digger is likely to be used to remove the reeds before breeding season starts. Experienced contractors will be removing reeds and re-shaping/layering the pond to benefit this habitat in the years ahead. Please enjoy and respect the common, its surrounding areas and the nature they support so generations to come can experience it too.

Email: clerkrushcommoners@gmail.com

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

KALGA

Happy new growing year from KALGA! It's a great time to reflect on last year's successes and look forward and plan for this year's green growth.

Many of us at Kalga will endeavour to spend time this month preparing for the brighter and warmer days of seed sowing. Checking through seed packets to see what needs discarding and what may be purchased is an ideal indoor job on a rough day and gets you looking forward to the days ahead. Seeds generally have a life of between three and five years and are best stored in a cool, dark, dry place. There may even be some sorting out of greenhouses and sheds to get ahead a little and to have pots and seed trays at the ready!

Now is a good time to trim any climbers that have outgrown their space before birds look for nest building places. We will be putting up some more nest boxes so birds can get familiar with them before breeding season as well as continuing to feed the birds so that they survive the winter.

Autumn raspberries need pruning now. Cut all autumn raspberry canes right down to ground level this month. These will then produce lots of new shoots come springtime. They do tend to multiply, so any unwanted shoots growing away from where you want them can be taken out in the summer

If you are interested in joining KALGA (Kesgrave Allotment and Leisure Gardeners Association) we would love to hear from you! Please email our Membership Secretary, Angela Brown at: kesgraveallotments@outlook.com

Wendy May

Rushmere Evening WI

At our December 2024 meeting our entertainment for the evening was from the Colneis Singers, a male voice group who sang a wonderful variety of Christmas songs from Deck the Halls to O Holy Night. One of our ladies unexpectedly joined in with a "solo" verse of White Christmas – wonderful Danielle thank you! Our whole group also joined in with some Christmas Carols and songs. There's nothing quite like a good old sing-a-long and we had a wonderful evening, followed by mulled wine and mince pies!

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 held at the Rushmere Village Hall on Humberdoucy Lane starting at 7.30pm. Our next Speakers are:

Thursday, 16 January 2025 Stories about gardens, houses and stately homes by Kevin Walker.

Thursday, 6 February 2025 Music in our bones by Tracy Sharp.

RSPB Ipswich Local Group

Ipswich Local Group will start 2025 with Simon Hooton, a retired Suffolk Wildlife Trust conservation officer, talking about: Puffins Galore—Birds of Skokholm Island. This will be followed in February when Dick Houghton, a leading authority on local Kittiwakes and Gulls, will be talking about the Lowestoft Kittiwakes. In March, Paul Taylor, who manages a farm with wildlife in mind, will be telling us why he is Wild About Suffolk.

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 the winter include: Manningtree and Mistley, Christchurch Park, RSPB Hollesley Marsh, Bourne Park and Bourne Bridge, RSPB Boyton Reserve, and Spring Wood and Thorington Hall.

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/ipswichor find us on Facebook: RSPB Ipswich Local Group or telephone: 01394 809236

The 2nd Stop Charity Shop

The 2nd Stop Charity Shop in Kesgrave continues to thrive, the items on offer provide excellent value for money and the quality is good as well. More and more customers, many new to the shop, are finding adult and children's clothes, bric-a-brac, game and toys at prices which help at a time when every penny counts.

The shop has a vast array of Christmas stock for those who wish to visit.

The Manager, Assistant Manager and volunteers work hard sorting donations, pricing stock and arranging the shop floor to keep up the stock levels on sale.

The success of the shop and the retirement of the Assistant Manager are part of the reason why the shop is now seeking a second Manager. So, if you are interested in this position and wish to know more or make an application, please send your CV and a covering letter to:


Mrs Molly Arnot, 8 Moorfield Close, Kesgrave, IP5 2YD or by email to molly20arnot@gmail.com

Closing date for applications – Friday, 31 January 2025.

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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 those aged over 60 years and over to join us for an afternoon filled with friendship, music, refreshments, and fun!

Happy New Year! We kick off our January 2025 Chinwag on Friday, 17 January with musical entertainment from male vocalist ‘Rodders’. The afternoon provides a friendly gathering with a warm and welcoming atmosphere where you can connect with others in the community, share stories, and build meaningful relationships.

Whether you’re looking to make new friends or reconnect with old ones, Kesgrave Community Chinwag is the perfect place to do so – and it’s free! The focus of this event is to ensure that every participant feels included, valued, and has a great time.

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. KWMCC registered charity number 1186279

Cafe 66 Community Cafe

Open to all at Kesgrave Scout Hall, Tuesday to Friday, 10am-1.30pm. Serving hot and cold drinks, home baked snacks and cooked to order lunches. Table service or takeaway, outside catering also available.

We support adults with learning difficulties and disabilities. Wishing all our staff, volunteers and customers a very Happy New Year. For more information find us on Facebook Cafe 66 Community Cafe.



Playford Art Club

We concluded 2024 on the 28 November with our annual social meeting. Firstly, a short AGM to plan our programme for 2025 followed by our annual competition with each member displaying one work of art completed during the year, and for each member having one vote to choose their preferred exhibit. All works of art this year were paintings in various mediums. The winner of the cash prize was Mavis Beecroft. The next cash prize is donated by our tutor for the student she considers made the most improvement during the year. This prize being won by Anne Gardener. These paintings can be viewed in the gallery on our ‘Playford Art’ Facebook page. The meeting was concluded with our customary buffet and refreshments.

We now have a break until the start of our Spring term. Our 11 weeks term sessions for 2025 are as follows:

Spring from 9 January to 27 March, with no class at half term on 20 February
 Summer, 24 April until 10 July, with no class at half term on 29 May
 Autumn, 11 September until 28 November with no class at half term on 30 October.

At our AGM we agreed to keep our subscriptions at £35 for each term. We are small club formed in 1972 and meet at Playford Village Hall on Thursdays at 9.30am, finishing by midday. Our progress is guided by our tutor with the addition of a complete session taken up by a tutorial for all members wishing to take part. These tutorials take up a whole session. Last year tutorials were all based on different watercolour techniques. For 2025 our tutor expects to prepare us for painting in either Oils or Acrylics. Beginners are welcome. If you are not sure why not visit us one morning for a cup of tea or coffee, we will be delighted to see you.

If you would like further information please contact Barry Fox: foxb963@gmail.com, we look forward to hearing from anyone wishing to learn how to paint.

Kesgrave WI

Kesgrave WI has had a busy Autumn – at our October meeting we welcome Richard Harvey, ex Royal Marine Bands Man, who talked about his time in the Marines including his time spent in Afghanistan, playing on board the Royal Yacht Britannia up to the present day when he now runs his own Coffee roasting business at Holbrook.



In November we held our Annual Meeting when the members elected Lyn Parker as President, Angela Finch as Vice President along with the rest of the committee from last year and new committee member Margaret Stockton.

Lyn Parker organised our bi-annual Table Top Show – a friendly competitive competition – giving members the opportunity to show their expertise in a variety of crafts, cookery, Art work and Horticulture. Pat Howell was the overall winner.

Dorothy O’Grady visited our December meeting – giving some simple guidelines for wrapping our presents to give a professional finish – using a variety of materials beside usual wrapping paper - fabric, gloves, newspaper, glossy magazines and even J cloths!

We start 2025 on Thursday, 9 January with our now traditional Bag beetle - a slightly different bent on an old favourite!!

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.

For any information regarding Kesgrave WI please contact Di Chilver, secretary on 01473 611415.

Martlesham Brass

'Making Music Fun in East Anglia'

Martlesham Brass would like to wish you all a Happy and Healthy New Year. We hope that you were able to hear Martlesham Brass over the Christmas period – our players were raising funds for our nominated charities, which were EACH, Ipswich Hospital Butterfly Appeal and Music in our Bones. We will report the amount raised next month.

Looking forward into next month, we have a joint concert with the St. Elizabeth Hospice Choir on Saturday, 8 February 2025, featuring our main band – there will be more details next month.

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 we operate a waiting list for new members.

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

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Stars for Love

Looking up at the sky at night
 Seeing the stars, so small but bright
 One big star, must watch over, a special few
 I am sure one of these starts, just for you.
 May that star, always shine bright
 To guide you through, the days and at night.

Written by K. W Goodey

Rushmere History and Mystery



Photograph taken by John Gilson

Out for a stroll near Rushmere Church all was peaceful, then suddenly... “Hi John” an old friend said, “I have not seen you for a while, you have been writing some local history so tell me, how did Humber Doucy Lane get such an unusual name?”

We may never know as it was so long ago, but after reading different answers in old local newspapers and magazines one more theory cannot make a difference.

A London gentleman came to Ipswich to do some business at Rushmere Hall, but when he got to Rushmere Heath and he was lost. He did not know where the Hall was, then he saw a Suffolk farm worker in a field on the other side of Woodbridge Road. So he prodded his horse to cross the road, charged into the field and said, “I’m Mr Lane, I’m lost! I have an appointment at Rushmere Hall so can you show me the way?”

The farm worker put his hand on his head and said,

“HUM” (He was thinking)

“BER DO” (Pointing with outstretched arm)

“U CY” (You see)

“LANE” (It was only a narrow track in those days, but as Mr Lane’s horse had trampled over his crops he was not very polite)

So if you join the capital letters you have... HUMBER DOUCY LANE!

John Gilson

COPYRIGHT

Portal Woodlands Conservation Group



On a bright November morning, our volunteers continued their battle with the brambles and saplings growing on the southern Bronze Age burial mound (tumulus). Adding to the autumn scene was some impressive fungi growing amongst ivy on a tree. Wishing everyone a happy and healthy 2025.

Our next work morning is Saturday, 18 January, from 10am-12noon, meeting at the Education Area. New volunteers of all ages and abilities are always welcome; no experience is needed.

For further information, please contact us at: pwcg.martlesham@gmail.com,

phone: 01473 612632, visit our website: pwcg.onesuffolk.net, or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

Suffolk Family History Society

Our next monthly meeting is on Wednesday, 8 January at 7.30pm. Chris Broom presents 'Humour in Genealogy'. A light-hearted walk through a broad variety of genealogical records, reinforcing the value of scrutinising original documents, offering several practical research tips. Chris, long time expert in the techniques of doing such research – also reveals what he has found that has made him laugh! This talk is another in our long running series of talks all not to be missed.

On Wednesday, 5 February Keith Barker presents 'Frederick Barnes – Ipswich Architect, died Dec 1898'. Designed 200 new build and renovated Buildings in the Ipswich area and around.. many surviving to this day. Find out about this man's busy life.

Meetings take place at The Main Hall, Salvation Army Citadel, 558, Woodbridge Road, Ipswich, Suffolk, IP4 4PH. There is free parking at the rear. Entry to this meeting is £2 for members, £3 for non-members. No need to book – just turn up and pay at the door.

More information from Howard King: 07423 404704 / 01473 274300 / howard.king1@outlook.com

Orwell Flower Club

If you're looking for a new interest for the new year, we'd love to welcome you at our flower club. We meet at the Tower Hall, Broadlands Way, Rushmere St Andrew IP4 5SU at 7.15pm on the fourth Thursday of the month, and we start with refreshments at about 7pm.

We have excellent demonstrators, and our raffle is a chance to win one of their beautiful arrangements.

Our first meeting of 2025 will be Thursday, 27 February, when our demonstrator will be Elaine Boobier.

We love to welcome guests to our meetings, and the cost is £7.

For more information, contact Maggie Thomas, Secretary, 01473 624699.

Martlesham Heath Aviation Society

The next monthly meeting will take place on Friday, 3 January, 2025, at 7.30pm.

"Suffolk Skies"; Chris Turland explores the stories and anecdotes associated with aviation connected to Ipswich". This talk is another in our long running series of talks all not to be missed.

On Friday, 7 February John Bridges will be there with his talk based on his book: "Doodlebugs and Rockets in Norfolk and Suffolk 1944-1945. Then on Friday, 7 March is "The East Anglian Air Ambulance".

Martlesham Heath Aviation Society meetings take place at Martlesham Heath Community Centre,

Felixstowe Road, Martlesham Heath, Suffolk, IP12 4PB. All start at 7.30pm. Entry to this meeting is £3 for members, £5 for non-members. No need to book – just turn up and pay at the door.

More information from Howard King: publicity@mhas.org.uk / 074234 04704/ / 01473 274300 howard.king1@outlook.com

Suffolk Industrial Archaeology Society

Suffolk Industrial Archaeology Society meeting will be on Wednesday, 8 January 2025, 7.30-9.30pm at Ipswich Transport Museum, Cobham Road, Ipswich, IP3 9JD. Sue Tibbetts will be speaking about 'The Sudbury Ephemera Archive'. Further information: 01473 405116.

The Sudbury Ephemera Archive have built up a collection of printed documents, advertisements, and similar items, all relating to the history of their town. Many of these documents help to illustrate the history of the town, often not recorded elsewhere in official archives.

East Suffolk u3a

The New Year has arrived, but the days are still short and the weather often gloomy.

u3a East Suffolk suggests a New Year tonic for older, retired or semi-retired folks. By joining this lively and active membership group there's the chance to broaden horizons, meet new people, have interesting conversations and challenge body and mind!

Members enjoy walks, quizzes, dining out, visiting gardens or churches, discussing architecture, the arts or current affairs. Other groups focus on geology, photography, playing ukulele and speaking other European languages.

Alongside approximately 150 different interest groups, there is also a varied programme of talks held at different venues in East Suffolk.

Come February, members can find out about Working in UK Law Enforcement Abroad, at 10.30am on the 6 February at the Salvation Army Hall. On the 17 February at Woodbridge Football Club at 10.30am the talk will be all about Healing Energies. And on the 13 February at 2pm at Saxmundham's Fromus Centre, a talk about notable Suffolk artist, Sir Alfred Munnings.

Or come along to Kesgrave War Memorial Community Centre on the afternoon of the 24 February to hear all about Ipswich Airport, as remembered by a former flying instructor.

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.

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

For more information, please see the website or call the secretary on 0300 123 3913.

East Suffolk Through the Lens photo competition returns

East Suffolk Council's popular photo competition is returning for another year.

The return of East Suffolk Through the Lens follows the success of last year's competition, which had more than 350 entries.

This year's competition is open to photographers of all ages and experience, with the aim of celebrating East Suffolk's unique appeal.

Entrants are encouraged to capture the essence of the district by photographing the buildings, landscapes, wildlife, people and all that makes East Suffolk amazing.

High street retail vouchers will be awarded to the overall winner, under-16 winner and three runners-up. The overall winner's photo will also grace the cover of East Suffolk Magazine when delivered to every household in the district next spring.

Cllr Caroline Topping, Leader of East Suffolk Council, said: "Last year proved that we have some extremely talented photographers here in East Suffolk, and I am looking forward to seeing more this year. Our district is filled with beautiful landscapes and incredible wildlife, all waiting to be captured through the lens. It could be an image that perfectly encapsulates daily life in East Suffolk, or a moment that reminds all of us how amazing our district is."

Entries should be submitted via an East Suffolk Through the Lens online entry form before midnight on Thursday 30 January. Previous entries will not be considered.

More information can be found at www.eastsuffolk.gov.uk/photo-comp

Winners will be announced during the week commencing 17 February, with the overall winner receiving a £100 high street voucher as well as their photo being printed on the next edition of East Suffolk Magazine.

One under-16 winning entrant will also be chosen to receive a high street voucher worth £75, while three runners-up will each get a high street voucher worth £25.

Gippeswyk Singers

Gippeswyk Singers will be holding an Open Sing on Saturday 25th January from 2-5pm. Refreshments and music scores will be available from 1.30pm. If you would like to experience a rehearsal with our choir, please come and join us for the afternoon. We will be rehearsing folk song settings for choir and piano including some from Rutter's "A Sprig of Thyme". All singers are welcome. Admission is £10. Tea, coffee and biscuits will be provided. Booking is through: ticketsource.co.uk/gippeswyk-singers or 07949 803594.

Gippeswyk Singers is a chamber choir with approximately forty members led by our inspiring musical director, Janette Ruocco. We rehearse during term time and perform three times a year. Our repertoire includes a wide variety of religious and secular music, both classical and popular. Rehearsals take place on Monday evenings at 7.30pm at St. Michael's Church, Martlesham Heath, Ipswich.

Our Christmas concert was well received by an audience who enjoyed listening to and joining in with a variety of seasonal music by German composers. The choir was joined by the Dargason Ensemble.

Rehearsals for our spring concert, which will be on Saturday, 22 March at St. Michael's Church, commence on 13 January.



Martlesham Heath surgery and The Birches Medical Centre

Patient and Practice Groups News

The Martlesham Heath Surgery Practice and Patient Group (PPG) and The Birches Medical Centre PPG recently held a joint meeting.

The Birches and Martlesham Heath Surgery practices share senior partners, clinicians, management and staff because of their shared ownership. The management of the two surgeries has recently changed, with a new Practice Manager and Assistant Practice Managers. The meeting was a good opportunity for the two PPGs to meet along with one of the Assistant Practice Managers.

The Birches PPG hasn't been as active since the Covid Pandemic as the Martlesham Heath PPG has been, it was discussed how the two PPGs can work together and grow the membership of The Birches PPG. Moving forward there will be closer interworking of the two PPGs with several joint meetings per year.

Both the PPGs and the practices want to improve the patient experience and work together to improve patient services. The PPG members are enthusiastic and work as a liaison point between the patients and the practices.

The Birches PPG is in need of a number of new members, whilst the Martlesham Heath PPG currently has a good number of members.

If you are interested in finding out more about either PPG please get in touch with respective surgeries PPG either by email or dropping a note into reception.

The Birches Medical Centre

Email: thebirches.management@nhs.net or drop a note (with your name and contact details) into the surgery reception in an envelope marked for the attention of the PPG Chair.

Martlesham Heath Surgery

Email: MartPPG@gmx.com or drop a note (with your name and contact details) into the surgery reception in an envelope marked for the attention of the PPG Chair

Tony Willmott - Chair, Martlesham Heath Surgery PPG

The Trianon Music Group

Our January Concert this year, on the 11 January at the Corn Exchange Ipswich, includes great music from our Symphony Orchestra and Choir, Support for Homes Start Suffolk, Busking before the concert and a new innovation in that we are inviting children under 12 to dress up in their favourite Cinema Themes.

A parade in front of the whole audience, prizes for first, second and third and ice cream for all entries!

The theme and title is, "Trianon at The Cinema" and includes extracts from many favourites, including Les Misérables, the Sound of Music, Fiddler on the Roof, The Hymn to The Fallen from Saving Private Ryan" and many more.

Tickets are on sale now from the Ipswich Theatre Box Office, www.ipswichtheatres.co.uk/whats-on/trianon-at-the-cinema.

The 180 strong Trianon Music Group draws its members and audiences from mainly Suffolk and also dips into North Essex. Trianon is always open to welcome new members, usually 16 plus, but could be younger if you are ready.

We have several generational members, sons/daughters, parents, and many also are grandparents!

Finally, date for diaries, our next community concert is on the 25 February St Mary's Church, Capel St Mary.

Contact us on our web page Trianon Music Group Orchestra and Choir (tmg.org.uk), or via publicity@tmg.org.uk.

We wish you a Happy New Year, from all at the TMG.
Richard Boothe Publicity Officer

Kesgrave Library

Happy New Year. Why not make your new year's resolution to join the library? All you need is some ID with your name and address, and we can set up a library card while you wait! We have a wide selection of books and can also order in, free of charge, any titles you would like, which we don't currently have on our shelves. This includes newly published titles.

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

Sunday 5 – This week we are making a polar bear picture using our handprints.

Sunday 12 – There is nothing better than a mug of hot chocolate on a cold day. How many toppings will you put on yours?

Sunday 19 – Design a winter bird picture this week. What bird will you create?

Sunday 26 – This week we are making a snowman mobile to hang up at home.

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 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, 7 January 10am at the library. The group are discussing *The Nightingale* by Kristin Hannah.

Afternoon Book Group – Thursday, 2 January at 2.45pm They are currently reading *A Single Thread* by Tracy Chevalier.

Evening Book Group – Thursday, 30 January 7-8pm. The group are currently reading *Hostage* by Clare Mackintosh.

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.

Knit and Natter – From 2.30pm. This month the sessions are on Thursday, 9 and 23 January. You don't need to be able to knit, crochet or embroider to attend – just pop along for a natter. Tea/coffee and biscuits are provided.

Menopause and Me Support Group – returning on Thursday, 2 January 7-8 pm. 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 is a general support group – why not pop along for a chat and support from those attending? Tea, coffee, and biscuits will be provided.

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

Happy New Year from My WiSH Charity!

As we start a new year, we want to take a moment to remind you of who we are and the work we do. We are your local NHS charity, supporting the West Suffolk NHS Foundation Trust and we are here for everyone—providing vital care across all ages, from before birth to end-of-life care.

We support patients and staff at the West Suffolk Hospital, Newmarket Community Hospital and in healthcare settings and patient's homes across Suffolk.



You may be familiar with our work if you've supported campaigns like our WiSH Upon A Star Children's Appeal, which might lead you to think we are a children's charity.

Or you may have contributed to the Macmillan unit at West Suffolk Hospital and you associate us with cancer care.

You might have supported the cardiac ward following a loved one's stay, thinking our focus is heart care. But

we are all of these and more.

What does 2025 have in store for My WiSH?

2025 is going to be a special year for us as we celebrate our 30th birthday.

We officially launched in 1995, although the tradition of donating to support healthcare goes back much further in Bury St Edmunds, with some of the first records dating all the way back to the 1100s.

We are working on some exciting plans which we will share over the coming months but if you have a great fundraising idea, please do get in touch: www.mywishcharity.co.uk



Suffolk Singers

Once again Suffolk Singers were thrilled to receive such a great reception from a healthy audience at their Autumn Joy Concert in mid-November. St Michael's Church in Framlingham were very pleased to have been at the centre of this memorable occasion as music from the 16th to the 20th century was enjoyed in the brilliant acoustics of this great building. Our most fondly respected and talented Musical Director, Claire Weston, not only meticulously prepared us but also treated the audience to a performance of 'Caro Mio Ben' by Giuseppe Giordani (Giordanello), which created an atmosphere of calm and poignancy.

December saw Suffolk Singers start preparations for our fourth annual charity concert collaborating with FIND. Established in 1990 by founder Maureen Reynel MBE, FIND offers help to those that are deprived of a minimum standard of living, by providing food parcels, household items, furniture and other essentials. FIND's services are more essential and relevant now than they have ever been and Suffolk Singers are very pleased to have the opportunity again to help to raise much needed funds to allow FIND to continue their inspirational work.

Suffolk Singers are a choir much appreciated for beautiful blended singing, regularly performing concerts across Suffolk, other parts of East Anglia and beyond. At our recent AGM, it was noted that we are currently made up of members in their 20's, 30's, 40's, 50's, 60's, 70's and indeed 80's. Something to be proud of and to be celebrated. The choir will bring their usual wide ranging programme of music from across the centuries. No doubt there will also be a few surprises to keep the audience entertained.

So cast off those post-Christmas blues and join Suffolk Singers as we team up with FIND for our spectacular annual charity concert.

Definitely a date for your diaries:

FIND Concert, 18 January at 7.30pm at Woodbridge Community Hall, Woodbridge, IP12 1AU. Tickets are priced at £15 each and available from the ticket line on 07843 840876, through choir members and at: Wegottickets.com (booking fee applies). Advanced booking is advised as the concert usually sells out. Tickets include a light supper - but please bring your own drinks. We hope to see you there but, in the meantime, here's hoping you have had an enjoyable festive season!

www.suffolksingers.co.uk. Registered Charity no 1182547
www.findipswich.org.uk. Registered Charity no 1106050

Suffolk Book League

On Thursday, 9 January we welcome Ian Collins. His eagerly-awaited 2024 biography, Blythe Spirit: the Remarkable Life of Ronald Blythe, draws on personal conversations with his friend as well as referencing letters, notebooks and Ronald's published works. Ian is an award-winning writer, specialising in the history of art, particularly that of East Anglia. He has published numerous books, including monographs on John Craxton, Rose Hilton, Joan Leigh Fermor, and Guy Taplin.

He wrote Tide Lines about James Dodds and last year won the Creative Suffolk Author Award for James Dodds: the Blue Boat. As well as writing about the arts for the Eastern Daily Press, he has worked with the Aldeburgh Festival; for the Sainsbury Centre; the British Museum and the Yale Center for British Art.

Doors open at the Ipswich Institute Reading Room and Library 15 Tavern Street IP1 3AA at 7pm with the event starting at 7.30pm. Tickets, £5 for Suffolk Book League members or £10 for non-members and £2.50 for students can be obtained via the website: www.suffolkbookleague.org/



Make 2025 the year to try something new with Ipswich Oddfellows

The start of a new year is always a time for self-reflection and resolutions. The phrase 'New Year, new me' is often heard soon after the chimes of Big Ben have finished ringing out. Is there something you'd like to achieve, a skill you'd like to learn? Because it's never too late to try something new.

We organise and host a huge variety of social events and activities in the area. Our relaxed get-togethers can offer you plenty of chances to try new experiences, make new friends, and create memories that last a lifetime.

Ipswich Oddfellows' friendship group is made up of around 250 mostly retired local members, all with a different story to share. We're a supportive group that is there for each other through the good times as well as the difficult times, because we know life isn't always plain sailing. Our social programme ranges from engaging speakers and lunches out, coffee mornings to games afternoons, and much more. We have a fun, vibrant events calendar lined up for the early part of 2025 and, as the group's social organiser, I'd love to meet you at one of our events.

So don't be shy, step out of your comfort zone and say yes to making new friends and trying new things. Or, in the very least, just come for a cuppa, a chat and a biscuit or two, because we appreciate some habits are just too hard to break.

We've a Kurling and Boccia session coming up on Thursday, 9 January at 10.30am at Ipswich Library, Northgate Street, cost £3.50. Plus, a Coffee Morning on Friday, 31 January at 10am at the Black Horse Methodist Church, Black Horse Lane, cost £2.50.

Whatever event takes your fancy, just know that you'll always find a warm smile and a new friend waiting for you at the Ipswich Oddfellows. Everyone's welcome. If you'd like us to send you a free local events diary and information pack, just call: 01473 251867 or email martin.lambert@oddfellows.co.uk

Why not make 2025 your year – the year when you step out of a comfort zone? We're ready to support and cheer you on.

Martlesham Ladies Club

A Happy New Year to all our members.

The first meeting of 2025 is on 9 January when Barbara McElroy will talk about the Life and Work of Sue Ryder and on 23 January we have a speaker from the RSPCA who will be presented with a cheque from the proceeds of our fundraising last year. Looking further ahead, on 6 February there will be a return visit from Chris Parfitt who will entertain us with Tales from a Moroccan Journey. Meetings are held on alternate Thursday afternoons at 2pm in the Richard's Room.

Unfortunately we cannot accept new members at present as our numbers have reached the capacity of the Hall. If you would like to go on the waiting list or have any other queries contact June Peck: 07867 525422.

Bright 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 a story from the Bible.

Last term we heard about Mary who had a message from an angel telling her that the baby she was going to have would be God's own son, Jesus. We then heard about Mary and Joseph journeying to Bethlehem and finally how Jesus was born in a stable in Bethlehem and visited by shepherds who saw him lying in a manger in a stable.

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.

Happy New Year to you all from Bright Stars. If you would like further information, please contact Sonya and Maureen Burrows: 01473 625196.

Cedarwood Primary School



Cedarwood Boys' Football (under 11's) County Champions

We are delighted to announce that the Cedarwood Boys' Football Team, having won all of their matches in the county tournament have been crowned the County Champions!

Below is the match report from the final, in Newmarket:

The temperature was 2 degrees when we kicked off our first game at 9am on 28 November at Needham Market. We played three games in our group and managed to win all of them (2-0 win, 4-0 win and 1-0 win).

These results meant that we finished at the top of our group and advanced to the semi-finals. We then played Halifax in the semi-final. It was a competitive first half in which we scored to take a 1-0 lead. In the second half we really stepped it up a level and went on to win the game 5-0!! The boys took a lot of confidence from this victory.

They then played the final against St. Marks and recorded a 7-0 win!! This was an amazing achievement from the whole team!

The football played was a joy to watch and it was difficult to pick out our best goal because there were so many to choose from!! All boys showed their excitement and pride when collecting their winners medals. The memories from today will stay with them for a long time!!

Congratulations to our County Champs!

Our sporting success was just one of the highlights of our busy Autumn term and we are looking forward to a fun-packed term of learning and personal development as we move into the New Year.

We have enjoyed welcoming prospective parents to our recent Foundation Open Day sessions. If you are looking for a school place and would like to arrange to visit to see our Cedarwood in action, please contact our friendly office team to arrange a personalised tour.

Telephone: 01473 612981 / Email: admin@cedarwoodprimary.org.uk

We look forward to meeting you.

Tina Shute - Headteacher

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Suffolk Tango

"The Walking Dance"

Are you looking for an activity that's fun, keeps you fit in body and mind, and widens your social connections?

Argentine Tango ticks all these boxes and more – check out Suffolk Tango's New Beginners' Course...

With its evocative music, and its mixture of elegant walking and playful moves, Argentine Tango is a great way to improve balance, exercise your mind, develop poise and make friends. Our aim is to give you the ingredients to be able to join in Social Tango Dances, locally and anywhere in the world! Suffolk Tango is excited to be able to offer you the chance to join our weekly "New Beginners' Course", starting on Thursday, 16 January: doors open at 6.30pm for welcome and warm-up; the lesson is at 7-8pm. The venue is the Martlesham Community Hall, Old Felixstowe Road, Martlesham, IP12 4PB. We welcome total novices, people with other dance experience or those who want to revise the basics. The fee for each lesson will be £8, payable on the day, and this will entitle class members to stay to watch, (and later in the term, join in with) the Improvers/Intermediates' Class/Practice Session which follows. This will be an opportunity to meet, chat and dance with the local Tango Community. It's not essential to come with a partner, but nice if you can. To find out more about this fabulous dance, check out our website: suffolktango.org.uk – where you will find an introduction to Argentine Tango (under "Information - Tango Technique") as well as details about our venues, activities and mailing lists. You can also find us on Facebook. If you have any questions or would like to register your interest, please contact Julia by email: contact@suffolktango.org.uk

Kesgrave Tennis Club

Happy New Year from Kesgrave Tennis Club. Why not start the year by trying out or coming back to tennis? We are at the community centre sports area and welcome all ages and abilities. Adult club sessions are Wednesdays 7-10pm all year round – try a session out! Various membership packages are available – for details on these, on play sessions, or group or individual coaching (open to non-members too) please contact us at: secretarykctc@outlook.com, see our website: <https://clubspark.lta.org.uk/KesgraveTennisClub> or look at our Facebook page. Details of coaching sessions (open to members and non-members) can be found on the coaching page on our website. Matthew Last, Head Coach, 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 the floodlit and winter leagues are half over now. At time of writing in the floodlit league our mixed first team are currently top of division two, having won three out of three matches played. There has been a lot of weather disruption unfortunately with the very cold weather. We are looking forward to celebrating Christmas with our Mulled Wine tournament in December.

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Northgate Karate

A lot happening in November and December in the Club!



Very good results from Northgate Karate Team at the E1 Series in Worcester on 17 November. We went to this competition as part of our Association and we finished 11th.

Northgate Team sent seven competitors, and we brought home four medals! Some of our competitors didn't medal this time but had very good rounds at the higher-level competition. Well done everyone, we couldn't be

prouder of each and every one of you. Your attitude on the tatami showed everyone what a fantastic team we are!

Now we are getting ready to the last grading of the year and a short Xmas break. Oh, did you know that you can use your karate training for your Duke of Edinburgh award! Spaces filling quickly so be quick, go to our website: www.northgate-karate.co.uk and book a trial session.

From January 2025 we are going to start another beginners session from four years old. Our Karate sessions are available throughout the week at a number of different venues in Ipswich, Kesgrave and Claydon. Please look at the club website or Facebook page for further information on times and locations. If you need more information, send us an email to: northgatekarate@outlook.com or just turn up to one of our sessions and give karate a go, first trial session is free.

Badminton in Kesgrave

The New Year is a great time to be more active and have fun, so why not play more badminton? Woodbridge Badminton Club is playing at Kesgrave High School for the winter season (September-April). Adult club night is 7.30-10pm on Wednesday evenings and juniors takes place 7-8.30pm on Mondays. Junior club is currently full with a waiting list.

Adults can come along for a guest session for £6 to try us out, refundable if you join as a member. We welcome a range of abilities but unfortunately not complete beginners at the adult club. For competitive players, we run four teams in the local Ipswich and District League. For latest details check out our website at: www.woodbridgebadminton.co.uk or email: contact@woodbridgebadminton.co.uk or ring Jim Cavanagh on: 07803 232892.

Rushmere Baptist Church

Happy New Year Everyone. The days are getting longer and we hope that you have enjoyed Christmas. January can be bleak but here are some events happening this month to which you are invited.

For the first time we will be running the 321 Course which will help us to see life the way Jesus does. If that sounds interesting and you want to know more about Jesus' vision for us all, please come along and join us. There will be four sessions each with videos, discussion and a meal. There will be no cost, or pressure to commit to anything. The course will run twice, once on Thursdays at 6pm starting on 16 January, and also on Fridays at 11.15am starting on 17 January.

To book places please phone: 01473 721455 and leave a message, or email: minister@rushmerebaptist.org.uk, or book on Facebook.

In January, our church will be celebrating our 80th anniversary as a Baptist church, (although we began as an independent church in the 1850s.) Many people have been part of the life of the church over these 80 years or more, attending our services, Sunday school, holiday clubs or midweek events. Perhaps you or members of your family have come to funerals or weddings at the church, perhaps you were married here? Or you may not have been in contact with us. Whatever your history, we invite you to join us at 10.45am on Sunday, 19 January for a special service of celebration. We will be delighted to see you. And if you have memories of our church in the past we would love to hear from you.

God bless.

All Saints Kesgrave with Little Bealings and Playford

"The Son is the radiance of God's glory and the exact representation of his being, sustaining all things through his powerful Word." Hebrews 1 v. 3

In January we celebrate the season of Epiphany: the word means to reveal, show or display and it incorporates a number of different events in the Bible: the visit of the Magi (the wise men) to Bethlehem, the Presentation of Christ in the Temple when Simeon and Anna come forward to greet and marvel at the baby Jesus, the Baptism of Jesus where the Holy Spirit descends as he rises out of the River Jordan and the first miracle at the wedding at Cana, where water was famously turned into amazing wine!

The word can also mean an inward revelation - a moment of insight and understanding.

Please look at our website for details of all the services and activities, including Breakfast Special on January 19th followed by our FIG Family Childrens service in the Hall and/or Holy Communion in the Church. All are welcome

Sally Wainman

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