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Parish Halls Rushmere St Andrew  
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**EDITORIAL**  
Kyra Stone  
T: 01473 400380

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**ADS** **ADVERTISING**  
T: 01473 400380  
E: advertising@intouchnews.co.uk

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# InTouch™

## We will

# Remember them



They shall grow not old, as we that are left grow old;  
age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning,  
we will remember them.



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

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](http://www.intouchnews.co.uk/kesgrave)

ADVERTORIAL

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## Rushmere St. Andrew Parish Council

### Remembrance Sunday Events at St Andrew's Church

As we approach Remembrance Sunday, St Andrew's Church is planning two significant events to honor those who served and sacrificed during war and conflict. We invite you to join us in these commemorations.

On Sunday, 10 November, a stunning commemorative light show will be projected onto the St Andrew's Church Tower, beginning at 6pm. This display will serve as a poignant tribute to the lives lost and the enduring impact of the war on our community.

The following day, Monday, 11 November, a Civic Remembrance Service will take place at the First World War Memorial in the St Andrew's churchyard. The service will start at 10:45am, followed by the laying of wreaths both at the memorials in the churchyard and inside the church.

After the service, you are warmly invited to join us for free refreshments and entertainment inside the church. The talented Evie Capon will provide a special performance, and we'll be showing Stanley's War—a locally produced film released in 2018 that explores the impact of the First World War in Suffolk.

As part of the lead-up to these events, we are also accepting knitted or crocheted poppy donations throughout October. Please drop off your contributions at the parish office and encourage friends and family to participate in this meaningful project.

We hope you will join us in remembrance and reflection during these special events. Your presence and support will help keep the memory of the fallen alive in our community.

### Save the Date: Parish Council Christmas Meeting on 12 December

We invite residents to attend the upcoming Parish Council Meeting on the evening of Thursday, 12 December 2024. This is a special meeting where the Parish Council will recognise the contributions of residents who have made a positive impact on our community.

In addition to the formal proceedings, this will be a wonderful opportunity to socialise with your neighbours and fellow community members. After the meeting, there will be time to mingle and enjoy refreshments as we come together to celebrate the spirit of community in our parish.

We encourage everyone to mark their calendars for this important evening. Your presence will make the event all the more meaningful as we acknowledge those who have given their time and effort to enhance life in our parish. We look forward to seeing you there!

### Become a Hedgehog Champion in Rushmere St. Andrew

The Parish Council is calling for individuals to become Hedgehog Champions and volunteers to help protect this much-loved and increasingly endangered

animal. Hedgehogs play a vital role in our local ecosystem, but their numbers are declining due to habitat loss, road traffic, and other dangers.

We are looking for community members who are interested in learning more about hedgehogs and how we can create safer environments for them in our parish. By becoming a Hedgehog Champion, you can help raise awareness, encourage wildlife-friendly gardening, and be part of a broader effort to protect hedgehogs.

If you'd like to get involved or learn more about how you can help, we encourage you to visit [hedgehogstreet.org](http://hedgehogstreet.org). A fantastic resource dedicated to supporting hedgehogs. Whether you're able to take small steps in your own garden or wish to volunteer in larger projects, your contribution will make a difference.

Let's work together to ensure that hedgehogs continue to thrive in our community. Together, we can help protect these important creatures!

### Help Keep Rushmere St Andrew Clean: Litter Pick Equipment Available

Littering continues to be an important issue in our community, and we all have a role to play in keeping Rushmere St Andrew clean and beautiful. The Parish Council is encouraging residents to take action by organising local litter picks. Whether it's a group effort with friends and neighbours or an individual initiative, every little bit helps!

To support these efforts, the Parish Council has litter pick equipment available for free loan. If you'd like to organise a litter pick in your area or join an existing one, simply get in touch with the Parish Clerk to borrow the equipment.

Litter picking is a simple and effective way to improve our environment, and it's a great way to give back to the community. Together, we can keep Rushmere St. Andrew looking its best!

To arrange a litter pick or borrow equipment, please contact the Parish Clerk at: [clerk@rushmere-st-andrew.org.uk](mailto:clerk@rushmere-st-andrew.org.uk). Let's work together to make a difference!

The parish office: Please phone or email the Parish Office to make an appointment before visiting. Parish Clerk: [clerk@rushmere-st-andrew.org.uk](mailto:clerk@rushmere-st-andrew.org.uk) or 07568 632110

Assistant Parish Clerk: [assistantclerk@rushmere-st-andrew.org.uk](mailto:assistantclerk@rushmere-st-andrew.org.uk) or 07897 340917

Parish Office: 01473 711509

Website: [www.rushmerestandrew.onesuffolk.net](http://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.

## Rushmere Common News

As you may all have seen, the tees, green fringes and approaches on the golf course have all died back and look unsightly, this was down to an accidental incorrect use of weedkiller. Due to this unfortunate mishap, these areas of the golf course are having to undergo intensive work to restore them. The club has taken quick action to try and turn these areas around, they all have been freshly seeded and fertilised. While these areas are established again, the club has asked that we all refrain from walking near or over them, this is to give the fresh seed a stronger chance to germinate this time of year. The golf club has put up rope and posts to identify the areas to be avoided. It also means that temporary teeing areas have been established near the main tees.

In lower light conditions and with the sun often lower in the sky, golfers and walkers are reminded to be extra cautious. Golfers need to take extra care when hitting into the sun and remember that walkers can't see them with the sun behind them. As with the hierarchy of road users the onus must be on the golfer to make sure it is safe to play, however walkers should be aware of direction of play and take care. With the wetter weather and shorter days, all

users need to take care as this is a natural environment. Paths will be slippery and wooded areas full of debris.

Please be aware there will be maintenance work carried out over the autumn/winter as the bird nesting season has come to an end. Please respect the signs when paths are closed for your safety. Not only will path edges be cut back but some large re-generation projects are likely to take place. This will necessitate some burning (weather conditions permitting).

The fire service will be made aware and it is likely to be small fires near the work rather than making a larger burn pile and burning at a later date. This is to avoid accidental fires, having areas hot for too long and wildlife nesting in there. Whilst burning may not seem ideal it has several benefits and we have seen the areas re-generate well after being "cleansed"

Please enjoy and respect the common, it's surrounding areas and the nature they support so generations to come can experience it too.

Email: [clerkrushcommoners@gmail.com](mailto:clerkrushcommoners@gmail.com)

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

## Kesgrave Town Council

### Congratulations Kesgrave!

On Tuesday, 24 September, Kesgrave Town Clerk, Joanna Abbott and the Chairman of Kesgrave Town Council, Councillor Neal Beecroft-Smith attended the Presentation Ceremony for the Suffolk Community Awards. Great News – Kesgrave won The Most Active Town!

The Clerk commented: 'It's wonderful for Kesgrave to win this award again. The town has a population of 15,000 and whilst it may not have a high street or waterfront, what does bring this community together is sport and recreation, which the Town has in abundance! Parkrun, Running club, Football Clubs, Cycle Speedway, Keep Fit, Dance, Pétanque, Karate, Music Groups and so, much more. There really is something for everyone, from tots to seniors, morning till evening, seven days a week! And what makes it all the more great is so many of these groups and clubs are run by volunteers.'

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

Don't forget the Christmas Light switch on – Friday, 29 November, Kesgrave Singers at 6pm followed by Light Switch On. Also Ice Skating, Scout Christmas Fayre, Santa's Grotto – Rupert Fison Square, Kesgrave. Ice Skating, Scout Fayre and Santa's Grotto is also on Saturday, 30 November from 10am-3pm.

### Town Council Meetings in November:

11 November – Planning at 6.15pm and Finance and Governance at 7.15pm  
25 November – Planning at 6.15pm and Full Council at 7.15pm

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

## u3a East Suffolk

### Fun and interest filled days for u3a members

Longer nights, but shorter days full of activity, learning and friendships, thanks for East Suffolk u3a, which provides talks, interest groups more for the older members of the community.

Members of this lively local group enjoy walks, quizzes, dining out, visiting gardens or churches, discussing architecture, the arts, current affairs and much more.


More than 2,200 people in East Suffolk u3a are finding new interests and challenges and enjoying a range of social activities.

Alongside approximately 150 different interest groups, there is a varied programme of talks held at different venues in East Suffolk. At the end of November, for instance, there's a talk about the History of Fish & Chips at Kesgrave.

After a break over the festive season, there are talks at Kesgrave about Smuggling in East Anglia, a Virtual tour of Bury St Edmunds at Woodbridge, Enemy Raids over Lowestoft at Saxmundham, and in Felixstowe a talk from a woman, who midlife, changed career to writer, tutor and actor.

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](http://www.u3aeastsuffolk.org.uk). For more information please see the website or call the secretary on 0300 123 3913.

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## Kesgrave Community Chinwag

Kesgrave Community Chinwag is delighted to invite those aged 60 and over to join us for an afternoon filled with friendship, music, refreshments, and fun! This friendly gathering provides 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 and 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, 15 November, duo Lorri and Gray will be singing a mix of 50's, 60's, 70's, Irish and Folk music too! This session will be available to book from 21 October.

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

KWMCC registered charity number 1186279

## KWMCC

As the days grow colder and we near the end of Autumn, we invite you to explore all the exciting indoor and outdoor sports we have to offer here at KWMCC! With the festive season fast approaching, we're thrilled to announce



some upcoming events and goings on. Join us at our annual Christmas Market on Saturday, 23 November, from 10am-1pm, where entry is just £1 for adults, and children can come along for free!

You'll be able to browse a variety of amazing local small business stalls, and kids can even take part in The Cake Kitchen's Christmas Cupcake Decorating activity for an additional cost. Don't miss our Festive Family Party on Sunday, 8th December, from 2-4pm, featuring a disco, games, face painting, licensed bar, tuckshop treats and a special visit to Father Christmas, where your child will receive a specially wrapped gift.

We will also be running our Giving Tree again this year, in aid of Open Door Christmas Dinner who help those who are homeless and vulnerable at Christmas. Please pop into KWMCC and keep an eye on our socials for more details of how you can help this brilliant cause.

The Salvation Army Community Carols are back for a third year! We'd love for you to join us on Wednesday, 18 December 7-8pm at our outdoor bandstand, where there will be warm refreshments and snacks to purchase and carol sheets handed out too.

For all of the details on tickets for any of our upcoming events, please head to our website: [www.kwmcc.co.uk/community-events/](http://www.kwmcc.co.uk/community-events/), call: 01473 612648 or email: [events@kwmcc.co.uk](mailto:events@kwmcc.co.uk). For enquiries, email: [reservations@kwmcc.co.uk](mailto:reservations@kwmcc.co.uk). Address: KWMCC, Twelve Acre Approach, IP5 1JF. Registered Charity Number 1186279.

## Parish Halls Rushmere St Andrew

### Rushmere Village Hall

Following the success of last year's winter warm ups, we are once again hosting free sessions over the winter at Rushmere Village Hall. Starting on Saturday, 16 November, we will have a warm space, free hot refreshments, soup and cake on Saturday's over the winter months. Sessions run from Saturday, 16 November to Saturday, 30 March 12noon-2pm. The hall has an on site car park and is wheelchair accessible. All are welcome and there is no need to book.

There are only two monthly markets left this year. The first is on Saturday, 9 November and the last one of 2024 on Saturday, 7 December. Doors open at 9am-12noon and entry is free. The hall will be full of local makers and crafters for you to discover including Christmas cards, gifts and decorations, 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

We have a craft destash sale taking place on Saturday, 2 November at Tower Hall, Broadlands Way, IP4 5SU 10am-2pm. There will be a selection of crafting supplies at bargain prices. Sellers will have items including fabric, yarn, patterns, cardmaking, paper crafts, and much more. Entry is free and the event is usually quieter after 1pm if you prefer to avoid the crowds.

Both of our halls (Rushmere Village Hall and Tower Hall) are available to hire for a children's party, family celebration, quiz night or for regular group meetings/classes, please contact us at: [parish.halls.rushmere@gmail.com](mailto:parish.halls.rushmere@gmail.com)

## Citizens Advice East Suffolk

Our next free advice session in Kesgrave is on Tuesday, 19 November.

Recently, Which consumer association has identified a convincing scam. An HMRC letter asking people to verify their financial information which uses the correct font and logos. The recipient is asked to send bank statements and a photo of either a driving licence or passport to an email address. Any documents sent to this address are most likely going to be used to commit identity theft.

Please don't fall for scams, however genuine they may look. Always check with Citizens Advice, friends or family before answering letters, emails etc.

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

## National demonstrator to visit Deben Flower Club

Our meeting on 12 November in Kirton Church Hall, Church Lane, Kirton IP10 0PU at 7.30pm will certainly be rather special. We will be joined by well-known National demonstrator Roger Woolnough, demonstrating "Autumn Glory". This will be a splendid celebration of autumn and sure to wow us with the beautiful colours we associate with this time of the year. Roger has both designed and participated in many national flower festivals over the years and is presently the Demonstrators Representative for the East of England Area of NAFAS. Tea, coffee and biscuits will be available after the demonstration and Roger's arrangements will be raffled at the end of the evening.

Visitors are always welcome (£6). If you do not have transport or are uncertain about arriving alone and traveling home in the dark, depending on your postcode we may be able to offer you a lift. If you would like further information, please contact Sandy: 07910 463158, email Wendy: [wa@sandlings.co.uk](mailto:wa@sandlings.co.uk) or text Claire: 07539 249559.

## Children's author visits Cedarwood School Ipswich

New children's author Grif Griffiths made a visit to Cedarwood School Kesgrave to present the school with two copies of his book 'The Incredible Adventures of the Skinnilegs Family'.

The story is for 7 to 9 year olds and was originally written for and inspired by his Grandson at the time one of the pupils at Cedarwood School.

Grif has visited the school several times over the years and found it to be an amazing school. The children seem relaxed and attentive this is due to their surroundings. Their Head Teacher is Tina Shute supported by excellent teachers and staff. It has been a pleasure to present them with the books.

The story is about an alien family who arrive on Earth. No not your typical little green beings; in fact they share surprising similarities with us humans. Their craft is rescued at sea by the crew of a fishing trawler and they are taken back to the crews home on a Scottish island. The book tells of the reason behind their incredible voyage to earth and reveals what the future hold for them.

The book is published by Austin Macauley and available at: Austin Macauley, Amazon Books and selected Cornerstones and W H Smiths stores.



## Cafe 66 Community Cafe



Did you know that as well as providing a great value cafe at Kesgrave Scout Hall, Tuesday-Friday, 10am-1.30pm, we also provide buffets for your events. Freshly prepared on the day, delivery available. We support adults with disabilities and learning difficulties in gaining valuable skills and work experiences.

Comprehensive lunch menu includes daily hot specials, jacket potatoes and sandwiches, all food cooked to order and served to your table. Snacks baked fresh daily. Takeaway also available. Find us on Facebook: Cafe 66 Community Cafe

## Rushmere Evening WI

At our September meeting Janet Dye explained how she had started flower arranging evening classes many years ago and had recently trained and qualified to become a demonstrator. As she talked, she showed us the techniques for five very different floral arrangements. These were donated to our raffle and five very happy members each went home with a beautiful arrangement.

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 Humber Doucy Lane starting at 7.30pm. There will be no speaker on Thursday, 7 November as it is our Annual meeting.

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## Kalga

Autumn is a wonderful time of change in our outdoor green spaces and the allotment is just as beautiful now as on a summers day. As the ground is still warm from the summer, and with a drop of rain and cooler temperatures, it is great time for planting. Broad beans can be sown directly into the ground in November, as well as onion, shallot and garlic sets.

Last month we were proud to officially open our allotment community shed! Allotment holders met up for a work party to carry out useful jobs around the allotment before the opening. We would like to thank SPARK (Sports Amenities and Recreation in Kesgrave) and Debbie McCallum (East Suffolk Council representative) for the funding for the shed and the supported growing space. It was a pleasure to welcome SPARKS representatives, Angela Finch and Yvonne Mills, as well as Peter Bradbrook, our original allotment member, and Mr Fenton, our landowner.

The supported growing space is half an allotment plot set behind our community shed that comprises of raised beds for more accessible growing. The space has its own small shed too. We are keen to utilise this area so if you are interested in having a raised bed within this supported area, then we would love to hear from you!

To help our wildlife friends we have decided to create a log pile. Autumn is a good time to do this as you may have logs and sticks from autumn prunings. Hopefully this will make an inviting home for toads, newts, bees and insects such as stag beetles. Hedgehogs also benefit from a pile of leaves and twigs left in a quiet space.

If you are interested in joining KALGA (Kesgrave Allotment & Leisure Gardeners Association) please email our Membership Secretary, Angela Brown at: [kesgraveallotments@outlook.com](mailto:kesgraveallotments@outlook.com)

Wendy May

## Kesgrave Scouts

### Ipswich Scout Christmas Post

The Scouts Christmas card collection and delivery service is running again year. The delivery area covers Kesgrave, Rushmere, Ipswich Borough and Martlesham (i.e. all postcodes IP1 to IP5) together with Felixstowe, The Trimleys and Kirton, Brightwell, Bucklesham and Falkenham and some of the other surrounding villages including Claydon, Barham, Bramford, Gt Blakenham, Westerfield, Witlesham, Henley, Tuddenham, Great and Little Bealings and Old Martlesham. Postboxes will be available from 25 November at many collection points across the area with local ones including, Martin's Bakery (Woodbridge Road East, Square Pharmacy (Foxhall Road), One Stop (Bixley Farm), Kiln Farm Nursery, Little Luxuries (Penzance Road), House of Hair (Edmonton Road), 2nd Stop Charity Shop, Kesgrave Library, Orwell Vets (Hartree Way) and 7 Quantock Close, Rushmere St Andrew, IP5 1AS. The cost per card will be 35p and the closing date is Tuesday, 10 December. All profits are shared between the scout groups taking part in the ratio of the number of cards collected and delivered. Further information at: [www.scoutspostipswich.org.uk](http://www.scoutspostipswich.org.uk)

### 1st Kesgrave Scouts Christmas Fayre

This big annual fundraiser will start on Friday, 29 November when the Town Council will switch on the Christmas Tree lights and there will be ice skating and Santas Grotto on the square from 4pm. The Fair will also be open on Saturday, 30 November (10am-3.30pm) and Sunday, 1 December (10am-2pm). We have lots of gift ideas for young and old, cards, gift bags, paper, decorations, and the Hamper draw. Come along and buy your presents with many at pocket money prices. If you have any unwanted items that would make presents, or you would like to donate a draw prize then please leave the items in the box in the Scout Hall entrance.

### 1st Kesgrave Scout Group Jumble Sales

Jumble Sales are also run every month and the next dates for these are 9 November and 7 December. There are always lots of bargains to be had including clothing, bric a brac, books and games.

Further information can be found at: [www.kesgravescouts.org.uk](http://www.kesgravescouts.org.uk)

## Portal Woodlands Conservation Group



In September, our Volunteers did a great job clearing around the pond which had become completely overgrown during the summer. Well done to James Forbes for building a log pile habitat for stag beetles (*Lucanus cervus*) as part of his Duke of Edinburgh Silver Award.

Our next work morning is Saturday, 16 November 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](mailto:pwcg.martlesham@gmail.com), phone: 01473 612632 or visit our website: [pwcg.onesuffolk.net](http://pwcg.onesuffolk.net) or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman



## Kesgrave Art Club

Kesgrave Art Club have vacancies for new members. We are a very friendly bunch of artists, of various abilities, who meet every Tuesday morning at The Kesgrave War Memorial Community Centre. Anyone interested please contact Mick Sumner: 07709 614795 / [michaelsunmer125@gmail.com](mailto:michaelsunmer125@gmail.com) for more details.

## East Suffolk National Trust Association

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

On 19 November, Jim Jarvie will be talking about crime. Jim spent over forty years with Customs and Excise, and during that time he was Head of Operations for the largest container port in the UK, and for two of the largest airports outside London. He investigated and prosecuted major drug importation, money laundering and other organised crime. Forget the TV shows you have seen, this is the true story.

Our next meeting will be on 18 February with a talk by Hawk Honey, a naturalist working for Suffolk Wildlife Trust.

Please note there will not be a meeting in January, we have decided to replace it with a new meeting in June.

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, including details of future events and outings, contact our membership secretary at: [membershipsnta@gmail.com](mailto:membershipsnta@gmail.com) / 01473 723761. Alternatively visit our website: <https://sites.google.com/view/eastsuffolknta>

## Reaching the Unreached Sale 2024

Please save the dates for our annual Reaching The Unreached Sale, which will be held on Friday, 22 November, between 10am-4pm and Saturday, 23 November, between 10am-12noon at Rushmere St Andrew Church and church hall.

We will have our usual range of stalls: books, puzzles, crafts, toiletries, toys and tombola along with refreshments on both days. We would appreciate your support with donations of goods during the week before. And of course, come and see us over that weekend. It is a good way start to Christmas shopping and support this charity! Last year we were able to donate £5000 towards the building of a new health centre in Kalliputti.

For further information please contact Ruth Silburn: 01473 711872.



## Help us give a present to every patient this Christmas

**Enhancing care for you, your family, for life.**

November see's us launch our fifth Christmas appeal and, as always, we need your help.

Each year we provide over 550 gifts for all in-patients under the care of the West Suffolk NHS Foundation Trust which includes the West Suffolk Hospital, Newmarket Hospital and Glastonbury Court. This includes adults as well as children as everyone deserves to know that Santa hasn't forgotten them!

Previous years have seen patients receive tartan blankets, Christmas ornaments and cosy socks as well as the usual toys and smellies which have all gone down so well and made people feel special on a day when no one should be in hospital. We know the staff also love to have these gifts to hand out when they are working this special day.

To achieve this goal, we need to raise £3,300 which is where you come in. Our virtual Christmas present drop allows you to choose a 'gift', write a message and help us make a difference. You can even add an image if you choose so maybe add a fun festive photo or your company logo.

### How to get involved this Christmas

- Get everyone to pop £1 in a pot in lieu of sending Christmas cards round

the office. Add your company logo to our Virtual Christmas Present appeal to promote your local business.

- Hold a festive bake sale and use the donations to buy a gift
- Get crafty and make Christmas cards or festive trinkets and sell them to friends and family.
- Take on a challenge and start a Just Giving page for My WISH Charity.
- Have a dress down day in the office.
- Hold a competition for the best Christmas wreath or bauble.
- Hold a 'Secret Santa' tombola and sell tickets.

Just a few ideas but we know our fundraisers are just brilliant at thinking outside the box so we can't wait to see how you help us this year.

If you would like to help us make someone's Christmas Day special this year please go to: [www.visufund.com/my-wish-christmas-appeal-2024](http://www.visufund.com/my-wish-christmas-appeal-2024) or scan the QR code to donate a gift today. Please note the minimum donation is £2.



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**Martlesham Brass**

**'Making Music Fun in East Anglia'**

Congratulations to all the band members who received awards at our recent Birthday Concert. Our bands will be paying their respects at Remembrance Sunday services in both Martlesham and Woodbridge this month.

Looking forward into next month, the ever popular 'Coffee and Carols', featuring our intermediate band, is on Saturday, 7 December 2024 at 10am in St Michael's Church Centre, Martlesham Heath. Entrance is free and there will be refreshments available together with a hamper raffle. There will be more details next month of all our other Christmas activities.

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](mailto:join@martleshambrass.co.uk) for more details. Please note that we currently operate a waiting list for new members.

Liz Howard. (Publicity Officer)  
[publicity@martleshambrass.co.uk](mailto:publicity@martleshambrass.co.uk) / 07544 962205  
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**Ipswich and District Probos**

In October we met for our regular monthly lunch at the Rushmere Bowls club and are beginning to feel settled. We enjoyed a really good lunch, and members appreciated the facilities that allowed them to drive to the Club and park outside. Derek Wilding provided a both informative and personal talk on the Suffolk Accident Rescue Service.

On 6 November Lewis Tyler will talk to us about the River Gipping, from which Ipswich derives its name. Then on 11 December, we shall enjoy our Christmas Lunch together with wives, partners and friends at the Hintlesham Golf Club.

Coffee Mornings take place on the third Wednesday of every month, at the Swan Westerfield at 11am, and this is a good opportunity to meet a smaller number of us if you are thinking of giving the Club a try.

We are a group of men from all walks of life, who enjoy good conversation and food, and welcome our ladies three times a year for our Spring, Summer, and Christmas lunches, and when numbers permit to special events. We have been pleased to welcome several new members this year.

Next Meeting: 6 November, 12noon for 12.30pm start at Rushmere Bowls Club. For more details contact me Chris Yule on 01473 399086, or Malcolm our Chairman on 07711 689130.

**Martlesham Heath 'Service of Remembrance'**

Martlesham Heath 'Service of Remembrance' will take place on Sunday, 10 November starting at 2.15pm organised by The Martlesham Heath Aviation Society on the Barrack Square Martlesham Heath, IP5 3RF (just past the entrance to BT Adastral Park).

Everyone is welcome to attend the Service remembering all those who died in all wars for our freedom. For the first time ever, the music will be played by the 'United States Air Force Europe 'Ramstein' Marching Band', who are flying in from their base in Ramstein, Germany.

**Why the USAFE band?**

The 356th Fighter Group (FG) Memorial on the Barrack Square Martlesham Heath was the first memorial raised to the American dead after the end of WW2 and has the names and rank of the 72 killed while stationed at RAF Martlesham Heath. There was another service man killed but it was too late for his name to be included.

The Memorial was the idea of Captain Eric Harvey and his wife. They opened their house in Little Bealings as a hospital for injured USAAF personnel from the 356th FG. Captain Harvey logged details of all 72 deaths and after the end of WW2 started a collection in the local area in order to raise a lasting Memorial. Collecting no more than 6d from each house, he quickly raised enough for the Memorial which was dedicated in June 1946.

Howard King

**The Orwell Singers – Come and Sing!**

**Ladies! Do you love singing?**

Perhaps you haven't sung for a while or would like to brush up your singing technique? Then come along and stretch those vocal chords in a fun afternoon with Musical Director, Lindsay Gowers, and The Orwell Singers.

On Saturday, 9 November we will be singing an eclectic mix of Christmas and Seasonal music of different styles and genres. No booking required, just turn up. Cost £10, includes all music and light refreshments, to be paid in cash on the day.

At St Michael and All Angel's Church, The Drift, Martlesham Heath, IP5 3PL. Doors open 1pm for 1.30pm start, until 4.30pm. For further details please contact: [d.sharman@btinternet.com](mailto:d.sharman@btinternet.com).

[www.theorwellsingers.co.uk](http://www.theorwellsingers.co.uk)

**Castleton Brass Band Hits a High Note with Upcoming Christmas Concert Series**

Castleton Brass Band is thrilled to announce its upcoming Christmas concert series, set to captivate audiences with a diverse repertoire of Christmas hits. Kicking off on Sunday, 17 November at Sandringham Estate, Christmas Fair, this series promises an unforgettable experience for music lovers of all ages. Under the direction of newly appointed conductor Sam Salmon, the band will perform a selection of works that showcase their exceptional talent and passion for brass band music. Also join us as we spread festive cheer with traditional carols and beloved seasonal favourites in Morrisons Diss on Thursday, 19 December 6-8pm and Tuesday, 24 December, 8am-12noon.

Sandringham Christmas Fair: Sunday, 17 November 2024, 12noon onwards. Sandringham Estate, Sandringham

Needham Market Christmas Concert: Sunday, 1 December 2024, 4.30pm St John The Baptist Church, Needham Market, Ipswich

Brockdish Christmas Concert: Tuesday, 3 December 2024, 7.30pm Village Hall, Scole Road, Brockdish, Diss

Christmas Sparkle Concert with Suffolk Constabulary Male Voice Choir Saturday, 7 December, 7.30pm. Eye Town Hall, Broad Street, Eye

Pulham Market Christmas Concert: Tuesday, 17 December 2024, 7.30pm. Pulham Market, Diss

**Choir raises £2,750 for Woodbridge Charity, Jetty Lane**



As a result of their 'Spring Serenade' sell out concert in April this year, where the Suffolk Constabulary Male Voice Choir were joined by their guests Baritone Soloist Mark Saberton and Strictly Celli, a cheque for £2,750 was recently presented to the

Woodbridge-based charity Jetty Lane. The charity is developing a hub for local community groups in Woodbridge including a much-needed social space for young people. The choir is so pleased to have contributed to this amazing project in Woodbridge.

The Christmas season is almost upon us and the Suffolk Constabulary Male Voice Choir is looking forward to their first Christmas concert of 2024 'It's Christmas Time' on Saturday, 7 December at Eye Town Hall where they are performing with Castleton Brass. Tickets for the concert which commences at 7.30pm, cost £10 each and are available from the Handyman, 8 Broad Street, Eye: 01379 870030 or through Castleton Brass: 07934 169721.

## Christmas Market

Sutton Christmas Market will be held in the Memorial Hall, Sutton, IP12 3JQ on Saturday 23 November from 10am-12.30pm, when the hall will be packed with goodies for Christmas. Local craft people will be selling their crafts which will include cards, jewellery, home made fudge, knitted toys, jams and pickles, succulents, Xmas crafts, hand sewn items, knitted hats and gloves and lots more. Plus a cake and bake stall, tombola, raffle, refreshments and a hamper raffle. The market provides a good opportunity to do some Christmas shopping. Hope to see you there! In aid of memorial hall funds.

## 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 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 are 7 and 21 November. 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: [vppr@speakeasy.org.uk](mailto:vppr@speakeasy.org.uk) / [www.speakeasy.org.uk](http://www.speakeasy.org.uk) / find us on Facebook: Speak Easy Martlesham.

## Suffolk Wildlife Trust, Woodbridge Wildlife Group Quiz Evening

Suffolk Wildlife Trust's Woodbridge Wildlife Group hold their annual quiz evening at Woodbridge Community Hall, Station Road, (IP12 4AU) on Thursday, 21 November, with doors opening at 7pm for a 7.30pm start.

Phil Smith, Chairman of the group said "The quiz is very interactive, with teams of four to six people joining together to answer a wide range of questions on wildlife and general knowledge. Entry is £6 per adult and under 25's are free. We ask participants to bring their own food and drink. There will be a raffle and the Suffolk Wildlife Trust Christmas Cards will be available to purchase."

We'd appreciate it if teams could book a table in advance by calling: 01473 625630 or emailing: [swtwoodbridge@outlook.com](mailto:swtwoodbridge@outlook.com)

## Suffolk Industrial Archaeology Society

The next meeting will take place on Wednesday, 13 November 2024, 7.30-9.30pm. Annual General Meeting, followed by John Jones who will be speaking about 'The Industrial Archaeology of Flanders'. Taking place at Ipswich Transport Museum, Cobham Road, Ipswich, IP3 9JD.

Further information: 01473 405116

Our speaker spent a week in the summer visiting industrial heritage sites in the Flanders region of Belgium. This country was the first on the continent to industrialise in the 18th and 19th centuries, following the lead set by the United Kingdom.

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## Martlesham Wilds



Anyone that has enjoyed a wander down at Martlesham Wilds may have seen a few things going on. We have had Herdwick sheep and belted Galloway's on the grazing marshes this year, which have been doing a fantastic job of attracting insects, disturbing

the ground and keeping the dominant grasses in check. The marshes that have not been grazed have been cut for hay – all part of improving the floral diversity and keeping the sward at a suitable height for breeding and wintering birds.

To ensure the livestock have fresh water to drink, we have been installing pipework for a drinking water system. This involved a small digger creating a trench in which pipe has been laid to bring freshwater across the reserve into areas where, in future, livestock will help us to manage the development of the grassland and scrub habitats.

Our major work this year, which we are keen to spread the word about, comprises of several kilometres of livestock fencing which you may see (or hear – when the post-knocker gets started) going in across the reserve. This will mean we can graze the ex-arable fields in the future and help to establish a diverse mosaic of habitats that support wildlife. The fences will be set-back from the public footpaths, will cause minimal obstruction to wildlife, and in time the vegetation will grow over them helping them to blend into the reserve,

### Dogs on leads

We are really happy and encouraged to see so many people keeping their dogs on leads. From discussions with walkers, whilst many people are aware of the important of keeping their dogs on leads during the breeding season, we have found that few people are aware of the effect of worming tablets and flea treatments getting into aquatic habitats. It is really important to remember that these products are designed to be lethal to invertebrates, and that this has far reaching consequences when they reach the natural environment. It's also important to stress that disturbance can be very costly to all wildlife at all times of the year (not just when breeding), forcing changes of behaviour and extra energy expenditure to compensate for disturbance.

### Dragonfly training

As well as practical conservation works, we have spent the year training up several fantastic, volunteer survey teams. On the 13 August we held a dragonfly training event between Martlesham Village Hall and Martlesham Wilds, led by our dragonfly surveyor Mike Turton. Dragonflies are quite a difficult group to get started with due to their speed and agility, and the often-great variability in colouration between the sexes and between the adults and the juveniles. However, we were expertly guided by Mike and when we went onto the reserve, we found a total of six species of dragonfly (emperor, common darter, black-tailed skimmer, migrant hawkler, southern hawkler, Norfolk hawkler) and possibly two species of damselfly (common blue, and possibly willow emerald – although not confirmed). Dragonflies and damselflies emerge at different times throughout the season and will be

on the wing during different months of the year. It seems this year has seen relatively low numbers in general, but we were happy with the diversity of species that we saw. We hope that as the site continues to develop and we create more freshwater habitats, we will see the abundance and diversity increase further.

### Fish survey

On the 22 July this year the first fish survey was conducted to look at the way fish, particularly juvenile fish, are using the saltmarsh. Within the bounds of Martlesham Wilds reserve is a small amount of saltmarsh, which is known as a high value habitat for juvenile fish species who both shelter and forage there during high tides. As part of a broader programme of surveys to look at fish diversity within the Deben estuary, together with the River Deben Association and guided by Steve Colclough of the Institute of Fisheries Management, we set fyke nets at two locations in the saltmarsh, and also undertook a couple of seine net sweeps at the entrance of the main channel into the marsh. We were very encouraged to find good numbers of juvenile bass and golden grey mullet, along with gobies and sand smelt. We plan to repeat this survey in 2025 and further into the future, collaborating with other local surveys to contribute to the data collection for the Deben as a whole.

### We all need to get active for wildlife!

This summer saw a well-received evening series of walks exploring trees, insects and bats on the reserve. We all thoroughly enjoyed exploring the reserve with a different focus and sessions helped attendees to think about actions they could take to help the focus of that evening – e.g. protecting trees, planting night scented flowers, reducing our light pollution, and putting up bat boxes (in threes) in our gardens.



We have also very much enjoyed starting work with A-Level Environmental Science students from Kesgrave High School, sharing real experiences of insect and butterfly survey work and methodologies that we have set up. Students were captivated when using sweep nets to explore the abundance of insects in the long vegetation compared to very few in the shorter grasses – this is a fascinating activity wherever you are which helps show the importance of keeping grass long to help save our insect population from collapse.

We also very much enjoyed working with Suffolk MIND's Waves group of young adults – thanks to National Landscapes funding – and we had great fun with Martlesham Scouts who braved the Wilds in the dark in search for bats, frogs and toads.

Our quarterly volunteer led Discovery Walks – which are offered free – are available to book on our website: [www.suffolkwildlifetrust.org/martleshamwilds](http://www.suffolkwildlifetrust.org/martleshamwilds). Alternatively, should you wish for one of our volunteers to come and talk to you and your group about Martlesham Wilds, what you can expect to see in the future, and how you can help by creating wildlife corridors in your gardens and parks, please do contact us on: [martlesham.engagement@suffolkwildlifetrust.org](mailto:martlesham.engagement@suffolkwildlifetrust.org)

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## The Martlesham Heath Aviation Society

On Friday, 6 December, Geoffrey Kay will be presenting "Over Paid, Over Sexed, and Over here.." His take on the their local reactions and experiences, and of the British natives to The United States Army Air Force (USAAF) in Suffolk (and probably elsewhere) 1942-1944.

The Martlesham Heath Community Centre, Felixstowe Road, Martlesham Heath IP12 4PB. Entry is £4 for Martlesham Heath Aviation Society members, £5 for non-members.

## The Birbeck Singers to perform with local orchestra



The Community Light Orchestra is pleased to welcome the Birbeck Singers to its next concert at Woodridge Community Centre.

In January 2011 the Ipswich Institute added 'singing' to their growing range of study classes and a music tutor was appointed to lead an initial group of 15 people. Numbers increased and the group were encouraged to undertake public performances for small audiences. Their name originated from the name of their regular place of practice at the Institute, 'the Birkbeck Room'.

The Birbeck Singers sing for fun and enjoy learning together, and offering programmes of songs from a wide variety of styles and genres. They are directed by soprano Lindsay Gowers and accompanied by pianist Sabine Sutton.

The concert programme includes light classical music and songs from films and the shows and will commence at 7.30pm on Saturday, 23 November. Admission is free with a retiring collection in aid of St. Elizabeth Hospice.

St Elizabeth Hospice is an independent charity and hospice, which improves life for people in the East Suffolk, Great Yarmouth and Waveney areas living with a progressive or life-limiting illness. Established in 1989, the hospice has built a reputation for delivering high-level care to patients and the community it serves. Through medicine and therapy, they ease pain; give life purpose and make life liveable. Last year the charity supported over 4,000 patients and their families.

## Martlesham Ladies Club

Autumn and the darker evenings are already here and we all appreciate having our meetings in the afternoon. There are two meetings planned for this month. On 14 November, Wendy is coming again and bringing more pottery for us to paint. The more artistic among us might consider making Christmas presents. On 28 November, we are holding a Fun Afternoon with competitions and quizzes. Looking ahead to next month, on 12 December we are holding our Christmas party with music from the Ukulele band. This will be the last meeting of 2024. Meetings are held on alternate Thursday afternoons at 2pm in the Richard's room. For more information contact June Peck: 07867 525422.

## Trianon Music Group

On 14 September at Snape Maltings Concert Hall, a delighted audience of just over 600 enjoyed "Sea Fever", an entertaining evening of music from Trianon Music Group's symphony orchestra and choir. Serenaded by Trianon Buskers as they arrived, generous donations from concert-goers resulted in a magnificent sum of over £900 being raised for the RNLI.

We now move onto our Autumn programme of Community Concerts, part of TMG's work with local organisations, where all the money raised goes to that group or project.

By the time this goes to publication, we will have given the concert at St Andrew's Church Rushmere and will be looking forward one on the 16 November at St Andrew's Church in Felixstowe in aid of the Tearfund charity. Tickets are £10 for adults, for under 18's and Students only £5, on the door subject to availability. As the last Felixstowe Community Concert was sold out, best to buy from The Card Centre, Hamilton Road, or contact: alan.peats@yahoo.co.uk .

Trianon Music Group is centred in Ipswich and has members from all areas of East Suffolk and North Essex. We welcome new members, either for the 80 strong concert Symphony Orchestra or the equally large Symphony Choir, the only non-professional ones in the region. These give both experienced and less experience musicians the opportunity to perform three major concerts a year, and the option to take part in some of our four annual community concerts and our tour. In February 2025 we are also offering a choir workshop.

Look out for details of the popular "Trianon at the Cinema" concert at the Corn Exchange Ipswich on the 11 January 2025. A special feature this year will be a competition for young people.

Follow the full 2025 programme via our website on: Trianon Music Group Orchestra and Choir (tmg.org.uk) or for more information about Trianon contact us via: publicity@tmg.org.uk.

Enjoy the rest of the autumn – Richard Boother Publicity Office

## Blue Cross Suffolk Volunteer Fundraisers

Do you love animals and have a few hours to spare? We are looking for fundraising volunteers at our Suffolk Centre to help us raise much needed funds. If you are good with a raffle or a whizz with a cake mixer or just interested in helping animals, we need you!

Our Suffolk Centre, on Bourne Hill next to the Ski Centre, rehomes cats, dogs and small animals. We are a charity and rely totally on donations from our wonderful supporters. We are planning a number of events over the next year and it would be great if you could join us.

If you are interested, please go to: <https://volunteer.bluecross.org.uk/> opportunities and type Suffolk into the search box.

Our next event will be our Christmas Fayre on 23 November. Keep an eye on our Facebook page for more information (Blue Cross Suffolk rehoming centre).

## Kesgrave Library News

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

3 Sunday: It's nearly the 5 November and fireworks night – pop along and create a firework picture using sparkly crayons and stickers.

10 Sunday: Today is Remembrance Sunday – make a posy of poppies to display at home.

17 Sunday: Autumn is here, and the hedgehogs are all keeping warm. Design a hedgehog with autumn leaves for their prickles.

24 Sunday: The 28 November is Thanksgiving Day in America – make a turkey with multicoloured feathers to celebrate.

Activities are free. Parents must stay with under eights.

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 – 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, 5 November at 10am at the library. The group are discussing Small Pleasures by Clare Chambers.

Afternoon Book Group – Thursday, 7 November at 2.45pm. They are currently reading The Library by Bella Osborne.

Evening Book Group – Thursday, 28 November 7-8pm. The group are currently reading Before the Coffee gets Cold by Toshikazu Kawaguchi.

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, 7 November 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 is a general support group – why not pop along for a chat and support from those attending? Tea, coffee, and biscuits will be provided.

Reading Quest – If you haven't already – please pop in and collect your certificate and medal from staff. We will be keeping them until the end of November.

Christmas Cards – Our fantastic selection has arrived and is on display within the library. We also have cards from the Somersham Cancer Ward at Ipswich Hospital available as well.

Don't forget you can also buy stamps at the library.

Every sale helps to support your library service.

Scout Post Box – This year the Scout's post box will be in the library from Monday, 25 November – Wednesday, 7 December with a postage cost of 35p per card.

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.

### 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](http://www.suffolklibraries.co.uk)



## Bright Stars

Bright Stars Activities sheets for preschool aged children. Would you like to receive them?

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.

At the beginning of September, we looked at the parable of The Good Samaritan, and then at the end of September we did Harvest with the different fruit that we eat. Both times with a page to colour in and cut out.

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

## Gorseland Primary School

### Reception New Starters – September 2025

Mrs. Green, our Headteacher, warmly invites families with children starting school in September 2025 to our Open Sessions. These are being held in November on 7, 15, 21 and 27, all at 9.30am and will give you the opportunity to meet Mrs. Green and have a tour of our school.

To book a visit, please contact the School Office on: 01473 623790 or email: [office@gorseland.net](mailto:office@gorseland.net) confirming the date that you would like to visit. Further details can be found on our school website: [www.gorseland.net/home](http://www.gorseland.net/home)

We look forward to welcoming you to Gorseland Primary School.

## Badminton in Kesgrave

Woodbridge Badminton Club is back at Kesgrave High School for the winter season (September-April). Adult club night is 7.30-10pm on Wednesday evenings, Junior club (age 10-17) is 7-8.30pm on Mondays.

Juniors should always book in advance as we are often full. 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. League matches are on Thursday evenings for those feeling competitive! For latest details check out our website at [www.woodbridgebadminton.co.uk](http://www.woodbridgebadminton.co.uk) / email: [contact@woodbridgebadminton.co.uk](mailto:contact@woodbridgebadminton.co.uk) / ring Jim Cavanagh: 07803 232892.

## Kesgrave Tennis Club



Kesgrave Tennis Club (at the community centre sports area) welcomes all ages and abilities. Adult club sessions are Wednesdays 7-10pm all year round – come along and try a session!

We've various membership packages available and if you'd like details on these, or on play sessions, or on group or individual coaching (open to non-members too) please contact us at: [secretarykctc@outlook.com](mailto: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. 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:**

Our Annual Club Championships Finals Day took place on sunny Saturday, 14 September. This was the culmination of knockout events that have been running throughout the summer. These are the winners:

- Men's singles - Jason Dove
- Ladies singles - Pip Ward
- Men's doubles - Charlie Fulcher and Dan Peck
- Ladies doubles - Alison Leech and Pip Ward
- Mixed doubles - Pip Ward and Luke Barnes

Special congratulations to triple champion Pip, and to Charlie and Dan for retaining their men's doubles title from 2023.

## Northgate Karate

We started October with 8th Elite International Open Karate Competition in Harlow. A small team of five members did very well. Jamie-silver in kata, Kian-silver in Kumite (fighting) and Bradley gold in fighting. Bradley, won all four rounds 7:1; 8:1; 9:1 and he is just seven years old! Well done to those who this was their first ever competition, if you didn't medal, it doesn't matter, this is a great experience and you can only go up from here and you did amazing! Now we are getting ready for international competition in Poland and Netherlands, more information about this events in next month news!



If you are thinking about karate and would like to join successful club go to our website: [www.northgate-karate.co.uk](http://www.northgate-karate.co.uk) and book a free trial session. Our Karate sessions are available throughout the week at a number of different venues in Ipswich, Kesgrave and Claydon.

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](http://www.northgate-karate.co.uk) and book a trial session.

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](mailto:northgatekarate@outlook.com) or just turn up to one of our sessions and give karate a go, trial session is free.

## Rushmere Baptist Church

We will be marking Remembrance Sunday at RBC on 10 November at 10.45am, which will include time to reflect and give thanks. We will also be joining with others for an act of remembrance at the village war memorial on 11 November. The war memorial is located at St Andrews Church, Rushmere, and the act of remembrance is being organised by the Parish Council. You are very welcome to join us on these occasions.

November can be a rather dark month but if you would like an evening out and enjoy quizzes you and your family and friends are invited to join in the Tearfund Big Quiz on Saturday, 16 November at our church. Tearfund is a Christian charity and is one of the big aid agencies which works with people living in poverty in many different countries around the world.

Each year churches and groups throughout the UK are asked to take part in a quiz put together by Tearfund. Everyone does the quiz at the same time so that no one can cheat... and there will be questions on a wide range of topics. We provide a meal of jacket potatoes and fillings at 6pm and the quiz will follow, and everyone is asked to give a donation of £5 to cover both the cost of the meal and to support the work of Tearfund.

God bless.

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9.7

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