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See page 9



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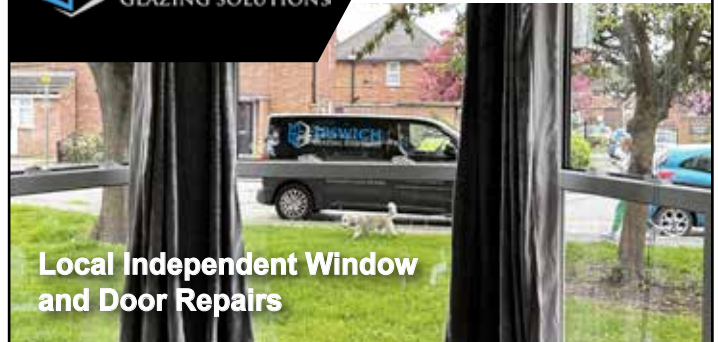
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## A WORD FROM

# The Team

### A new month brings new starts

We hope that over the summer months you have been able to enjoy the beautiful beaming sunshine. Here in the office we've been out and about at summer fetes, classic car shows and open gardens, enjoying the best that our county has to offer.

For the younger readers of In Touch it will mean the dreaded 'back to school'. But for some it will be the start of a new chapter... starting school for the first time or a new school! If you're after a new challenge for September then we hope you can find something going on in your area.

### The In Touch Team



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

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)

## Kesgrave Town Council

Thank you to Councillor Stu Lawson for using his East Suffolk Enabling budget to purchase a new seat at the Rupert Fison Square. We purchase our outdoor seating from a local company called Realise Futures Eco Furniture. The furniture is made from 100% recycled plastic. It supports a social enterprise with a mission to improve people's social and economic wellbeing, which includes giving people who are long-term unemployed, disabled and/or disadvantaged the opportunity to progress in work and life; Helping thousands of people access learning and development in their communities; Doing right by people and the planet by buying recycled plastic otherwise destined for landfill sites; Helping people who haven't had the best breaks in life to progress and succeed.



What would you like to see at the Rupert Fison Square as a Community Space? Please let the Town Council know of any ideas?

Date for your diary: 21 September, Kesgrave Market at the Scout Hall from 9am-12noon

### Town Council Meetings September:

2, 16 and 30 – Planning and Development, 6.15pm

2 – Finance and General Purposes, 7.15pm

9 – Community and Recreation, 7.15pm

16 – Full Council, 7.15pm

01473 625179 / email: enquiry@kesgravetowncouncil.org.uk

## Thank You

I would like to show my appreciation to Kesgrave Badminton and Kesgrave Tennis Club for your thought in arranging this bench in my husband's name, who sadly passed away suddenly. I would also like to thank Kesgrave Management for letting us place it at Bowling Green. A big Thank you to all, from wife Glennis and family.



## Rushmere Commoners Committee

The common is the home to a wide and varied range of animals, reptiles, insects and birds. It's great to take time to just be out in the open air observing the nature around you. This year we have had many reports of species that we haven't seen on the common for years. This includes Adders - Britain's only venomous snake. The reports extend to Foxhall woods, near the speedway although exact locations have not been established so care is needed.

Adders are protected and tend to avoid human contact being quite shy but will bite if surprised or trapped. Whilst not fatal to most adults they can make children, and dogs quite sick so medical attention needs to be sought if you suspect a bite. The adder can grow up to 80cm long and is a relatively small, stocky snake that prefers woodland, heathland and moorland habitats. They hunt lizards and small mammals. In spring, male adders perform a 'dance' during which they duel to fend off competition to mate. Females incubate the eggs internally, 'giving birth' to three to twenty live young. Adders hibernate from October, emerging in the first warm days of March, which is the easiest time of year to find them basking on a log, under a warm rock, on a sandy path or bunker.

A pair of Kestrels have also been spotted, regularly hunting and hovering over large heather areas. Although nationally moth and butterfly numbers appear to be low, several examples can be seen across the common and neighbouring sandlings nature reserve.

The common remains very busy with human traffic as well and it's important we don't leave too much of a footprint. Please pick up and dispose of litter and don't leave food for wildlife to consume. It's important that we encourage natural inhabitants on the common that are sustained by the plants etc that are there and not artificially create environments that encourage the wrong wildlife or scavengers, such as seagulls and rooks. It's also important that whilst dog waste, banana skins and apple cores etc will decompose they also add nutrients to the ground which changes what will grow on our natural acid grassland. Enjoy the common and surrounding areas and respect nature so generations to come can enjoy it too.

Email: clerkrushcommoners@gmail.com

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

## Rushmere St. Andrew Parish Council

### Remembrance Commemoration

A reminder that Rushmere St. Andrew Parish Council is planning a few events to honour and remember those who have served and sacrificed for our country. A special commemorative light show will be projected on the St Andrew's Church Tower on Remembrance Sunday (10 November) in the evening. A Civic Remembrance Service will be held at the First World War Memorial in the St Andrew's churchyard on Monday, 11 November beginning at 10.45am, followed by the laying of wreaths at the memorials in the churchyard and inside the church. After the service, free refreshments and entertainment by Evie Capon will be provided in the church. This will include the showing of Stanley's War: a film made locally and released in 2018 about the impact of the First World War in Suffolk. Please join us for the service and refreshments afterwards. We would like to thank Councillor Stuart Lawson for the funding from his Locality Budget to support the commemorations. We would appreciate any poppy donations for the poppy display planned in the parish. Please drop any knitted or crocheted poppies by mid-October at the parish office. Please encourage friends and family to participate in this project and support the events. Thank you for supporting the commemorations.

### Community Hut

We are pleased to inform residents that the council, together with allotment holders, are erecting a community hut at the Rushmere St Andrew allotments in The Street. We will be having a grand opening for the new community hut, so look out for details about this. We will publish it on our facebook page and website. The hut promises to be a hub for allotment holders, and the wider community. We would like to thank Councillor Stuart Lawson for supporting this wonderful project in our parish from his Locality Budget and to the allotment holders that has given their time and energy to erect the hut. The community hut at the allotments offers opportunity to support community and educational projects such as improving gardening space, visiting the allotment site and understanding more about seasonal vegetations. A diary of activities will be planned where local parishioners and groups such as school children will be invited to find out more about allotments. We also hope that it will help to combat loneliness in the parish and to positively impact on the lives of younger people in the parish. We hope it will represent a spirit of community and collaboration in Rushmere St Andrew.

### Consultation schemes to improve walking and cycling routes along Woodbridge Road, Nacton Road and Ipswich Hospital to Waterfront

Suffolk County Council are currently consulting the public about three schemes to improve walking and cycling routes along Woodbridge Road, Nacton Road and Ipswich Hospital to Waterfront. For more information visit the Suffolk County Council website and click on the Ipswich Walking, Wheeling and Cycling Routes link. The proposals for Woodbridge Road are aimed at improving the link between Ipswich and Kesgrave between the roundabout with Heath Road near the hospital and the junction with Beech Road east of Rushmere Common. It is proposed to improve crossings and widening of the pavements along the route. Members of the public can comment on this consultation by completing a survey form, emailing: customer.services@suffolk.gov.uk / 0345 603 1842.

### Volunteers needed for opening and closing Broke Hall Playing Field Gates

We are seeking regular dog walkers or community minded individuals to help with the opening and closing of the Broke Hall Playing Field. This helps to ensure that the playing field and play equipment not damaged in the evenings and reduces anti-social behaviour in the evenings when the park is not in use. If you are able to commit a very small proportion of time during the year to open the gates in the morning and close the gates in the evening. If you can help it would be greatly appreciated. Please get in touch with us via email or give us a call.

**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

## Kesgrave Community Chinwag

Kesgrave Community Chinwag takes place every third Friday of the month from 2-4pm at Kesgrave War Memorial Community Centre – Fiona and her fabulous team of volunteers are ready to welcome you all. A free event designed specifically for those aged 60 years and over, offering a warm and inviting atmosphere where locals can come together to relax and enjoy each other's company.

To book your seat(s) please call Kesgrave Community Centre: 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.

On Friday, 20 September we'll have rock, pop, country and "old time" music sung by local male vocalist Gwyn Pritchard; this session is available to book now. These events are delivered to you by Kesgrave Community Centre, through funding received from East Suffolk Council Community Partnerships.

KWMCC registered charity number 1186279

## Kesgrave Community and Conference Centre - KWMCC

Are you looking for the perfect place to play, train, and compete? Look no further! Our All-Weather Surface is designed to meet plenty of your sports needs, offering versatility and durability in one fantastic space all year round. An ideal space for sports training clubs, tennis, walking football/netball and so much more! At just £26 per hour, it's an excellent venue to start a five-a-side football league and kick off weekly competitions at an affordable rate per person! If you'd like to come along to view the space, you are most welcome. Secure your time slot by contacting our team and experience our brilliant All-Weather Sports facilities, here at KWMCC.

### Upcoming KWMCC events:

-Friday, 6 September: An Evening with Stephanie Carr Psychic Medium, 6.45-9.30pm.

-Sunday, 8 September: An Afternoon with Dusty, Cilla and Friends (Annika Rands), 2-4pm.

-Friday, 13 September: Family Fun Bingo Night, 6.30-9.30pm.

-Sunday, 15 September: Autumn Big Clear Out Indoor Tabletop Sale, 10.30am-12.30pm.

-Thursday, 26 September: Macmillan's World's Biggest Coffee Morning, 10.30am-12.30pm.

-Friday, 27 September: 80's and 90's Anthems Classic Throwbacks Party (previously Smash Hits Party), 7.30pm-12Midnight.

-Friday, 4 October: Ceilidh Dance with Inertia Reel Live Folk Band, 7.30-11pm.

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. Community. Conference. Sport.

## Rushmere Evening WI

No monthly meeting in August so a party of our members ventured out to Sudbury to visit Gainsborough's House. Our visit included a tour and talk which gave us an insight into the life and times of Gainsborough and of course his paintings. A lovely day out concluding with tea & cake in the beautiful gardens.

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](mailto:office@sefwi.org.uk)

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

Thursday, 5 September - Flower arranging with Janet Dye

Thursday, 17 October – Belly Dancing with Sonia Kay Collins



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with a cake fork  
in the lounge.



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## Kesgrave Allotment and Leisure Gardeners - KALGA

September means blackberry picking time! These late summer hedgerow fruits, so loved here in Britain, are filled with goodness and are delicious too. They easily grow in a garden or an allotment too, and can be bought in pots or as bare roots to plant in the winter. Blackberries can grow as a hedge, be trained to grow over an arch or up a trellis and smaller varieties can be container grown. There are thornless varieties too. Blackberries are part of the rosaceae (rose) family.

Now is a good time to sow green manure seed on any bare patches of soil. These grow quickly in a sunny position and will benefit soil by giving nutrients but also helping it to hold on to nutrients, giving ground cover to smother weeds (saving weeding time) and improving the structure of the soil. Varieties to sow now include winter field beans, winter tares, and mustard.

It's economical and easy to make more plants; the plants strive to do this too! There are several simple techniques such as collecting and sowing seed, transplanting self-sown seedlings, taking cuttings, dividing, and potting on offset baby plants. The technique of layering works well where stems of an existing plant can be guided down to the soil. Some plants to consider include strawberries, raspberries, blackberries, gooseberries, sage, lavender, thyme, rosemary, oregano, honeysuckle, clematis and wisteria.

We are looking forward to getting together for a work party this month. As well as doing a few necessary jobs around the site it will be lovely to have a meet up with fellow growers. If you are interested in joining KALGA waiting list, please email our Membership Secretary, Angela Brown at: [kesgraveallotments@outlook.com](mailto:kesgraveallotments@outlook.com)

Wendy May

## RSPB Ipswich Local Group

Ipswich Local Group have now started our autumn and winter programme of indoor meetings. Our first meeting will be on 12 September when Steve Everett, a wildlife photographer and RSPB volunteer will be telling us about 'Autumn and the Minsmere Deer Rut', followed in October with Ian Barthorpe, Visitor Experience Officer at RSPB Minsmere describing his trip to South America: 'Jaguars and More – Exploring the Brazilian Pantanal'. In November, Dr. Eliza Leat, RSPB Conservation Advisor will be talking about 'Operation Turtle Dove'.

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

Outdoor meetings planned for autumn and early winter include: Trimley Marshes SWT Reserve, Christchurch and Bourne Parks, Wrabness EWT Reserve, Rushmere Common and Dunwich and Dingle Marshes.

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

All are welcome at our meetings. Membership of the RSPB, either local or national, is not a requirement. Further information for both indoor and outdoor meetings can be found on: [www.rspb.org.uk/groups/ipswich](http://www.rspb.org.uk/groups/ipswich) or find us on Facebook: RSPB Ipswich Local Group or telephone: 01394 809236

## Mid Week Walk In October

On Wednesday, 9 October I will be leading a walk starting at 10.30am from the Millennium car park (off Century Drive) Kesgrave. I plan walking for approximately two hours and finishing at our starting point. If you have any questions, or in the event of bad weather, please call me on: 01473 623486. I look forward to meeting you on the day.

Michael Rayment, Kesgrave Town Council Footpath Representative.

## SPARK

SPARK (Sports Amenities and Recreation in Kesgrave) celebrates the 25th Anniversary of the 2nd Stop Charity Shop. The 2nd Stop Shop is a community charity shop, and it is thanks to the community that it is as successful as it is. For the past 25 years people have been bringing their unwanted, or no longer needed items to the shop where they have been found a new home or a new purpose.

The shop would not have survived without the hard work of its staff and volunteers OR the donations from the local community, the same local community that buy them back again, or in some cases again and again and again. The shop is the main source of funding for SPARK and SPARK uses the money raised to support local groups, schools and organisations in Kesgrave.

Spark has supported all four local schools with both small and large infrastructure projects that benefit all Kesgrave pupils and teachers. SPARK have supported the local churches, the Kesgrave Community Centre, local playgroups, local football and netball teams, the Kesgrave cricket club, local running clubs, the bowls and short mat clubs to name but a few. They have helped Kesgrave Library buy new equipment and have worked in partnership with our Town Council to support the Kesgrave Fun Day.

All of this is because the 2nd Stop Shop has, over the past 25 years, raised over £2 million. A fantastic amount of money, raised locally and spent locally. Long may the 2nd Stop Shop continue to be at the heart of the Kesgrave community. You can find the shop in the parade beside Tesco's in Ropes Drive Kesgrave. If you wish to know more about SPARK or the shop, contact the Secretary by email at: [Secretary@kesgrave-spark.org.uk](mailto:Secretary@kesgrave-spark.org.uk)

## u3a East Suffolk: New season off to a flying start!

If you've missed East Suffolk u3a's annual open day (the morning of 6 September at Kesgrave Community Centre), you can still get involved in this lively and thriving members' group. It is part of a national (and international) organisation that aims to provide opportunities for the older, mostly retired, members of the community.

It is all about keeping mind and body active, with the chance to learn, keep active, have fun and make new friends. More than 2,200 people in East Suffolk are currently members, finding new interests, new challenges and social activities. They enjoy walks, quizzes, dining out, visiting gardens or churches, discussing architecture, the arts, current affairs and much more.

Alongside approximately 150 different local activities, there is a varied programme of talks held at different venues in East Suffolk. The 2024/2025 schedule begins with a talk from Charlie Haylock, voice coach to actors in the Sutton Hoo based film, The Dig.

It's followed in October by talks about Livelihood Creation in Zambia (the work of Tools with a Mission), Life on Land and Offshore in Borneo, The Story of Silk and Memories of my Father (the life of a decorated Polish pilot who flew alongside the RAF in Suffolk).

Full up to date information is available on the u3a website: [www.u3aeastsuffolk.org.uk](http://www.u3aeastsuffolk.org.uk). New members are welcome, with the expectation that they will contribute to the success of the group. Membership is on an annual basis, costs less than £17.50 for a full year and gives members access to all the u3a's many activities, subject to availability.

For more information about u3a please see the website or call the secretary on: 0300 123 3913.

## Orwell Flower Club

Our club meets 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 demonstrator for our meeting on Thursday, 26 September will be Naomi Wells and her title for the evening is 'Stories'. We love to welcome guests to our meetings, and the cost is £7. For more information, contact Maggie Thomas, Secretary, 01473 624699

## Kesgrave Library

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

Sunday 1 – Today you have the chance to complete any Reading Quest craft you missed during the summer.

Sunday 8 – Reading Quest Presentation – today we are making tractor pictures to continue with the theme of the crafts representing Suffolk.

Sunday 15 – Yesterday was Roald Dahl day – pop along and create a tortoise from Esio Trot.

Sunday 22 – Design a house collage – what will your house look like?

Sunday 29 – Autumn is nearly here - create an autumnal tree picture.

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, resuming Friday, 6 September. Fun stories, rhymes, and songs – this is a free activity. We hope to see you soon.

Lego Club: Every Tuesday 3.30-4.30pm, resuming Tuesday, 17 September. 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, resuming Tuesday, 10 September. 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, 3 September 10am at the library. The group are discussing My Father's House by Joseph O'Connor.

Afternoon Book Group – Thursday, 5 September at 2.45pm. They are currently reading The Marriage Portrait by Maggie O'Farrell.

Evening Book Group – Thursday, 26 September 7-8pm. The group are currently reading The Keeper of Lost Things by Ruth Hogan.

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, 5 September 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 will offer practical advice, as well as be a chance to talk to others and get support. Tea, coffee, and biscuits will be provided.

New - Family History Sessions: Saturday, 7 September, 2-4pm. Are you interested in researching your family history? Need to know more about the different types of records and how to access them? Why not book an hour-long session with our volunteer who can help you begin your journey into finding out all about your family history? Please ring 01473 626103 to book either 2-3pm or 3-4pm.

Reading Quest - The quest finishes on Friday, 13 September.

Kesgrave Library is running the following sessions until the 13 September to enable the quest to be completed.

Monday 9.30am-12noon

Tuesday 2.30-5pm

Wednesday 2.30-5pm

Thursday 2.30-5pm

Friday 9.30-12noon

Saturday 2.30-4.30pm

Sunday 10am-1pm

Those who finish the challenge before the 8 September, will be invited to the presentation of medals and certificates on Sunday, 8 September. The presentation is split by surname due to the numbers of finishers this year: A – L: 10.30-11am and M – Z: 11.30am-12noon.

For those unable to attend, certificates and medals will be available to collect from staff, after the event, until 30 October 2024.

Knit and Natter – From 2.30pm: This month the sessions are on Thursday 12 and 26 September. 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.

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.

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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

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## OUT & ABOUT



### September is Friendship Month – Oddfellows

September can be an unsettling month. Most of us, by now, will have had our summer break, which can leave us feeling blue as the weather starts to change and we realise that summer is fading. But what happens if you've retired? What do you replace the routine and structure of work with? Maybe you've been retired for some time and you are still adjusting to life without the structure of the workplace? If this sounds familiar, Ipswich Oddfellows is here to help. We are a local friendly society based in Ipswich encouraging retirees in the area to get the most out of post-work life by seeing it as a time for new opportunities, adventure and friendships.

This September, we are running our annual month-long Friendship Month campaign, celebrating friendships and the importance friendship plays in our lives. It's a chance for people to come together, laugh and enjoy making friends both new and old. So why not come and see for yourself what's going on at Ipswich Oddfellows through our Friendship Month? You don't have to be a member to start attending our events and you'll find a warm friendly smile awaiting you at each event.

We have some really fun, popular and free events happening throughout September at our hall in Ipswich (37 High Street, Ipswich IP1 3QH) such as; Bingo Morning – Tuesday, 10 September, 2pm  
Friendship Cream Tea – Friday, 13 September, 2pm  
Friendship Beetle Drive with a Twist – Wednesday, 25 September, 10.30am

This is just a small sample of what's happening this month. To see our full events diary please head to: [www.oddfellows.co.uk](http://www.oddfellows.co.uk) and use our branch finder too. Alternatively, don't hesitate to give us a call on 01473 251867, email us on: [martin.lambert@oddfellows.co.uk](mailto:martin.lambert@oddfellows.co.uk) or come along to an event.

### Ipswich and District Probus Club

In September a new chapter in the life of the club opens, as we move to having our regular monthly lunch meetings at Rushmere indoor Bowls Club, on Rushmere Road, on the 4 September. Our speaker will be talking to us about a famous Ipswichian, Cardinal Wolsey whose statue can be seen at the Silent Street junction. Coffee at the Swan Westerfield will move to the Third Wednesday of each month at 11am. We are a diverse group of chaps from all walks of life, and welcome new members. You can be assured of a good lunch and plenty of good conversation. We meet at 12noon for lunch at 12.30pm. For more details contact Chris Yule on 01473 399086 or Malcolm on 07711 689130. Chris Yule

### Martlesham Heath Control Tower Museum

**Special Open Day, Sunday, 8 September – "Planes, Flames and Automobiles!"**

Come and join us for a great day out - watch and listen to the roar of Mabel the Merlin engine that once powered the fighters that flew here during WW2. Enjoy the songs of those war time years, see the classic and Military vehicles, plus stalls, food and drink, dancing. Explore our museum, bunker and Anderson Shelter. We have some games for children, and older children... and other novel attractions - and a large collection of Vintage and veteran Civil and military vehicles.



Entry to the event and Museum is free - but we hope you will give generously to help us maintain and improve our (recently Repainted) Museum. We have a Grand Raffle, with a top prize of £100, and other fascinating prizes!

Opens at 11am-4.30pm at Martlesham Heath Control Tower Museum, located behind Parkers Place, off Eagle Way, Martlesham Heath, Suffolk, IP5 3UZ

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## Music at Rushmere

We are very much looking forward to the Autumn series of concerts at St Andrew's, Rushmere, which will be held in support of Anglia Care Trust. ACT provides a range of services in connection with housing and community safety as well as health and support for young people and families in need.

Once again, there is no charge for admission to these concerts and everyone is welcome to attend. Refreshments are provided and we invite voluntary contributions after each event. The concerts present a high quality of performance and a wide range of musical styles.

On 6 October we present Elodie Chousmer-Howelles and Stella Marie Lorenz on violin and piano. They will be followed on 13 October by singers and instrumentalists from Trianon Music Group. On 20 October we welcome Therese Miller on piano, and Mark Blatchley (organ) on 27 October. We close the season with a rousing concert by Suffolk Concert Band on 3 November.

All concerts begin at 3pm and we look forward to welcoming you to any or all of them.

## Portal Woodlands Conservation Group

Our annual glow-worm (*Lampyrus noctiluca*) survey at the end of June counted nine females glowing eerily green along the woodland paths in the evening darkness. In July, our Volunteers continued clearing back the vigorous plant growth from the paths. They took a well-deserved break in August and look forward to getting back to work in September.

Our next work morning is Saturday, 21 September from 10am-12noon, meeting at the Education Area. New volunteers of all ages and abilities are always welcome. No experience needed. For further information, please contact us at: [pwgc.martlesham@gmail.com](mailto:pwgc.martlesham@gmail.com), phone: 01473 612632 or visit our website: [pwgc.onesuffolk.net](http://pwgc.onesuffolk.net) or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

## Orwell Art Club

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

Where did the summer go? Our final two painting and sketching outdoors sessions in September include painting the fishing huts and scenes at Felixstowe Ferry and views at Landguard Fort. We welcome Peter Partingdon, wildlife artist will demonstrate his skill in painting wild fowl and wading birds on the estuaries of our area. This will take place on Wednesday, 18 September at Parish Halls Rushmere St Andrew, Humber Doucy Lane, Rushmere St Andrew, Ipswich IP4 3PD starting at 7.30pm.

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

## Playford Art Club

After a summer break the Club resumes its activities for the final term this year, from the 12 September until 28 November. Our meeting place is on a Thursday morning at Playford Village Hall from 9.30am-12midday. We are a very small club catering for all levels of accomplishment in various painting mediums, most of us having started as beginners. Our subscription remains at £35 a term. We were established in 1972 by Suffolk Education Department, and after several years the members took over, and that remains how the club continues to be run.

We are a very friendly group and always have tea, coffee and biscuits on the go for passing visitors, so please feel free to drop in sometime. If you are inquisitive to view some our past work, it can be seen on our Facebook page under the title "Playford Art". At this stage we don't know the theme our tutor will have planned for us this term. Last term it was to first sketch, and then paint, a scene under the Rialto bridge in Venice, after John Singer Sargent, in any medium of our choice. It was amazing the variety of individual paintings this exercise eventually produced. If you feel you would like to join us, please contact our Chairman, Barry Fox: [foxb963@gmail.com](mailto:foxb963@gmail.com), we look forward to meeting you.

## The Forget Me Not Cafe

The Forget Me Not Cafe is open every Wednesday to anyone who feels lonely and isolated and would like to come along for a chat and a cup of coffee. This allows them to decide whether they would like to attend regularly. We also welcome anyone who has memory problems or dementia but they must be accompanied. We offer crafts, various games and plenty of other pastimes to enjoy with brilliant support from our band of helpers. Sing a long sessions have become a regular highlight when we have a visiting entertainer. Bingo is another game enjoyed by our regulars.

Last October a student contacted the Forget Me Not Cafe explaining she was going to undertake her Skills module, towards her Bronze medal for the Duke of Edinburgh award. She offered to bake a selection of cakes for twenty four weeks, we were delighted to support her and each week we were supplied with delicious goodies, Victoria Sandwich and Lemon tray-bake were the clients favourites. We are greatly indebted to her.

We have a coach trip planned through the country side to Shotley Marina with lunch at the Shipwreck Restaurant. On 25 September we will celebrated a successful five years in being. We now meet at the Kesgrave Community Centre, Twelve Acre Approach, Kesgrave IP5 1JF from 9.30am-12noon.

For further details please contact:

Sue West: 01473 624044 / [peter.west@ic24.net](mailto:peter.west@ic24.net)

Avtar Athwall: 01473 611692 / [avtar.athwall@btinternet.com](mailto:avtar.athwall@btinternet.com)

## Suffolk Family History Society

Neil Dickinson presents 'Arsenic's Toxic legacy: People, Places, Past, and Peppermint' on Wednesday, 4 September. In the 19th and 20th centuries, arsenic and its compounds appeared to offer marvellous solutions particularly in medicine, fashion, design and pest control so long as a blind eye was turned to the problem of its dreadful toxicity. The talk mentions a few deliberate poisonings and the once major uses of arsenic with its supply from England in vast quantities across the world.

The talk starts at 7.30pm and the evening will finish between 9.30-10pm. Entry costs £2 for Society members, £3 for non-members, pay on the door on arrival - no need to book in advance. It takes place at The Main Hall, The Salvation Army Citadel, 558, Woodbridge Road, Ipswich, Suffolk IP4 4PH

Phone: 01473 274300 / Email: [IpswichChairman@suffolkfhs.org.uk](mailto:IpswichChairman@suffolkfhs.org.uk)

Website: [www.suffolkfhs.org.uk](http://www.suffolkfhs.org.uk)

## Ipswich Transport Society

On Monday, 16 September Richard Turner will be speaking about 'The Story of Boxted Airfield, 1941 – 1965'. The talk will take place at Greenfinch Church Hall, Greenfinch Avenue, Ipswich, IP2 0SQ, 7.30-10pm. Entry is £3, payable on the door (includes refreshments). For further information: 01473 405116.

Boxted Airfield housed bomber, and later, fighter groups of the US Eighth Air Force during World War Two. The remains house a small museum, and our speaker is Chairman of Boxted Airfield Museum as well as the author of a book on the subject.

## Cafe 66 Community Cafe

Cafe 66 is a community cafe open to the public Tuesday to Friday at Kesgrave Scout Hall 10am-1.30pm. Our friendly staff have disabilities and learning difficulties and they help out with every aspect of running the cafe, assisted by volunteers. Our menu offers hot and cold drinks, home baked cakes, scones and sausage rolls, and freshly made to order lunches. Table service and takeaway, outside catering, afternoon teas. Pop in and see us and check out our Facebook page, Cafe 66 Community Cafe.



## Kesgrave and Northgate Karate News

One of Northgate and Associated Karate Clubs athletes Lauren Berry has been selected to represent England at the Junior World Championship taking place in Venice. Lauren started karate when she was five years old and start to competing when she was six. She found out she was part of the team just a couple of months after her 14th birthday, the minimum age one needs to be to represent their country at the Championships. Now we all have a short break from competitions till we start again in September. But we are still training and getting ready for national and international competitions.

A lot new coming to the Club from September, keep eye on our social media. You are all welcome to turn up for a free trial session and try something new. All locations Ipswich/Kesgrave/Martlesham/Claydon and timetable you can find on our website: [www.northgate-karate.co.uk](http://www.northgate-karate.co.uk).

The beginning of new school year is a great time for starting some new habits, like taking up a sport to improve your health and well-being. Karate is an excellent option as it has so many elements that make a well-rounded sportsperson. You can work on your strength, flexibility and endurance through bouts of high intensity training and, if you join a club like Northgate and Associated Clubs, there is a great team spirit. We are looking forward to welcome you in our Club, Oss!

## Kesgrave Tennis Club

If you'd like to take up or come back to tennis then come along to Kesgrave Tennis Club. We welcome all ages and abilities; and have various membership packages available. If you're interested in joining, would like details on play sessions or group or individual coaching (open to non-members too), or need any more information please contact us at: [secretaryktc@outlook.com](mailto:secretaryktc@outlook.com), see our website: <https://clubspark.lta.org.uk/KesgraveTennisClub> or look at our Facebook page. Adult club sessions are on Wednesday nights 7-10pm.

Details of coaching sessions (open to members and non members) running at the club 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.

## Kesgrave Bowls Club

Can't believe how quickly the bowls season has gone, almost finished at the time of writing this. Our teams have done extremely well, and the following are the position they are in at the moment:

Monday Greens – Top; Monday Blues – Mid table; Two wood Blues – Hopefully second; Two wood Greens – Top; Wednesday Afternoon – Top with 8.5 points clear; Triples Blue – Mid table; Triples green – Top 4 points clear.

A few of the captains are in their first year and it is especially great that Derek and Lynn have hopefully finished top. Phil has had to contend with injuries to some of his team but still managed mid table. I would also like to take this opportunity to thank SPARK for their grant towards a new irrigation system on the green and the invaluable help from the KWMCC, especially Stuart who has obtained some further grants and his help in completing the grant forms. The bowls club have also managed to contribute to the cost and we are aware we need to continue to fund raise, especially with our open tournament on 8 September.

We always do our best to make new members very welcome and if anyone is interested in learning about the game they can always contact me, Joyce (Secretary): 07786 165352.

## Badminton in Kesgrave

Woodbridge Badminton Club's summer badminton sessions at the Kesgrave Community Centre Sports Hall on Thursday evenings 8-10pm will stop at the end of August. From the start of September we will return to Kesgrave High School for the winter season (September-April) on Wednesday evenings at 7.30pm. We expect to start on 4 September, but please check the website for last minute changes. League matches will start a few weeks later on Thursday evenings for those feeling competitive! We welcome a range of abilities but unfortunately not complete beginners. For latest details check out our website at [www.woodbridgebadminton.co.uk](http://www.woodbridgebadminton.co.uk) / email: [contact@woodbridgebadminton.co.uk](mailto:contact@woodbridgebadminton.co.uk) or ring Jim Cavanagh: 07803 232892.

## Ipswich and District Croquet Club

### Croquet builds for the future

As part of an extensive development programme Ipswich Croquet Club is putting the finishing touches to two additional full sized lawns at Bucklesham Road, IP10 0AA which will double the club's playing capacity in April next year. In today's world Community Sports play an increasingly important role in maintaining mental, physical and social wellbeing. Croquet is no exception.

Now Ipswich Croquet Club (ICC) is playing a lead role in the significant revival of croquet's popularity. Over the next five years it plans to become one of the leading croquet venues in the UK with 4 of the finest lawns in East Anglia – a venue where national and eventually international croquet events will be held. ICC is inviting individuals and organisations in the Ipswich district to become part of this exciting and ambitious venture by joining the club as playing members, or by becoming a 'Friend of ICC' and sharing its success by sponsoring a part of the project.

For further information contact Martin Brown: 07780 70479 or email: [croquetclub.ipswich@gmail.com](mailto:croquetclub.ipswich@gmail.com) / [www.ipswichcroquetclub.com](http://www.ipswichcroquetclub.com)

## Suffolk Tango

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 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, 12 September, 6.30-8pm at the Martlesham Community Hall, Old Felixstowe Rd, 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 £7, payable on the day, and this will entitle class members to stay to watch, (and later in the term, join in with) the Improvers' 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](http://suffolktango.org.uk) – where you will find an introduction to Argentine Tango 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](mailto:contact@Suffolktango.org.uk)

## Bixley Farm Church

On your own or with a friend? Then do join us on Friday afternoons each week at Coffee Space for a cuppa and friendly chat 2-3.30pm at Tower Hall, Broadlands Way, Rushmere St Andrew, Ipswich IP4 5SU, right by the Water Tower. We carry on all year and only break for two weeks around Christmas and New Year. Occasionally a group comes to entertain us.

Messy Church meets on the second Sunday each month at the same venue 3-4.30pm with a different themed programme for all ages. Crafts of all kinds, videos and singing together in a relaxed and informal setting. We resume on 8 September and continue on 13 October, 10 November and 8 December.

At our last Messy Church in July we celebrated the Olympics and Eric Liddell who won gold in the Paris Olympics of 1924. After his athletics success he went on to become a missionary in China and was interned in a camp by the Japanese and died of cancer in 1945 just before WWII ended.

Refreshments are available at both Coffee Space and Messy Church all free and no membership fee either. Any enquiries to Jean Potter: [jep.potter09@gmail.com](mailto:jep.potter09@gmail.com) / 01473 723409





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