

Martlesham Monthly

OCTOBER 2024 • Produced and Distributed by Volunteers

www.martleshammonthly.com | 



BUTCHERS
Duncans
& BAKERY

16-18 The Square

Your independent Supplier of Local British Meat and Handcrafted, Delicious Bread and Cakes

Opening Hours:
Mon-Fri 8.00-5.00
Sat 8.00-2.00

See our range of ready to cook dishes

Credit and Debit card facility available

Tel: BAKERY 626828
BUTCHERS 626044

PAULS TREE SERVICES LTD.

LAZY ACRES, LOWER ROAD, FALKENHAM, SUFFOLK

TEL: 01394 277776 MOB: 07979 226497

- All Waste Chipped and Removed from Site
- All Aspects of Tree Surgery and Felling
- Professional Work at a Fair Price
- Emergency Services Available
- Free Quotes on Request
- Pruning and Reshaping
- Hedge Trimming
- Stump Grinding
- Fully Insured

 Qualified workforce



EMAIL: paulstreeservicesltd@hotmail.com VISIT: www.paulstreeservices.co.uk

The
Janet-Sarah
Hair Design
Centre

17 THE SQUARE, MARTLESHAM HEATH,
PROFESSIONAL SALON FOR LATEST
FASHION IN STYLING AND COLOURS

TEL: 01473 624001

Martlesham
Body Repair Centre Est. 2000

Your Local Paint & Accident Repair Specialists

- All Major & Minor Accident Repairs (*all vehicles*)
- Body Skirts, Paint Chips, Scuffs & Dents
- Alloy Wheel Refurbishment
- Volkswagen, Audi, Mercedes & Porsche Trained
- Quality Workmanship at Competitive Prices
- Insurance Recognised
- Courtesy Cars (*subject to availability*)
- Rear Parking Sensors – Supply & Fit

Call in today for a free estimate ...

Unit 19, Martlesham Creek Industrial Estate, Sandy Lane,
Martlesham, Woodbridge, Suffolk, IP12 4SD
Telephone: 01394 388799 • www.mbruc.uk • info@mbruc.uk

MARTLESHAM
HEATH
PAVILION

Village Hall for hire

Free wi-fi
Accessible facilities
Air-conditioning
Projector and Screen
Small kitchen
Sports changing room
Ideal for children's parties,
meetings, clubs & societies

Check availability & book online at
www.martlesham.org.uk/pavilion
email: bookingsecmhp@gmail.com
Phone: 07873 557999

P.A. LAST

HOME & GARDEN
MAINTENANCE

PATIOS, FENCING, PATHS,
GARDEN CLEARANCE,
SHED BASES, TURF LAID,
RE-POINTING, PAINTING

IPSWICH 287542
MOBILE 07742015384
PAUL40LAST@GMAIL.COM

FREE ESTIMATES



The **people**
behind the numbers

Call David Chittock on 01473 220022
Email: david.chittock@ensors.co.uk

www.ensors.co.uk

GB Jackaman

Plumbing & Bathroom
Specialist

Established 25 Years

All trades to complete
your luxury bathroom.
We can supply and fit,
or fit only.

Free Advice and Quote:

01473 613218

07751 806101

jackamang@aol.com



Essex & Suffolk
PEST SOLUTIONS

Your local pest control experts
for home & business

- Free advice, fast response
- Highly accredited (NPTA)
- Fully qualified & insured
- Discreet - unmarked vans

T: 01473 328092

info@eandspestsolutions.co.uk



Yoga with Izzy Ixer BWY Dip MCMI
British Wheel of Yoga Teacher and Personal Coach

Yoga is for everyone!
Improve your balance, strength and mental wellbeing

In person weekly groups in Martlesham Heath and Melton
One to one yoga in Martlesham Heath, Woodbridge and online
Beginners – Returners – Advanced

www.izzyyoga.co.uk
or call 01473 625115



Barry Clamp & sons Ltd.



Quality installation and replacement.

- Windows, Doors, Conservatories in
- UPVC, Aluminium and Hardwood
- also Fascias, Soffits and Cladding.



WHERE QUALITY COUNTS!



for a free no
obligation quotation...

Call us today

07801 030634

No pushy salesman,
just honest advice from the owners.

www.barryclampandsons.co.uk

51 Dobbs Lane, Kesgrave, Ipswich

Gas Service & Central Heating Repairs

Chris Westaway

British Gas Trained ♦ Gas Safe Registered



COMPASS HEATING

4 York Road, Martlesham Heath, Ipswich, IP5 3TL

Boiler Replacement ♦ Power Flushing

Central Heating ♦ Boilers ♦ Fires ♦ Water Heaters ♦ Radiators & System Controls
Landlords Certificates ♦ Gas Safety Inspections

Email: compass.heating@btinternet.com

Mobile: 07730 580875

MARTLESHAM SERVICE CENTRE LTD

- ✦ Servicing and repairs to all makes and models of motor vehicle.
- ✦ Competitive rates on tyres, clutches, brakes etc.

MOT TESTING STATION

MONDAY-FRIDAY 8AM-5.30PM

UNIT 20 BETTS AVENUE
MARTLESHAM HEATH • 01473 631111



MARTLESHAM LEISURE

FITNESS HEALTH WELLBEING

Martlesham Leisure is an independently
run gym helping members achieve their
goals for over 40 years.

START YOUR FITNESS JOURNEY
WITH US TODAY

martleshamleisure.co.uk

01473 624707

hello@martleshamleisure.co.uk

Martlesham Monthly

Produced and Distributed by Volunteers

FRONT COVER

Kids and stag stack in Birch Wood, Martlesham by Charlie Zakss

A picture from Suffolk Wildlife Trust's activity day that took place in Birch Woods during the summer.

A hole was dug, then filled with timber, to provide a habitat for stag beetles. Read more about this inside.

Tree of the Month -Betula pendula 'Dalecarlica' | Swedish Birch Tree



This fine deciduous tree can be found on the perimeter of the Community Centre carpark.

As the national tree of Sweden, this birch takes its name from the Swedish province of Dalarna where it was first discovered in 1767.

It is characterised by branches pendent at the tips and diamond-shaped, deeply cut feathery leaves. Peeling white bark becomes black and roughened at the base with age.

Look out for yellow-brown catkins in early spring, and leaves which turn yellow in autumn.

Online:

www.martleshammonthly.com
And on Facebook

Advertising

martleshamadverts@gmail.com

Collation and Assembly

Ken Davies (01473611109)

Distribution

Rob Webb
webbrn@btinternet.com

Editor

Gwynneth Johnson

Please email contributions to
martmonthly@btinternet.com

The copy deadline for issues is the 12th of the previous month.

Contributors are requested to limit their articles to approximately 250 words.

DISCLAIMER

The views expressed in the Martlesham Monthly are those of the contributors and are not necessarily supported by the editor or the editorial team.

GIRLGUIDING

Currently we have 1 Rainbow Unit (ages 4 – 7), 1 Brownie Unit (ages 7-10) & 1 Guide Unit (ages 10-14) meeting on the Heath.

If you are interested in joining as a young member, or helping as a volunteer, please contact Jo on martleshamguides@gmail.com or www.girlguidingsuffolk.org.uk & select the "join" or "volunteer" buttons on the home page.

Come & join the fun & start your guiding adventure today!

1st MARTLESHAM SCOUTS

We have Beavers (6-8) who meet each Tuesday, Cubs (8-10.5) each Monday, Scouts (10.5-14) each Thursday and Explorers (14-18) who meet the first Monday of each month
For all enquiries regarding joining the groups please contact

membership@martleshamscouts.org.uk
For becoming a helper or hiring the Scout HQ, please contact Lindsay Macleod
lindsayfw@msn.com

POLICE

In case of emergencies please always call 999.

In non-emergency situations call the new number 101

Email the Safer Neighbourhood Team
woodbridge.snt@suffolk.police.uk

MOBILE LIBRARY TIMES

Tuesdays

Angela Close: 1.30-1.45pm
Bridge Farm Day Nursery 1.50-2.20pm
Falcon Mobile Home Park: 2.30-2.55pm
Douglas Bader: 3.00-4.30pm
October 22, 2024
November 19, 2024

Thursdays

Play2Day Nursery Gloster Road 10.15 - 10.45,
Douglas Bader: 11-12noon
October 10, 2024
November 7, 2024

<https://www.suffolklibraries.co.uk/mobiles-home/using-the-mobile-library-service/>

COMMUNITY RESPONDERS

Martlesham Community Responders are a group of volunteers funded entirely by donations who are trained to provide first aid and resuscitation skills.

We provide a first response to many 999 calls received by the East of England Ambulance Service Trust within Martlesham, Martlesham Heath, Waldringfield, Newbourne and Brightwell, in support of and until the arrival of an emergency ambulance.

For further details contact
johnny.dixon@btinternet.com

Martlesham Council

New Councillors

The Council was delighted to welcome both a new councillor and a new Council Officer at its September meeting.

Sara Townsend-Cartwright joins the Council as our new Planning and Project Officer. She will be working alongside and complementing the work of Council Officer Louis Linsley who joined the Council last year.

New councillor Simon Daws has undertaken wide and varied voluntary roles and is keen to continue to help make things better for our village. We extend a warm welcome to them both.

Council Surgeries

Martlesham Council is trialling a new initiative by holding surgeries which residents can attend to bring matters to the attention of councillors.

The first of these will take place on Saturday 12th October from 9-11am

during the MHHL 'Pay day' event at the Pavilion.

Thereafter, monthly surgeries are planned at the Runway Coffee Shop, The Drift, Martlesham Heath, commencing in November. Times to be confirmed next month and on our website and Facebook page.

Please do drop in to chat to us if you would like to.

Forthcoming meetings

Parish Council meeting – Wednesday 2nd October

Development Environment and Transport - Wednesday October 16th

Please note that Parish Council meetings will be held in the Parish Room, Felixstowe Road, Martlesham, IP12 4PB.

All meetings start at 7.30pm and are open to the public, who are welcome to ask questions or make comments to the council during a public forum.

Before attending, we strongly recommend you check our website or noticeboards in case of changes.

Contacting the Council

Clerk to Martlesham Parish Council, Parish Room, Felixstowe Road, Martlesham, Woodbridge IP12 4PB

Telephone: 01473 612632 – please leave a message if no reply and we will get back to you as necessary

e-mail:

enquiries@martleshamcouncil.org.uk

website:

www.martleshamparishcouncil.org.uk

Please "Follow Us" on our Facebook page which is @Martlesham Parish. The full address is <https://www.facebook.com/MartleshamParish>

MARTLESHAM IN BLOOM



Autumn, winter and spring flowering colour!

October is an ideal time to be thinking about what you can add and grow in your garden borders, containers or hanging baskets to provide colour and interest through the coming seasons, often with very little maintenance needed once planted up.

In addition to larger bulbs such as narcissus and hyacinths, smaller ones including snowdrops, winter aconites, crocus, scilla and grape hyacinths, extend the season of flowering bulbous plants sometimes from as early as late December through spring. They are also great sources of pollen and nectar for bees and other pollinators, particularly useful very early in the year when there is little else for early flying bees to feed on.

Autumn bedding plants like bellis (daisies), polyanthus and viola, provide colour before bulbs come out, as well as in spring, and can be planted above bulbs which will come up between them.

Small conifers, skimmia and euonymus plants can give height and evergreen colour to containers while waiting for spring bulbs to emerge. Likewise, ivy is ideal planted hanging over the edges of containers and baskets.

Grouping plants in borders and containers gives pops of colour to liven the scene, even on the dullest day!

Autumn is also the time to enjoy the bright waves of colour provided by the leaves of deciduous trees and shrubs changing colour into autumnal hues before falling to create a colourful carpet of reds, oranges, browns and yellows. Rather than

disposing of all these leaves see them instead as nature's natural mulch and, where you can, leave a layer of them on your borders - although do remove them from the top of small or delicate plants that do not wish to be smothered! Not only will they protect your soil and its organisms from winter weather, but they will gradually rot down and naturally feed your borders as well as hosting a huge variety of organisms that enhance the soil and provide food for birds and other creatures.

Enjoy the colours of autumn!

For further information about Martlesham in Bloom please contact:

martleshaminbloom@gmail.com or J Maureen Burrows (Secretary) on Tel. 01473 625196

For further information about Martlesham in Bloom please contact:

martleshaminbloom@gmail.com or J Maureen Burrows (Secretary) on Tel 01473 625196

MARTLESHAM HEATH HOUSEHOLDERS LTD

Saturday 12th October 2024

Payment of the 2024/2025 Annual Maintenance Charge may be made at the Pavilion on the Green on Saturday 12th October 2024 between 9.00am and 12.30pm. As per last year, only Contactless Card Payments will be accepted on this day. Furthermore, a Martlesham parish councillor will also be present for those residents who may wish to speak to him, but for various reasons can't get to the council offices.

Fire Breaks

Now is the time to cut and maintain your three meter firebreak as we are now out of bird nesting season. Please ensure you or your contractors dispose of the waste responsibly as there has been an increase in fly tipping of green waste around the village.

Selling Your Property?

A reminder for anyone selling or buying a property on Martlesham Heath that the rule of who is liable to pay the annual maintenance fee is as follows.

The person that owns the property at midnight on 1st October is responsible for paying the full annual maintenance fee. So, it will depend on your completion date. If the sale completes on 1st October or before the buyers pay the full charge. If the sale completes on 2 October or afterwards the sellers pay the full charge.

2024 – 2025 Annual Maintenance Fee

At the beginning of September nearly 1400 annual maintenance fee invoices were delivered. Prompt payment of the charges is always welcomed. Once more a very big thank you for your support without which a lot of the essential work on the village greens, heathland and woods would not be possible.

Current and Planned Work

Currently a lot of work is being carried out in the woods to ensure that the any suspect trees are maintained in a safe condition or where necessary cut down. Also, it is envisaged that a lot of work will be required to keep the growth of the gorse on the heath under control to minimise the risks caused by potential fire outbreaks. If you see any work being carried out, make sure that you keep yourselves and any pets well away from the area in question.

Volunteers

This is a call to any residents who would like to volunteer a bit of time. It is important that a good base of volunteers is maintained. For anyone interested it is a good opportunity to see what goes on behind the scenes and have your say on a variety of issues that arise from time to time. Should you be interested please leave a voicemail on 01473 612207 or send an email to martleshamheathhouseholders@gmail.com

Contact and further Information

If there are any issues that you feel that need attention please do not hesitate to contact Martlesham Heath Householders Ltd by leaving a voicemail on 01473 612207 or by email to martleshamheathhouseholders@gmail.com or by post to Martlesham Heath Householders Ltd, PO Box 897, Martlesham Heath, Ipswich, Suffolk, IP1 9PB.

MHHL Website

A reminder that lots more information about Martlesham Heath Householders Limited can be obtained on our website at www.mhhl.co.uk

Pop Up Shop

St Michael & All Angels Church The Green, Martlesham Heath

Every 2nd & 4th Sunday of the month 11.30am- 12pm



Finding food bills a challenge?
Come and fill one of our carrier bags for £2

October 13 & 27
November 10 & 24, December 8 & 22



All are welcome to join us for our church service at 10am and/or tea and coffee at 11am

MARTLESHAM POPPY APPEAL

Thank you to all of our
volunteers who helped with the
Poppy Appeal last year.

As usual Tesco are kindly allowing us to collect at their Martlesham store and I am looking for any volunteers who are willing to give up some of their time, even if it is only a couple of hours, starting on Thursday 24th October through to Sunday 10th November.

All help will be appreciated.

If you are interested, please contact me, Kim Wright, via email kwandbw@gmail.com or via my mobile 07775 761340.

Remembrance Ceremony Barrack Square Sunday 10th November

Every year Martlesham holds a remembrance ceremony in November. It is usually well attended and it is a simple but respectful ceremony.

This year it will be attended by the United States Airforce Marching Band Europe, based in Ramstein Germany, who are coming over to perform and take part.

Look for more about them in an article which will appear in next month's Martlesham Monthly.

**Ladies Fashion Show
AND Pop-up Shop!**

SHOP YOUR FAVOURITE HIGH STREET BRANDS
AT UP TO 70% OFF!

Colours.
FUNDRAISING FASHION SHOWS

Friday 18th October 2024
Birchwood Primary School PTFA
Birchwood Primary School, Vallant Road, Martlesham Heath, Ipswich, IP5 3SP

Doors open 6.30pm, show starts 7pm
Tickets: £5
Tickets to be purchased in advance
Raffle: FABULOUS prizes to be won at the show!
For tickets and more information please contact:
ptfab@birchwood.suffolk.sch.uk

KESGRAVE LIBRARY NEWS –

Sunday Crafts 10.00 – 12.00 noon – during October we will be making the following crafts:

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

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

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

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

Activities are free. Parents must stay with under eights.

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

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

Baby Bounce – 10.45 – 11.15 am. – 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 – 10.15 am. Fun stories, rhymes, and songs – this is a free activity. We hope to see you soon.

Lego Club – every Tuesday 3.30 – 4.30 pm. 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 10.00 – 11.00am. Bring your little ones to our Stay & Play group for a relaxed and informal opportunity to meet other parents and carers, share experiences and chat.

Our Stay & 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.

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

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

Opening Hours -

Monday 9.00–12.00 noon
Tuesday 9.00–12.00 noon/2.30–5.00 pm
Wednesday 2.30 – 6.00 pm
Thursday 2.30 – 8.00 pm
Friday 9.00–12.00 noon/2.30–6.00 pm
Saturday 10.00–5.00 pm
Sunday 10.00–3.00 pm

Tel: 01473 626103
www.suffolklibraries.co.uk

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 2nd and 4th Mondays of each month during term time, for the children to enjoy doing with their family and/or carers, we used to meet in St Michaels Church Centre, Martlesham Heath.

The activity sheets usually include a story, song and a craft or game about a theme or story from the Bible.

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

If you would like further information, please contact:

Sonya & Maureen Burrows Tel.01473 625196



News from Martlesham Wilds

We have had a wonderfully busy Summer at Martlesham Wilds with sold out evening walks exploring Wonderful Trees, Brilliant Bats and Actions for Insects. We explored the magnificent ancient oaks and found plentiful young saplings - which these will support in growth through their root and mycelium network – a natural phenomenon that Martlesham Wilds provides an opportunity for nature to explore.

We were lucky with our bat walk, it was a beautiful, still evening and we heard 6 species of bats in a relatively short time and space. The bats we discovered were the Soprano pipistrelle, the (not so common) Common pipistrelle, Noctule, Serotine, Barbastelle, and either a Natterer or a Daubenton. This is a great result!

We have also been out and about in Martlesham, helping create wildlife corridors and encouraging people to get active in their gardens. Children in Birch Wood amazed us with their skills and persistence collecting wood, sawing wood and digging a hole over 50cm deep to bury their logs and create a stag beetle habitat. This buried wood needs time to rot, to create the perfect place for stag beetles to lay their eggs. These eggs, turn into larvae, then live in the wood for 6 years, before emerging in their adult form.

If you are able to create log piles and leave wood to rot in your garden, you can also help stag beetles and other insects and create wildlife corridors in Martlesham, helping Martlesham Wilds to thrive.

If you would like to come to our next event 'Wander in the Wilds – photography course' on Saturday 19th October, you can find out more on our website at <https://www.suffolkwildlifetrust.org/events/2024-10-19-wander-wilds-photography>

*Photos: Dark sky searching for Bats at Martlesham Wilds– Graham Hart
Birch Wood, Martlesham stag stack by Charlie Zakss*



Martlesham Conservation Group

Many thanks to all those who came along to our work parties on the heath SSSI over the summer when we cut some bracken that if left unchecked would submerge areas of heather and grassland. Bracken does not support much wildlife whereas heather and grassland supports much more wildlife because of the range of plant species and structural diversity that can be used by invertebrates, birds and reptiles.

Heathland is an ancient habitat that has been managed for for thousands of years and is now rare. It will transition towards woodland if it is not managed either by grazing with animals such as sheep, horses and rabbits or by more direct management using tools and machinery. As we do not have the option of using grazing animals on our local heaths due to the high level of public access, we have to use the second approach to try to maintain and expand the tracts of heather and open landscape that are characteristic of heathland.

As we move towards winter we can begin to remove more scrubby vegetation from the heath SSSI. Our autumn and winter cycle of scrub clearance on the heath actually begins in October and extends through to late February. We do not usually undertake scrub clearance in the spring and summer so as to avoid disturbance to nesting birds and heathland reptiles. Our work parties generally take place on the first Sunday of each month starting at 10am.

Our next work party will be on **Sunday October 6th** starting at 10am. Please meet at the south end of the Heath SSSI next to the bank that runs east-west across the site, just along from the interpretive sign board between The Oaks and Heathfield.

We intend to remove gorse scrub from an area of more extensive heather and cut some older heather to encourage rejuvenation. Later in the autumn, work parties will be on Sunday November 3rd and Sunday December 1st, probably starting from the same location.

Please consider coming along and doing something practical to help the special wildlife that we are fortunate to have in our local area. We really could do with extra help because of the exceptional growth of vegetation we have experienced over this year. You will be very welcome. I am happy to discuss what would be involved. Please get in touch.

Phil Smith 01473 625630 e-mail: martleshamconservationgrp84@gmail.com

Portal Woodlands Conservation Group

Our next work morning is Sunday 20th October from 10:00 to Noon, meeting at the Education Area.

New volunteers of all ages and abilities are always welcome. No experience needed.

For further information, please contact us at pwcg.martlesham@gmail.com, phone: 01473 612632 or visit our website: pwcg.onesuffolk.net or join our members' Facebook Group by messaging Duncan Sweeting.

Stephen Corley, Chairman

THE WOOLVERSTONE PROJECT

The Woolverstone Project, a charity dedicated to the provision of sailing for people with disabilities and operating in South Suffolk and Essex, is delighted to have received National Lottery funding.

This is part of an ambitious plan to expand and enhance our services by increasing the number of participants, improved volunteer engagement and the development of new relationships with the region's special schools. We also hope to expand annual community events for specific groups and families.

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

With the support of James Cartlidge, the MP for South Suffolk, the Woolverstone Project is appealing to the local community to support our mission.

Volunteers are the backbone of the Project and there are numerous ways to support us.

For further details please contact us at info@woolverstoneproject.org.uk

Suffolk Wildlife Trust - Woodbridge Wildlife Group We have several events coming up.

**There is no need to book, come
along and enjoy.**

AUTUMN TALK

"East Anglia's Rivers and Coasts: from river snorkelling to World Heritage" by Nicola Crockford

Joint event with Suffolk Bird Group
Thursday 17th October at 7.30pm
in Woodbridge Community Hall
Admission £4 per person. Free for under
25s.

QUIZ EVENING

Thursday 21st November at 7pm for 7.30pm
start
in Woodbridge Community Hall
Admission £6 per person
Come and join us, as a team of 4-6 or as an
individual, for a fun-filled evening with
questions on wildlife and general
knowledge.

WINTER TALK

"Realm of the Polar Bear" by Chris Parfitt
Thursday 19th December at 7.30pm
in Woodbridge Community Hall
Admission £4 per person. Free for under
25s.

*Phil Smith - Chairman Woodbridge Wildlife
Group of Suffolk Wildlife Trust*

BADMINTON IN KESGRAVE

Woodbridge Badminton Club has now
returned to Kesgrave High School for the
winter season (September-April) on
Wednesday evenings at 7:30pm.

League matches will be on Thursday
evenings for those feeling competitive!

We welcome a range of abilities but
unfortunately not complete beginners.

For latest details check out our website at
<https://www.woodbridgebadminton.co.uk>
email

contact@woodbridgebadminton.co.uk or
ring Jim Cavanagh on 0780 323 2892.

You can come along any try us out for a £6
guest fee, refundable against the annual
membership if you join for the season.

Our pay-as-you-go summer badminton
sessions at the Kesgrave Community
Centre Sports Hall have now finished, but
we hope to be back there again next
summer.



DOYLE ELECTRICAL SERVICES LTD.

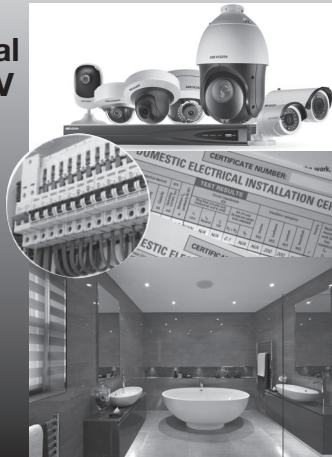


Domestic and Commercial Electrical Contractors, Solar PV and Renewable Energy Specialists

NIC EIC Approved Contractors, established for over 25 years. New Commercial and Domestic Electrical Installations, LED Lighting, Electrical Safety Testing, Electric Vehicle (EV) Charge Points, Structured Cabling, CCTV, Fire Alarm, Solar PV.

Telephone: 01473 622674
Fax: 01473 620941
Email: sales@doyleelectrical.co.uk
Website: www.doyleelectrical.co.uk

Unit Q Bristol Court,
Martlesham Business Park,
Martlesham, Suffolk IP5 3RY



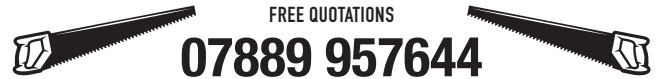
DRS KITCHENS & BATHROOMS Quality Fitted Kitchens and Bathrooms

Darren Smith
Tel : 07809723186
darren.dsdesign@icloud.com

MARTLESHAM CARPENTRY

ALL CARPENTRY WORK UNDERTAKEN AT COMPETITIVE RATES
BY EXPERIENCED, LOCAL TRADESMAN.
DOORS, SKIRTING, PARTITION WALLS, WARDROBES

FREE QUOTATIONS



07889 957644

martleshamcarpentry@yahoo.com

Providing the best quality flooring to Ipswich and Woodbridge



As a family business with over thirty years of experience, Deben Carpets & Flooring are experts in supplying and fitting the finest quality flooring and carpets across Ipswich and the local region.

Visit our showroom in Martlesham and view our large range of carpets and floor coverings, or alternatively, we can bring flooring samples directly to your house where we can also offer a home measuring service.

Our range of floor coverings include:

- Stainfree Carpets
- Wool Carpets
- Kamdean Flooring
- Cushion Vinyl

We also offer:

- Free estimates
- Specialist rental carpet packages
- Free Home Consultation

Tel: 01473 626097 www.debencarpetsandflooring.co.uk

Unit N Bristol Court, Betts Avenue, Martlesham Heath Business Park, Ipswich, Suffolk IP5 3RY

info@debencarpetsandflooring.co.uk DebenCarpetsAndFlooring

ChipsAway Ipswich Express Car Body Shop

- Bumper scuffs
- Paintwork scratches
- Minor dents
- Small accidental damage
- Alloy wheels
- Repairs fully guaranteed
- Same day service
- Convenient local bus service available and park and ride
- Courtesy car available (Subject to availability)
- Open Monday to Friday 9-5pm
Saturday 9-1.30pm



Please call Paul Geary 01473 613352
or visit www.chipsawayipswich.co.uk

Unit 16, Anson Road, Martlesham Business Park,
Martlesham Heath IP5 3RG

Your Local Car Parts and Car Care Specialists!

- SHOCK ABSORBERS & COIL SPRINGS
- BRAKE PADS & DISCS
- FILTERS
- MOTOR OILS
- SPARK PLUGS
- BRAKE CALIPERS
- ENGINE MANAGEMENT
- HEAD LAMPS & BULBS
- HAND TOOLS
- PERFORMANCE ADDITIVES
- TRAILER & TOWING PARTS
- FILLERS AND PRIMER AEROSOLS
- CLEANING & VALETING PRODUCTS

THE BEST QUALITY PRODUCTS!

FRIENDLY SERVICE!

THE BIGGEST BRANDS IN THE BUSINESS!

Call us today! 01394 337900

Order online at www.mpdonline.co.uk





DAVE CHAPMAN MOT and Service Centre

Dave Chapman
Formerly Of Autofit

- MOTs
- Servicing
- Tyres
- Air Conditioning
- Diagnostics
- Cambelts
- Brakes
- Batteries
- Exhausts

8 Betts Avenue Martlesham Heath Ipswich Suffolk IP5 3RH
Tel: 01473 927927 | www.davechapmanltd.co.uk



T: 07934 384 501 ■ E: ginkgotreesurgery@hotmail.co.uk

www.ginkgotreesurgery.co.uk



ALL ASPECTS OF TREE SURGERY

Crown reductions, fruit tree pruning, crown thinning, crown lifting, dead wood removal, hazard tree removal, coppicing, pollarding, hedge cutting, re-planting, site clearance, wood chipper & operator hire, stump grinding or eco plugging, timber milling, fire wood processing, fire wood, wood chip supplied on request.

*Fully qualified and insured
£5 million public liability insurance
All waste removed from site
24 hour emergency call out*

**Please call us for professional advice
and a free quote.**

442 AUTOMOTIVE

* SERVICING * MOT'S * FABRICATION *
* REPAIRS * WELDING * AIR CON *

01394 384442

UNIT 7, SANDY LANE, MARTLESHAM

UNIT 7 EMBROIDERY

CUSTOM CLOTHING - PROTECTIVE WORKWEAR
TEAMWEAR - UNIFORMS

UNIT7EMBROIDERY@GMAIL.COM



Martlesham Fencing & Gardening Services

New fencing & repairs

All types of fencing
supplied & fitted

Gardening projects &
maintenance

Call Kevin on 07943853860

martleshamfencing@gmail.com

www.martleshamfencing.co.uk

WE DO LOTS MORE THAN JUST WINDOWS

Chimney Sweeping

Paul is a NACS (National Association of Chimney Sweeps) qualified chimney sweep.

Working on open fires, wood burner and multi fuel stoves. Bird nest removal, CCTV inspections. Every sweeps comes with a NACS certificate.

Please see our website:

pauyoungschimneysweeping.co.uk

Gutter emptying

Using gutter vacuum systems.

Empty gutters of debris
Unblocking down pipes.

Carpet cleaning

Pro Chem certified with over 10 years experience.

Bring your carpets and rugs back to life with a full extraction clean.

Window cleaning

Using reach and wash or squeegee.

External, Internal
Domestic, Commercial
Regular monthly maintenance cleans,
One off occasional cleans
Green and summer houses.

Exterior UPVC cleaning

Bring your UPVC back to life.

Fascia, soffit and gutter cleans
Conservatory roofs
Solar panels.

Pressure washing

Using high powered pressure washers.

Patios
Driveways
Decking.

Garden Maintenance

Grass cutting
Pruning
Hedge trimming
General garden tidying.



WINDOW CLEANING

Call on 07899 895947

enquires@pauyoungswindowcleaning.co.uk
pauyoungswindowcleaning.co.uk

Martlesham Climate Action

Did You Know part 2?

We had some questions on our stand at village day to get you thinking about ways to reduce your personal contribution (carbon footprint) to increasing global temperatures. After last month's bit on electric car ownership by Phil Bull, here is Dave Faulkner's bit on food.

What is the impact of the food I eat?

Although the burning of fossil fuels (e.g. diesel, petrol, gas) for energy use and travel has the biggest impact on our individual contributions to global warming, our diet has a significant impact and is easy(ish) to change for the better. Going vegetarian can save around three quarters of a tonne of carbon per year of around 8-10 tonnes each Martlesham resident is responsible for per year. Note that we all need to get this down to 1-2 tonnes over the next 10 years or so to have any chance of slowing global warming. Reducing or stopping meat consumption, especially red meat also has well documented and evidenced health benefits.

Dave's question for visitors to our stand was:

"Approximately how much of England's land area is used for feeding livestock?"

- 10%?
- 30%?
- 50%?

Answer 50%

Quite surprising! If we all reduce our meat consumption, more land can be used for crops accepting that some upland areas are better suited to animals (or re-wilding; but that's another debate!). Eating plants is more efficient too: energy from the sun is converted to plant material via photosynthesis which we can then harvest and eat. If the plants are used instead to feed animals there is a big loss of that energy before it gets to us through eating meat.



Martlesham Repair and Climate Advice Hub

The next Repair Hub will be on Saturday, October 12th from 10-12 in the Parish Room behind Tesco. The Climate Advice hub will be there as usual with advice on how you can do your bit to reduce your own carbon emissions and reduce your energy bills.

Dave Green, co-chair Martlesham Climate Action (a Parish Council working group)

Website: www.martleshamclimateaction.onesuffolk.net

E-mail: martleshamclimateaction@btinternet.com

Twitter: @martleshamclim1

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

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

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

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

For example:

- helping to organise the monthly Repair Hubs
- meeting and greeting at the regular shed sessions

- helping to organise the "stores" and spares
- social media and articles for print media
- sorting out stuff for sale or onward donation
- liaison with similar organisations

In short there's all sorts of ways you can get involved in a worthwhile enterprise. Besides, volunteering is (according to experts!) good for you.

Why not get in touch?

For more information: www.suffolkrepairshed.org, email hello@suffolkrepairshed.org

<https://www.facebook.com/profile.php?id=100091867569554>

<https://www.instagram.com/suffolkrepairshed/>
Suffolk Repair Shed Ltd is a non-profit company established in June 2022. It started operations in October 2022.

It is staffed entirely by local volunteers.

Speak Easy at Martlesham

Speak Easy is part of Toastmasters International, and we offer public speaking opportunities. We provide a fun and supportive forum to practice speaking, to compete, and to evaluate.

We meet at Richard's Room in Martlesham, and we are also using Zoom to enable greater participation, including from abroad. We encourage new members to join us in the room, where we add the online audience giving us the experience of one meeting.

Guests are welcome to attend Speak Easy to see what we have to offer, and to take part if you would like. On a typical evening, you can expect introductions, a round of impromptu speaking, three prepared speeches, and evaluations throughout. We hope you will choose to become a member, whether to beat public speaking nerves, develop your abilities, enter competitions, or help us run the club!

Speak Easy meetings are held on alternate Thursdays. The next are 12th and 26th September, and 10th and 24th October. Join at 7:00pm 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:

Adam Green: vppr@speakeasy.org.uk or www.speakeasy.org.uk or find us on Facebook: Speak Easy Martlesham

Inner Wheel Club of Woodbridge

In September we had a chance to catch up with friends over a delicious meal after the summer break, we were treated to a most enlightening and educational talk given by Peter Berry and Deb Blunt, co authors of 'Slow Puncture'. Peter, interacting with Deb, told of his journey from being devastated by the diagnosis of dementia at fifty, to the positivity of raising thousands of pounds for research by cycling many miles around the country on a penny farthing. This was a very fitting first talk as president Judy Hardcastle has chosen to support Dementia as her charity this year.

Inner Wheel has three key objectives: to promote true friendship; to encourage the ideals of personal service; and, to foster international understanding. Any woman who shares the three central aims of Inner Wheel can join the organisation. Please do look for us at District 8 on the website: <https://innerwheel.co.uk>

COULD YOU VOLUNTEER AND BECOME A SCHOOL GOVERNOR OR TRUSTEE?

- ▶ Do you care about **improving children's education** and want to contribute to your local community?
- ▶ Do you want to work as part of **a team** and value contributions made by others?
- ▶ Are you willing to **challenge** and ask questions?
- ▶ Are you open to **new ideas**, willing to learn and undertake training to understand the role?

We would love to hear from you, please contact **HR department, hr@gcetrust.org.uk**

Copleston High School

Rose Hill Primary School

Britannia

Gippeswyk Community Educational Trust

The Gippeswyk Community Educational Trust and our Academies are committed to engaging with individuals from the diverse range of backgrounds and heritages which make up the communities we serve. We would welcome enquiries and applications from anyone who meets the role specific requirements for becoming a Local Governor or a Trustee.

Your local Construction Company



- Planning & Design
- Extensions & Loft Conversions
- Refurbishment & Restoration
- Structural work
- All aspects of carpentry
- Kitchens & Bathrooms

Contact us on

07925258000

wk_projects@outlook.com

WK Projects

WK Projectss

DREAM . PLAN . BUILD

With over 25 years experience in the construction industry.

MARTLESHAM HEATH AVIATION SOCIETY

Ken Delve (ex RAF Canberra Bomber Navigator and former "Flypast" Editor), came from West Norfolk to our 6th September Meeting to present "Beer, Blondes and Bull".

He covered an area usually little covered in books on RAF Aircrew – how they, particularly in World War Two – let off steam from the very high level of stress they encountered on their highly dangerous flying missions – when their friends and Squadron colleagues often just disappeared during missions.

MARTLESHAM LADIES CLUB

The first meeting of the new season was well attended and we enjoyed an interesting talk. The yearly subscription remains at £10.00 with an entrance fee of £2.00 to each meeting.

There are three meetings planned for October. On 3rd October we have a coach outing to Felixstowe for afternoon tea at the Martello Restaurant, on 17th October Petra Wenhan, a trans woman, will tell us about her journey and the support she gets from her wife. Finally on 31st October Wendy Wootton will tell us about the work of the Air Ambulance and how we can support this vital service.

Looking further ahead, on 14th November we will be painting ceramics with Wendy Card again.

Meetings are held in the Richard's Room on alternate Thursday afternoons at the new time of 2 00pm. To find out more contact June Peck tel. 07867525422.

MARTLESHAM AFTERNOON WI

We are a friendly group meeting at 2pm in the Pavilion on Martlesham Heath every 3rd Friday of each month. Our meetings often include speakers, quizzes, games and celebrations. There is also a raffle, refreshments and a book stall. We also have a walking group and a lunch club.

Any lady who is interested in joining us please come to a meeting, if you prefer to make contact first please email Val our president at valeriejones53@hotmail.co.uk or Rosemary our secretary on rosemarymanning5@gmail.com

These losses were most keenly felt by RAF Bomber crews – who had a particularly high death toll. with more than 52,000 Airmen being killed.

His wide-ranging talk looked at their time off duty – often spent in small local Pubs, often in remote parts of Britain where they were generally welcomed by the local. Often there were riotous Mess parties, and camps being entertained by ENSA (dubbed "Every Night Something Awful") concert parties.

Ken covered the area of Lucky charms/mascots carried by airmen, and superstitious acts, one of which was to urinate on an aircraft wheel before taking part. This was frowned upon by The Air Ministry as "this perished the tyres!"

On a lighter note, he looked at airmen's poems (some not printable here), womanising by some, and the decoration of the aircraft (particularly bombers) with emblems; often with tallies of the number of missions each aircraft had flown and therefore survived.

He looked at the life of RAF Prisoners of War – often held in cramped German P.O.W. camps – where sports, ad-hoc variety shows, and lessons for airmen by more skilled colleagues, and of course, planning escapes by some, stopped the Inmates from going "stir crazy".

The talk was liberally illustrated with pictures that Ken has sourced over the years. It was a very different talk from normal and was enthusiastically applauded by our members and guests.

Just two days later, on 8th September, we held our Annual Control Tower Museum Fundraising Event, "Flames, Planes and Automobiles".

As usual we had a very good turnout – not put off by a couple of very short rain showers.

There were quite a few stars of the Event. The noisiest was Mabel, a Rolls Royce Merlin aircraft engine, fired up 5 times during the afternoon – the sound of this iconic aircraft engine reminding us of the wartime sounds of RAF and USAAF Aircraft based here during World War two.

There were games to entertain the children, a Meccano Display, firing paper rockets and singing and dancing, led by "The Three Chordettes". The Lait School of Dancing came along and showed off their talents.

Vintage Military and Civilian Vehicles (from the Suffolk Vehicle Enthusiasts Club) showed what motoring used to be like, and Military Vehicles (some VERY large) brought back memories to ex-Servicemen. A brand-new commercial Lorry Cab was explored by many. The cockpit is certainly more comfortable than those built in the past.

For the first time a full sized Glider was on display – and many (mainly children) enjoyed having their photo taken sitting in the cockpit

The sound system and commentary this year was provided by local Fresh Gold Radio- who kept the event nicely moving on.

So now we tot up how much we have raised to keep the Museum going – and start planning next year's Event!

Looking to the Future.....

On Friday 4th October at 7:30pm we welcome Andy Robertshaw, renowned author on Aviation and Military Topics, often seen on T.V. documentaries and recently on "Who Do You Think You Are?"

He presents an insight with "The Real Royal Flying Corps" which became the Royal Air Force on 1st April 1917. He looks at the myths of Great War Airmen - the truth behind Fighter Aces and Scout Pilots and their major contribution to victory.

This takes place at Martlesham Heath Community Centre, Felixstowe Road, Martlesham Heath Suffolk IP12 4PB

Park in the Car Park at the rear of the building...

Pay £3 for members, £5 for non-members on arrival.

Don't forget our Remembrance Day service, to be held on Barrack Square, 2:30pm on Sunday 10th November.

This follows our November 8th Talk "Operation Grandy" – The British part of the 1991 Desert Storm Battle.



ORWELL
PLUMBING AND HEATING

07703 415769
orwellplumbingandheating@hotmail.com

Follow us

General plumbing
Boiler installations, servicing and repairs
Heating and pressurised hot water systems

safe

MJH
PRESSURE
CLEANING
SPECIALISTS IN
BOTH
DOMESTIC &
COMMERCIAL

07771803663
mjhexteriorcleaning@gmail.com

Online English Tutoring

Katie Stoker
Private English Tutor

Available for:
English Literature tutoring (Incl. GCSE and A Level).
Performance and conversational English.
BA (Hons) English Literature
TEFL qualified Level 5.

Available on:
Skype, Zoom & Facebook Messenger
Face-to-face tutoring available
in local Woodbridge area.

katiestoker.co.uk
Email: stoker.katie.j@gmail.com

U3A EAST SUFFOLK:

Shorter days equal more fun for u3a members

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

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

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

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

October begins with talks about Livelihood Creation in Zambia (the work of Tools with a Mission), Life on Land and Offshore in Borneo, The Story of Silk and Rail Freight in Suffolk.

In November there are talks about the history of Fish & Chips, The NHS, Life as a Security Guard and Picasso's Blue Period.

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

New members are welcome, with the expectation that they will contribute to the success of the group. Membership is on an annual basis and gives members access to all the u3a's many activities, subject to availability at a very modest cost.

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

.....

DEBEN ROTARY GOLF DAY

The Rotary Club of Woodbridge Deben held our Charity Golf Day on Friday August 16th at St. Audrys Golf Club. Thirteen teams of four enjoyed an excellent day's golf in perfect conditions. The overall winners, Alan Norman and Robert Kimber paired with Graham Holder and Fred Houchill, received engraved tankards and the Marie Hunt Shield.

The generosity of the participants has allowed Deben Rotary to make a donation of £1000 to our chosen charity, St. Elizabeths Hospice.

THE ORWELL SINGERS - COME AND SING !

Saturday 9th November

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.

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. St Michael & All Angel's Church, The Drift, Martlesham Heath, IP5 3PL. Doors open 1.00 pm for 1.30 pm – 4.30pm

For further details please contact

d.sharman@btinternet.com www.theorwellsingers.co.uk

GIPPESWYK SINGERS

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

We will be rehearsing for our Christmas concert (a seasonal programme of music by German composers) which will take place on Saturday 7th December and will include pieces by Buxtehude and Telemann and a variety of carols. The choir currently has spaces for tenors and first basses. If you are interested in joining us, more details can be obtained by phoning 07949 803594.

MARTLESHAM BRASS 'Making Music Fun in East Anglia'

The Martlesham Brass Birthday Concert is on Saturday 5th October 2024 at 7pm

in St Michaels Church Centre, The Drift, Martlesham Heath IP5 3SL.

Our Birthday Concert is always a special event, as we recognise those band members who have made a real difference to the band over the past year.

Adult tickets are £4.00 each (primary school age children free) and are available to reserve by calling 07544 962205, or on the door. We hope to see you there.

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

Liz Howard (Publicity Officer)

publicity@martleshambrass.co.uk

07544 962205

Registered Charity No.1100922.

Visit our website www.martleshambrass.co.uk

Dealing with Death

What do you do when someone dies??

Who do you need to inform? What happens to the body before the funeral? How do you organise a funeral? How do you sort out a death certificate?

Dealing with death is something that most people have no experience of. Suddenly in the midst of grief there are many practical aspects to navigate which can be overwhelming.

On Tuesday 12th November 2024 at 7pm, St Michael's Church are hosting an evening looking at the practical aspects that need to be covered when someone you love dies. There will be input from funeral directors, financial advice, and input from the church.

This is open to everyone of all faiths and none and designed to advise and help people prepare for a challenging time. No hard sell of funeral plans, just honest, practical help.

For more information, contact Revd. Toby Tate. 01473 612659

toby@martleshamcofe.org.uk

A Thought For The Month

It's time to start thinking about the 'C' word again...

Christmas, is somehow, fast approaching. The supermarkets are starting to fill up with Christmas wrapping paper, cards, present ideas and boxes of festive chocolates. Mulled wine and mince pies are already starting to appear!

Of course there is nothing wrong with Christmas, it's a time of celebration for many, not just because we celebrate the birth of Jesus, but also because we spend time with family and friends, enjoy festive gatherings and giving and receiving gifts. Yet as exciting Christmas can be, many will be facing it with dread as it's a time of sorrow, a time of missing loved ones or loneliness.

You may well ask why I'm talking about Christmas now, it's only just October!

Jesus tells us to love our neighbour as ourselves.

It's perhaps too big a question for us to ask 'what the world would look like if we all loved our neighbours as ourselves'. Let's start much smaller and just ask what our own street would look like if we loved our neighbours as ourselves...

If we know someone for whom Christmas a difficult time, perhaps we could offer some friendship sooner rather than later. Or if you know Christmas is a difficult time for you, perhaps you could reach out to a neighbour now.

As we approach December, let's all spend a bit of time considering what our communities would look like this Christmas, if we all loved our neighbour as ourselves.

Revd Rob Allinson

Martlesham With Brightwell

Operation Christmas Child 2024

This year The Runway coffee shop are again collecting shoeboxes full of gifts for children across the world who would otherwise not receive any gifts at Christmas. Simply pack a wrapped shoebox with gifts such as stationery, hygiene items such as soap and toothbrushes, or hats, scarves and gloves. We are also encouraged to include small toys and items that children will especially love, such as cuddly toys, or deflated footballs and a pump in each shoebox. Shoeboxes, or gifts towards a shoebox can be brought to St Michael's church next to the Green, or the Runway coffee shop, which is at the back of the church. Please note that food items, toothpaste and any lotions or liquids cannot be included.

You can also pack a shoebox online. Please go to <https://shoebonline.samaritans-purse.org.uk/> and they will take you through the process. This is a really worthwhile project to support, and is needed more than ever at the moment.

Please note the last day for bringing gifts or shoeboxes will be Saturday 16th November in the Runway or Sunday 17th November in church. The Runway is open every morning, from Tuesday to Saturday from 9.00 am to 12.00 midday.

Revd Christine Pinder Tel: 07555 748345

Ipswich & District Talking Newspaper -
'Sound On'

'Charlie & The Dig'

This promises to be an
entertaining evening with
Charlie Haylock.

He is not just known as a master of the Suffolk dialect but has the ability and knowledge to speak in a variety of other accents.

Charlie is also the author of books on the English language and has frequently been seen and heard on BBC Radio Suffolk & BBC Countryfile amongst others.

Most famously recently he was the voice coach for Ralph Fiennes on the Netflix film about Sutton Hoo, 'The Dig'.

Saturday 26th October

7.00 - 9.30pm

with a break for light refreshments
& a raffle

St Michael's Church, Martlesham
Heath

Plenty of free parking

Pay on the door- £10 per person to
include
refreshments.

BUT we do need to have an idea of
numbers, before the event.
Please contact me to confirm your
attendance.

Thank you for your support.

Rachel Pennick

01473 610437

Rachel.pennick@btinternet.com

MARTLESHAM COMMUNITY HALL AND RICHARDS ROOM

You can find out about our venues at
our website - mchall.org.uk

You can check hire rates, if they're available
and make an online booking request

Alternatively you can call our Booking
Secretary on 01473 623 203. (Monday to
Saturday 08:00 - 20:00).

If leaving a message, please speak slowly
and repeat your telephone number.

THE MARTLESHAM HEATH PAVILION

Martlesham Heath Pavilion is a great location
for children's parties at the weekend.

You can check availability and book the
Pavilion online at:

martlesham.org.uk/pavilion

Alternatively please contact the booking
secretary:

Email: bookingsecmhp@gmail.com

Phone: 07873 557999

MARTLESHAM VILLAGE HALL TOP STREET

Although we have regular bookings for
evenings throughout the year, morning
and afternoon sessions are available.

The hall is ideal for small groups who
need to meet at a reasonable cost,
discount for residents of Martlesham.

*For any queries or bookings please
contact 01473 623655*

Building
God's
Family
Together

THE CHURCH IN MARTLESHAM & BRIGHTWELL

RECTOR: The Revd Toby Tate The Rectory, 17 Lark Rise, Martlesham Heath
Church phone 01473 612659 (rest day Friday)

CURATE: The Revd Rob Allinson rob@martleshamcofe.org.uk
07359 463312 (rest day Wednesday)

ASSOCIATE MINISTER: The Revd Christine Pinder 3 Mayfields, Martlesham Heath
07555 748345 (working days: Sunday, Wednesday, Thursday)

READERS: Marga Gibbs van Dijk 16 Deben Avenue, Martlesham 01473 624035
Carolyn Smith 74 Heathfield, Martlesham Heath

ELDERS: Margaret Rollins 9 Angela Close, Martlesham 01473 623868
Simon Smith 11 Squires Lane, Martlesham Heath 01473 612410 (eve only)
Liz Welham 23 Deben Avenue, Martlesham Heath 01473 622709
Lynn Wilder Kenton, Nr Debenham 01728 860627

Services for the Month	Martlesham Heath St Michael's Martlesham St Mary's Brightwell St John's	Online on Facebook and YouTube. Search for 'Martlesham Benefice'
Sunday 6th October	St Michael's 9.30am Coffee and pastries 10am Breakfast Church St Mary's 11am Holy Communion	
Sunday 13th October	St Michael's 10am Holy Communion St John's 6.30pm BCP Evening Prayer	10am Holy Communion
Sunday 20th October	St Michael's 10am Morning Worship St Mary's 11am Holy Communion	10am Morning Worship 7pm Zoom Reflecting with God
Sunday 27th October	St Michael's 10am Holy Communion St John's 3pm BCP Evening Prayer	10am Holy Communion

**A warm welcome awaits you at all our services in our church buildings and online.
It would be helpful if you could contact Toby by the Saturday before for Zoom codes.**

Midweek Services

Wednesday 9th and 23rd October: 10am Holy Communion at St Michael's

Prayer Diary Please include the following as an addition to your daily prayers:

October

- 5 for all who teach with limited resources
- 6 give thanks for the beauty of creation**
- 7 those maintaining our roads
- 8 farmers preparing for the winter
- 9 for the residents of Roma Avenue
- 10 those living in temporary accommodation
- 11 give thanks for friends and family
- 12 those in pain today
- 13 praise God for his boundless love**
- 14 join in the Week of Prayer for World Peace
- 15 those losing their ability to live independently
- 16 for the residents of Saddlers Place
- 17 give thanks for our food and clean water
- 18 St Luke's Day: for all in the medical profession
- 19 couples getting married today
- 20 thank God for all his blessings to us**
- 21 all at the last Start Course session

- 22 those at the Broom Tree café today
- 23 for the residents of Sandy Lane
- 24 those who feel unloved or unappreciated
- 25 all at Friends on Friday
- 26 for relief workers in warzones
- 27 Bible Sunday: give thanks for God's word in the Bible**
- 28 for teachers, students and families in half term week
- 29 those preparing tomorrow's Autumn budget statement
- 30 for the residents of School Lane
- 31 for those worrying about their finances

November

- 1 for Christians everywhere
- 2 for all who mourn
- 3 All Saints' Sunday: give thanks for the example of the saints**
- 4 for all working as cleaners

ONE STOP MOT & SERVICE CENTRE

FREE COLLECTION & DELIVERY

- Servicing & Repairs
- Brakes & Clutches
- Tyres & Exhausts
- Motorhome Repair Specialist
- Shock Absorbers – Welding Work
- Wheel Alignment & Balancing
- Full Diagnostic Service
- Class 4 & Class 7 MOT Testing
- Online Booking Service Available
- Car Air Conditioning

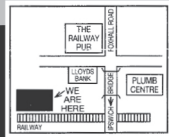
Kesgrave Tyre & Exhaust Centre



223 Foxhall Road, Ipswich
www.kesgravetyres.co.uk



IPSWICH
01473 710720



Fraser-Hann Financial Services Ltd.

Need pension or investment advice?

We have been offering friendly, local, professional and independent financial planning advice for over 30 years.

Fraser-Hann Financial Services Limited
12 Holly End, Martlesham Heath, Ipswich IP5 3UW
Authorised and Regulated by the Financial Conduct Authority

Tel: 01473 620530

E-mail: chris@fraser-hann.co.uk

Web: www.fraser-hann.co.uk



P M MARTIN BUILDING & DECORATING

OVER 30 YEARS OF BUILDING AND DECORATING EXPERIENCE
CONTACT PAUL ON: 07528 144566
OR FIND US ON FACEBOOK:
[FACEBOOK.COM/PMMARTINDECORATING](https://www.facebook.com/pmmartindecorating)
OR EMAIL: paul.martin66@mail.com

Keep Fit

Low Impact Workout

Get Active

Stay Fit

Improve

• Strength • Stamina • Suppleness

Martlesham Heath on Tuesdays

9 30 a.m. Stay Fit Strength

10 45 a.m. Keep Fit

01473 620511

DCS Electrical



Call Dan on
07741 270230
Fully Approved and Insured

dcs.electrical@outlook.com

"Your local friendly electrician"

Specialist Tree Services

- Tree Surgery
- Section Dismantling
- Tree Felling
- Hedge & Shrub Pruning
- Tree Planting
- Stump Grinding
- Firewood

FREE QUOTE!

FRIENDLY PROFESSIONAL
ADVICE & FULLY INSURED

The Tree GP
THE TREE SPECIALIST

Tel: 01473 232626
Mob: 07917 725445

email: bednchri2@yahoo.com
N.P.T.C. Qualified



BOOTH (TARMACADAM) LTD SURFACING CONTRACTORS

Unit 20a Seven Acres, Newbourne Road,
Martlesham, IP12 4PS.

Commercial & Private
Jobs Undertaken.
Tarmac, Resin, Tar & Shingle

Driveways – Footpaths
Car Parks – Sport Surfaces

Tel: 01473 811757

Email: office@boothtarmacadam.co.uk
www.boothtarmacadam.co.uk



Family Run Business
Celebrating 50 years
Free Surveys & Quotations



J. T. WILDING LTD.

YOUR LOCAL
HEATING, GAS, OIL, ELECTRIC & PLUMBING
ENGINEERS

Boiler Replacement and Installation
Modifications, Maintenance and Servicing
24 hour Emergency Service (for regular customers)
Fixed Price Gas and Oil Servicing



01473 611 744

jtwilding.co.uk

28 Anson Road, Martlesham Heath IP5 3RG



Hairdressing by Carolyn



Professional hair-care at competitive prices
in the comfort of your own home.

Tel: (01473) 287542 - Mob: 07710 432813



Aerial, Satellite And CCTV Specialist
Covering Ipswich And The Surrounding Area



- Digital TV aerial installation
- Freesat installation
- Poor signal problems aerial & satellite
- CCTV installations
- Freesat & SKY service calls
- Multiroom viewing aerial & satellite
- FM & DAB aerial installations
- TV wall mounting
- Domestic and commercial installation
- Free quotations

Call Digital Dimensions on 01473 716976 or 07860 156421
Web: www.digital-dimensions.tv Email: info@digital-dimensions.tv Like us on Facebook



FARTHING FUNERAL SERVICE

• Celebrating 180 Years •

Proudly serving your local community since 1840

Ipswich

01473 272 711
Deben House, IP4 4PW

Felixstowe

01394 671 671
Montreal House, IP11 9AL

Debenham

01728 860 269
44 Aspell Road, IP14 6QA

Woodbridge

01394 331 337
2 Station Road, IP12 4AU

Call us for immediate support, advice or to arrange a
home visit. We are here to help 24 hours a day.

farthingfunerals.co.uk

Thinking about a Funeral Plan?

We'd be happy
to help.

For more
information, visit
farthingfunerals.co.uk/choice



BARKER GOTELEE SOLICITORS

LIFE | LAND | BUSINESS

CONTACT US ON

01473 611211

barkergotelee.co.uk

41 BARRACK SQUARE, MARTLESHAM HEATH,
IPSWICH IP5 3RF.

We all need legal services from time to time

- Accident claims
- Company transactions
- Dispute resolution
- Elderly client services
- Employment law
- Family breakdown
- Insolvency and debt recovery
- Moving home
- Powers of attorney
- Probate
- Wills, trusts and tax

J.W. MILLER

PAINTING & DECORATING

YOUR LOCAL DECORATOR
FOR MARTLESHAM HEATH

TELEPHONE: 01473 626728

MOBILE: 07888 699306

