



The newsletter for the community of Orford and Gedgrave

Issue No. 370 January 2023

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All copy must be received by midday on Thursday 19 January 2023, preferably by email to:

orfordtrust@btconnect.com or put through the Town Hall letterbox

Priority for inclusion is given to articles that are about or directly affect the community of Orford and Gedgrave and inclusion is subject to editing and availability of space. Contributors should be aware that this newsletter is published on the website of Orford and Gedgrave Parish Council and the New Orford Town Trust (www.orfordparishandtrust.onesuffolk.net)

COPY DEADLINE FOR THE FEBRUARY ISSUE OF VILLAGE VOICE IS MIDDAY ON THURSDAY 19 JANUARY

JANUARY AT ST BARTHOLOMEW'S CHURCH

All are welcome to join us at St Bartholomew's, Orford for the following services in January

Sunday 1 January	9.30am Sung Holy Communion with Rev Dr Stephen
Second Sunday	9.30am Holy Communion (Book of Common Prayer)
Third Sunday	9.30am Holy communion
Fourth Sundays	We join Sudbourne and Iken congregations for Holy Communion at 9.30 am at <i>Sudbourne Church</i>
Wednesdays	5pm Evening Prayer (BCP) <i>please note new time</i>

There is a special Christingle Service on Sunday 15 January 4pm at *Sudbourne Church*. Christingle oranges for all children plus refreshments after the service.

A CHURCH NEAR YOU WEBSITE www.achurchnearyou.com provides details of all church services and events in the local area. For further information contact the Team Rector: Rev Giles Tulk 01394 450610, revgileswtr@gmail.com

Events: looking ahead

Friends of St Bartholomew's Event

Saturday 4 February – **Quiz night and Supper** Orford Town Hall. 6.30pm for 7pm.

Quiz night 2022 was a very enjoyable way to spend a winter's evening and the Friends thought that a return match was in order. Popular quiz masters Rev Giles and Graeme are coming up with questions to tease the little grey cells and amuse.

Tickets are £18.00 and include supper and a welcome drink. There is a pay bar and hamper raffle. Book individually and meet new friends or make up a table of eight.

For tickets or to donate raffle prizes contact Caroline Gill, tel 07799 655825 email carolineedchairgill@gmail.com.

Revd Giles Tulk

JANUARY AT ORFORD METHODIST CHURCH

Sunday 1 January	Service of Light to welcome the New Year 10.30am Stephen Caley
Sunday 8 January	10.30am Service arranged locally
Sunday 15 January	10.30am Stephen Caley

January dates for your diary

For regular events please check for seasonal closures

- Each Monday: badminton - Orford Town Hall, 10am-12noon
- Each Monday (except bank holidays): Coffee and Chat - this will re-start on Monday 6 February
- Each Wednesday: chair pilates - Orford Sports and Recreation Club, 11am-12noon
- Each Monday and Wednesday: Methodist Chapel tea room, lunch, 11am-2pm
- Each Wednesday: badminton - Orford Town Hall, 7-9pm
- Each Friday: Bart's Hall warm room, 11.30am-3pm (not open on 23 December)
- Each Saturday: Orford Country Market - Orford Town Hall, 9.30am-1pm
- Thursday 12 January: Gardening Club - Orford Town Hall, 7.30pm

Sunday 22 January 10.30am Rev Saul Tadzaushe – Holy Communion

Sunday 29 January 10.30am Rev Stephen Yelland

A welcome awaits you to our services – children stay in church for the service and often take part. Refreshments are served afterwards.

Chapel Tea Room – Open every Monday and Wednesday from 11am–2pm ish (our winter timings) – where you will find an excellent choice of food plus an interesting craft and art for sale. Come and visit us – we have a lovely warm room and friendly staff. NOTE: not open on Bank Holiday Monday, 2 January.

Our grateful thanks to all who have supported the Tea Room throughout 2022, friends near and far, many returning often. Thanks too to the dedicated staff.

We welcomed the Rev Saul and his wife Hope to his first service on Advent Sunday since arriving from Zimbabwe. A Circuit service on 4 December at Woodbridge Methodist Church gave him a more formal welcome.

HAPPY NEW YEAR TO YOU ALL

Stephen Caley

ORFORD, GEDGRAVE & SUDBOURNE HALL GOOD NEIGHBOUR SCHEME

Bart's Hall Warm Room

The Friday warm room is proving very popular around lunchtime, with a group of regulars who come for a bowl of soup and a natter.

New faces are welcome, so please drop in, or consider bringing a neighbour or friend who doesn't get out much. To reflect the current use, in January we will open a bit later at 11.30am and close earlier at 3pm. If you would like to use the warm room earlier or later than the published time, just let us know and we will respond to community needs. For further information contact Caroline Gill. Tel 07799 655825 or carolinedechairgill@gmail.com

Coffee & Chat at Orford Sports & Recreation Club

Following discussion with the regulars we will be having a break after 19 December, re-starting on Monday 6 February at the new time of 10.30am–12.30pm.

Power Cuts and the Priority Services Register

The Priority Services Register is a register maintained by suppliers and network operators to give those who need it extra support. This is a completely free service. You are eligible to be put on the register if you:

- Have reached state pension age
- Are disabled or have a long-term health condition
- Have medical equipment or refrigerated medicine
- Have mental health conditions or are vulnerable
- Have children under 5, or are pregnant

Priority services include (but are not limited to):

- Advance notice of cuts - voice/message alerts
- Alternative heating and cooking facilities
- Charge points, someone to check on you or hot meals during a power cut
- Priority reconnection
- Bill nominee scheme (you can nominate someone else to deal with your bill on your behalf)
- Bills in a different format (e.g. braille, large print)
- They take your meter reading for you
- Gas safety checks annually for homeowners.

You will have to sign up to the priority services register for each of your supplier/network operators. In this area UK Power Network are the network operator. They can be contacted on ukpowernetworks.co.uk/power-cut/priority-services

In this area everyone is also with Anglian Water. They can be contacted on anglianwater.co.uk/help-and-advice/water-care/priority-services

Please contact us if you would like help to sign up to the service.

Walk more safely on the ice and snow

Wintry weather is here, and the roads and paths have been icy. If you do need to go out when the roads are slippery, it is a good idea to buy some snow and ice grips for your shoes. A pair of ice grips cost between £5 and £10, and they fit over your shoes to give you a better grip in icy weather. There will be a pair to look at and try on at the Bart's Hall warm room on Fridays and some advice about where to buy them from.

Corinne Lusher, 01394 450235

Orford Country Market

After the Christmas break the market will be opening back up again on 14 January 2023. We would love to see some new faces, both looking and selling. We are always looking for new producers to help make the market more varied. If you think you would like to join us, please come to the Town Hall any Saturday between 9.30am and 1pm and talk to the market manager Sally, who will give you a tour and answer any questions you have. If you don't want to join, come and give us a look anyway. All items there are handmade, home reared or home grown by local produces.

Belinda Boast, Secretary

BOXING DAY RIVER DIP!

Back by absolutely no demand what so ever (!) there will be a few mad souls taking a very short Boxing day swim/dip off the slipway on Boxing Day, Monday 26 December at 11am, followed by a hot toddy.

Please do feel free to come and join us and blow away the cobwebs and Christmas indulgences. We totally understand if you don't want to!

Nick Pearce

ORFORD AND DISTRICT GARDENING CLUB

We start a New Year on Thursday 12 January, 7.30pm, Orford Town Hall: *Simon White from Peter Beales: '50 Years of Rose Growing'*

We all know of Peter Beales, and visited there in Attleborough, or seen their award-winning roses in magnificent display at the Chelsea Flower Show. So it is a real treat to have Simon, their Garden Sales Manager who has worked there since 1981, come and share his knowledge with us. He is also President of the Norfolk and Norwich Horticultural Society. We had a wide range of topics to choose from but thought this one the most appropriate and I'm sure he will be able to answer your many questions. He will also bring plants and sundries for us to purchase.

1 December AGM and Social Supper – always good fun and great food!

And it was – thirty-three of us got together for our social event of the year (also the very short AGM!) and stayed in the Town Hall until very late. We were complimented on the lovely ambience created by the decorations which then went on to festoon St Bart's and the food which was mostly donated and was a real treat!

We welcomed two new members who only contacted us on that very day. It is great to be able to meet people new to the villages and introduce them to others.

New Year – New fees

We voted to keep the annual membership charge at £15 but increase the guest fee to £5 as we have many who like to drop in for a talk as the topic particularly interests them. The fees are due now, so please pay by bank transfer or at our January event. This helps us to keep on top of our income and expenditure!

- *A Trailer of some of what is to come in 2023!*
- Neill Ludmon – 'Sensory Gardens'
- Benton End Trip to Cedric Morris' old home and art school where he bred irises. Members only
- Saturday Workshop about our soil

Polly Sharkey (Chair), creativefutures98@btinternet.com, 01394 450959

ORFORD MUSEUM HISTORY TALKS AT BUTLEY PRIORY

16–19 March 2023

Our series of seven hour-long talks from East Anglian historians and archaeologists is to be held at Butley Priory on the evening of Thursday 16 March, the afternoons of the Friday (17) and Saturday (18), and the morning of Sunday 19 March. All proceeds go to Orford Museum and tickets are limited to 60 per talk. We are offering a complimentary glass of wine on our opening night with Jack Cooke, author of *The End of the Road* – a witty and illuminating journey around Britain (by hearsay) of historical and unusual tombs. Other talks include: medieval expert and author Professor Mark Bailey on the Black Death; Wayne Cocroft (Historic England) on Orford Ness and the atomic bomb; Dr. Shelley Garland from English Heritage on Orford Castle; Suffolk archaeologist Edward Martin; Angela Care Evans, former Curator at the British Museum's pre-history department and author of *The Sutton Hoo Burial*; and Tobias Capwell on Suffolk's Lost Houses and the Wallace Collection where he is a Curator. A full programme will be available in the New Year.

Tea/coffee will be available between talks for which there will be a small charge.

Friends of Orford Museum £12 a talk, and non-members £15. Book three talks for £30 (non-members £36), Rover ticket (7 talks) £65 (non-members £75).

Become a Friend! A year's Friends of Orford Museum membership costs £20 a couple, £15 single, which includes unlimited entry to Orford Castle for adults and up to six accompanying children for the year, the Museum's magazine *The Orford Historian* and reduced rates for the Museum's events. Email for full programme, tickets and membership to info@orfordmuseum.org.uk

Elizabeth Spinney, Orford Museum

ORFORD OCCASIONAL RUNNERS

Make a weekly run your New Year's Resolution! We are a friendly group who catch up on a Tuesday evening for a relaxed jog/run/shuffle. No prior experience or ability required, just a happy smile and a willingness to talk about tv/allotments/the weather for half an hour while attempting to run around Orford in the dark (not for long... bring on Spring)! Thanks to Orford Sports & Recreation Club's generosity we now have matching hi-vis running shirts, so you can't miss us.

We meet outside Orford Town Hall on Tuesdays at 6.30pm unless too wet, too hot or too cold! We'd love to see you there...

Please contact Hannah on 07375 023361.

Hannah Purkis

BRIDGE AFTERNOON AT BUTLEY PRIORY IN AID OF SUFFOLK HOME-START

The event: Charity bridge afternoon

Date: Wednesday 22 February 2023

Time: 2-5pm

Location: Butley Priory, Butley, Woodbridge, IP12 3NR

Price: £20 per player – 4 players per table

Afternoon tea is included and a prize raffle. Please bring cash to purchase raffle tickets.

We ask lead players for each table to please bring the table, cards, pencils and score cards. Limit of 16 tables so book early!

To book <https://homestartinsuffolk.echoleft.com/charity-events/charity-bridge-afternoon-at-butley-priory>

Any enquires Alison Watson: Home-start Fundraising and Marketing Manager (mobile) 07988 753611, or Clare Greenwell 01394 450440

Clare Greenwell

JUST42 YOUTH CLUBS

Just42 is currently running youth clubs in Hollesley, Alderton and Orford. We run during term time and offer young people in rural villages a place to go, meet friends, be safe, experience new things and be themselves. All young people from year 6 upwards are welcome. For further details see our website - www.just42.org.uk

We are currently looking for local volunteers to support our staff team in these villages. If you would like more information or know of someone who may be interested, then please contact: info@just42.org.uk

Caroline Rutherford, Charity Manager



01394 450235

We can help with any of the following:

- Friendship and companionship
- Collection of medication
- Shopping
- Dog walking / feeding pets
- Form filling and help with technology
- One-off garden tidy
- Minor household repairs
- A healthy meal
- Transport to hospital and GP appointments
- Provision of a personal care alarm and key safe
- A Community Larder located in the entrance to the Kings Head car park
- Weekly trip to Woodbridge (£2 charge)
- Support for anyone who is impacted by a scam
- Orford Warm Rooms: see separate update
- Other activities as requested and agreed

Thank you to the following local organisations who support us: The King's Head; Orford & District Surgery CIO; Orford General Stores; Orford Sports & Recreation Club; New Orford Town Trust; Pump Street Bakery; Saint Bartholomew's Church.

HELP US SAVE THE ORFORD MULTI COURT

The Orford tennis multicourt at the Recreation Ground was built over 25 years ago and it is now at the stage where some major repair work is needed. The court is used regularly by children from Orford School for tennis, netball and mini football, and is well used by residents and holiday makers.

Cracks and holes in the surface of the court are making it dangerous to use, and we urgently need to spend around £27,000 to replace the surface before it becomes dangerous and the court has to be closed. Getting the work done will safeguard the court's use for years to come.

We currently have over £8,000 toward the resurfacing and are appealing to everyone in Orford to donate generously to enable us to get this work underway as soon as possible.

To help save the multicourt please contact:

Diana Grayburn (email: dianampaterson@btinternet.com) tel 07513 520827

or Anne Macro (email: annemacro@btinternet.com) tel 01394 450741



Orford Recreation Ground Charity
Registered Charity Number 304804

JANUARY UPDATE FROM THE PENINSULA PRACTICE

DAY	ALDERTON	ORFORD	ALDEBURGH	HOLLESLEY
Monday	8.00 to 14.30	8.00 to 18.30	8.00 to 18.30	13.30 to 17.30
Tuesday	8.00 to 18.30	CLOSED	8.00 to 18.30	CLOSED
Wednesday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	CLOSED
Thursday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	CLOSED
Friday	8.00 to 18.30	8.00 to 13.00	8.00 to 18.30	CLOSED

BANK HOLIDAYS

The surgery will be closed on Monday 2 January 2023 for the New Year's Bank Holiday.

When the surgery is closed please call NHS 111.

Alderton dispensary is currently opening at 9am on Fridays.

Menopause

Dr Crockett is hosting an information webinar to raise awareness about the menopause for any patients of Peninsula Practice on Thursday 5 January 2023 – an open invite to all who may be interested, with no obligation for cameras on or mics. With time built in for questions and an informative presentation providing structure, this is an evening to learn more about the menopause which 50% of the population experience.

To book onto the webinar and find out more, please call the surgery after 11am and the link will be sent out in due course.

What Matters to You

At Peninsula Practice we want to support you to live your life to the fullest, in the way you want.

Are you feeling more tired, feel you have less strength, perhaps you have lost some weight, and feel less able to recover quickly from illness?

It's not uncommon for people as they become elderly to experience such changes. The NHS uses the term 'frailty' to describe these non-specific changes. Frailty is not an illness, but increasingly it is suggested that frailty needs to be thought of as a long-term condition.

We want our patients to know that there are things that can be done to slow the decline that can accompany symptoms of frailty, and we can help you to be in control of your life by knowing what is available and prevent crises. The interventions that people living with frailty can benefit from vary considerably and often need to be individually tailored with personal care plans.

Our team approach might include discussion and advice regarding: mobility and balance, eyesight health, bone health, urinary incontinence, weight loss and nutrition, falls, emotional wellbeing, financial and housing concerns, ability to make decisions, and choices one has as we near end of life, along with any other issues important to you – if we are unable to help you ourselves, we will aim to guide you to someone who can.

Please contact the surgery if you wish to have a 'What Matters to You' consultation.

www.thepeninsulappractice.co.uk or 01394 411641

<https://www.facebook.com/ThePeninsulaPracticeGPSurgery/>