

The newsletter for the community of Orford and Gedgrave

Issue No. 332 November 2019

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All copy must be received by the 24th of the month for inclusion in the following month's issue, 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)

ORFORD AND GEDGRAVE PARISH COUNCIL

We still have one vacancy for a Parish Councillor. The deadline for applying is 11am on Thursday 7 November. All applications will be discussed at our next Parish Council meeting and the new councillor will be co-opted onto the Parish Council, also becoming a member of the Trustee of the New Orford Town Trust. If you are interested please contact the Parish Clerk, Marie Backhouse at the Town Hall (01394 459172) for further details.

Anne Macro, Chairman, Orford and Gedgrave Parish Council

NOVEMBER AT ST BARTHOLOMEW'S

Sunday 3 November: All Saints Sunday

8.00am Holy Eucharist – Revs R and M Hatchett 11.00am Holy Eucharist – At Sudbourne combined with Orford – Rev D Parmenter

Sunday 10 November: 3 Before Advent - Remembrance Sunday

8.00am Holy Eucharist – Rev S Affleck

10.45am Remembrance Service – Rev J Gosney and

Mrs J Bishop

Sunday 17 November: 2 Before Advent

8.00am Holy Eucharist – Rev M Reynolds 11.00am Holy Eucharist – Canon D Lowe

Sunday 24 November: Christ The King

8.00am Holy Eucharist – Rev R Alderson 10.30am Village Service – Mrs J Maslin

Jacki Maslin

NOVEMBER AT ORFORD METHODIST CHURCH

Sunday 3 November 10.30am Rev Stephen Yelland – Soup & Pud Lunch

Sunday 10 November REMEMBRANCE

10.30am Remembrance Service and Silence

- Stephen Caley

Sunday 17 November 10.30am Service arranged locally
Sunday 24 November 10.30am Rev Martin Dawes – Communion
Sunday 1 December ADVENT SUNDAY 10.30am CAFE WORSHIP
followed by lunch

MONDAY TEA ROOM – now open from 11am–2pm serving coffee and cake and warming Autumn/Winter Lunch - call in and see us. There is plenty to purchase too.

WEDNESDAY LUNCH is served at 12.30pm – you are welcome, but you will need to book your meal!

The 20th anniversary of Wednesday Lunch was celebrated mid-October with a fantastic lunch (did anyone mention Christmas dinner)!! Birthday cake complete with candelabra and candles rounded off another superb 'Wednesday session' – staff received unexpected gifts from all the attendees and framed Appreciations were given to the church in recognition of 20 years. Everyone went away with party bags of chocolates and cake for tea.

Prisons Week (13-19 October) and its theme was brought together at the morning service on 13 October. The congregation shared the service with

November dates for your diary

Each Saturday: Orford Country Market - Orford Town Hall, 9.30am-1pm

Each Tuesday (term-time): Orford Parent and Toddler Group - Orford pre-school, 1-3pm

- Saturday 9 November: Gardening Club Bob Flowerdew at Orford Town Hall, 3pm
- Tuesday 12 November: local film viewing Sudbourne Village Hall, 2pm or 7.30pm
- Thursday 14 November: WI trip to Norwich
- Friday 22 November: Mobile Library and Baron's Meadow (2.10pm -2.30pm) and Market Hill, Orford (2.35pm-3.50pm)
- Friday 22 November: Save our Suffolk Estuary Pub Quiz: various venues, 6.45pm
- Saturday 30 November: Christmas Bazaar St Bartholomew's Church, 2pm

much enthusiasm receiving a greater understanding of Prison Ministry amongst its residents.

We held a delightful Sunday afternoon tea, cake & sing, enjoyed by all on 20 October when friends from Woodbridge and Framlingham joined with us **Stephen Caley**

ORFORD SPORTS AND RECREATION CLUB

We now have a darts team that plays in the Leiston and district league. Results so far: 9-0 win vs Kelsale club, 7-2 defeat against Saxmundham ex-service man's club, 8-1 win vs Leiston engineers B, 6-3 win vs Sizewell sports club. It's a very high standard of darts, so pop up and have a drink and see some darts.

Events coming up:

- Friday 15 November, Darts night from 8.30pm
- Friday 22 November, Bingo night from 8pm.

Looking further ahead, Saturday 21 December, live music from "Flaming Cheek" $8\ \rm till\ late.$

And don't forget regular club nights every Friday night from 8.30pm. *Mark Smy, OSRC Secretary, tel 450358*

ORFORD, GEDGRAVE & SUDBOURNE HALL GOOD NEIGHBOUR SCHEME UPDATE

At the end of September, we posted a survey through the doors of all houses in the proposed Scheme catchment area. Thank you to everyone who took the time to reply. We have had an excellent response, both in terms of the number of completed surveys and the many positive comments. The paper and online survey responses are being consolidated and we will shortly be in a position to decide whether to proceed with the Scheme and if so, what services it will offer. More to follow in the next Village Voice.

We would like to thank the following for their support: the Flower Show for funding the cost of the survey; NOTT for offering us a grant to set up and run the Scheme; Orford Sports & Recreation Club for providing a venue for our meetings.

Corinne Lusher, Scheme Secretary 450849

ORFORD PARENT AND TODDLER GROUP

Orford school parent and toddler group meets every Tuesday during term time, from 1pm-3pm. Come and join us and watch your little ones play in the pre-school room at Orford Primary School or outside in the secure pre-school play area. It's free to attend.

Hannah Backhouse

FRIENDS GARAGE UPDATE

Hello. We're aware that it's high time for an update on the fate of the Friends Garage site. There's not a huge amount to tell at the moment, but we just wanted to reassure you that the negotiation is very much alive. It can be frustratingly slow, but the pace of things is not under our control. The situation is this;

Progress was slow over the summer, and perhaps that is to be expected with everyone on holiday. Since early September, discussions have picked up and we continue to try to nail down the final details of an agreement.

We're sorry that we cannot bring you anything more concrete at the moment, but we will send another update the moment any significant progress is made. The plan remains the same, and that is to reinstate a filling station and to build a larger village shop to benefit everyone in the village and surrounding community. Once this is done, the frustrating wait will be well worth it.

Please reply if you have any comments, questions or helpful suggestions. Thank you for your continued interest and support.

Ian Watkins, Edward Greenwell, Nicholas Gold and Harry Cole

THE PENINSULA PRACTICE NOVEMBER NEWSLETTER

GP Training Closure: The surgery will be closed on Wednesday 6 November at 13.00. Please contact NHS 111 when the surgery is closed.

NHS research is essential to find out which treatments work better for patients, help shape and improve future healthcare. Dr Crockett leads all research that The Peninsula Practice participates in. If she thinks that you may be eligible to take part in a research study, you could receive an invite from the surgery. This invitation has come directly from The Peninsula Practice – we never share your personal details. You are free to choose whether to take part or not in a research study. If you would like further information, ask any member of staff who can signpost you to our research nurse; alternatively, further information can be found on the practice's or Be Part of Research website. Taking part in clinical research may benefit you or others like you, in the future.

Nicola Thompson, Medical Administrator, Peninsula Practice

PENINSULA PRACTICE: NEW APPOINTMENT SYSTEM

At The Peninsula Practice, we are committed to delivering high quality services to all our patients. To ensure that this can continue, from Monday 4 November, we will be using a Same Day system. This is a triage system approach to managing appointments with GPs and Nurse Practitioners. Appointments with other staff within the surgery will remain unchanged. What is Triage?

In a medical context, triage is the process of determining the urgency of a patient's condition and making a decision on what the appropriate course of action should be. Our triage system will be undertaken by our Clinical Team. This includes the GP Partners, Nurse Practitioners, Locum GPs and Locum Nurse Practitioners.

Why do we need to make this change?

Like all other NHS services nationwide, we remain committed to delivering quality services, but the demand on our capacity is inescapable. We pride ourselves on delivering a family doctor approach and have decided to adjust the system for our patients accessing appointments with the Clinical Team in order to maintain that approach. There is limited GP capacity available at the Practice and newly trained GPs are in short supply. To protect the valued service that this Practice has built up over many years, we need to ensure that this limited capacity is effectively utilised.

How will the system work?

Our reception team will answer incoming telephone calls and ask for relevant information about why you are calling. Using their care

navigation training, they will help you determine which health professional (or service) would be appropriate, based on the information you provide. This might include a health professional as part of the Surgery's team (i.e. nurse, healthcare assistant etc.) or perhaps a professional with more specialised knowledge of a particular area such as a pharmacist or physiotherapist. Using agreed protocols, the receptionist will add your name to the call-back list if you need to be seen by one of the Clinical Team. You will then receive a telephone call from a member of Clinical Team within 2 hours to discuss the issue. If they feel you need to be seen face-to-face, they will agree an appointment time with you to attend the surgery.

What do patients need to do?

One of the many positive impacts of implementing this service is that patients can be seen by one of the Clinical Team on the day that they need to be seen, thus ensuring you will not need to book in advance for a doctor's appointment. Please continue to cooperate with our reception team when calling the surgery. They will ensure that the reason for your call is dealt with appropriately but they can only do so with the correct information from you. The Clinical Team will attempt to call you twice. If both attempts are unsuccessful, it is then your responsibility to call back. If you need your call-back at a certain time, please let the receptionist know and she will aim to comply.

Key staff roles at The Peninsula Practice

Reception team: the care navigating training will enable them to direct you to the most appropriate health professional or service. Knowing the reason why you are calling means that you can access the help you need more quickly.

Nursing team: our Practice Nurses and Healthcare Assistants are still here for you to book appointments for your long-term condition health reviews (such as diabetes, asthma, cardiac, hypertension) along with wound care, blood tests and much more.

Nurse Practitioner: a Nurse Practitioner is a registered nurse who has undertaken additional clinical training and qualifications. This means that they can make diagnoses, issue prescriptions as necessary, provide treatment and advice or process a referral to other health services.

Questions?

 $\dot{Q}.$ Do I need to have a call back in order to book an appointment with the nursing team?

No, the triage system only affects appointments with the Clinical Team.

Q. How about home visits?

There is no change. If you are housebound or unable to come to the surgery and need to see a member of the Clinical Team, call the surgery before 10:00am and provide full details to the receptionist. A member of the Clinical Team will contact you and determine if a visit is necessary.

Please get in touch if you have any concerns about this new appointment system. Email: esccg.peninsula-practice@nhs.net, tel: 01394 411641

Our Patient Participation Group is happy to help field additional queries and support — you can contact them at: peninsulapracticeppg@gmail.com

ORFORD AND SUDBOURNE WI DAY TRIP TO NORWICH

Thursday 14 November 2019. Pickups in Sudbourne, Orford and Snape to arrive outside John Lewis about 10.30am and depart from there at 4pm. Cost £14.00 per person. To book a seat contact **Louise Schofield** on 01394 450108.

louiseschofield0104@gmail.com

SUDBOURNE, ORFORD & IKEN LOCAL HISTORY: Film Viewing

On Tuesday 12 November 2019 in Sudbourne Village Hall, we will be showing three films that were made locally in 2008 as part of the sixty-year Commemoration Project which celebrated the return of Sudbourne Villagers to their homes. The Sudbourne and Iken residents had been evacuated in 1942 as the villages and local farms were taken over as WWII Battle Training Area.

There will be two one-hour performances showing the three films:

- 2pm Matinee Everyone is welcome to an Open Meeting of Orford and Sudbourne Women's Institute.
- 7.30pm Soiree If you cannot make the afternoon do come along at 7.30 pm for an 8pm showing. Bring your own nibbles and wine and join us for a dip into Sudbourne's past.

These are amateur films I made for our museum's archives, last shown in 2008 at Orford Museum's WWII Exhibition.

Veronica M Worrall

ORFORD NESS NATIONAL NATURE RESERVE

Orford Ness closed for the season on Saturday 26 October and we'd like to say thank you to Orford residents for their support during the season. It's been a busy season for us with new staff, new exhibitions and Orford Ness opening across Bank Holiday weekends for the first time. Visitors have been positive over the changes and also often tell us how much they enjoy visiting the rest of Orford as well.

We'd also like to thank those who took part in our beach litter pick in September, the morning was very successful and we're now looking at running more of these in the future.

With the changes, we've been unable to arrange our usual 'residents day' this year but we're looking to organise a preview day just before we open again for Easter. 2020 will be a special year for us, not only will the National Trust be celebrating our 125th anniversary nationally, it will also be the 25th Anniversary of the National Trust opening Orford Ness to the public. Plans are still in the early stages, but we will keep you updated. We're always keen to hear from the community so if you have any questions, suggestions or ideas then please do email orfordness@nationaltrust.org.uk

Glen Pearce, Visitor Experience Officer

ORFORD COUNTRY MARKET

Hello Orford! It's been a tad rainy lately, but the air is clean and cool. And haven't the sunsets been glorious! This month's feature is all about jam. Our producer makes a range of marmalades, jams and my favourite, chutneys, and customers come from far and wide, to take home various jars of his homemade specialities. The jams and chutneys are dependent on his own produce and consequently, seasonal. All of his products are made without additives, colourings or preservatives. His premises have been inspected several times and his hygiene rating is 5. He's been stirring fruit for years now, always to perfection! They'd make a welcome gift, for the holiday season.

All are welcome, even the hound, to Orford Town Hall. We are open 9.30am-1pm, on Saturday mornings. Why not come down for a coffee or tea and a full English breakfast or a scone and join us!

Susie East, Committee member

SUFFOLK MOBILE LIBRARY

The mobile library comes to Orford every four weeks. It parks up at Barons Meadow from 2.10pm-2.30pm and in the Market Square from 2.35pm-3.50pm. Dates for this year are as follows:

Friday 22 November

Friday 20 December

ORFORD AND DISTRICT GARDENING CLUB

EVERYONE WELCOME...

Come and see and hear BOB FLOWERDEW, 'NO WORK GARDENING', 3pm on Saturday 9 November, Orford Town Hall.

Bob is one of Britain's leading organic gardeners, a humorous broadcaster, writer of many books over a very long period and a Gardeners' Question Time panellist!!!! He will give us an illuminating talk about how to do less work in our gardens and achieve more! This will be followed by afternoon tea and cakes with time to chat and a raffle with prizes donated by local companies.

Tickets are still available from Orford Craft Shop, IP12 2LN or by emailing Polly via creativefutures98@btinternet.com Group discounts are available.

Do join us and be inspired with new gardening ideas... Making the Most of Autumn

At our October meeting, Susie, the owner of Katie's Garden near Ipswich gave us great suggestions on how to best prepare our gardens for autumn and inject late colour with perennials. She also gave us ideas on what to plant to give us delightful surprises for next Spring. Most importantly we were also able to buy plants to put our new plans into action.

Still to come in 2019:

Our AGM and Supper Party

Trailer for 2020:

- Neil Ludmon Gardens of the 20th and 21st Century
- Mark Linsley Go Wild for Flowers
- Janet Buist All you ever wanted to know about Salvias
- Spring Trip to see Tulips
- Matt Tatton-Brown Planting Containers
- The annual garden party in June at a delightful local garden
- Coach trip to RHS Partner Garden Mannington Hall in Norfolk for Roses,

and much much more...

Polly Sharkey, creativefutures98@btinternet.com, 01394 450959

SAVE OUR SUFFOLK ESTUARY PUB QUIZ

Being held on Friday 22 November across 14 venues from Thorpeness to Orford, why not get together a team of friends, family or colleagues (or we can put you in a team on the night) and fundraise to help protect our beautiful Suffolk coast from flooding? With a surprise local 'celebrity' quiz master at each pub, it's going to be a jolly, relaxed evening with prizes for the winning team.

Some of you may recall the first Save Our Suffolk Estuary Pub Quiz which was held back in November 2017. Thanks to tremendous local support it was a huge success, raising over £42,000 on the night. We hope to be able to do just as well this year.

Generously sponsored by Best of Suffolk and Pinney's of Orford, this support allows 100% of the money raised on the night to go directly to maintaining and upgrading the estuary river walls.

Comedian and actor Max Norman has kindly set the quiz questions to test your Suffolk knowledge!

More details can be found on the AOET website www.aoetrust.org

LOCAL HISTORY: LET'S KEEP THE OLD NAMES GOING

A long time ago, I was told by John Brown, brother of Charlie, who lived here then, about the lovely names to some of the local roads and that they should be remembered. I agree with John: they should be remembered and why not used, as well?

- The short steep hill at the east end of Sudbourne Church, on Ferry Road is 'Horsegang Hill'. I think John said a gang of horses waited in a field at the bottom of the hill, ready to pull you up it.
- 2. The main road into Orford is 'Make Beggar Hill.'
- 3. The hill which goes up into Sudbourne from the Orford end is 'Horsen Hill'
- 4. In the forest after Sudbourne, on the left, is 'Bird's Eye Pit'.
- 5. The last sharp corner before Snape (swinging to the right as you go from Orford) is 'Slushy Corner'. A long time ago, there were some cottages in the field, close to the corner, but they have gone, due to the almost permanent slush there.

It would be great if people used these names and helped them survive. Can anyone add more to the list?

Wendy Roberts

MUSIC AT ST BARTHOLOMEW'S

Sounds Thrilling

Following the outstanding success of the Orford Organ Festival, St Bartholomew's Church's wonderful new Collins organ will again be put through its paces in a Celebrity Recital by Douglas Hollick (Clare College, Cambridge) on Advent Sunday, 1 December at 4pm. Well known as a specialist in early keyboard instruments, Douglas Hollick studied organ with Peter Hurford while organ scholar at Hull University, subsequently with Marie-Claire Alain in Paris and both organ and harpsichord with Gustav Leonhardt in Amsterdam. Douglas will perform a programme of Baroque music, for which the organ was primarily designed, by JS Bach, Dietrich Buxtehude, Michel Corrette, Jean Adam Guilain, and Hieronymous Praetorius; he is generously giving his services in aid of the Orford Organ Fund. Admission £10/£8 on the door. Why not come and hear the organ, then stay for the Advent Carol Service at 6.30pm?

Graeme Kay

Why is the choir at the back?

One or two Orford parishioners have been asking why the choir has taken to singing services from the back of the church. The reasons are essentially practical; but there is a wider background, and intention, behind the move.

At heart, it's about communication between the organist and our wonderful new organ, and the choir. If the choir is separated from the organ, the sound doesn't blend properly and there is a risk of co-ordination problems – getting 'out'.

There is historical precedent for having the choir at the back, which is a great place from which to support and underpin congregational singing. In the eighteenth century, Orford, in common with many parish churches, had a wooden 'west gallery' on which the organ was mounted, and from which the choir and other musicians would perform. (Interestingly, in my recent researches in the PCC archives from the 1700s, I discovered regular payments to named organ-blowers but no specific mention of a designated organist.) The entire west gallery structure was destroyed when the tower collapsed in 1830.

Our church interior is wonderfully flexible. Partly in response to interest in the position of the choir, for one or other of the Advent and Christmas services we are planning, as an experiment, to arrange the seating in collegiate style, with the choir and congregation placed together in opposing rows and fully in each other's eye-line.

We are keeping the old organ – though very limited in musical scope it is low-maintenance, and it will continue to be used for more intimate services, with or without choir, when held behind the dividing screen. And for 2020 we are planning a liturgical performance of Louis Vierne's Messe Solennelle which will use the choir organ and the main organ, which is the customary set-up in French cathedrals. For this, the choir will be in front of the congregation, on the nave side of the screen.

We are blessed to have the resources now to be able to enhance our ministry of music in such exciting ways.

Graeme Kay, Choir Director

NOVEMBER AT THE KING'S HEAD

Well that was a wet and soggy October, the Super Soaker Sunday was definitely fast and furious. We hope you all survived relatively unscathed. How do you summarise October's activities – the madness and mayhem of Open Mic Night, Ghostly Story Telling on Halloween, Jigs'n'Reels being played, sung and danced, blues musician Clare Free amongst the regular fun and games. As we head in to winter it is time for the fires to be lit and relax, before the onslaught of the festive season. But don't sit around indoors as we have lots planned to do at the pub. Of course, with winter comes the changes to our opening hours:

Tues/Weds/Thurs Lunch: Bar: 12 noon til 3pm

Food: 2 noon til 2.30pm

Evening: Bar: 5.30pm til 10.30pm

Food: 6pm til 9pm

Bar: 12 noon til 11.30pm

Lunch Food: 12 noon til 2.30pm

Evening: Food: 6pm til 9pm Sun Bar: 12 noon til 6pm

Food: 12 noon til 3pm

Closed all day Mon Apologies for any inconvenience.

Fri/Sat

Our programme of events is as follows:

Saturday 9 November - Live Music - Steve Boyce - quitarist, vocalist, musician, radio presenter and all round good bloke returns to The King's to entertain us with his mix of classic rock. Having performed for in excess of 40 years and has the accolade of being a warm up for Eric Clapton at Hyde Park, Steve is guaranteed to entertain you with a brilliant solo performance. Entry is free, so come down and enjoy.

Sunday 17 November - Southwold 10k Run - so six of us, (Hannah Purkis, Tina Moss, Sam Davies, Jamie Roberts, Mark Smy

Landlord) are running the Southwold 10K in memory of Aga Fryer who was a keen supporter and participant of the Orford Running Group. We are fundraising for Macmillan Cancer Support and would welcome your sponsorship/support. A couple of ways of getting involved are: SPONSORSHIP - each runner has a form and would welcome any support/donation or SWEEPSTAKE - for £1 a go you just have to guess the total time we will take to run it – if you are the closest you win a Magnum of Prosecco. Thank you in advance for any support you offer - all monies collected will go straight to the charity as Adnams and The King's Head have paid the entry fees. Good luck to all the runners.

Friday 22 November Alde & Ore Estuary Pub Quiz - SOLD OUT - we are delighted to say that we are full to brimming for this event, but pleased to say that other venues are available, should you wish to take part. For those coming to us, remember it is attend at 18.45, food will be provided throughout the night, we expect you to do your best as it is the home of the reigning champions and we would like to keep that title.

Friday 29 November - Steven Lay Open Mic Night - what can you say about these evenings except that the amazing array of talent that attends to entertain and excite the audience continues to change and provide fun for all. If you play, sing, recite brilliant, if you just want to enjoy and applaud the endeavours of others - equally brilliant. See you there.

SPORT: DARTS – yes DARTS... We are participating in the Hollesley & District Darts League so if you fancy a game or two let us know. The more the merrier. It's a Wednesday night – starting at 8.30pm.

Christmas Menu is out – so if you want to book a table for a group of 8 or more - please call us. New Year's Eve is already filling up so if you want to come to have dinner with us before you celebrate and party the night away, book soon.

Looking forward to seeing you at The King's and many thanks for your custom and support.

Ian and Suzanne Ballantine thekingsheadorford@gmail.com



St Bartholomew's Church Orford Saturday 30th November from 2.00pm

> eat Start Christmas

Proceeds to St. Bartholomew's Church and Thomas Marshall Education Fund

Christmas Wreath Course

Bart's Hall with Teresa Cook

Wednesday IIth December 2.30pm - 5.30pm £17.50 including refreshments

& materials Limited places so book early

Booking 01394450090 contact@tmef.org.uk

Proceeds to Thomas Marshall Education Fund

Orford Festive Makers Market SUNDAY IST DECEMBER

Clothing - Ceramics Orford Town Hall 10am to 4pm Street Hot Chocola

Brass Band Concert

The Royal British Legion Brass Band Leiston in Concert at St. Bartholomew's Church Orford Sunday 15th December Doors open 2.00 Performance from 3.00 Fine music with tea and cake Adults £7.50 Children £2.50 Family £20 (2 Adults & up to 4 Children) Tickets 01394450090

contact@tmef.org.uk

Proceeds to Thomas Marshall Education Fund