**SUTTON HEATH PARISH COUNCIL**

***NEWSLETTER***

**Sutton Heath Parish Councillors:**

**Chair:**         Louise Chalklen      07846 474604

**Vice Chair:**  Nick Ward                  01394 461447

**Councillors:**      Roy Hirst 01394 460411

**Issue No 34**

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Rob Merriam 01394 461385

Adelle Betteridge 07814 388151

Elaine Prokopowycz 07493 873942

Sharon Hadley 01394 461140

**Parish Clerk:** Marion Merriam 07541 747679

Email: [suttonheathclerk@yahoo.com](mailto:suttonheathclerk@yahoo.com)

Website: <http://www.suttonheath.onesuffolk.net/>

**If you are in any need please contact the Parish Clerk or one of the Councillors above**

**USE IT - SO WE DON’T LOSE IT**

* **The mobile Post Office** comes to the main car park each **Thursday 9-10am**
* **The mobile library** has a great stock of books for all ages. It will next be here **1200-1220** on **Wednesday** **8 December**
* **The Moving Plaice** with their lovely fish & chips comes to the main car park every **Monday 16:00-19:30**. For orders call 07493 359269.

**FOR YOUR INFO:**

* **Poppies Coffee Lounge** - Barnsdale Centre - **9am-2pm, Mon-Thurs**
* **Rockies Trading Post & Gift Shop -** Barnsdale Centre - **9am-2pm Wed/Thurs**
* **Book Swap room -** Barnsdale Centre - **9am-2pm, Mon-Thurs**
* **Rock Church** - **Family Christingle Service:**  **Sunday 5th December 4pm** in Barnsdale Centre. There will be Christmas Carols, Christingle crafts and refreshments.
* **Sutton Heath Ladies Group** meet on the second Monday of each month. Please phone Eileen on 421010 or Pauline on 420910 for information on future events.

**COMMUNITY EVENTS (suttonheathevents@gmail.com)**

* **Bingo Night:** Ro0m 8, side of Nursery – **Thursday 9th December 7.30pm**
* **Pilates**: Crompton Hall – All levels welcome: **10am-11am every Thursday**
* **Yoga**: Gentle, for all ages & levels - Community Centre Rm 9 - **10am-11am (Tues)**;

**6.30-7.30pm (Thurs)**. Contact Anne on 07471 471156 or [annedeane.yoga@gmail.com](mailto:annedeane.yoga@gmail.com)

Live classes £30 for 6; Zoom £25 for 6.

* **Mulled Wine & Mince Pies:** Join SSAFA Woodbridge on **Wed 1st December 7pm-9pm** Community Centre Room 8.
* **Children’s Christmas Party**: Alan Crompton Hall – **Tues 7th December 4pm-6:30pm.** £5 per child over 1. All children under 1 are free. £1 charge per gift. Tickets from Barnsdale Centre – 01394 421134 / 420670 / 460173
* **Senior’s Christmas Afternoon Tea**: Alan Crompton Hall - **Wed 8th December 3-5pm**. ***Booking essential and closes Monday 6th December***.
* **Christmas Carols Round the Tree**: **Wednesday 15th December 6pm**
* **Quiz Night – with fish & chips - 15th January 2022.** Further details to follow.
* **Santa’s Mobile Grotto / 4pm – 7pm**:
* **Mon 13th** Mear Close, Broxtead Close, Hatchley Close, Greenways, Chequer Field, Firebrass Lane, Thorn Walk
* **Tues 14th** Easton Road, Ipswich Avenue, Shotley Mews, Yoxford Mews, Deben Lane, Peasenhall Close, Sussex Croft, Nacton Close, Ipswich Close, Framlingham Close

**DID YOU KNOW …?**

… there is a Defibrillator to the left of the main door at Crompton Hall? It is hoped that training will be available at some point next year for anyone interested.

**CHARITY OF THE YEAR**

Sutton Heath Parish Council have chosen **BLOSSOM APPEAL AT IPSWICH HOSPITAL** as our charity for 2022. More than 13,000 women go to the hospital each year for routine screening, with an additional 300 women referred by their GP each month. The Blossom Appeal is £850,000 from it’s goal for a new centre at Ipswich Hospital. Currently

patients must visit different breast clinics and locations across the hospital, often having to change and get dressed before moving to a different space. A lead breast cancer clinical nurse specialist said: “Bringing all the departments of the breast service together under one roof will have a positive impact on patient experience. It will enable us, as professionals, to work more efficiently and effectively to make the patients’ visit to the department more personalised, prevent long waits to be seen and enable us to give individuals the time they need and deserve.” So, each time an event is held in our community there will be an opportunity to give to this very worthy charity.

**A FEW WAYS WE CAN HAVE A GREENER CHRISTMAS**

* Buy local, seasonal produce and cut down on meat;
* Try not to waste food and over-buy – you could have a leftovers action plan and compost vegetable waste if you’re able to;
* Think about wrapping – you could make your own using fabric, newspaper or magazines or use recyclable wrapping paper (such as brown paper) or gift bags along with biodegradable paper tape;
* Gifts - buy second hand where possible, make our own such as fudge or biscuits, adopt an animal for someone or buy eco-friendly gifts;
* Re-use your artificial tree each year or buy one second hand. If you have a real tree you could plant it in your garden or recycle it after use as woodchip or compost.

**SANDLINGS NURSERY & WRAP AROUND CARE**

“We offer daily morning, afternoon or all day sessions which we offer on a flexible basis to suit all childcare needs to babies and pre-schoolers from 12 weeks old - school age. We also offer breakfast and after school club wrap-around care to the children of Sandlings Primary School opposite.  Our setting is set out in a safe, happy and secure environment, offering a homely Hygge approach to support children's wellbeing. Childcare enjoy a wide range of child-led activities, supervised by caring staff that also have a vast experience of children with additional needs. We have a secure private garden and offer Forest School sessions at no additional cost. We have extended opening hours between 8am-6pm and accept 2 year old, 3-4 year old and 30 hours funding. We are Ofsted registered.”

**JUST TO SAY …**

* The next parish council meeting will be held on Mon 10th January 2022. All welcome.
* BBC Radio Suffolk 103.9 FM will keep you up-to-date on local issues.

*Minutes of the latest Parish Council meeting will be available to view on the parish council website*

*or on the Community Notice Board.*

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