**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

 Rob Merriam 01394 461385

 Adelle Betteridge 07814 388151

**Issue No 38**

**July/August 2022**

 Elaine Prokopowycz 07493 873942

 Sharon Hadley 01394 461140

**Parish Clerk:** Marion Merriam 07541 747679

Email: suttonheathclerk@yahoo.com

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

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

**FOR YOUR INFO:**

* **Poppies Coffee Lounge** ~ Barnsdale Centre – 9:15am-2pm, Mon-Thurs
* **Rockies Resell Shop with Gifts & Crafts** ~ Barnsdale Centre – 9:30am-2pm Mon-Thurs
* **Book Swap room** ~Barnsdale Centre – 9:15am-2pm, Mon-Thurs
* **Community Store hours:** Mon-Fri 7am-8pm; *Saturday 8am-6pm*; Sunday 8am-5pm
* **Sutton Hoo:** did you know that there is **free entry** for residents of Sutton Heath …? Show evidence of your address and they will let you in.

**PLEASE USE IT - SO WE DON’T LOSE IT:**

* **The mobile Post Office** – every Thursday 9-10am
* **The mobile library** – This will next be visiting on 13 September, 11 October, 8 November and

 6 December: 12noon - 12:20pm

* **The Moving Plaice** fish & chip van - Mondays 16:00-19:30. For orders call 07493 359269.
* **The Burger Van:** every Thursday from 4pm
* **No 71 Bus Service to Woodbridge** –See the timetable at the bus stop

**UPCOMING COMMUNITY EVENTS:**

* **September**: The next Quiz will be held at 19:00 on Friday 9th September in the Crompton Hall. Bring your own nibbles and refreshments. £10 per ticket to include supper can be bought via suttonheathevents@gmail.com. Proceeds to Blossom Appeal.
* **October**: Pumpkin carving – details to follow.
* **November**: Christmas craft sale Saturday 12th November in the Crompton Hall. Timings to follow but meantime email suttonheathevents@gmail.com to book a table.
* **December**:
	+ Carols around the Tree
	+ Santa’s Sleigh
	+ Christmas Tree lights
	+ Afternoon Tea (14th December)
	+ Community New Year’s Eve get-together in the Crompton Hall

**ONGOING COMMUNITY EVENTS:**

****Crochet/Knit & Natter:** Making Remembrance poppies for Rock Gardens – first Wednesday of each month in Barnsdale Centre 1-3pm. Tuition, wool and needles available (even if you can’t crochet or knit, come along anyway with your own craftwork).

**Bingo Night:** Fortnightly bingo evenings are to resume on Thursday 15th September at 19:45 in the community room behind the Childcare Centre.

****Yoga:** Room 9, Childcare Centre from 6th September – Tuesdays 10:00-11:00 (beginners & advanced) Thursdays 18:30-19:30 (more intense stretching/moving – beginners welcome). £30 for 6 sessions. Contact Anne 07471 474156 or annedeane.yoga@gmail.com

****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.

**HELP WITH DEBT & HOUSEHOLD EXPENSES**

**-** Suffolk Advice & Support Service Helpline (SASS): for financial advice, or support with access to food, you can call **0800 068 3131** between **9am – 5pm Monday to Friday**. You can call them to get advice about debt, rent or mortgage arrears or one-off grants for things like white goods and fuel vouchers.

**-** Suffolk Infolink: this is a directory that lists a wide range of community services across Suffolk. It’s a great place to find organisations that can help if you need it. See **infolink.suffolk.gov.uk** and search for debt advice, foodbanks etc.

**SUTTON HEATH CALENDAR**

Everyone is invited to take a photo relevant to Sutton Heath. Please submit your entry to suttonheathevents@gmail.com by **1st October**. Winning entries will be included in a Sutton Heath calendar which will be for sale, with profits going to The Blossom Appeal.

**NEW GENERAL WASTE/RECYCLING BINS**

Thanks to a suggestion by a young resident called Grace (10), the parish council have now had a recycling bin placed in the playpark at Ipswich Close, Rock Gardens and outside the Community Shop. One of the bins was purchased by East Suffolk Council with the encouragement and assistance of Cllr James Mallinder. James is pictured here with Lou, the parish Chair. Thank you Grace for this suggestion and encouraging us all to think more about our environment.

**PARKING**

A letter from a concerned resident was received by the parish council and discussed at their last meeting. This was regarding the problem of residents parking opposite or close to junctions (the Highway Code states that there should be no parking within 10m/32’ of a junction). Please do park considerately to allow vehicles to pass your parked car safely.

**GARDENING CLUB**

Enthusiastic volunteers are needed to regularly weed (the onsite shed contains tools but bring your own if you wish) and water (yes, there is a tap and a hosepipe!) the memorial garden (11am–12noon) on a fortnightly basis starting 7th September. Keys to the shed are available from Adelle. Queries to Cllr Elaine or Cllr Sharon …

**COUNCILLORS WANTED …!**

Enthusiastic volunteers are needed … to help make a difference in our community by joining the friendly team at the Parish Council. Councillors are expected to attend regular bi-monthly meetings and represent the electors of Sutton Heath in raising and discussing issues of interest and concern in the community. Any elector interested in applying should contact the Parish Clerk - **in writing** - and either post their application in the parish letterbox (behind the noticeboard opposite the community shop) or send it by email to suttonheathclerk@yahoo.com. The successful applicant(s) will be chosen following consideration by the Parish Council. It could be YOU …!

***The “Blossom Appeal for Ipswich Hospital” total so far is*** … **£1,258.74**

**The next Parish Council Meeting will be held on Monday 12th September. The meeting will be held at 7pm in the Barnsdale Centre. Everyone is welcome.**

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