**SUTTON HEATH PARISH COUNCIL**

***NEWSLETTER***

**Sutton Heath Parish Councillors:**

**Chair:**         Louise Chalklen      01394 766576

**Vice Chair:**  Nick Ward                  01394 461447

**Councillors:**      Roy Hirst 01394 460411

**Issue No 32**

**July 2021**

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 anyone vulnerable is in any need ie shopping, collecting prescriptions, posting letters etc please contact the Parish Clerk or one of the Councillors on the numbers above and we will try to help. Remember - we are here for YOU!**

**USE IT - SO WE DON’T LOSE IT**

* **The 71 Bus Service.**  If you haven’t used it yet – please give it a go! Here is a note of the times from Rock Barracks to Woodbridge and return:

***Mon-Fri***

**Rock Barracks dep 0733 0920 1120 1320 1450 1650**

**Woodbridge arr 0749 0936 1136 1336 1506 1706**

**Woodbridge dep 0905 1105 1305 1435 1635 1745**

**Rock Barracks arr 0917 1117 1317 1447 1647 1757**

***Sat***

**Rock Barracks dep 0920 1120 1320 1535** *Adult fare - £2.90 return*

**Woodbridge arr 0936 1136 1336 1551** *Under 19 - £2 return*

**Woodbridge dep 0905 1105 1305 1520 1735**

**Rock Barracks arr 0917 1117 1317 1532 1747**

* **The mobile Post Office** comes to the Community Store 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 the following dates: **21 July, 18 Aug, 15 Sept, 13 Oct, 10 Nov and 8 Dec.**
* **Charlie’s Chippy** every Wednesday **4.30-7.30pm.** Pre-orders via Facebook Messenger or call 07949 559489.

**FOR YOUR INFO:**

* **Poppies Coffee Lounge** is open again, so pop in **9.30am-1.30pm, Tues-Thurs**
* **Rocky’s Trading Post** charity shop is open **9.00-12.30, Tues-Thurs**
* **Rock Church** meet in the Prayer & Community Room at the Barnsdale Centre, 4pm on the first Sunday of each month. More info from [padretrevorhc@gmail.com](mailto:padretrevorhc@gmail.com).
* **All indoor community events** ie Bingo and Wellness Wednesday,have been postponed until the beginning of September.
* **Sutton Heath Ladies Group** meet on the second Monday of each month. Please phone Eileen on 421010 or Pauline on 420910 for further information.

**BUDDY BENCH**

The Buddy Bench in Rock Gardens is there in case anyone feels isolated or lonely and would like a chat with someone. If that’s you, go and sit on the Buddy Bench and hopefully someone will come along and chat with you. Likewise, if you see someone sitting by themselves on the Buddy Bench – go and have a chat with them.

**WHAT IS ANTISOCIAL BEHAVIOUR?**

It can be anything which affects your quality of life- ranging from vehicle annoyance / disturbance to intimidation and everything else in between. The local council, police and other bodies work together to stop it, so if you need to contact them, here are the details:

* Suffolk Police **101** (or **999** in an emergency)
* [www.suffolk.police.uk/contact-us/report-something](http://www.suffolk.police.uk/contact-us/report-something)
* [www.eastsuffolk.gov.uk/community/anti-social-behaviour](http://www.eastsuffolk.gov.uk/community/anti-social-behaviour)

**DID YOU KNOW …?**

… there is a **Suggestions Box** behind the Community Notice Board**?** The Parish Council meet every two months and consider any suggestions received. If you do leave any communication please make sure you add your name so we can reply to you.

**SPEEDING**

A resident has mentioned that speeding is a problem for those living on The Rise and also certain parts of Greenways. The Parish Council are looking at ways to address this problem and one could be the installation of speed bumps at certain problematic locations. The Parish Council will shortly be having additional speed warning signs with a difference displayed around so do look out for them!

**YOUR DISTRCT COUNCILLOR ~ JAMES MALLINDER**

“Due to Covid-19 I have not been able to hold surgeries in the last year. However, I am still here to help you. Please do not hesitate to contact me with any questions or concerns.”

*Email*: James.mallinder@eastsuffolk.gov.uk *Tel*: 07810 815879

**JUST TO SAY …**

Stirling Askew, SSO at Rock Barracks, is informing the community of the following:

~ **Wed 14th July** – Demolition training (explosion noises) 8am – 10pm

~ **Thurs 22nd – Fri 30th July**  - Aviation exercise (aircraft noise).  For low flying complaints, please contact: RAF Wittering Peterborough PE8 6HB

Tel: 01780 417558 (Monday to Friday, 8:00am to 4:00pm)

Email: [SWK-lowflying@mod.gov.uk](mailto:SWK-lowflying@mod.gov.uk)

If you would like to see changes around the area please do consider bringing your suggestions to the parish council meetings which are held every two months. The next one will be held on Monday 13 September. All residents are very welcome to attend.

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

*or on the Community Notice Board*