**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 33**

**September 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 etc please contact the Parish Clerk or one of the Councillors on the above numbers and we will try to help.**

**USE IT - SO WE DON’T LOSE IT**

**Save fuel - take the bus!**

* **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 **10 Nov and 8 Dec.**

**FOR YOUR INFO:**

* **Poppies Coffee Lounge** - pop in **9am-2pm, Mon-Thurs.** You won’t be sorry …
* **Rockies Trading Post & Gift Shop - 9am-2pm, Mon-Thurs**
* **Book Swap room -** open **9am-2pm, Mon-Thurs**
* **Kidz Soft Play –** open **9am-2pm, Mon-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).
* **Sutton Heath Ladies Group** meet on the second Monday of each month. Next get-together for tea, cake and a chat will be held in the Prayer & Community Room at Barnsdale Centre. Please phone Eileen on 421010 or Pauline on 420910 for further information and details of a garden centre outing to Tiptree.

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

* **Wellness Wednesday:** Drinks/nibbles/chat/crafts for anyone and everyone - in Alan Crompton Hall **-** 3-6pm, 9 Sept; 20 Oct; 10 Nov; 1 Dec
* **Scarecrow Trail:** 25-30 October
* **Pumpkin Carving:** 27-28 October, 2-4pm in Crompton Hall. Book through Adelle.
* **Bingo Night:** Ro0m 8, side of Nursery - 7.30pm, every two weeks. Next ones are - 30 Sept, 14 Oct, 28 Oct, 11 Nov, 25 Nov
* **Pilates**: Crompton Hall – All levels welcome: 10am-11am every Thursday
* **Yoga**: Beginners/All Ages - Community Centre 10am-11am (Tues), 6.30-7.30pm (Thurs)
* **Table Top sale**: Alan Crompton Hall – 6 November 10am-2pm
* **Senior’s Christmas Afternoon Tea**: Alan Crompton Hall - Wed 8 Dec 3-5pm. Free for anyone over 60, £10 for anyone under 60
* **Remembrance Day service (tbc)**: Alan Crompton Hall – Sunday 14 Nov: 10:30am
* **Christmas Carols Round the Tree**: Monday 13 December 7pm

**HARVEST FESTIVAL**

Rock Church are collecting donations of in-date non-perishable foods which will go in a hamper to the local foodbank on behalf of the residents of Sutton Heath. Suggestions include:

* Teabags, coffee, sugar, squash, biscuits, rice, pasta, cereals
* Tinned meat, curry, pies, vegetables, soup, fish
* Tinned fruit, custard, rice pudding

Please drop donations into the Prayer & Community Room in Barnsdale before Sun 3 October.

**HIGHWAYS ISSUES**

Any problem with highways can be reported to Suffolk County Council via their website - then follow the prompts. You will be given a reference number which can be followed up.

**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. “**Be Kind**” to our Parish Councillors (they are unpaid volunteers working for our community) …

**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.

**SUGGESTIONS PLEASE …**

It has been decided that, instead of nominating a different charity each time a charity event is held, one charity be nominated for the year. Please let the Parish Clerk or one of your Councillors know which charity you would like to see supported by our community.

**JUST TO SAY …**

* The next parish council meeting will be held on Monday 8 November. All welcome.
* BBC Radio Suffolk 103.9 FM will keep you up-to-date on local issues.

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

*or on the Community Notice Board.*

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