**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

 Adelle Betteridge 07814 388151

**Issue No 39**

**Sept/Oct 2022**

 Elaine Prokopowycz 07493 873942

 Sharon Hadley 01394 461140

 Matt Thomas 07926 611955

**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**

**HELP WITH DEBT & HOUSEHOLD EXPENSES to EASE THE SQUEEZE**

**-** 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.

- Grants are available to help home owners and private tenants make their homes energy efficient and warmer. Call 03456 037 686 to find out more.

- Look out for further information re a community Warm Rooms initiative which is being discussed and introduced locally. Watch this space!

- For information, including practical support, funding and advice call 0333 016 2000 or visit

[www.eastsuffolk.gov.uk/squeeze](http://www.eastsuffolk.gov.uk/squeeze).

**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 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:**

* **October**:
	+ ***Pumpkin carving*** 26th October, 2-5pm at Crompton Hall. Refreshments available by SSAFA. Please add your name to the list on the board opposite Poppies Café.
	+ ***Scarecrow Competition***: Display your scarecrow outside from 24th October. Pics will be shared on FB – most ‘likes’ wins! To take part please email woodbridge.isc@ssafa.org.uk by 14th October. Winner announced on 30th October. £2 entry per household.
* **November**: ***Sutton Heath Crafts for Christmas***: Saturday 12th November, 10am-2pm in the Crompton Hall. Tables £10 each + raffle prize donation OR £15 each with no raffle prize donation. In aid of Women -v- Cancer (Breast Cancer Now / Jo’s Cervical Cancer / Ovarian Cancer Action). To book a table email Lou on suttonheathevents@gmail.com or call / message 07846 474604.
* **December**: (with further details to follow):
	+ ***Carols round the Tree (in the community garden)*** on 7th December
	+ ***Santa & his Sleigh*** will be flying by on 12th & 13th December
	+ ***Afternoon Tea*** will be held on 14th December in Crompton Hall - £10 (seniors go free)
	+ ***Children’s Party*** will be held on 15th December
	+ ***Community New Year’s Eve*** get-together in the Crompton Hall



**ONGOING COMMUNITY EVENTS:**

**Bingo Night:** Fortnightly bingo session – this week Thursday 13th October at 7.15pm for 7.30pm start is in Room 8 at the side of the Nursery.

****Yoga:** Room 9, Childcare Centre – 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.

**SPEEDING**

A letter from an ‘anonymous’ concerned resident was received by the parish council and discussed at their last meeting. This mentioned the recurring problem of speeding in and around the Sutton Heath estate (both sides) and the main road. This has been discussed many times by the parish council and there seems to be no easy answer. The parish council have from time to time been in contact with PREIM in this respect to try and find a solution.

Speeding traffic on the main road has been raised on many occasions with Suffolk County Council and they carried out a traffic survey about two years ago, with the result being that they could not justify any traffic control measures being put in place on that road. We ALL need to comply with speeding regulations …!

**SSAFA**

This Armed Forces Charity have a few events coming up and wish to share them with our community:

* ***Christmas Raffle***. Tickets go on sale shortly and winners will be picked at their Christmas Quiz night on 9th December (£3 for 5 tickets, £5 for 10). See below.
* ***Christmas Quiz***. This will be held on 9th December at 7.30pm in the Crompton Hall. Everyone is welcome. Bring your own drinks and nibbles. No entry fee but donations welcome. Email woodbridge.isc@ssafa.org.uk if you would like to attend.
* ***Community Coffee Morning***. This will be held on Tuesday 17th January 2023 at 10am in the Crompton Hall. Everyone is welcome.

 ***The “Blossom Appeal for Ipswich Hospital” total so far is*** … **£1,829.74**

**The next Parish Council Meeting will be held on Monday 14th November. The meeting will be held at 7pm in the Barnsdale Centre. Everyone is welcome.**

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