

SUTTON NEWSLETTER NO 230 AUGUST 2025



DAY	ALDERTON	ALDEBURGH	ORFORD
Monday	8.00 to 14.30	8.00 to 18.30	8.00 to 18.30
Tuesday	8.00 to 18.30	8.00 to 18.30	CLOSED
Wednesday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00
Thursday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00
Friday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00

Staff training is important for our practice. On the following days, surgery sites close from 1pm until the following day. All calls are redirected to 111. The specified site is open for booking future appointments and accessing repeat prescriptions.

Wednesday 17th September 2025 - Alderton

Thursday 16th October 2025 - Aldeburgh

Flu & Covid Vaccination Campaign 2025 – Dates for Your Diary!

We are currently busy planning this year's Flu & Covid Vaccination Campaign and wanted to keep our patients informed in advance.

We anticipate the flu vaccinations will be delivered alongside the Autumn Covid booster, and we are preparing for the campaign to begin in early October.

We're planning to host our main flu & covid clinic days on the following dates:

01394 411641 peninsula.practice@nhs.net <https://www.thepeninsulapractice.co.uk>

PARISH COUNCIL NEWS: From 1 August Clare Cooper will be starting as our new Parish Clerk. Clare lives at Hollesley now but many of you will remember her as she lived for many years at The Walks, Sutton. The Councillors extend a warm welcome to Clare and they also thank the retiring Clerk Mike Peates.

If you have a problem or concern Clare can be contacted via the email address: clerk@suttonparish.gov.uk or on 07881 076494.

The next Parish Council meeting will be held on Tuesday 30 September at 7pm.

MARY WARNER'S EDUCATIONAL FOUNDATION The Trustees of Mary Warner's Educational Foundation have asked me to contact you concerning their Charity. As you may know the Charity is empowered to make grants to students who are under the age of 25 and who live (or whose parents live) in the Parishes of Boyton, Butley, Capel St. Andrew, Shottisham, Sutton, Bawdsey, Alderton and Hollesley and who may be in need of financial assistance.

The monies must be used for 'promoting education' and can include:-

1. Awarding to eligible students scholarships, exhibitions, bursaries, maintenance allowances or grants tenable at any school, university, college of education, or other institution of further (Including professional and technical) education approved for the purpose by the Trustees.

2. Providing financial assistance, outfits, clothing, tools, instruments or books to assist such persons to pursue their education (including the study of music and other arts), to undertake travel in furtherance thereof, or to prepare for or enter a profession, trade or service on leaving school, university, or other educational establishment.

The Trustees will be looking to make a fresh set of grants to such students at their next meeting the date of which is not yet known. If you know of any students in our Parish who may benefit from a grant, can you please contact 01986 873636, so that they can send an application form. Preferably applications should be submitted after examination results are known and (if applicable) a college place has been confirmed.

VILLAGE WEBSITE; <http://sutton.onesuffolk.net>

CITIZENS ADVICE for Free, confidential and independent advice: Call on 0808 278 7866 between 10am to 2pm Monday to Friday or visit www.caes.org.uk for all the different ways to contact Citizens Advice.

SUTTON MEMORIAL HALL NEWS:

CAR BOOT SALE the next event will be held on Sunday 14 September at Sutton Memorial Hall Recreation Ground from 10am. Teas, coffees and bacon rolls on sale. Pitches £6 on day, £5 if pre booked. To book phone 01394 411793 or 01394 410279 or email susancollins0911@gmail.com

100 CLUB the winners for the draw last month were: 1st £30 Ball 2 Kath Backhouse, 2nd £20 Ball 20 Daphne Menear, 3rd £10 Ball 23 Sue Collins, 4th £5 Ball 23 Ron Backhouse. This draw brings in a regular income for the play equipment fund and more numbers are available should anyone else wish to join in. Anyone can join at any time, for more details phone David on 01394 410279.

VILLAGE BREAKFAST the date for the next Village Breakfast is Saturday 2 August, this event is now fully booked. Future breakfast dates in 2025: 4 October and 6 December.

COFFEE AND CHAT will be held on Thursday 7 August at 10am in the Memorial Hall.

QUIZ NIGHTS the Quiz Night includes a fish and chip supper £12 per person, 7pm for 7.30pm start the next event is on Friday 17 October. Dates for 2025 Friday 17 October and Friday 12 December. To book or for more details please contact Jacki on 01394 411530.

CHURCH NEWS

Life can only be understood backwards,
but it must be lived forwards.

Soren Kierkegaard, Danish philosopher and theologian (1813-1855)

Reaching the age of seventy-five has been an unexpected watershed, a defining moment in my understanding of myself. I hadn't expected the psychological impact of the moment, never mind the depth of power in the impact. I didn't feel any different on the day than I had the day before. I'm not sure that I feel any different now, as I write this, some four months later, but I know that my understanding of myself has changed.

Funny and innocent remarks have unintentionally given pause for thought. I find myself asking 'am I really this old'; 'what of the future', and 'where might it all end'? I suppose those

of us who creep towards, and even arrive at mature citizenship are faced with these questions, sometimes because of illness, retirement or growing incapacity.

If I believe in the integrity of prayer, which I do, then I must seek to get into the heart of what my life is about. I must do so now. I have a lot of years to look back on. I must search for a pattern of unfolding purpose; some clue that will help me sort out what the God I believe in has been doing in my life for all these years. I know I need to get a grip of the present without being so intimidated by the impact of my four-month-old new age. If I can accept and hold the clues I find, then the impact of the present watershed will reassure me for that which is to come.

So, in faith, and with an undaunted inquisitiveness, I shall look forward. If I am afraid of anything, it is that I shall discover I have misread or ignored the clues, the signs and the unfolding pattern and have little time to put things right.

So, when older acquaintances and friends tell me I'm still young, it gives me confidence and time to sort my life out, in my own way, and in my own prayer, looking backwards and living forwards.

With my love to those of you who read this.

Rev Canon Kevan S. McCormack

CHURCH SERVICES IN AUGUST:

3 August	9.30	Morning Praise	Sutton Heath
10 August	6.30	Flower Festival Songs of Praise	All Saints Sutton
17 August	11.00	Communion	All Saints Sutton
24 August	11.00	Café Church	All Saints Sutton

FLOWER FESTIVAL 2025 is the year for All Saints Church Sutton to showcase their biennial Flower Festival. The festival will be held over the two days of Saturday 9 and Sunday 10 August 2025. The Church will be open for viewing from 10am-6pm on both days and the festival will end with a Festival Songs of Praise at 6.30pm on the Sunday when a local choir will also be performing some of the songs.

This year's theme will be 'An Invitation to'. This theme gives the arrangers an enormous scope to choose from. There will be 12 arrangements throughout the Church consisting of each arranger's choice of event. We would love to welcome you to visit our wonderful Church to view the magnificent arrangements.

Teas, coffees, cold drinks and a delicious display of homemade cakes, bakes and savouries will be on sale from the marquee in the Church grounds and you will be able to enjoy your refreshments either in the marquee or sitting outside in the sunshine, or alternatively you may wish to take your refreshments into church and listen to the background music.

DONATIONS OF CAKES as mentioned above, we will be serving light refreshments at the Flower Festival and we would greatly appreciate donations of cakes. These can be left at the church early on the Saturday or Sunday morning. Many thanks.

GIRLS NIGHT OUT the next event will be held on Friday 22 August, 6.30 for 7pm , £7 per person. The theme will be `Festivals`. Places must be booked by phoning Sue on 01394 411793 or emailing susancollins0911@gmail.com

FRIENDSHIP LUNCH the next Friendship Lunch will be held on Thursday 21 August in the Memorial Hall, 12 for 12.30. The price of the meal is £7 per person. All who are alone, lonely, find it difficult to cook are invited to attend. **If you wish to attend you must book your place by phoning Sue on 01394 411793.** If you require transport again, please phone Sue to arrange this. If you are housebound and would like to receive a meal delivered to your home in Sutton please phone Sue.

KNIT AND NATTER there will no session in August

SUTTON LADIES will be meeting on Wednesday 13 August. The talk will be about Blood Runners a charity which provides a free delivery service to our NHS Hospitals, Donated Breast Milk Banks, Hospices and vulnerable patients. This meeting will be an open meeting husbands, partners, friends etc all very welcome. £2 per person to cover donation to the charity and refreshments at the end of the evening.


CLUB MARTIAL ARTS CLUB held on a Tuesday, Thursday evenings and Saturday morning in the Memorial Hall for children and adults. For more details regarding the T.M.A.A Woodbridge Club please contact pauldtaylor@hotmail.co.uk

OUTREACH POST OFFICE VAN visits the Memorial Hall car park on a Thursday from approximately 10-10.45am all the usual post office facilities are available.

MOBILE LIBRARY visits Sutton on a Tuesday once a month in the lay-by by the Old Baptist Chapel in Main Road at 1535-1545. The dates for 2025: 12 August, 9 September, 7 October, 4 November, 2 December and 30 December.

WOODBRIE PROBUS CLUB a luncheon club for retired or semi-retired men for all walks of life including business and professional. The perfect way to spend a lunchtime. On the first Monday of each month at Woodbridge Golf Club. For more details please contact roger952brown@hotmail.co.uk.

PILATES CLASS classes are held at Hollesley Village Hall on a Monday evening and Wednesday morning.

SUTTON BOWLS CLUB  You're Invited to Sutton Bowls Club Social BBQ. Come along for a fun and friendly evening at Sutton Bowls Club! Whether you're a seasoned bowler or just fancy giving it a try, everyone is welcome, all ages and abilities. The event is on Friday 22 August from 6pm until finish at the Sutton Bowls Club. Cost £6 per person which includes: Hot dog and burger, coleslaw and potato salad and a selection of delicious homemade cakes. Bowls will be available if you would like to have a go and our welcoming members will be happy to show you the ropes. Feeling lucky? Join our prize draw on the night! Hope to see you there. Contact Martyn on 07949115068 for more information.

WICKHAM MARKET FLOWER CLUB meets on the fourth Thursday of the month at the Village Hall in Wickham Market doors open at 6.30pm for a 7pm start. New members are made very welcome and the first visit is free of charge. Refreshments, Sales Table and Raffle, hope to see you there! There is no meeting in August

OLD SCHOOL HOUSE SUTTON does anyone have an early photo of the Old School House in Sutton; ideally of the late 1930s early 40`s. We have received a request from someone who is writing an article and would very much like to use a copy of the photo.

BAWDSEY SCHOOL For this half term we have had so much to do at school, an amazing Sports Day, with a carousel of activities with the older children looking after the younger ones in their colour teams, then we had the races. Including one for Parents and Carers, and then the Staff in fancy dress- it looked like a dinosaur was chasing them all down the field! We raised money at our Summer Strawberry Fair, which will pay for all our trips next year. Thank you as always goes to the Bawdsey School Association. A big thank you also goes to their lead Becks Hudson, who is sadly stepping down this year as her child moves onto Farlingaye. We had the Suffolk Philharmonic Musicians come and play to us, which held us all captivated. Years 3-6 performed an amazing version of the Jungle Book by Rudyard Kipling, when Parents and Carers were moved to a gamut of emotions. Afterwards the children had their own Oscar's Award ceremony, they were dressed to impress in their finest attire fitting of the event. Our youngest children have been loving their Singing and Signing (BSL) sessions with Mrs Head and can now tell you how they feel with signs, and they know lots of songs and can sign through them too. The older children went to Wimbledon- we have managed to get tickets three years in a row- the tennis was amazing and the strawberries and cream! It is a sad farewell to our year 6 pupils as we wish them well on the next part of their school journeys and we commend them for all they have achieved academically culminating in good SAT scores and more in how they have developed and flourished into talented and caring pupils with us.

Deadline for inclusion of news/information in the newsletter the 23rd of the month. If you would like to receive an electronic version of newsletter, please email susancollins0911@gmail.com