

Your Rushmere

Winter 2022 Newsletter



Inside this issue...

Favourites such as
Young Zone, Rushmere Readers, Children's Competition, Nature Notes & Local History.

Articles on
Dead Hedging, The Rushmere Commoners, Mental Health.

Local updates on what your Parish Council has been up to!

A Merry Christmas to Everyone from Rushmere St Andrew Parish Council

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and we will take it from there.

Thank you.

Kaye Souter

NDSF. FSF

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Rushmere St Andrew Parish Council



Hello to you all! I'm sure it's not just me but does Christmas seem to have come around very quickly this year! The summer Green edition seems a while ago now. It was received very positively and we would like to thank all the contributors for making it such a hit with our readers.

We have a packed Christmas newsletter which sadly says goodbye to Cllr Phil Richings who was Parish Council Chairman for many years and Andrew Duncan, Registrar of Burials. Both will be greatly missed after many years of dedicated service. We offer a warm welcome though to Kevin Brazier, the new Registrar of Burials.

I hope you enjoy this edition and wish you all a Merry Christmas and a Happy 2023!

Chris Griggs - Chairman of the Newsletter & Website Advisory Panel

Rushmere St Andrew Parish Councillors & Officers

Beech Ward

Mr C Griggs	65 The Street, IP5 1DE	07921 821869
Ms C Evans	9 Blackdown Avenue, IP5 1AZ	01473 617535

Village Ward

Miss A Cracknell	148 The Street, IP5 1DH	01473 719746
Mrs B Richardson-Todd (Vice Chair)	c/o Parish Council Office	01473 711509
Mr R E Whiting (Chair)	105 Playford Road, IP4 5RQ	07831 204270

Tower Ward

Mr D Noske	Millbank House, Tuddenham Lane, IP5 1DU	07860 564480
Mrs M Brown	15 Chestnut Close, IP5 1ED	01473 725720
Mr D J Francis	14 Clovelly Close, IP4 5UF	01473 723453
Mr M Newton	11 Chestnut Close, IP5 1ED	07788 456641
Mr R Nunn	c/o Parish Council Office	01473 711509
Mr K Driver	6 Butterfly Gardens, IP4 5TF	07748 488206
Mr B Ward	12 Playford Road, IP4 5RH	01473 622272
Mr J Westrup	9 Holly Lane, IP5 1DN	01473 272257
Mr J Wright	4 Bodiam Close, IP3 8QR	07494 447391
Mrs M Odam	38 Forest Lane, IP5 3ST	01473 614456

Clerk to the Parish Council & Advertising Enquiries

Mrs S Jenkins		
Email: sarah.jenkins@rushmere-st-andrew.org.uk		07568 632110

Assistant Clerk & Responsible Finance Officer

Mrs S Stannard		
Email: sylvia.stannard@rushmere-st-andrew.org.uk		07984 637868

Parish Office

Tower Hall, 5 Broadlands Way, IP4 5SU		01473 711509
www.rushmerestandrew.onesuffolk.net		

Allotment Management

Mr John Westrup	9 Holly Lane, IP5 1DN	01473 272257
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Registrar and Assistant Registrar to the Burial Authority (Lawn Cemetery Enquiries)

Mr K Brazier	registrar@rushmere-st-andrew.org.uk	07831 201554
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Safer Neighbourhood Teams

Tower Ward & Beech Ward: To speak with an officer at Ipswich East SNT - telephone 101

Email: IpswichEast.SNT@suffolk.pnn.police.uk

Village Ward: To Speak to an officer at Woodbridge SNT - telephone 101

Email: Woodbridge.SNT@suffolk.pnn.police.uk

PCSO Tristan Clarke is our Partnership Funded PCSO and covers all 3 wards

Telephone 101 Email: tristan.clarke@suffolk.police.uk

Further information available at www.suffolk.police.uk

Parish Council Meetings

Details of these meetings can be found on the Parish Noticeboards and on the Parish Council Website at: www.rushmerestandrew.onesuffolk.net/parish-council/agendas-and-minutes/

If you wish to attend a meeting as a member of the public please first advise the Parish Clerk as per the contact details below.

Full Parish Council - Tower Hall

Thursday 12 January, 7.30pm

Thursday 09 March, 7.30pm

Thursday 11 May, 7.30pm

General Purposes and Finance Committee - Village Hall

Thursday 09 February, 7.30pm

Thursday 13 April, 7.30pm

Thursday 08 June, 7.30pm

Parish Amenities and Services Committee - Tower Hall

Thursday 19 January, 7.30pm

Thursday 16 March, 7.30pm

Thursday 18 May, 7.30pm

Planning and Development Meetings

These meetings are arranged as and when we receive planning applications for discussion. Notice of meetings and agendas will be placed on Noticeboards and the Parish Website.

The Parish Office is open but please first book an appointment.

Office Telephone: 01473 711509

Parish Clerk: Mrs Sarah Jenkins

Email: sarah.jenkins@rushmere-st-andrew.org.uk

Tel: 07568 632110

Assistant Parish Clerk: Mrs Sylvia Stannard

Email: sylvia.stannard@rushmere-st-andrew.org.uk

Tel: 07984 637868

News from the Allotments

The traditional allotment plot was measured in Rods, Poles, or Perches but today in metres. A full plot is 250 square metres, therefore a half plot, which is what most new allotment tenants would start with, would be 125 square metres.

Most people find that a full plot is too demanding in time and effort, and this is reflected in the plot statistics. We now have only 9 full plots in use compared with 44 half plots.

The year has been challenging with a long hot summer and a complete absence of rain. Watering of crops just to keep them alive was a long, laborious task. We do not have the luxury of hose pipe usage as the water supply is insufficient. Watering with cans was the only source of keeping plants alive.

We are looking into the possibility of upgrading the water supply and are waiting a response from Anglian Water. Our proposal is to upgrade the existing supply pipe to enable the use of hoses. The downside to this is that the cost of water will considerably increase but as it seems that long hot summers are here to stay, we must consider all options.

The demand for allotments is huge. We currently have 34 people on the waiting list but hope to reduce this by a few places this autumn.

Most of our allotment plots are in good order and the motto of a little work frequently is the secret to keeping a well kept tidy plot.

After this difficult and challenging year, we look forward to 2023 with confidence as a large part of the fun of gardening is overcoming difficulties.

Allotments are still very much in demand, and we have a large waiting list, but Rushmere residents will be afforded priority so don't be put off from applying via our Parish office.

The Allotment Manager, John Westrup on 07768 350313 Email: johnwestrup@mac.com

Assistant Parish Clerk, Sylvia Stannard on 07984 637868 Email: sylvia.stannard@rushmere-st-andrews.org.uk

Councillor John Westrup, Allotment Manager



Fido Bins

I make no apology for the comments in this article. Rarely a day goes by without a "complaint" is received or a photo of an overflowing dog poo bin appears in the news or social media. The Parish Council is often the first port of call for the complaints. So, just what is going on and who is responsible?

OK. So, you have a dog (or two or three or more) and the dog(s) produce(s) waste. Wherever that may be, it is YOUR RESPONSIBILITY TO CLEAR UP AFTER YOUR DOG(S). The law is perfectly clear in that this applies in all areas to which the public has access.

The conventional way for dog owners is to use plastic poo bags and local authorities provide bins particularly in popular dog-

walking areas for the disposal of these bags. Sometimes these bins are full so what do responsible people do? They take the bag to another bin or take it home to deal with.

Unfortunately, there are a number of dog owners who think it is ok to drop the bag of dog waste on the ground near a full bin. With no mind to who is going to clear this up. Thank you to those residents who do help.

Of course, we would all like the bins to be emptied every day but that is simply unrealistic. Nor does it help in this area that East Suffolk Council's waste team are experiencing a range of issues which means that bin collections have been less regular than we would wish. The Parish Council frequently reminds them of their responsibilities and demands action to deal with over-flowing bins.

As a councillor I've investigated these issues

more thoroughly and part of the reason for over-flowing bins is that people are bringing dog waste from their home, (sometimes in carrier bag loads), and filling up a dog poo bin somewhere near where they live.

So, what's the answer? It's incredibly straightforward!

1. DOG WASTE FROM YOUR OWN PROPERTY? This may be double-wrapped and placed in your black/grey refuse bin (once collected, the contents of those bins go to the incinerator at Claydon where the waste is burned to produce electricity).

2. OUT ON A DOG WALK? Bag up your dog's waste and use a bin. If the bin is full up take your dog waste to another bin with space, or take it home. Then simply follow instructions in the previous paragraph.

Cllr James Wright (Chairman of the Parish Amenities and Services Committee)

MONDAY
13th Ipswich Sea Scout HQ
Rushmere Road
9am & 10.30am
TEL: WENDY 07718304692

TUESDAY
Ipswich & District Indoor Bowls Club
Rushmere Road
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THURSDAY
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Rushmere Commoners Committee

Rushmere Common as everywhere in Suffolk has been affected by the hot dry weather this year. The pond completely dried up and the committee were unable to get it refilled from the golf club bore hole because that had limited capacity. The golf club cut back on their watering too, concentrating on the greens as the most expensive and valuable asset they have. Hopefully, prolonged rainfall will refill the pond and allow the wildlife to recover in time for the breeding season. With Amphibians only spending a short period each year in water, mostly during the spawning season, we are expecting it to recover. However, it will be important for dog owners to keep dogs out of the area to support this. Work will be carried out around the pond area, such as removing reeds, clearing debris and cutting the hedging back. The pond will be monitored over winter and further actions will be taken as required, although it's important we don't act in haste.

The committee has been working on an updated management plan for the common. This has involved zoning the common and working out priorities for each of the zones. The common has been split into 52 zones alongside the golfing areas. This allows us to prioritise work and look at projects for re-

generating some of the heather and gorse areas. With the fires this year there is a lot of work that needs to be completed. We have a new contractor "Cut'N'Clear" who have started work on the growth around the paths. Alongside this we have spoken to The Greenways Project who maintain a lot of heathland areas in Suffolk and the Greenlight Trust. Fire breaks will be one of our priorities. The RCC has sought advice from the forestry commission and have been advised that the large oaks do not represent a fire risk as they need to be exposed to fire for a very long time before they catch light themselves. This can be seen in the burnt areas where the oaks have some scorched leaves but are unscathed.

The burnt areas are already starting to recover, however, we would like to clear these areas of the large burnt stumps so we can look to re-generate the gorse in a more controlled way. The fires although not planned will help us on our journey to re-generate these areas as the fires will help gorse seed germinate. Several areas of heather are being overtaken by oak and birch saplings and we will be looking to remove the saplings to promote the heather areas and keep the diversity we see on the common. Without this work the whole

area will become woodland destroying habitats for several birds that enjoy the common. Whilst it appears a shame to remove trees, it is an important part of preserving this wonderful heathland. The Committee will also be looking to maintain the existing woodland areas, and this may require some felling and coppicing to help the trees grow stronger. As a committee, we understand the desire for our neighbours to want to manage trees that may overhang their properties or are close by and we would request that they contact the clerk so we can review and help manage the situation. Pruning trees on one side can lead to a tree becoming lopsided and unstable as they grow. The RCC is a charity and may ask for contribution to any work that is requested to be carried out. If there are any volunteer groups or employers looking for team build opportunities, then we may have a project in one of our zones that you can contribute to. Please contact the clerk.

If you'd like to become a Trustee, then contact the clerk.

Email : clerkrushcommoners@gmail.com

www.rushmerecommonerstrustees.onesuffolk.net

Kev Driver

Mental Health

According to Mentalhealth.org.uk 75% of children and young people who experience Mental Health problems, are not getting the help they need, and according to Koothplc.com 1 in 5 children and young people suffer from Mental Health illness in any given year.



Hi, I am Nicola a Psychotherapeutic Counsellor and Hypnotherapist, based in Ipswich.

Over the past 6 years I have had the pleasure of working with many different people, young and old, that have experienced negative Mental Health issues.

Since the covid pandemic, therapists have seen an increase in enquiries from parents/care givers of our younger generation.

We regularly hear from clients and by care givers of young people, that access to NHS lead therapy/treatment is becoming very hard to obtain, with some waiting lists being up to and beyond 6 months.

We all realise, I am sure, the pressures that our NHS is under, but when it comes

to Mental Health, acting fast, is key to rebalancing and regaining a healthy lifestyle once more.

Here are some of the common issues that many Adults and Teens/Children are facing today:

Anxiety, Fear, Depression, Post-Traumatic Stress (PTS), Self-Harm, Bullying, Disordered Eating, Negative Thinking, Low Self Esteem, Confidence Issues, Grief/Bereavement, Sleeping Difficulties.

We know that when we experience any of the above, it influences our behaviours and the way we think about others and ourselves and can have a detrimental effect on our life.

Relationships can become strained, attendance at school can become erratic, withdrawal from society/friends/family and unhealthy coping mechanisms can occur, such as behavioural issues.

Since Covid-19 pandemic, there has been a rise in Mental Health issues across the spectrum of ages, but in particular, that I have seen, with Adolescence aged 14-21 years.

The disruption to school life, having to work online, not being able to meet up with friends, socialise, do all the things that we are normally able to do, created

anxiety levels to increase above the norm. When this happens our natural hormones that keep our mood lifted, such as Serotonin, Dopamine and Oxytocin are decreased, which can result in low mood, lethargy, depression, and many other issues including those mentioned above.

By creating a safe space to talk in confidence and learning some simple techniques and strategies, allows individuals to work through their feelings and thought processes, to enable them to regain control of their life.

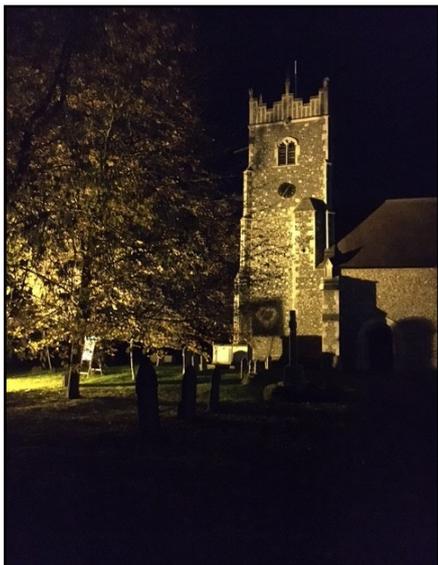
It has been my passion, over the past 7 years to deliver these techniques and strategies to as many as I can and to create that safe space to work through feelings and in particular working with our younger generation to install resilience and confidence, which in turn increases their self-esteem, so that they are able to thrive at school, home and within the workplace, because after-all they are our future and deserve to be looked after physically and mentally.

If you know of anyone having difficulties with their Mental Health, please signpost them to a therapist.

Together we can create a brighter future.



Exploring a Country Churchyard Past, Present & Future



We are fortunate in Rushmere St Andrew to have a parish which is a mix of urban and rural living. Being so close to the town centre and the countryside offers experiences of both without having to travel too far.

St Andrew's Church in its rural setting, together with the churchyard provides a wealth of history and offers a haven for wildlife such as stag beetles and birds.

Taking a walk through the churchyard, during the different seasons, offers opportunities to enjoy the trees such as

the mature copper beech, oak and of course the yew hedges. In Spring the wildlife area is a show of primroses and daffodils. New life! We hope to keep parts of the churchyard uncut to encourage new growth of wildflowers and grasses.

Suffolk is an area of grassland and the gravestones provide rocky areas for lichen growth. So much history can be learnt from the gravestones, some of them dating from the eighteenth century. In 1981 The Women's Institute



surveyed all churchyards in Suffolk and together with the church burial records provided a transcription of each headstone. This is an invaluable resource giving a lasting legacy of those gone before us. Alfred Mellor Vicar's Warden for forty years. Alf Goodwin 40 years sexton and Hannah, thirty years caretaker, Robert Everett

the founder of Rushmere Baptist Church, William Francis, Headmaster of the Village School for thirty nine years, just to mention a few. There are 39 names on the WW1 memorial, six Commonwealth War Graves as well as previous incumbents who lived at the old Rectory adjacent. Generations of families with the same surnames such as Rush, Salmon and King. I am sure there will be many you recognise and remember. Many surnames resonate with Ipswich Street names as the church parish extends into the town: Bantoft, Schreiber, Chevallier and Swinburne are just some examples.

The church is floodlit (see photograph) at night and last year, over the Christmas period, trialled sponsored floodlighting. This is going to be offered again during December, January and February 2022/2023 inviting residents, and those associated with the church to light up the tower in memory of a loved one for £10 a night or to mark a special event or anniversary. Details will be available in church and a form, to sign up for a special date. All sponsorship will be recorded in a book commemorating these dates.

Please contact Ruth Silburn, Local History Recorder with any Rushmere St Andrew local history information

Email: rsilburn@hotmail.com

Meet the Registrar of Burials



My name is Kevin Brazier and I have taken over from Andrew Duncan as registrar at the Lawn cemetery at Rushmere St Andrew.

I have lived in Ipswich for the last 24 years, having moved here from London. I first lived in Hemingstone on the outskirts of Ipswich before moving to East Ipswich in 2004.

I am self-employed, having taken over the family business which started in 1965 by my father, selling paper and shop equipment to the retail trade.

I have been a member of my local church, St Andrews, Rushmere St Andrew, for the last 10 years where I am involved in helping to maintain the

grounds as well as the fabric of the church. I was a church warden from 2017-2020.

My hobbies include walking, table-tennis, football and cooking, as well as spending time with friends and enjoying a good pint of Adhams beer.

I would like to thank Andrew for teaching me the ropes, his many years as registrar will be a hard act to follow.

Mr Andrew Duncan

Rushmere St Andrew Parish Council would like to thank Mr Andrew Duncan for his many years dedicated service as the Registrar of Burials, always going above and beyond to ensure the smooth running of the Lawn Cemetery and helping many bereaved families in the process.

Your many years working as the Registrar are greatly appreciated. All best wishes to you for your retirement.

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Nature Notes

The sun rises in a clear blue sky.....yet another wonderful day dawns in this outstanding summer of 2022. In fact, more than just summer, because sunshine hours are at an all-time high and have been for several months. We are now in mid-October, (the time of writing this article) and this year has outshone 1976 (the year of the devastating drought across much of the country). The village ponds have seen the water at its lowest level for decades. We've taken the opportunity to tidy them up from debris, odd pieces of litter and invasive pond weed. We just need the rain to refill them now!

One disappointment, despite this warm, sunny summer, has been that the recordings of Butterflies is at an all-time low. Not just the range of species, but the numbers of each kind. Why does that matter? Well, as any part of the ecosystem drops out the potential is

there for the collapsing pack of cards. Insects are a vital part of the chain.

There should surely be some beneficiaries of such a fine summer and autumn. Despite the lack of rain this is an abundant year for wild fruit. Acorns, horse and sweet chestnuts are prolific. Ornamental crab apple trees litter pavements with unused fruit. Good food for squirrels, jays and hedgehogs and the berries abound in hedgerows, waiting to be picked off by visiting blackbirds and their cousins, the redwings and fieldfares who will likely visit in the winter.

How can we help birds and other animals? Time for an autumn "tidy up"? Why spend ages clearing leaves when leaf litter is such a valuable resource for garden birds: in particular, a real favourite for blackbirds. Before you attack a pile of leaves or garden litter, watch out for hedgehogs which are

settling down for winter hibernation. Why not just leave a wildlife



patch? How about delaying the autumn prune for trees and hedges until the birds have had chance to eat the berries?

Living in Rushmere St Andrew is a real privilege as far as nature is concerned. We are all within minutes of local nature reserves or Rushmere Heath in the south of the parish whilst in the village itself there's an extensive network of footpaths taking you into some lovely countryside. This looks like being a bumper year for Fungi. One of our favourite memories is that of the "funny walks" as our, then, three-year-old grandson called them! Time for a walk.

Councillor James Wright (Parish Tree and Pond Warden)

Thank you Councillor Phil Richings



After over 20 years as a Parish Councillor, 17 of which were as Chairman, Phil Richings has given up the

Parish Council meeting gavel and retired from the Council. Phil did not seek re-election to the Chair at the Annual Meeting in May this year and was succeeded by Robert Whiting. Phil stayed on for several months as a Councillor to help the handover period and has now gone into full retirement to enjoy more time with Lynda his wife, grown up children and two young grandchildren. This retirement is several years later than intended owing to the Covid pandemic and resultant upheaval of normal life.

Phil became Chairman shortly before the sad death of Chairman Bob Swain in 2006 and during the intervening period has also spent periods chairing the Planning & Development Committee, Allotment Panel and Cemetery Management Panel.

Over the years Phil reviewed hundreds of planning applications many of which involved site visits with the Clerk. Phil was also a regular attendee at County Council site meetings over the long-term flooding in the Chestnut Pond area and meetings at Suffolk Coastal DC over various planning and infrastructure

issues. During his time as Chairman, he also became involved with the expansion programme for the Lawn Cemetery and the construction of Tower Hall. He was hard working and very much hands-on. As Clerk to the Council for most of his tenure I very much valued his support and found it a pleasure to work with Phil.

Whilst carrying out his earlier duties for the council Phil was working full-time in the electricity supply industry through until 2004 when he then went to work as a guard on the trains running throughout East Anglia – being a transport and railway enthusiast this was almost a labour-of-love, indeed he was followed onto the railways by Councillor James Wright as another guard and similar enthusiast. Phil is not a local person but was born in Coventry and following university in Hull, moved to Suffolk in 1971, married in 1977 and moved to this Parish in 1986. One of the resultant highlights of his Chairmanship was an invite to attend an HM The Queen Garden Party in May 2016 along with Lynda.

Good luck for the future Phil and thanks for making my job easier.

Mel Bentley, Clerk from 2002 - 2018

A BIG THANK YOU Phil from the Parish Officers, Sarah and Sylvia who would like to thank you for all your help and support, especially during the pandemic when they looked forward to your weekly Zoom meetings. Enjoy your well deserved retirement. Also a big thank you and best wishes for your retirement

from the Rushmere St Andrew Parish councillors who look forward to seeing you around the Parish and catching up.

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Dead Hedges

As you walk around the Sandlings or Mill Stream Nature Reserves in the parish, you may see informal 'fences' made from cut branches etc.

For many years we have used these 'dead hedges' in all of our nature reserves for a number of important reasons.

As an inevitable consequence of conservation management (and maintaining the sites for people to explore and enjoy), we produce a considerable quantity of cut woody material. In the past, much of this would probably have been burnt on a bonfire, or carted away, and more recently perhaps chipped up using a woodchipper. Although bonfires can sometimes be the only realistic way of getting rid of cut material (such as gorse on a heathland – where if left in piles it would represent a significant fire risk), generally we try to avoid them as they cause nuisance and pollution and re-release carbon back into the atmosphere.

Using a woodchipper is effective at reducing the volume of the cut material but of course uses fossil fuel (and thus pollution) and is noisy and expensive. Carting material away would also use fuel and time.

So wherever possible, we retain the cut material to make habitat piles that can benefit a wide range of wildlife species from birds and small mammals to invertebrates and fungi. Dead hedges are, in effect, a linear habitat pile – providing a range of niche habitats and acting as a corridor for species to travel (under cover), feed and shelter – for years to come. In addition, we



sometimes use these dead hedges to help reduce disturbance to vulnerable wildlife species, such as ground (or low level) nesting birds – encouraging people and their dogs to

stay out of certain areas.

Importantly today, these features are very effective at storing carbon, with the rotting material being reabsorbed into fungi, invertebrates and the soil microbiome.

The reserves also have other habitat piles that provide similar functions and benefits – grass piles resulting from the grassland management, produce heat as the material begins to break down, which can be used by reptiles, especially grass snakes who

incubate their eggs in such piles. Log piles, including 'stag beetle pyramids' are also vital for the large range of woodboring beetles and other invertebrates that require dead wood in their lifecycle. Stag beetles are Britain's largest beetle and are very rare globally, but relatively common in our area. They live as a grub, eating dead wood, for up to 7 years before finally metamorphosing into the magnificent flying machine that can be seen on early summer evenings! After all those years eating dead wood, it lives to breed and usually dies after just a few weeks. The stag beetle piles (see photograph above) our volunteers often build in our nature reserves are designed to simulate tree stumps (part above and part below ground) – and offer stag beetle larvae the options of going deeper underground in hot, dry or cold conditions; or above ground when wet – ensuring a sufficient supply of wood and survival chances to complete their lifecycle.

For any further information about the nature reserves or habitat management, please contact me at james.baker@ipswich.gov.uk.

James Baker, Greenways Project Manager.



St Elizabeth Hospice Heath Road Shop & Moments Café

As the winter months roll in, there is a wide range of activities and events for all to enjoy at St Elizabeth Hospice's Heath Road retail shop and Moments Café, while showing their support for the independent Suffolk charity.

This includes special Heath Road Shop Sunday seasonal opening times – between 10am and 4pm - on 20th and 27th November. With Ipswich Community Choir bringing the sound of music and song to the shop on Sunday 20th

November, between 10am and 4pm, while Tyler-Kemp Music will ensure the shop is filled with music on 27th November between 2pm and 4pm.

During these events, Moments at Heath Road will be offering an exclusive Sunday 'Share a Moment With Someone Special' offer – which features two hot drinks, from the seasonal drinks menu, for the price of £4.

There will also be a very special visitor to Heath Road on 3rd, 10th and 17th December, as Father Christmas will be available for all to meet, at the times of 11am-12.30pm and 1pm-2.30pm, so Christmas wishes can be made! Small gifts will also be given to each child.

As well as this, the Heath Road Shop is also stocking a fabulous range of Christmas decorations, stocking fillers and St Elizabeth Hospice Gift Cards, to be used in all hospice shops and Moments Cafés – ideal to give friends and family this festive season.

With Christmas and New Year fast approaching, why not make an early New Year's Resolution and try volunteering for your local hospice? In September, the hospice launched its 'Support Our Shops' campaign to encourage 100 new retail volunteers in 100 days.

Currently more than 1,500 volunteers generously give their time to support the hospice by carrying out roles in one of its 31 retail shops, through to volunteering on the hospice inpatient unit and supporting the hospice administrative teams.

To learn more about volunteering opportunities at St Elizabeth Hospice email volunteer@stelizabethhospice.org.uk

St Elizabeth Hospice shop and Moments Café is located at Units 1 - 3 Heath Road, Ipswich.

Telephone 01473 715187 or email address is heath.road@stelizabethhospice.org.uk or visit www.stelizabethhospice.org.uk.

Bixley Farm Church



Bixley Farm Church is one of three congregations that make up the ecclesiastical parish of St John the Baptist, (Cauldwell Hall Rd) with St Andrews, (Britannia Rd); also called Mission Ipswich East (MIE).

We have had a full programme of events this year. Our Sunday@4, when we have our regular time of worship, has continued as before. We also have had Messy Church four times in the last 12 months, with up to 60 people attending on one occasion. This is a style of church that is aimed at all ages, with songs, puppets, storytelling and food. This is held on Sundays from 2.30 till 4pm. We will be having our next Messy Church followed by Carols in the car park on Sunday 11th Dec. This proved very successful last year.

CoffeeSpace is held Friday afternoons from 2 till 3.30 and draws up to 25 people at times, for refreshments and chat – and even an impromptu band session!. The aim is to provide a warm and friendly atmosphere with much laughter, but we also offer opportunity for prayer at the end. This year we held a shared meal and short service to mark the Platinum Jubilee of the late Queen. And more recently we held a shared tea to mark Harvest. This also allowed people to give something to our Top Up shop at St John's, Cauldwell Hall Rd, which is still kept busy.

We also have had our walking group that sets out from Tower Hall at 2pm on Friday, except on those days when the weather was very hot!

We are keen to play our part in taking care of the physical environment and for the past 8 months we have done a litter pick around Tower Hall after our Sunday service. As expected there was more rubbish to collect over the summer but we think it's a worthwhile task, keeping our public spaces clear of rubbish as much as we can.

All our events are at Tower Hall which continues to be great facility for us. These are all free and open to anyone. There is no need to book. Events are publicised via InTouch, as well as the parish notice boards, and www.facebook.com/MIEBixleyFarm.

For further information/questions go to www.mie.org/bixley or email: office@mie.org.uk or call 01473 270978.

Rushmere Baptist Church



The summer seems a long time ago already, we hope that you enjoyed the long summer days? The new planters, designed and built by teenagers at RBC and planted by some of the children at RBC produced tasty strawberries and tomatoes and beautiful sunflowers. The seed heads are now hanging in the trees in the car park to provide food for the birds, and spring bulbs have been planted in the containers. We look forward to seeing them.

Activities at RBC have recommenced, providing a warm welcome in these months that can feel dark and lonely. You are warmly invited to come to Friendship Hour which meets at the Church on the 2nd Wednesday of each month at 2.30pm. These afternoons include time for chat, a hot drink, and a speaker or activities.

There is also a **WARM SPACE** on the 4th Saturday of each month when a Coffee Morning is held from 10.30am to midday, you are invited to come along. Come and enjoy a cup of coffee with friends and neighbours. There is a bring and buy stall selling cakes and bric and brac. Any money raised goes to St Elizabeth Hospice.

Twice a month on Thursdays we hold a Lunch Club. If you or someone you know would enjoy a hot dinner with other

people please contact us as per the contact details below for more details as it is necessary to register beforehand.

RBC is a family church with activities for all ages. FFAF meets on Mondays from 6.15pm, for those aged 7 to 11 to enjoy activities, games, crafts and Bible stories. Spring is for those aged 11+ and meets from 7.30pm. Rushmere Ducklings for babies and toddlers is a free stay and play group on Fridays, 0915-1100am.

Each Sunday morning, at 10.45am, we meet to worship together, our worship is varied. We would love to welcome you. There are led activities for children and young people during the morning and refreshments are freely available each time.

Christmas is a highlight in our church year as we celebrate the birth of Jesus. It would be fantastic if you could join us at one or all of our events.

Have you always fancied being part of the nativity? There is an opportunity to join in on the 11th December at 10.45am, costumes encouraged but are optional!

Do you like to sing carols and hear the Christmas story in twinkling candlelight? Then join us on FRIDAY 16th December (day changed because of the football World Cup) at 7pm. Refreshments will be served afterwards.

On Christmas Eve at 6pm we gather by



the Chestnut Pond for Carols by the Pond. Dress up warm and be ready to sing our favourite Christmas carols.

Then on Christmas Day we remember and celebrate together at 10.30am.

Please join us, if you have never been before, you will find a warm welcome at this special time of year.



For times, dates and more information please contact us at secretary@rushmerebaptist.org.uk or phone us on 01473 721455. If the phone is not answered please leave a message and someone will phone you back.

www.rushmerebaptist.org.uk

PCSO Report



**SUFFOLK
CONSTABULARY**

For those I haven't met I am PCSO Tristan Clarke I am the new match funded PCSO for the Kesgrave and Rushmere St Andrew area. Since the start of my posting I have been out patrolling these areas regularly, if there are any local events I can assist with please let me know as I look forward to meeting more of the local

residents.

In the recent months, we have received increased reports of bicycle thefts in the East of Ipswich and Martlesham area, mainly targeting Mountain bikes. Whilst these have not occurred in the Rushmere St. Andrew area, I feel it is important to distribute the relevant advice as a method of prevention such as,

- . Fitting a solid lock to your bike to keep it secure
- . Leaving your bike somewhere it can be seen by passers-by and cctv
- . Recording and registering your bike model, make and frame number

Make sure to visit <http://www.immobilise.com/> to register your bike for free, this can help us to reunite recovered items with their rightful owners. You can also register different items including power tools and electronics.

More information can be found at: [cyclesecurity.pdf \(suffolk.police.uk\)](#)

I recently attended Broke Hall Primary School and they have made me aware of previous issues with parking at peak times. One related concern that has been reported is the proximity that some vehicles are parking to junctions. The Highway Code states that you should park at least 10 metres (32 feet) from a junction to give drivers a clear view of the road.

A parking enforcement officer or I will be monitoring this. I understand it can be difficult to find parking close by but please continue to be courteous to the residents and other road users when parking in this area.

If you are aware of any issues in the area, please do let us know. We rely on information from the public in order to identify areas of concern, and we can then prioritise our patrols accordingly. You can report either online at www.suffolk.police.uk/report-something or by dialling 101 – but **please always use 999 in an emergency.**

If you see me out on patrol, please come say hello!

I wish you all a very Merry Christmas and a Happy New Year!

Tristan clarke

PCSO 3002

Partnership Funded PCSO for Kesgrave and Rushmere St. Andrew

Suffolk Constabulary

Tel. (Non-Emergency): 101

Email: Tristan.clarke@suffolk.police.uk

Website: www.suffolk.police.uk

As always, should you have any concerns that you wish to contact Police about, please use the official channels – 999 in an emergency and 101 or the online reporting tool (<https://www.suffolk.police.uk/contact-us/report-something>) for non-emergency queries. Further advice on the above topics and many others can be found on the First Principle section of the Suffolk Police website: <https://www.suffolk.police.uk/crime-prevention-z>



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Speedwatch



One of the hardest jobs that Police have to do is to knock on the door of a family who are about to receive life-changing news.

Hardly a day goes by in Suffolk without there being a serious road traffic collision. Death and life-changing injuries.

Without doubt, post-covid has seen a deterioration in overall driving standards. Police patrols are a stretched resource. The four main "killers" in terms of road safety are:

- Driving whilst under the influence of alcohol or drugs
- Failing to wear a seatbelt
- Using a mobile phone or other hand-held device / object whilst driving
- Driving at excess speed

In conjunction with Suffolk County Council Highways, we have set up five locations in the parish where we will be able to mount Speed Indication Devices (SIDs). These advise motorists of their speed from 27mph upwards. Drivers will be warned to slow down if they are travelling in excess of 30 mph. We've upgraded our SID machines so that they capture the data of vehicle speeds, time and date.

It may appear that machines are either switched off or "disappear". Current guidelines are that the SIDs should stay illuminated for three weeks at a time in any one location. Since we have two machines and five posts, we will be moving the SIDs around the parish on a rotational basis.

The data gathered from the SIDs is downloaded for analysis. Where there is evidence of continual excess speeds, further safety measures are put in place. You may have noticed the Police Road Safety Speed Camera in Foxhall Road – a notorious speeding location. No "friendly warnings" from them. The very least will be a driver awareness course or it could mean points on your licence or, worse still, a ban under the "totting-up" rules.

Meanwhile, your Speedwatch team has now been in operation for almost a year. Several hundred drivers have received warning letters with some receiving two letters in the same week. We are now working directly with Suffolk Police to deal with "repeat offenders" who have been recorded three times or more.

Speedwatch is carried out primarily during the morning or evening "school run" times and it is good news that the team now record far less vehicles at most locations in the parish. 25 "speeders" per hour has been reduced to single figures in Playford Road for example. But we are not complacent and nor should drivers be! Our radar "gun" can detect your vehicle hundreds of yards away.

The Parish Council is very grateful for the time given up by our team of Speedwatch volunteers.

**Speed Watch Co-ordinator
Councillor James Wright**

Rushmere Readers

Our choice for the Winter read is **The Christie Affair by Nina De Gramont**. Taking Agatha Christie's 11 day disappearance in 1926 as a jumping-off point, de Gramont's deftly constructed mystery is a delight for fans of both the Queen of Crime and Golden Age whodunits in general.

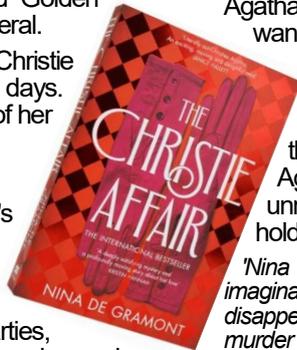
In 1926, Agatha Christie disappeared for 11 days. Only I know the truth of her disappearance.

I'm no Hercule Poirot.

I'm her husband's mistress.

Agatha Christie's world is one of glamorous society parties, country house weekends, and growing literary fame.

Nan O'Dea's world is something very



different. Her attempts to escape a tough London upbringing during the Great War led to a life in Ireland marred by a hidden tragedy.

After fighting her way back to England, she's set her sights on Agatha. Because Agatha Christie has something Nan wants. And it's not just her husband.

Despite their differences, the two women will become the most unlikely of allies. And during the mysterious eleven days that Agatha goes missing, they will unravel a dark secret that only Nan holds the key to...

'Nina De Gramont's beautifully written imaginative history of Agatha Christie's disappearance plays out alongside a parallel murder mystery that could have flowed straight from the pen of the great AC herself. An exciting, moving and delightful read' - Janice Hallett, author of The Appeal

Readers' Reviews

I remember seeing the film as a child and loved it. Loved the book too. It doesn't disappoint.

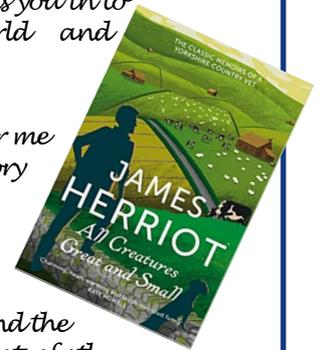
S. Payne

Such a tonic. Good old fashioned story that pulls you in to another world and time.

G. Fallow

A bit dated for me but a good story for you if you like a slower pace with good characters, and the prospect of a lot of other books in the series to read!

J. Thompson



Christmas Biscuit Houses

Ingredients

- 2 cups icing sugar
- 2 tbs milk
- 1 packet Nice biscuits or similar
- 1 handful lollies
- 1 handful M&Ms
- 1 handful sprinkles
- 1 handful jelly beans



Method

- Sift icing sugar into a large bowl. Add milk a little at a time and stir until you have a thick, paste-like icing.
- Spread a little icing onto one biscuit and top with another to form the base of a house. Spread icing onto this top biscuit as well. Repeat to make six bases.
- Spread some more icing along the long edge of one biscuit and press it against another to create a V shape. Place this upside down onto a base, using icing to adhere. Repeat to make six houses.
- Decorate the houses with lollies using icing to stick them to the roof and base.

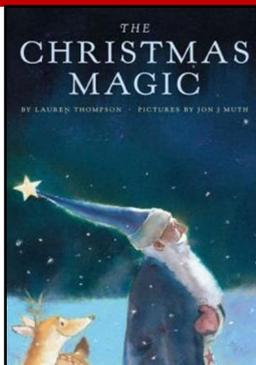
Young Reads

Best-selling author, Lauren Thompson, and Best-selling Caldecott Honor Book artist Jon J Muth join forces to present a story that is filled with the magic, wonder, and love of Christmas.

Far, far North, when the nights are longest and the stars shine brightest, Santa begins to prepare for his big night of giving. He gathers his reindeer, feeds them parsnips and berries, and polishes his bells and his sled. Then lovingly, he chooses toys for every child in the world. For Santa loves them all, and he knows what each child at heart wants most.

Then, with the thrum of magic that makes reindeers fly, he spreads the Christmas joy and warmth throughout the world—as he always has – and always will until the end of time.

Enjoy these beautiful illustrations and magical story together this Christmas.



Sarah Jenkins



Your Rushmere

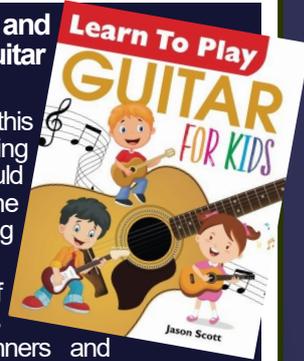
Colouring Competition Time



Win a Guitar and Learn to Play Guitar Book

Colour or decorate this picture of Santa playing his guitar and you could be learning to play the guitar too by winning this competition.

The Music Alley half sized guitar is designed with beginners and children in mind. Measuring in at 34 inches this guitar is an ideal option for kids and children as they are able to reach every note on the guitar without overstretching. The guitar has nylon strings that are softer on your fingers and easier to suppress, ensuring children can always hit the right note.



Despite the advantages for children, this is by no means a child only guitar.

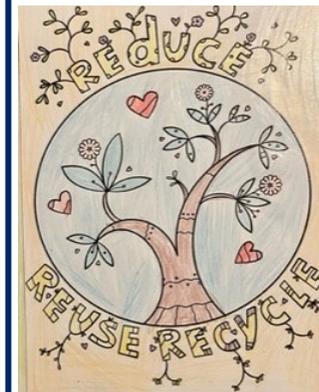
Many of today's favourite artists prefer a 3/4 sized guitar, including the likes of Ed Sheeran.

Pop your entry in the postbox at Tower Hall, 5 Broadlands Way, IP4 5SU. You will find it on the wall to the left of the doors. Please include your name, age and contact details. Alternatively you can email a photograph of your picture and send it to sarah.jenkins@rushmere-st-andrew.org.uk

Closing date: Monday 19th December 2021



Congratulations to Freya aged 9 years old who designed the beautiful recycling poster pictured here.



Your eye-catching design with its fabulous use of pastel colours was a winner with the judges.

Enjoy your Dr Zigs bubble wand and copy of the book 'The Last Bear'.

S T O C K I N G R M C V O S
 S N O W M A N B A H T R O N
 R L T Q R P B T T W E E G C
 Q E E O T E L T S I M I S H
 J W B I S U A L C A T N A S
 T P J M G P Y T D N P D M U
 G R D F E H S D H S E E T G
 C K E X M C Q T E D A E S A
 A X T E U M E E N A C R I R
 N V R O H H H D L E E N R P
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 Y Z C A R O L I N G P E C U
 O S T H G I L O Q M V B R M
 R K A O Q O Y X T B N U W P

WORD SEARCH: Find these hidden Christmas words!

CANDY CAROLING CANE CHRISTMAS DECEMBER HOLLY LIGHTS
 MERRY MISTLETOE NORTH PEACE POLE PRESENTS REINDEER
 SANTA CLAUS SLEIGH SNOWMAN STAR STOCKING SUGARPLUM
 TREE WREATH