VOLUME 18 NO. 5 FEBRUARY 2023

#### CHRISTMAS FUNDRAISING

Thank you to everyone who contributed to the various charity fundraising efforts over Christmas.

The Community Council was able to send £470 to Lowestoft Food Bank from the collections at the Christmas Lunch and Carol Concert, and £160 was raised for the Children's Society from Carolling round the Village.

The collection at the Uggeshall Christmas Eve Festival of Lessons and Carols raised £150 for East Anglian Children's Hospices.

# Wangford Community Council

Thanks to Nick, Colin and team, assisted by Geoff Fisk, for putting up the lights on the front of the Community Centre (a new display this year), and also the Christmas Tree at the Vets on Pound Corner. Thank you to Walter for allowing us to site it there, and to Kevin Oram at Marsh Farm Christmas Trees for selecting and delivering it.

Malcolm Woolnough

#### Lucy Cook Update

Having raised the £6,250 she needed through her own determination and effort and the generosity of so many local businesses, organisations and individuals, Lucy has embarked on her 8-month volunteering placement at an orphanage in Honduras.

She and her co-volunteer Elvie have spent their first fortnight getting to know the children, running educational and other games and activities for them, exploring the locality, acclimatising to the heat, and beginning to learn Spanish. Not to mention having to get used to being woken up at dawn by the local cockerels, and ignoring the lizards that climb the walls of their apartment.

Lucy's regular Facebook posts, accompanied by plenty of photos, make fascinating reading.



Honduras-bound at Heathrow



#### CORONATION WEEKEND - MAY 6th - 8th

How should we celebrate the Coronation weekend in Wangford? Do let the Parish and Community Councils have your suggestions by contacting:

Sara Farrands at farrands.mars@gmail.com or Sue Taylor at suethemusic@gmail.com.



#### **NEW!** ACCESSIBLE CEILIDH CLASS

Energetic Millfields resident and folk musician Poppy, herself a wheelchair user, is starting a new group in Wangford Community Centre on Tuesday 7th February from 7.00 to 9.00pm. The class is for both able-bodied and disabled folk, and will be held on the 1st and 3rd Tuesday of each month. It aims to help both people new to folk dancing and those who are experienced learn how to make ceilidhs accessible to all. It will focus on safely dancing with mobility aid users (wheelchairs, walking sticks, etc) and how to adapt to different access needs.

If you like dancing, or used to before you lost some mobility, do come along. Everyone is welcome, but children must come with a responsible adult.

It costs only £5.00 per person per class - but disabled people can bring one carer for free.

Please contact Poppy by email: poppy.plays.whistles@gmail.com, if you are interested, to give her an idea of numbers or would like to learn more.



#### Food Bank

Items for the Food Bank can be left in the basket at the foot of the font in Wangford Church from where they will be collected and taken to John and Jan Collins at 19 Lakeside Park Drive on Friday morning. If you would prefer them to be collected from your home, please ring Val Beckett on 01502 578987.

If anyone is aware of someone in need who would benefit from a food parcel, please encourage them to contact Lowestoft Foodbank on 07307 866146 or email-

info@lowestoft.foodbank. org.uk

#### Community Garden

Instead of gardening, Helen Rolfe and Geoff Pepper organised a social get together in December. There was a good gathering of volunteers who were thanked for their hard work and dedication, and a selection of cakes, biscuits and liquid refreshments was enjoyed in the Community Centre.

It was a very sociable gathering with lots of chat about many subjects. The future of the Garden was discussed, and ideas were sought for improvements and general maintenance. Suggestions included two lavender beds to frame the pedestrian gate in Millfields, a raised bed to grow herbs for community use, the removal and replacement of the conifers that are the backdrop for the village sign, and widening the range of pollinating shrubs and other flowers in the central beds. We are looking forward to a colourful future and hopefully less chickweed!



#### WHAT'S ON IN FEBRUARY

Wangford Parent and Toddler Group Mondays 9.30 - 11.30am Community Centre

Body Conditioning
m 9.30 - 10.30 am. Community Cen

Tuesdays from 9.30 - 10.30am Community Centre

#### Salsa

Wednesdays from 7.30 to 8.30pm Community Centre

#### Wangford Art Group

Thursdays from 9.30am to 12.30pm Community Centre

#### Yoga

Thursdays from 6.30 to 7.30pm Community Centre

#### **Book Club**

Thursday 2nd February 8.00pm Community Centre

Wangford Community Council Tuesday 7th February 7.45pm Community Centre

Uggeshall Coffee Morning Thursday 9th February 10.30am Old School Hall

Uggeshall Cinema Thursday 9th February 7.00pm Old School Hall

Suffolk Wildlife Trust Thursday 9th February 7.30pm Southwold Arts Centre

#### The Arts Society

Tuesday 14th February 2.00pm Southwold Arts Centre

Wangford with Henham Parish Council Tuesday 14th February 8.00pm Community Centre

Mobile Library at Wangford Wednesday 15th February 1010 - 1030am Community Centre 1035 - 1045am Church

Wangford Church Coffee Morning Wednesday 15th February 10.30am - noon

Wangford Men's Breakfast Saturday 18th February 8.45am The Angel Inn

Afternoon Tea
Thursday 23rd February 2.30pm Community Centre

Blyth Valley Labour
Monday 27th February 7.30pm Community Centre

# Wrentham Village Hall Film Night FISHERMAN'S FRIENDS: ONE AND ALL

The 2022 film charts the next instalment of the Fisherman's Friends uplifting story. (Cert 12A) Saturday 25th February 6.45 for 7.30pm screening. Only £5 on the door.

Refreshments are available.

All are welcome.

#### WangfordHelp

If you need any help, simply call or email us. Email: wangfordhelp@gmail.com Phone: 07941 156508 or 01502 578408

#### Wangford Village Store

Monday to Saturday 8.00am - 6.00pm Sunday 8.00am - 4.00pm



Tuesdays from 10.00am - 12 noon Thursdays from 1.00 - 3.00pm Community Centre

#### Wangford Farm Shop

Monday - Saturday 9.00am - 5.00pm Sunday CLOSED

#### Wangford Vets Paws Go Places

To book your pet's transport to the surgery, call Debbie on 01502 579000

#### Wangford 100 Club 2022/23

Winners in the Christmas Draw were

- 1. Trevor Brock
- 2. Valerie Beckett
- 3. Carol Coram
- 4. John Scholes
- 5. Jane Sheppard
- 6. Eric Stockdale

Winners in the January Draw were

1. D. Fletcher

- 2. C. Coram
- 3. Eric Stockdale

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W: peartreefund.org

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## FEBRUARY'S TEAM LETTER

#### Dear Friends

It has been announced that I am moving on from The Sole Bay Team to become Rector of Lavenham with Preston. My last Sunday in the Sole Bay Team will be 26th February when I hope that you will all feel welcome to come to my farewell Team Service at 11.00 am in St Edmunds. My induction in Lavenham church will be on the evening of Monday 20th March.

During my time here I have been enormously grateful to the many people who have helped to make our churches happy, welcoming and worshipful communities. Churches are nothing without people. I have worked with some talented and dedicated clergy colleagues, committed PCC members and faithful church members. I have learnt a great deal, made good friends and I have many happy memories. Thank you to you all for your service, kindness and wisdom. I particularly wish to thank Alan, because he and I have worked well together and our relationship as colleagues has made ministry a pleasure.

Our church buildings are all in very good condition, and much has been accomplished in terms of restoration, adaptation and modernisation. Looking back over the past twelve years it is incredible to see how much has been achieved. This has only been possible by the hard work and generosity of many, and I am really grateful for this. Our churches have hosted some great services and events during my time, which I will also treasure in my memory. These have included weddings, baptisms, memorial services, Remembrance Day services, the ANZAC service in 2012, flowers festivals, teas, carol services and Christingles, and most recently services in memory of our late Queen. All these reflect the life and vitality of the Team which I am sure will continue to flourish.

The CofE is not just about what goes on inside church buildings. I have greatly valued the relationship that I have had with Southwold Town Council and other local organisations. As Team Rector I have been involved with the Walberswick Common Lands Charity, The Southwold Almshouses, The Southwold Parochial Charity and the Grand Henham Steam Rally. Through these I have met many talented and dedicated people who serve the community, protect the environment, and try to make the world a better place. It is not universal that the Church is allowed or encouraged to be part of such things, so I hope these relationships will continue to be valued and cherished.

One happy memory I have is of a Christmas party in St Edmunds Hall. We thought about twenty people might come for a little cheese and wine, and we prepared a "pass the parcel" just in case anyone younger appeared. Suddenly, the place was packed with people young and old. I remember a moment of panic wondering what on earth we were going to do to lay on an instant Christmas party for so many people. Thanks to rapid thinking, generosity and a "who dares wins" approach we had a great night, making up games on the spur of the moment and sending off people to the Co-op with my credit card. Much of ministry seems to be like that. Planning, hoping, and finding great blessing in the overwhelming grace of God.

Thank you for all we have done together, for your support and friendship, constructive criticism, and wise advice. Lavenham is not very far away, so I am sure we will keep in touch. My family and I thank you for some very happy years.

Simon

#### Wangford Mens' Breakfast

January's Breakfast saw fourteen early risers entertained by Phil Grigg with an interesting illustrated history of the Hymn Amazing Grace and the composer Rev. John Newton. Touched on was his slave trade involvement and later his part in the abolition of this terrible trade. All rounded off with a good hearty breakfast. Our next meeting on 18th February will have Melanie Wilson and utility bills, help and advice. Something a bit topical at the moment with rising fuel costs.

All are welcome, 8.45 for 9.00am.

Contact via email to: johnscholes@hotmail.com.



#### News from Wangford Church

Christmas and New Year already seem like a distant memory as we have just celebrated Candlemas by hosting a team service here in Wangford . Coffee mornings continue in church on the third Wednesday of each month and if you haven't been before, please do come along - everybody is welcome, and there's a variety of cakes and treats to enjoy. As well as a raffle, we also host the 100 club draw.

Last year saw some very successful flower arranging sessions in church and we are hoping that there will be more of these in 2023.

In December, we relaunched the easyfundraising scheme where you can help raise funds for the church Repair Appeal free of charge each time you shop online at over 7,000 outlets. This has already started to generate much needed extra funds which will help with all the extra costs everybody is experiencing these days. Please pick up a leaflet in church or ask a churchwarden for further details.

On Sunday February 26th the Team will come together at St. Edmunds, Southwold to say farewell to Revd Simon Pitcher who is leaving for pastures new. We join everybody across the team in thanking Simon for all his hard work over the last 12 years, and wish him all the very best for the future.

Mark Notton, Churchwarden (578691)

#### Dr Christopher Hopkins RIP

The funeral mass for Christopher, who died on 12th August 2022 at the age of 94, was held at Wangford Church on 5th September, celebrated by Father Edward Corbould OSB and Father Christopher Smith. It was the first time since 1536 that a Benedictine Monk presided at the altar at Wangford since the original monastery was dissolved. It was wonderful for Roman Catholics and Anglicans to be able to mark and celebrate Christopher's long life together, and it was literally standing room only in the church.

Born in London in 1927, Christopher found himself at the age of 4 in Cairo, where his civil servant father was posted. Later he was sent to board at Ampleforth College, the major Catholic public school, where he encountered many friends who would be key players in his future. His love of sport and adventure was nurtured there, and this remained with him throughout his life.

Somehow he managed to qualify as a doctor in 1952 despite indulging in European expeditions, shooting parties, riding, sailing, playing rugby and other sports, and participating in the English social scene, and was then called up as a medical officer in the RAMC, responsible for all of North Germany. By then he had met and, after a three-month courtship, married Mary McDowell in July 1954; a photo of her entering the church, her veil billowing in the breeze, appeared on the front page of the Evening Standard. Their first daughter Frances was born in Germany in 1955, and Christina in London in 1956. Sons James and William followed. Keen to settle down as a country GP, and already knowing and fond of Southwold and its environs, Christopher was fortunate to become a partner in the practice of Peter Westall and Graham Bracewell. This meant being on call day and night, and also, with his colleagues, treating patients at Southwold Hospital, which then had its own operating theatre and X-ray machine, and nurses on hand 24/7 to deal with minor problems. One of his NHS patients was John, Earl of Stradbroke, who was only too happy to take his turn in the waiting

Christopher and Mary moved to Ford House in Wangford in 1972. The price, with 3.5 acres of land, was £9,500, and they spent the next 11 years renovating it. Christopher loved his work as a local GP, but took early retirement in protest at what he saw as unnecessary government interference in the workings of the NHS. However, he continued to treat patients for the next 30 years, often using complementary therapies.

Faith was important to Christopher and Mary, and they always attended Sunday Mass in Southwold, even when Mary became unwell. Christopher was devoted to Mary's care in her final years, and they both now lie together in the grave in Wangford churchyard just over the wall that he built after moving to Ford House fifty years previously. Almost to the end Christopher remained active, with a fitness and zest for life that belied his years. He continued to play tennis almost to the end. At the age of 93 he became known as the dancing doctor, taking part in dance challenges to raise money for charity. He also published his candid and often humorous autobiography, 'Recollections of a Southwold GP' in 2020.

He and Mary are survived by their four children, thirteen grandchildren and five great-grandchildren.

#### News from Uggeshall

Uggeshall Coffee Morning

February's Coffee Morning is on Thursday 9th from 10.30am in the Old School Hall. Everybody's welcome.

#### Uggeshall Cinema

The cinema will be back on Thursday 9th February with 'Mrs Henderson Presents' starring Judi Dench and Bob Hoskins. Doors open at 7.00 for 7.15 pm

Matt Grady

#### St Mary's

The collection at the Christmas Eve Lessons and Carols raised £150 for East Anglian Children's Hospices (EACH).

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The main conditions are:

- 1. All applicants must be **permanently resident in Uggeshall** and be registered on the Parish Council's Electoral Roll. A routine check is made.
- 2. Householders should apply for tickets to <a href="mailto:pearlfelgate@googlemail.com">pearlfelgate@googlemail.com</a> stating the names of those who would like a ticket, their address and contact details (phone numbers and email address), how many tickets they would like and for which day, and how they will be paying for the ticket (cash, bank transfer etc). Tickets will be strictly for the use of the registered members of that household (children 12 years and under are admitted with a child ticket; please contact Pearl Felgate for further details).
- 3. The price of the concessionary tickets is determined by the Latitude Festival organisers, Festival Republic Ltd. They allow no price variance.
- 4. Close of registration is midnight on 10<sup>th</sup> April 2023. Cancellation of ticket requests may only be made before this time. Thereafter, the sale stands in law and must be concluded with the purchase of tickets requested.

#### News from Wangford Vets



#### Santa Paws Appeal

A massive thank you to Carolyn Sheppard for raising the fantastic sum of £432 for our Santa Paws Appeal. Carolyn did this by baking cakes and selling them on stalls throughout the year.



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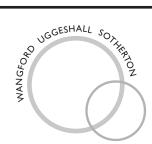
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#### **ABRAHAM**

There are occasions when only 'grumpy old man' mode will do and so... Dear to my heart comes a statement from levelling-up secretary Michael Gove (when you read this will he still be in Government and if he is will he have another job with an equally daft title?) He wants to stop developers putting up identikit homes out of keeping with the local area. Do you feel that sense of deja vu? He points out that "so many house builders are using a restrictive pattern book with poor-quality materials and the aesthetic quality of what they produce is both disappointing and also not in keeping with the high standards that may already exist". Oh boy, that sentence alone merits a whole lecture. I can tell him that the relevant policy guidance on design (form, shape, scale, aesthetics etc) already exists in the form of the National Planning Policy Framework, complemented and fleshed out by Local Authority-produced and Government-approved Development Plans. If these are applied as they should be then fine developments will ensue. That they may not be will involve a number of reasons - inconsistency of approach in dealing with planning applications. For example, but more often interference by ignorant, elected local politicians who are influenced by their constituents, and, more crucially, 'heavies' at government level, pressurised by the major house builders. To ensure decent developments Local Planning Authorities should employ at least one properly qualified and trained architect/planner, of which there are many men and women of multiple skills and talent, capable of executing both traditional and modernist design to excite the senses. The Building Regulations exist and should be enforced by the requisite number of Local Authority Building Control Officers. Nothing new, really.

I thought I would rattle on about the books I was given for Birthday and Christmas (15 in all) but the sainted editor asked me to keep it short so I am going to mention the fact that Mrs Abe gave me the daddy of them all - a complete set of Raymond Chandler. I have read the Chandler novels umpteen times and never tire of them. It is generally held that the inventor of the hard boiled detective story was Dashiel Hammet with his antihero Sam Spade, his best known novel being The Maltese Falcon. For me (and the splendid author, Susan Hill) Chandler's hero Philip Marlowe tops him by a mile. Much copied, but never bettered. Hard bitten, cynical, sentimental, romantic, a living contradiction, with electricity on every page of every story. But down these mean streets a man must go who is not himself mean, who is neither tarnished nor afraid. Susan Hill's favourite is The Big Sleep, mine is The Long Goodbye. Seven novels, thirteen classic short stories, a screen play, essays, letters, all pure magic. I also have four more Marlowe mysteries by other authors. Not so good, but worth reading nonetheless. Give them a go. You will not be disappointed.

abraham

#### Come and Sing Musicals!

Saturday 11th February 10.00am - 4.30pm St. Mark's Church, Oulton Broad

Join other singers in a fun day exploring songs from well-known musicals, led by charismatic vocal specialist Vetta Wise.

Tickets £15 (under 18 £8). Tea and coffee (and cake!) will be provided. Car parking available. Application forms from 01502 722906 or pakefieldsingers@gmail.com

#### **Book Club**

At our January meeting we discussed "The Man I Think I Know" by Mike Gayle. We all agreed that this was a good book and an interesting narrative told from a positive male perspective. The story centred around two men in their 30s who were not friends but who had first met at public school; one came from a very wealthy background and one was a scholarship boy. We liked the way the narrative unfolded and kept us interested. James had been a successful businessman and elected as a member of Parliament when he was randomly attacked and left with an acquired brain injury. The other main character, Danny, had a chaotic existence due to events which he felt responsible for and he withdrew from a full life. James and Danny met by chance and helped each other through the disasters and difficulties they encountered. We liked the way that James's character and speech patterns were set out and his reference to 'the incident' which he would not allow to define him. He fought for his independence and along the way gave Danny the courage to change his life. We saw the importance of friendship, family and the ability to adapt as being central to what we understood as being the message of the book - we can't always go back to how things were but things can be good again but in a different way.

We also celebrated the new year with a catch up chat on books read over the Christmas holidays and we played a Christmas game. Thanks to everyone who helped make the evening such a fun occasion.

We next meet on Thursday 2nd February at 8pm in the Community Centre to discuss "Never" by Ken Follett.

Gill Smith 578620

| ES        | Sunday 5th February<br>11.15 am Wangford |   | 5th Sunday of Epiphany<br>Holy Communion (CW)                |  |
|-----------|--|---|--|--|
| $\bigcup$ | 6.00 pm                                  | _   | Evening Prayer (BCP)   |  |
| >         | Sunday 12th February                     |   | 2nd Sunday before Lent                                       |  |
|           | 11.15 am                                 | Wangford  | Holy Communion (CW)  |  |
| ш         | 6.00 pm                                  | Uggeshall   | Evening Prayer (BCP)   |  |
| S         | -  |   | ,  |  |
|           |  |   |  |  |
|           | Sunday 19th                              | n February  | Sunday next before Lent                                      |  |
| エ         | ,  | n February<br>Sotherton                                     | Sunday next before Lent Holy Communion (CW)                  |  |
| ΙU        | ,  | Sotherton   | ,  |  |
| , , ,     | 9.30 am                                  | Sotherton<br>Wangford                                       | Holy Communion (CW)  |  |
| U         | 9.30 am<br>11.15 am                      | Sotherton<br>Wangford                                       | Holy Communion (CW) Holy Communion (CW)                      |  |
| - R C     | 9.30 am<br>11.15 am                      | Sotherton<br>Wangford<br>Uggeshall                          | Holy Communion (CW) Holy Communion (CW)                      |  |
| - R C     | 9.30 am<br>11.15 am<br>6.00 pm           | Sotherton<br>Wangford<br>Uggeshall                          | Holy Communion (CW) Holy Communion (CW) Evening Prayer (BCP) |  |
| - R C     | 9.30 am<br>11.15 am<br>6.00 pm           | Sotherton<br>Wangford<br>Uggeshall<br>February<br>Southwold | Holy Communion (CW) Holy Communion (CW) Evening Prayer (BCP) |  |



# RECTOR'

| Team Rector              | The Reverend Simon Pitc             | her       | 725424           |
|--------------------------|-------------------------------------|-----------|------------------|
| Team Vicar               | The Reverend Alan Perry             |           | 453624           |
| Team Admin               | Megan Buncombe                      | 07475     | 739367           |
| Parochial Chur           | ch Council Secretaries              |           |                  |
| Wangford                 | Vacancy                             |           |                  |
| Uggeshall                | Clare Bailey                        |           | 578679           |
| Sotherton                | Karen Flaxman                       | 01986     | 873123           |
| Church Warde             | ns                                  |           |                  |
| Wangford                 | Mark Notton                         |           | 578691           |
|                          | Jeff Bridges                        |           | 578208           |
| Uggeshall                | Colin Hill (Churchwarde             | n Emeritı | 1s)              |
|                          | Colonel Giles Crisp                 |           | 578251           |
|                          | Clare Palmer                        |           | 578679           |
| Sotherton                | Gerard Walker                       |           | 874248           |
|                          | Stephen Flaxman                     | 01986     | 873123           |
| W. ( 10                  | . 0 1                               |           |                  |
|                          | nmunity Council                     |           | 5707 <b>01</b>   |
|                          | Malcolm Woolnough Sue Hosking       |           | 578701<br>578287 |
| Secretary                |                                     |           | 310201           |
| Wangford Com<br>Chairman | nmunity Centre<br>Malcolm Woolnough |           | E707 <b>01</b>   |
| Bookings                 | Sue Taylor                          |           | 578701           |
| DOOKINGS                 | suethemusic@gmail.com               |           | 578408           |
| Caretaker                | Sue Taylor                          |           | 578408           |
|                          |                                     |           |                  |
| Uggeshall Old S          | School Hall                         |           |                  |
| Bookings                 | Denise Baker                        |           | 578190           |
|                          |                                     |           |                  |
| Parish Council           | Clerks                              |           |                  |
| Wangford                 | Adrian Smith                        | 07450     | 000118           |
| Uggeshall                | Sandra Anderson                     |           | 544018           |
| Sotherton                | Ann Donnachie                       |           | 575338           |
|                          |                                     |           |                  |
| Henham Steam             |                                     |           |                  |
| Chair                    | Helen Walker                        | 07557     | 784927           |
|                          |                                     |           |                  |
| Wangford Surg            |                                     |           | 578257           |
| Sole Bay Health          |                                     |           | 722326           |
| Wangford Vete            |                                     | \         | 578999           |
| Police                   | Urgent 999                          | Non Urg   |                  |
| Crimestoppers            |                                     | 0800      | 555111           |
|                          |                                     |           |                  |

#### CONTRIBUTIONS TO THE EDITOR SUE TAYLOR:

79 High Street, Wangford

Telephone: 01502 578408 Email: suethemusic@gmail.com DEADLINE: I Ith day of Month preceding publication

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#### GGRENTARY AGAR CENTRE DIARY

| 더리라                |                             | B CFNII      | RE DIARY                      |
|--------------------|-----------------------------|--------------|-------------------------------|
| 1st Feb<br>2nd Feb | Salsa<br>Wangford Art Group | Hall<br>Hall | 7.30 - 9.30pm<br>9.30-12.30pm |
|                    | Post Office                 | Bar          | 1.00-3.00pm                   |
|                    | Yoga                        | Hall         | 6.30-7.30pm                   |
|                    | Book Group                  | Cttee Room   | 8.00pm                        |
| 6th Feb            | Toddlers                    | Hall         | 9.30-11.30am                  |
| 7th Feb            | Body Conditioning           | Hall         | 9.30-10.30am                  |
|                    | Post Office                 | Bar          | 10.00-12noon                  |
|                    | Ceilidh Class               | Hall         | 7.00-9.00pm                   |
|                    | Community Council           | Cttee Room   | 7.45pm                        |
| 8th Feb            | Private Hire                | Cttee Room   | 5.00-8.00pm                   |
|                    | Salsa                       | Hall         | 7.30 - 9.00pm                 |
| 9th Feb            | Wangford Art Group          | Hall         | 9.30-12.30pm                  |
|                    | Post Office                 | Bar          | 1.00-3.00pm                   |
|                    | Yoga                        | Hall         | 6.30 -7.30pm                  |
| 10th Feb           | Charity Quiz                | Hall         | 7.00pm                        |
| 14th Feb           | Body Conditioning           | Hall         | 9.30-10.30am                  |
|                    | Post Office                 | Bar          | 10.00-12noon                  |
|                    | Parish Council              | Cttee Room   | 8.00pm                        |
| 15th Feb           | Salsa                       | Hall         | 7.30-9.00pm                   |
|                    | GHSR                        | Bar          | 8.00-10.00pm                  |
| 16th Feb           | Wangford Art Group          | Hall         | 9.30-12.30pm                  |
|                    | Post Office                 | Bar          | 1.00- 3.00pm                  |
|                    | Yoga                        | Hall         | 6.30-7.30pm                   |
| 20th Feb           | Toddlers                    | Hall         | 9.30-11.30am                  |
| 21st Feb           | Body Conditioning           | Hall         | 9.30-10.30am                  |
|                    | Post Office                 | Bar          | 10.00-12noon                  |
|                    | Ceilidh Class               | Hall         | 7.00-9.00pm                   |
| 22nd Feb           | Quarry Exhibition<br>Salsa  | Hall         | 1.30-7.30pm                   |
| 23rd Feb           | Wangford Art Group          | Bar<br>Hall  | 7.30-9.30pm<br>9.30-12.30pm   |
| 2314100            | Post Office                 | Bar          | 1.00-3.00pm                   |
|                    | Afternoon Tea               | Hall         | 2.30-4.30pm                   |
|                    | Yoga                        | Hall         | 6.30-7.30pm                   |
| 27th Feb           | Toddlers                    | Hall         | 9.30-1130am                   |
|                    | Blyth Valley Labour         | Cttee Room   | 7.30-9.30pm                   |
| 28th Feb           | Body Conditioning           | Hall         | 9.30-10.30am                  |
| 2001100            | Post Office                 | Bar          | 7.50 10.50am                  |

Suffolk Wildlife Trust (Blyth Valley and Southwold)

#### 'Beach-nesting Birds of East Anglia'

Speaker: Paul Davies from the RSPB

Thursday 9th February 7.30pm Southwold Arts Centre Cost: £4.00 (including refreshments); under 25s free All are welcome.

