

"Keeping the Community informed"

FREE ISSUE

WANGFORD UGGESHALL SOTHERTON

Messenger

PARISH MAGAZINE

EDITOR: SUE TAYLOR

VOLUME 15 NO. 8 MAY 2020

Stay home, stay safe, and don't be afraid to ask for help if you need it.



Big social distancing queue at the Farm Shop



Several of these monsters a week, plus the daily bread, fruit, meat and other deliveries, are keeping the Village Store well-stocked despite heavy demand.

And the 100 Club just has to be drawn - and where better than in Blacksmith Close on a sunny Spring afternoon?



Meanwhile, at Henham Park - virus? What virus?

LOCKDOWN INFORMATION

Wangford Village Store

We have restrictions in place to ensure the safety of all our customers and staff:

* Only 4 customers are allowed in the shop at any one time

* Please shop quickly, with minimum conversation with staff and other customers

* Please keep your distance from others, and observe the 2m rule and floor grid.

We are open Mondays to Saturdays from 8.00am to 6.00pm, and on Sundays from 8.00am to 4.00pm. Stay safe.

Wangford Farm Shop

There has been a great take-up of our home deliveries to people who are over 70 or classed as vulnerable.

Deliveries are on Monday, Wednesday and Friday. To place an order please ring 01502 578246 or email rj.miller@btinternet.com by 3pm; we will do our best to deliver on our next delivery day. Please pay by card over the phone or by bacs. There is a £2 delivery charge; alternatively a neighbour, friend or volunteer can collect for free.

Our current (temporary) opening hours are:
Monday - Friday 9am-1pm
Saturday 9am-5pm
Sunday CLOSED
Stay safe.

Wangford Help

If you are self-isolating or unwell, our Community Council volunteers are ready to help you with shopping, collecting medicines, walking the dog, or just ringing for a chat.

You can phone, email or text us. Give your name and contact details, and tell us how we can help.

Email: wangfordhelp@gmail.com
Phone: 07941 156508 / 01502 578408

NEW - cash withdrawals

If you are running short of cash, but have a cheque book, don't venture out - we are now able to withdraw money for you. Ring the helpline for more details.

Health Advice

Coronavirus

If you have a high temperature or a new cough, stay at home completely (self-isolate) for 7 days, or until your symptoms have gone. Rest, drink plenty of fluids and take paracetamol to reduce your temperature.

If you have serious symptoms that you cannot manage at home, in the first instance visit www.111.nhs.uk for guidance. If you cannot go online, call 111.

Do NOT visit your surgery.

What to do about any serious sudden illness

In the event of a suspected heart attack, stroke or other sudden serious illness, dial 999 as usual. A & E departments are still operating normally - and separately from coronavirus patients.

What to do if a condition you are already being treated for gets worse

Ring your surgery. They will tell you what you should do. Wangford Surgery 578257 Sole Bay Health Centre 722326

Uggeshall Coronavirus Community Support

Our aim is to telephone isolated people regularly and to make sure they have adequate food, medication and support and stay as safe as possible. We will collect supplies from Wangford Village Store, Wangford Farm Shop and the local surgeries.

If you would like support during the next few weeks, or would just like to discuss your worries please telephone

Sarah Butt on 01502 578519 or 07979 770383

If you are aware of someone who might need support during this period of isolation, please put them in touch with us.

Wangford Vets

We are running with limited staff each day. Our opening hours are:

Monday - Friday 8.30 am to 4.30pm (Closed for lunch between 1.00 and 2.00 pm)

Saturday and Sunday - OUT OF HOURS ONLY

There are no routine appointments at the moment; we are only able to see urgent or emergency cases. Home visits are for emergencies only.

To order your pet's repeat medications please email: enquiries@wangfordvetclinic.com, or register on the Wangford Vets website: <https://www.wangfordvetclinic.com>

and follow the straightforward instructions. Please allow 2 working days from ordering to collection. We will notify you if there is any problem with availability. Your medication should be collected from the practice between 2pm and 4pm Monday to Friday.

Please also email any general non-emergency enquiries where possible.

Please note if you have ANY EMERGENCY, we are still here for you - call the usual number 01502 578999



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Small residential home in Southwold.



St Barnabas
Southwold

In 2018 Saint Barnabas opened a family-based Day Centre for older, frail people and those with dementia.


A Day Centre can mean many things to lots of different people. It can be a place to go for some company or to have a hot meal. We can provide assistance with personal needs, such as bathing and, most importantly, a Day Centre can provide day respite for a family member struggling to care for a person with dementia.

We have a variety of different activities to suits all needs. The Day Centre is open 4 days week from 10.00am to 4.30pm.

If you would like to discuss what Saint Barnabas can offer in further detail please contact The Manager Mrs Nicki Fountain 01502 722264

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MAY'S TEAM LETTER

*The angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen'.
Matthew 28:5-6*

As we began this new decade in January of this year no one could have imagined the uncharted world we are now in. Churches are closed. Social interaction with each other face to face is forbidden, including with family who do not live in the same household, and all places that we took for granted to while away our time - sports grounds, restaurants, cinemas, theatres, pubs, clubs, cafes - are closed. Many businesses are going or are likely to go to the wall and the certainty of future employment and prosperity has never felt quite so fragile in modern times.

So, we are quite at liberty to ask, where on earth is the good news of resurrection this Easter?

It was Maya Angelou, the American poet, who said, 'Every storm runs out of rain'. This is such a profound statement, as many of us celebrate in our homes and over social media the good news of Christ's resurrection!

At this moment we are still in the midst of this current storm, caused by the Coronavirus. In time the storm will run out of rain and we will once again come together in community with one another. I am not sure that life will ever return exactly to the way it was before, but if most people are kinder to each other and to themselves then perhaps our new world order won't be so bad after all. Acts of kindness are manifold at this moment, and we are all so grateful for the NHS, for anyone providing any kind of service at this time, and for the myriad volunteers helping the vulnerable.

At Easter, the risen Christ says to each of us today, 'Do not be afraid'.

As we look for the dawn when the pandemic is past let us hold on to hope and faith that the new world order will be better than the one we have left behind. Remember, 'Every Storm runs out of rain'.

Revd Alan Perry

First Thursday Knitting Group

Our group will have to remain closed for at least another month unless there is a remarkable change regarding the isolation of our members and closure of the Community Centre.

Once back to normal we will resume meeting on the first Thursday of each month at 2.30 pm in the Community Centre Committee room.

Everyone is welcome. Wool and needles can be supplied.

Regarding the Noah's Ark we knitted some years ago, which has hardly been used, I have had an enquiry from a teacher who would like it to illustrate the story for her class. This will be implemented when the schools go back.

News from Wangford Church

'What a different Easter it was this year. No services, no family gatherings, but the spirit of the risen Lord prevailed as usual. Let us hope that next year is normal; it will certainly be special. Maybe this restricted time has been an opportunity to reflect on all the things we take for granted

It seems so sad to see the Church closed, especially as the churchyard is so beautiful. The primroses are in full bloom as I write and the daffodils by the War Memorial, a gift from one of our congregation, are particularly lovely - quite a sight for our many dog walkers. Access to the churchyard can be gained via the gate in Church Street even when the main gates are closed.

There are no services in the Church, but the Church remains active and help is available by telephoning our vicar, Rev Alan Perry (01502 453624). Printed copies of the Sunday service and the Team News are available on request and are already distributed to the regular congregation. We are thankful for modern technology - the telephone, e mail and the other social media facilities - so that we can keep in touch.

Two services are being live streamed by the Team Ministry each Sunday via Zoom. See page 12 for details.

We are so fortunate to have our gardens and beautiful countryside, and can all give thanks for that. Also grateful thanks to everyone who is helping out in the village.

Valerie Beckett, Churchwarden 578987

Thanks

Being in isolation and with a mobility problem makes me appreciate how lucky I am to be in a village with such a community spirit, so my grateful thanks to the Community Council volunteers, and all those working in the Vets, Village Store, Surgery and Farm Shop.

Very best wishes to everyone in Wangford - and, as Vera Lynn used to sing, We'll Meet Again!

Andrey Lamb

Thank you for the surprise Easter bunny left on our doorstep. It was much appreciated.

*Eric and June
Stockdale*

Thank you to whoever sent me some lovely flowers and a kind note.

Sue Taylor

Shirley Evelyn Foster RIP

Shirley died peacefully at home in Wangford on 30th March after a long illness. Born in 1935, probably in Yorkshire, she was adopted at the age of 16 months by Harry and Gladys Foster, and in 1939 was living in Filey with them and Gladys's mother. At the age of 4½ she was sent to board (not always happily) at a convent school in the town, and spent most of her holidays at school, or nearby with Gladys's mother Agnes and her daughter Evelyn (Auntie), Gladys's sister, whom Shirley loved and with whom she lived in the latter part of Auntie's life.

Sadly Shirley and her adoptive mother Gladys did not get on, despite Shirley's efforts to be a 'good girl', but she loved her father Harry, and he was supportive of, and generous to, her.

Shirley joined the then almost entirely male-dominated celebrated London stockbrokers Phillips and Drew at the age of 21, starting, as everyone at that time did, in the back office. She remained with them until her retirement 38 years later, working her way up the firm through their system of mentoring. Eventually she worked in the Private Client department for two of the senior partners, actioning their orders through her team of 'boys' on the trading floor.

In her retirement Shirley's life was full to the brim. She had a circle of business-women friends with whom she holidayed, dined, coffee-d, and endlessly shopped for clothes, shoes - and teddy bears (shelves-ful of them). She liked a nice car, and was a good and safe driver almost to the end of her life; she always remembered routes, even if latterly she couldn't remember the name of the destinations!

Shirley moved to Wangford to be nearer to her friend Dilys Birkett, and she lived with Dilys in Hill Road until her friend's death. Shirley's upbringing and life-style precluded the acquisition of domestic skills; as she frequently told everyone, she didn't know how to cook, but she did have a very good tin-opener! But Dilys was an excellent cook, which suited Shirley very well.

Typically, Shirley refused at first to accept the 2011 diagnosis of Alzheimers, and threatened to sue the medics. This diagnosis was in addition to her asthma, and the COPD, which she admitted was self-inflicted by chain-smoking. Nevertheless, she managed to live alone until 2014, when she accepted some care. This didn't stop her leading a busy life outside the house and going on her Belle Coaches holidays.

In 2016 she decided to have live-in carers, but she was still out and about as much as she could be, with lunches at the Angel and Horse and Groom, Saturday mornings at Adnams, afternoons at the Pier, Lunch Club, Coffee Mornings, Southwold Summer Theatre etc etc.

Shirley had emergency surgery in the late summer of 2018 for a migrating gall-stone. In recovery she contracted pneumonia, and was not expected to live. But she confounded expectations and, though confined to bed, lived for a further 18 months, with excellent care at home from Bev and the other Christies carers, Cathy Ryan and the Sole Bay Team, and the ladies and gents from Prestige and First Choice. They all loved coming to Shirley, as she was always so pleased to see them, so positive, polite and compliant, but still mischievous and cheerful to the very end.

Shirley was a feisty, funny, independent, and generous lady whose diminutive stature belied her big personality. Shirley made her own way in the world. She was enormously proud to have succeeded in a man's world.. She didn't suffer fools, but she tried hard not to upset anyone, and always had impeccable manners. Always smartly dressed, her wardrobes were crammed with sale bargains from good shops. She had a wicked sense of humour (which other 79-year-old would choose a bright orange cast for her broken ankle?), and was an animated raconteur, with a wealth of anecdotes about her working life and the celebrities she dealt with.

However Shirley might have been feeling, she rarely admitted to being anything other than contented. Her response to "How are you?" was almost always either "I'm bright-eyed and bushy-tailed" or "I'm a happy bunny".

Shirley played the cards life dealt her in the most positive way possible, rising above her unusual childhood and lack of family relationships to forge a successful career and life, to the admiration of all who had the privilege of knowing her.

She was cremated on 14th April, and donations in her memory were for the Southwold VHC.

News from Uggeshall

Uggeshall Coronavirus Community Support

If you are aware of someone who might need support during this period of isolation, please put them in touch with us.

Sarah Butt,
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Uggeshall Music

Sadly, due to the current situation, Helen Hayes has cancelled her music-making groups until further notice. In the meantime, Helen is posting videos on her youtube channel 'Sing with Helen' for people to join in with at home.

Wangford 100 Club 2020

Winners in the April
Draw were

1. Audrey Lamb
2. Dylan Forristal
3. D. Fletcher

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Stuart &
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ABRAHAM

Some really good advice from Mrs Abe's nieces and daughter Frances. Make sure you have lots of toilet rolls, red wine, pasta and books. The books I can manage. The rest I leave to madam. Meanwhile, self - isolation is no problem for little Sparkle; she's been practising since September.

Robert Fuller Murray was born on 26th December 1863 in Roxbury, Massachusetts, son of Emmeline and John Murray, the latter a Scot and a Unitarian minister. Till 1869 he lived in various parts of New England. Then his father brought him to Kelso, and thereafter diverse places in England - York, Canterbury, Ilminster, Crewkerne and, finally and irrevocably, he entered the University of St Andrews. No longer a schoolboy, he was now a Bejant (bec jaune - yellow beak) - a first-year student. He liked the ancient description. He never married but he did fall in love, for life, with that old grey enchantress hard by the North Sea, the city of St Margaret, of Cardinal Beaton, of Knox and Andrew Melville, or Archbishop Sharp, and Samuel Rutherford. Murray entered that venerable institution in 1881 and instantly became enamoured with the quaint streets, grey towers, and the North Sea breaking in heavy rollers on the little pier. It is tempting to imagine Murray and his friends sitting up to all hours, smoking, talking, drinking, although apparently Murray drank nothing stronger than water.

In his lifetime one volume of his poems, *The Scarlet Gown*, was published and after his death, a second book, *Robert F. Murray: His Poems with a Memoir*, was issued. I have them both. I quote from one poem here: 'O dear St Andrews Bay, Winter or Spring, Gives not nor takes away, Memories that cling'. He was not a great scholar, nor athlete. He was, however, fond, too fond, of long midnight walks and you might fancy him roaming solitary, after that hour, upon the dark deserted streets passing the deep porch of the College Church, and the spot where Patrick Hamilton was burned.

Eventually, in 1886, after Murray lost his father he concluded that he should earn a livelihood. He entered the uncertain path of journalism; he assisted a Professor at St Andrews in various kinds of literary and academic work and in him found a friend with whom he remained in touch to the last. Alas, in 1889 he left the 'auld grey town' for Edinburgh to take up a proof reading task. The hours were long, the wages little and, never very robust, these matters, coupled with a meagre diet, sapped his strength. The many bad colds of which he suffered were warnings of the approaching end, which came in the form of consumption. Alone, in Edinburgh, Murray was saddened by the unresponsive faces of the passing people and longed for the familiar friendly folk of St Andrews. Eventually, after much travail, St Andrews reclaimed him. 'St Andrews after Edinburgh is Paradise'. In 1890 his health completely broke down when consumption took over. At Ilminster, in his mother's home he faded away.

In 1891 *The Scarlet Gown* was published and it was obvious that we had a St Andrews Poet. In 1893 he had wandered back to his dear St Andrews and in the early hours of 1894 he died. This is what his memoirist Andrew Lang had to say in his introduction to the *Scarlet Gown* :....'it seems that he is always at his best when he is inspired by the Northern Sea, and the long sands and grey sea grasses. Then he is most himself. He

was improving in his art every year; his development, indeed, was somewhat late....We, who regret him, may wish that he had been granted a longer life, and a secure success. Happier fortunes might have mellowed him, no fortunes could have altered for the worse his admirable nature. He lives in the hearts of his friends and in the pride and sympathy of those who, after him, have worn and shall wear, the scarlet gown'.

For my part I find his poetry delightful. It is light, whimsical, amusing and cheerful. It helps to make the 'auld grey town' even more special, which is why he will remain on my shelf. I expect he will never be numbered among the greats. So, no monument, no hallowed corner in the Abbey, probably scarcely a footnote to any of the current students. But, born in America, raised in England and lost his heart to a wee Fife town. That'll do for me. Let the great man have the last word:

Beyond the Cheviots and the Tweed,
Beyond the Firth of Forth,
My memory returns at speed
To Scotland and the North.
For still I keep, and ever shall,
A warm place in my heart for Scotland,
Scotland, Scotland,
A warm place in my heart for Scotland.

It is difficult to be upbeat and cheerful in these awful times and I am ambivalent about the 'big boys' such as Branson, Ramsay and Martin, with their vast personal fortunes, laying off all their staff, What are they supposed to do, give their money away? (Mind you, Martin could have been a little less crass, particularly blowing it when he advised his boys and girls to go and work in Tesco if they were so worried about money. At least dear old Ed Sheeran promised to pay the staff of his London pub their wages till they open again. On the other hand, he doesn't have Martin's 43,000. I expect it'll all come out in the wash). Aren't the streets creepy though? It reminds me somewhat of long-ago times when motor cars were practically non-existent in 'Mughty and my chums and I kicked a ball against the neighbours' walls to our heart's content. Happy days, and make no mistake they, albeit in some other form, will return.

Keep safe.

Abraham

Food Bank Donations

Please continue to donate to the Lowestoft Food Bank. Donations can be left in the church porches in Wangford or Reydon.

If anyone is in need and would benefit from a food parcel please contact the Lowestoft Food Bank on 01502 586216 or the Voluntary Help Centre in Southwold on 01502 724549.

DIRECTORY

Team Rector	The Reverend Simon Pitcher	725424
Team Vicar	The Reverend Alan Perry	453624
Team Admin	Tania Birtwistle	724115

Parochial Church Council Secretaries

Wangford	Vacancy	
Uggheshall	Clare Bailey	578679
Sotherton	Karen Flaxman	01986 873123

Church Wardens

Wangford	Valerie Beckett	578987
Uggheshall	Colin Hill (Churchwarden Emeritus)	
	Colonel Giles Crisp	578251
	Clare Bailey	578679
Sotherton	Gerard Walker	01986 874248
	Stephen Flaxman	01986 873123

Wangford Community Council

Vice-Chairman	Malcolm Woolnough	578701
Secretary	Sue Hosking	578287

Wangford Community Centre

Chairman	Malcolm Woolnough	578701
Bookings	Rachel Dade	
	booking.wcc@outlook.com	578311

Caretaker	Roy Hodgkins	07871 044120
Secretary	Sue Taylor	578408

Wangford Clubs

Book Club	Gilliane Smith	578620
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Parish Council Clerks

Wangford	Jean Brown	675739
Uggheshall	Jean Brown	675739
Sotherton	Caroline Cardwell	01986 781349

Henham Steam Rally

Chair	Helen Walker	07557 784927
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Wangford Surgery	578257
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Sole Bay Health Centre	722326
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Wangford Veterinary Clinic	578999
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Police	Urgent 999	Non Urgent 101
Crimestoppers		0800 555111

Wangford with Henham Parish Council Meetings

Due to the Government's Social Distancing rules the Council will not be meeting in the Community Centre until further notice.

The Council made a resolution at an extraordinary meeting held on 20th March that discussions may be undertaken and votes counted by email ensuring that all Councillors who are online may still be involved fully in decision taking. Records of all email votes will be kept by the Clerk. An agenda will be produced and published as usual, as will a form of Minutes, meaning that Wangford with Henham Parish Council will be maintaining their transparency.

The Council is still active and working for you and welcomes your comments and concerns.

Dog Fouling

The Council would like to remind everyone to pick up their dog waste within the 30mph speed limit confines of the village. Failure to do so can result in prosecution and a fine of up to £1,000. The Council will not hesitate to prosecute if sufficient evidence is provided. If you see someone allowing their dog to foul and not picking up, please inform any Councillor or the Clerk. Ideally we will need photographic evidence for prosecution. Current hotspots are the High Street opposite the pub, the High Street adjacent to the church, and the allotments. Fouling on the playing field will also result in prosecution. Three additional dog bins have been installed at all the entrances to the playing field and allotments. Please use these, and keep your dogs on leads and well away from the allotments.

Dog fouling is probably the biggest nuisance in the village, and the source of most complaints to the Council. We will now be more proactive in policing this matter and pursue offenders via prosecution if necessary to ensure the village remains a dog friendly and dog waste free environment.

The Council is considering installing a CCTV system to monitor use of the playing field, allotments, garages and tennis court. Please let us know your views on this and any other issues you think are current and relevant in the village.

Jean Brown, Clerk, 5 Mill Lane, Wrentham, Beccles NR34 7JQ 01502 675739 wangfordwithhenham.pc@gmail.com

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DEADLINE: 11th day of Month preceding publication

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"Keeping the Community informed"

NOW ON THE WEB AT:
<http://wangfordwithhenham.onesuffolk.net>

Church Services

Church services are now being broadcast live using Zoom.

Week 1 at 8.00am (BCP Holy Communion) and 9.30am (CW Holy Communion)

Week 2 at 8.00am (BCP Holy Communion) and 9.30am (CW Holy Communion)

Week 3 at 9.30am (CW Holy Communion) and 3.00pm (BCP Evensong)

Week 4 at 8.00am (BCP Holy Communion) and 9.30am (Family Service)

To join the services please contact Rev Alan Perry (453624) who can provide you with the log-in information (each service has a different Meeting ID), or Harriet Notton (07713 939701) for technical advice and support.