



Village Newsletter

April 2024 Issue 268

If you have any updates for the May newsletter, please send to me by the 25th April, warm wishes, Natalie
Nataliebrett64@gmail.com



Allotments, Shottisham, March 2024

Allotments

Allotments - We are very lucky in Shottisham to have our own allotments for people in our village. If you would like an allotment plot, please let me know as we have plots available. Now is the time to start your planting! For more information, please email me at terriesbsl@hotmail.co.uk Terrie

Yoga classes in Shottisham!

Amanda will be leading a beginner-friendly class every Tuesday.

Time: 12:15-1pm

Cost: £5 per person (cash/card or BACS payment)

Location: Shottisham Trust Hall

Please bring your own mat and wear comfortable clothing you can move in.
No booking required but please email or message Amanda if you're planning to attend.

Feel free to get in touch with any other questions!

amanda@amandadufour.com

07826002184

Sorrell Horse

Clement and Rebecca will be leaving the Sorrell Horse at the end of April. They are taking bookings up to and including Sunday the 28th April which will be their last day. The new owner will be reopening on Wednesday 1st May. We wish Clement, Rebecca, and family warm wishes and all the best for the future.

If you are interested in buying a share in the Sorrel Horse, Adrian has one to sell. Enquiries please and offers over £450 to Adrian Tindall, ade_badger@yahoo.co.uk.

Dear Friends in Christ,

This is Church letter for the month of April **I am the Resurrection and the Life** April is so named because it means 'opening up', as you see everywhere, the earth is awakening after the winter to produce new flowers and fruit! May I share with you some thoughts which have inspired me about this special April time coming as it does immediately after Easter Day, the greatest of all 'feasts', the dawn of the Light, in which we may rediscover "Christ is risen indeed"(in our hearts), and may discover "He has swallowed up death in victory", affirmed so powerfully when after raising his dear friend Lazarus revealed , "**I AM the Resurrection and the Life**"(**St.John 11.25**). Jesus had previously said I AM the bread of Life. The I AM reflecting the name of God in Exodus(3.14), "I AM That I AM". Jesus then five more times affirms, I AM the Light of the world(8.12,48,51), "I AM the Door"(10.9), "I AM the Good Shepherd"(10.11,14), "I AM the Way the truth and the Life"(14.6), and finally "I the Vine"(15.15). This marks the most celebrated time in the Christian year, when we commemorate the **resurrection of the Lord Jesus Christ**. Though we call it Easter, most of the world knows it as **Pascha**, which is related to the Hebrew *Pesach*, or *Passover*;. "**Resurrection** ," because that is what it celebrates, to Life or judgement. Life through death(to selfishness), presupposed by resurrection. The **resurrection of Jesus Christ**, the miracle of miracles, the truth of the scriptures. The resurrection of Jesus bears witness to God's love for us. It testifies that God accepted the sacrifice of his own son and that we can become one with God because Jesus has taken away the sin that separated us from Him, reconciled us to God. When Easter dawns in our heart, we are filled with joy, so much joy that we cannot keep it to ourselves, it bubbles over in its fullness. This news is too good to keep to ourselves! This news is life-changing! When we realise that God became man to set us free from death of sin to bring us to resurrection, to Life. This glorious news, that He has swallowed up death, by revealing to us 'He in whom we live and move and have our being.' He reveals for us, if we can be still and reflect in " the peace of God which passes all understanding," and yet is our true nature, since we are made in the

image of God. Therefore, we have the means to find and share the unending joy and delight in God forever! As we practice to “be still and know that “I AM God” , the Lord brings about the salvation, encouragement, and blessing. He is risen! He is risen indeed In the truth and power of the resurrection. At this time, I remember with profound thanks the love my father showed me, when the body was dying of cancer, and his last words were , ‘Rejoice in the Lord always’.As we reflect after Easter Sunday, we gratefully celebrate the Resurrection, the rising again of the waves of His infinite love.May we be blessed with peace, hope, and light as we seek to follow and find ways to discover the Saviour of the World in our heart and the heart of all. May the Peace of God which passes all understanding keep your hearts in the knowledge and love of God, and of His Son Jesus Christ. And as we discover more that ‘in as much as you do let your light of selfless love nourish those around you , you do it unto **Me**. And the Blessing of God Almighty, the Father , the Son and the Holy Ghost, be with you now, and especially at this beautiful Easter time, ever more. Amen.

With love and blessings Rev'd Dr Stephen Thompson

Shottisham Parish Council



Shottisham Annual Parish Meeting will take place on Tuesday 14th May at 7.00pm in The Trust Hall, Shottisham followed by the AGM at 8:00 pm.

In order that the Parish Council can be sure it is addressing the issues that matter to the residents of Shottisham, we would like to invite all parishioners to attend this meeting to hear about what the parish council has done throughout the past year and to raise any questions or comment on what they would like to see done in future. All welcome!

Highways

Issues on Ford Hill still giving cause for concern including the blocked drain outside Brook Cottage which overflows onto the road when it rains. Also, the repair to the bridge is going to take some time as East Suffolk council have a backlog of ongoing repairs.

Playground

The middle post on the Trim Trail still requires repairing but has had to be put off because our handyman Simon has found full time work and is no longer available for playground maintenance. We are looking to find his successor.

Vacancies

We are still very short of councillors and would love to find two new recruits to the team. If you think you could help, please contact Lesley to find out what the role entails.

Lesley Roberts, Clerk to Shottisham Parish Council clerk@shottisham-pc.gov.uk
[Tel:01394 410581](tel:01394410581)

80 D DAY CELEBRATIONS 6 June

Please see the attached flyer. A beacon will be lit on the 6th June at the back of the Sorrell Horse. The Parish Council will be providing a glass of fizz at the time of lighting.



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

Staff training is important for our practice. On the following days, surgery sites are closed from 13:00 until the following day.

The specified site is open for booking future appointments and accessing repeat prescriptions.

- Thursday 18th April – Alderton
- Wednesday 15th May – Aldeburgh
- Thursday 13th June - Alderton

All calls will be redirected to 111.

We offer an increasingly wide range of NHS services to our patients:

- Memory checks (if worried about dementia)
- Menopause management
- Paramedic appointments
- Same day physiotherapy for acute musculoskeletal symptoms
- Ultrasound (by referral)
- Single skin lesion clinic
- Mental health and wellbeing support
- Insomnia support - SleepStation (a bespoke programme)
- Travel health
- Social prescriber – support for non-clinical health and wellbeing needs
- Compassionate Companion service – to support end of life choices and care
- Full contraception services (eg coils) and sexual health

Also available at our practice are non-NHS services (charged):

- Chiroprody – foot care appointments & home visits
- Ear care – wax removal (see website)

Spring Covid Programme

Details about the Spring Covid Booster programme are being released and we have the following details to share:

From 15th April, the vaccination programme will begin by protecting our care home residents and housebound patients – these people will be contacted directly.

From 22nd April, we will be vaccinating our patient population aged over 75, and people who are immunocompromised.

Text invites will be sent to eligible patients closer to the time – please ensure that you have shared your current mobile number with us.

Vacancies at the Peninsula Practice

The Peninsula Practice is a surgery of around 40 staff, working closely and collaboratively to deliver care to our patients. We are a progressive training practice with an ethos of shared learning and an open-door support culture; we have been awarded outstanding in 4/5 areas (2016 & 2019 - currently highest scoring in Suffolk).

When we have vacancies, we post them on our website, on social media, and Indeed.

