

# Your Rushmere

Winter 2019 Newsletter

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*Merry Christmas from  
Rushmere St Andrew  
Parish Council*

## Defibrillator Awareness & CPR Training

Help Save a Life!



**Book** your place now on this **FREE** Cardiac Response Seminar and help save a life.

Rushmere St Andrew Parish Council and Rushmere Baptist Church have teamed up to offer anyone living in Rushmere St Andrew Parish or attends Rushmere Baptist Church to book a place on:

Defibrillator Awareness, Cardiac Arrest Response Seminar delivered by The Community Heartbeat Trust.

**Saturday 29th February 2020**  
**10.30 - 12.30**  
**at Rushmere Baptist Church**  
**The Street, Rushmere St Andrew,**  
**Ipswich IP5 1DF**

The Seminar will include:

**What is sudden Cardiac Arrest (SCA):**

5 minutes to save a life, Physiology of the heart and how to recognise a SCA

**How to dial 999:**

What to expect and the questions you will be asked.

How to do CPR and why, practical demonstration, how to use a Defibrillator (there is one situated on the outside wall of Rushmere Baptist Church and Tower Hall and the outside wall of the Jaipur Restaurant, Penshurst Road), recovery position/turning a patient, handover to the paramedics.

This course is designed to give basic instruction, be interactive and create confidence.

**To book a place:**

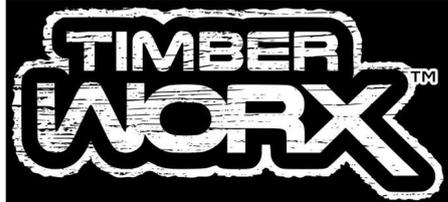
Please email or telephone the Assistant Clerk, Sarah Jenkins at Rushmere St Andrew Parish Council Office and leave your name, address and telephone number:

**Email:** [sarah.jenkins@rushmere-st-andrew.org.uk](mailto:sarah.jenkins@rushmere-st-andrew.org.uk)

**Telephone :** 01473 711509

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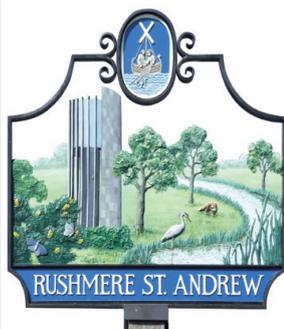
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[www.kayesouterflowers.co.uk](http://www.kayesouterflowers.co.uk)

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Rushmere St. Andrew, Ipswich IP5 1DF

*Large portfolio available to view*





## Rushmere St Andrew Parish Council

Welcome to the Winter edition of the Parish Newsletter. Feedback on the changes to the Newsletter were positive but we have listened to you and made a few improvements. The Parish Council constantly strive to provide an informative and interesting local read. In this issue you will find something for young and old alike, items on the past and the present and of course the now familiar regular articles such as Rushmere Readers, the Young Zone and Competition Page.

The Summer Newsletter will be with you in July 2020 but in the meantime have a Merry Christmas and a Happy New Year.



*The Editor*

### 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)	57 Playford Road, IP4 5RJ	07801 736067
Mr. R E Whiting	105 Playford Road, IP4 5RQ	07714 598155

#### TOWER WARD

Mrs A Bridger	c/o Parish Council Office	07759 272526
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. P M Richings (Chairman)	29 The Pastures, IP4 5UQ	01473 436688
Mrs S Todd	c/o Parish Council Office	07713 800858
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, Ipswich, IP3 8QR	07494 447391

#### Clerk to the Parish Council & Responsible Financial Officer

Mrs S Stannard		01473 711509
Email: <a href="mailto:sylvia.stannard@rushmere-st-andrew.org.uk">sylvia.stannard@rushmere-st-andrew.org.uk</a>		

#### Assistant Clerk

Mrs S Jenkins		07568 632110
Email: <a href="mailto:sarah.jenkins@rushmere-st-andrew.org.uk">sarah.jenkins@rushmere-st-andrew.org.uk</a>		

#### Parish Office

Tower Hall, 5 Broadlands Way, IP4 5SU		01473 711509
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Website [www.rushmerestandrew.onesuffolk.net](http://www.rushmerestandrew.onesuffolk.net)

#### Allotment Manager

Mr John Westrup		01473 272257
9 Holly Lane, IP5 1DN		

#### Registrar to the Burial Authority (Lawn Cemetery Enquiries)

Mr A Duncan		01473 727389
8 Crofton Close, IP4 4QR		

#### Advertising Enquiries to Sarah Jenkins, see above

#### 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](mailto:IpswichEast.SNT@suffolk.pnn.police.uk)

**Village Ward:** To speak with an officer at Woodbridge SNT – telephone 101

Email: [Woodbridge.SNT@suffolk.pnn.police.uk](mailto:Woodbridge.SNT@suffolk.pnn.police.uk)

#### PCSO 3208 Gemma Read is our Partnership Funded PCSO and covers all 3 wards

Telephone 101 Email: [Gemma.Read@suffolk.pnn.police.uk](mailto:Gemma.Read@suffolk.pnn.police.uk)

Further information about Safer Neighbourhood Teams (SNT) including Team Members; Priorities; Campaigns and Meetings can be found on [WWW.Suffolk.police.uk](http://WWW.Suffolk.police.uk)

### Parish Council Meetings

All meetings are open to members of the public, and agendas are published on notice boards around the parish and on our website.

#### Full Parish Council

**Thursday 9 January**, 7.30pm Village Hall • **Thursday 12 March**, 7.30pm Village Hall • Annual Meeting of Parish Council & Parish Council Meeting, **Thursday 14 May**, 7.30pm Village Hall • **Thursday 9 July**, 7.30pm Tower Hall.

#### General Purposes & Finance Committee

**Thursday 13 February**, 7.30pm Tower Hall • **Thursday 9 April**, 7.30pm Tower Hall • **Thursday 11 June**, 7.30pm Village Hall.

#### Parish Amenities & Services Committee

**Thursday 16 January**, 7.30pm Tower Hall • **Thursday 19 March**, 7.30pm Tower Hall • **Thursday 21 May**, 7.30pm Tower Hall • **Thursday 16 July**, 7.30pm Tower Hall

#### Planning & Development Committee

These meetings are arranged as and when we receive planning applications for discussion. Notice of meetings and agendas will be placed on notice boards and the parish website.

### Website

Local news and updates can be found on our website including the minutes and agendas of Parish Council meetings, details of local amenities including local walks and the Lawn Cemetery.

You will also find electronic copy of this newsletter.

[www.rushmerestandrew.onesuffolk.net](http://www.rushmerestandrew.onesuffolk.net)

### INTERESTED IN HELPING TO MAKE OUR COMMUNITY A BETTER PLACE?

Are you good at DIY, Painting and cleaning (benches, gates etc) and happy to do litter picking & other general duties as and when and can spare a few hours a month?

Payment & hours on an ad hoc basis. Must have own transport.

In the first instance, for an informal chat please contact the Parish Clerk, Mrs Sylvia Stannard

Telephone: 01473 711509 or email: [sylvia.stannard@rushmere-st-andrew.org.uk](mailto:sylvia.stannard@rushmere-st-andrew.org.uk)

**Job Opportunity**

## Meet New Parish Councillor, Amanda Bridger



Reading the news can sometimes leave me feeling somewhat powerless to change the big issues that society is facing today. Climate change, political unrest and the uncertainty of what the future will bring for the next generation. I might not be able to change the world, but I do believe that every individual can contribute to making the community they live in a special place. I decided to put myself forward to be a parish Councillor because I feel lucky to live in such a beautiful part of the world and I wanted to offer some of my time to help in any way I could.

Since joining the council I've had a better insight into the role of the council and the

volunteers from the community who help support the council with so many different activities. I've met some wonderful people along the way who have been helping me learn the ropes and understand how everything works. I've just finished my Councillor training course which was hugely helpful and now I'm looking forward to getting stuck in!

I've been asked to write a little about who I am. Well, I'm a Mum of two primary school children who keep me very busy with all of their social activities! I work for a Leadership Consultancy as their Head of People (HR) which I think means I have the best role in the business as I get to spend most of my time working with others to improve the experience our people have at work. This always gives me lots of energy. Outside of work I like to run (I say run, it's more of a gentle jog!) and you may bump into me running around the fields and lanes of Rushmere St Andrew. If I have any spare time, then my favourite thing to do would be to share a meal with friends.

If we haven't met already then I look forward to meeting you at some point in the future.

**Councillor Amanda Bridger**

## Chater Homes

### Parish Council meeting with Guy Chater.

One of the most important aspects of living anywhere is that you should enjoy the quality of your house and the surroundings in which you live. As somebody who has been connected with Rushmere St Andrew for most of my 70+ years I can honestly say that it is one of the finest parishes I know. On the south side of the Parish, Bixley Farm has many attributes.

The properties themselves are of good quality; the surroundings of trees and hedges and the open space between dwellings makes the whole area a pleasure to live in. Of course, none of this is by chance. Over the past twenty years or so most of the building work has been carried out by the Chater Homes.

The Chairman of the Parish Council, Phil Richings and I spent some time meeting up with Mr Guy Chater recently to chat about the Company's plans and land ownership. He's the man at the helm of the Chater developments currently underway and its plans for a new development of two-bedroom bungalows at Bixley Farm, coming to the market in the spring of 2020.

Enquiries concerning the forthcoming release of bungalows and queries such as maintenance of grass, hedges and trees on land owned by Chater should be directed to Mr Guy Chater by Email: [guy@chaterhomes.com](mailto:guy@chaterhomes.com)

**Councillor James Wright**

## In Memory of Mr Phil West & Mr Dennis Gooch

### Mr Phil West 7 December 1928 – 16 September 2019

Phil was Chairman of the Planning Committee for 10 years and withdrew from that role in May 2002. He continued to serve as a member of the Planning Committee until his retirement from the Council in May 2006.

### Mr Dennis Gooch 7 February 1934 – 26 May 2019

Dennis was a District and Parish Councillor and had spent time as Chairman of the District Council. Dennis was instrumental in acquiring the land and setting up of the Broke Hall Play Area. He also carried out the Parish Council internal audits for a number of years before it was placed on a more formal basis when audit regulations changed.

For many years Dennis used to lay one of the wreaths at our Remembrance Day service to commemorate the losing of his brother on active service during WWII.

## Play Area Update

A new basketball net and backboard has replaced the old one at Broke Hall Playing Field and a new inclusive roundabout (below) has been installed, that can be enjoyed by everyone including wheelchair users and carers.

There are plans to also add new equipment to play areas in the future to keep these valuable spaces a pleasant and enjoyable place for residents to spend time.



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## Mrs Roper: Remembering 40 Years of Allotments



The Allotment Manager, Mr John Westrup and Assistant Parish Clerk, Sarah Jenkins visited Mrs Roper in October to chat about her time at Rushmere Allotment Gardens. After over 40 years Mrs Roper is finally handing over her spade to a new generation but as you will see, in no way, is she giving up gardening altogether.

### What year did you start at the Allotments?

The current allotments moved in 1975, as did Mrs Roper, from the original setting where the stables are now, to its current position, thanks to the hard work of the Parish Council and in particular Mr Alan Eaton and Mr Bill Rush.

### Why did you decide to get an Allotment?

Mrs Roper helped her father on his allotment. During the war growing food became important to supplement diets during rationing.

### How has the Allotment Gardens changed over the years?

There are far more ladies now on the Allotments. When Mrs Roper first had an

allotment, she was the only lady but was treated with great respect by the other allotment holders.

### What was the worst year on the Allotment?

The worst year was when there was a lot of snow at Christmas. The snow was so heavy it broke the fruit cage, so the fruit had to be covered with nets to save them. In 1976 it was the heat that hindered growth on the allotments

### Who helped you on the Allotment?

Mrs Roper's husband helped and her son but it was always Mrs Roper's passion, so her husband helped when he retired by making tea for when she returned.

### What tips would you give to someone wishing to get an allotment?

The best time of year to take over is October. 6 weeks of hard work ready for the winter months but then little and often, often being important. Hard work, commitment is essential. Mrs Roper has seen many people start with enthusiasm and then give up, not realising how much work is involved.

### What are the benefits of having an allotment?

Fresh fruit and vegetables and Mrs Roper grew particularly wonderful Brussels sprouts. You are not allowed to sell produce from the Allotments but bartering where plot holders swapped vegetables for fruit etc was a great success.

### What are the negatives?

Taking a 2 week holiday can lead to lots of work when you return. Mrs Roper used to go away for 1 week.

### What produce are you most proud of?

Soft fruit, potatoes, Brussels sprouts and broad beans. However, no success with swede due to canker. Christmas there was no shortage of vegetables!

## News from the Allotments

It is not the best time of year on the allotments as winter fast approaches, now is the traditional time to take on or relinquish a plot, and even to pay the rental charge!

An allotment is normally held on a yearly holding and 10 rods in extent, or 30 feet by 90 feet approximately for a full plot, but most start with a half plot and find that ample.

Now is the time to do some digging and manuring and generally cleaning up of the plot, most of the rubbish can go onto the compost heap. Broad Beans can be sown now ready for an early crop next May/June, also over winter onion set and garlic can be planted now ready for an early crop next year.

We have had our fair share of pests this year from the usual Pigeons, Mice, Moles, and Rats, but most unusually we have had our sweetcorn flattened and eaten by Badgers.

We welcomed some new tenants this Autumn and we still have a short waiting list, but it can move quickly at this time of year so if you are interested do contact our Parish Council Clerk Mrs Sylvia Stannard on 01473 711509 and we will do our best to accommodate you.

**Councillor John Westrup**  
Allotment Manager

### Why did you decide to call it a day?

At Easter this year some enthusiastic digging meant Mrs Roper hurt her back and she decided it was time, at the age of 89 years, to give up her plot.

I am pleased to report that Mrs Roper is back to good health which she attributes to keeping busy at the allotments and all that fresh produce. She is still working on her garden at home. We were treated to a look around the garden which is beautiful as you can see in the photograph. She is also keeping busy

joining the local lunch club at Rushmere Baptist Church, meeting villagers and enjoying the cherry pie .

However, she will greatly miss the lovely community at the Allotments, the joking around and the time spent talking to fellow plot holders (when they should be working on their plots). Mrs Roper thanks the Parish Council for all their hard work over the years, and for Mr Westrup's excellent management.

Rushmere St Andrew Parish Council wishes Mrs Roper well and thanks her for her long and successful tenancy. A real local role model for younger residents to look up to.

**Assistant Clerk, Sarah Jenkins**



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slimmingworld.co.uk       0344 897 8000



## Rushmere Links with Agriculture

Please contact Ruth with any local history information:  
Email: [rsilbum@hotmail.com](mailto:rsilbum@hotmail.com)

Writing this at harvest time makes me think about the times in Rushmere when most of the men would have been employed in agriculture in one way or another.

In 1831 79 men were employed in agriculture, and in 1844 there was one corn miller, 6 farmers, a wheelwright and a blacksmith.

In 1912 there were 3 farmers, a market gardener, a blacksmith, a miller, wheelwright, and men employed in steam ploughing and cultivation.

There were at least five farms during the early twentieth century: Bixley Farm, Hill House Farm, Heath Farm, The Limes and Rushmere Hall together with Dawson's Mill as well as the blacksmith and wheelwright. Sales catalogues at Suffolk Record Office help to reveal some of the following detail.

Bixley Farm was sold in 1928, the sale included stables, pigsties, granary, barn, bullock shed, cow house for 14 cows. In all there were 11 lots to be sold separately, including the former rifle range. (SRO/SC346/8)

The Limes (Formerly The White House) Built 1815 in ownership of Joseph Walford.

Sold by Richard Janson in 1866 "as a highly attractive and beautiful residential estate, comprising a very complete modern mansion with garden, stables and lodge entrance, beautifully placed and surrounded by park-like grounds, luxuriant plantations and fine old established ornamental timber."

"Also, at a convenient distance from the House, an excellent Farm-Homestead, with Bailiff's House, recently entirely re-

erected and upwards of 180 acres." Total acreage at one time was in excess of 130 acres. Occupied by Robert Maplestone Miller in 1877 and later by Major Alfred Meller from c1891 to 1921. Bought by the Carmelite Nuns in 1938, after moving from Church Street, Woodbridge, when the Nuns moved to Norfolk, Lime Hall was eventually demolished, and The Limes residential area built. (SRO/SC346/16)

### Rushmere Hall

Built in 1600s but had reduced in size to a farmhouse by 1846. Hannah Naunton married Joseph Walford and was left the lease of Rushmere Hall in September 1788 by her father Thomas Naunton.

The Ipswich Journal of the 7 May 1807 stated that the House be sold by auction and was late in the occupation of Mr Joseph Walford deceased. Auctioned again in 1955 for £4500, the hall then comprised entrance hall, sitting room, dining room, kitchen and scullery and six bedrooms. The auction catalogue noted that it was late in the ownership of Major Norman Everett and leased to Mr B S King. The house was demolished in 1960 to make way for the new Rushmere Hall housing estate and school. (SRO/SC346/3)

Heath Farm which was situated either side Humber Doucy Lane and extended from Playford Road to Rushmere Road was auctioned in 1924. It also included a small plot of land opposite the church. (SRO/SC346/2)

In 1900 there were two allotments: Whites and Popes. There were some allotments off Lamberts Lane named Whites used mainly by the residents of Seven Cottages Lane in addition Popes Allotments in The Street. The site of the original allotments in the Street was closer to Playford Lane than the present one.

In 1935 allotment holders were paying 5/

= a year for 20 poles. Some were excused payment because of unemployment. These details were gained from Rent Books held by Suffolk Record Office SRO/EG8/B6/1. Some of the names listed in the rent books are familiar Rushmere names; Rush, Mann, Patemoster, Salmon and Newson

In 1949 there were also some smallholdings situated on the opposite side of The Street where Chestnut Gardens are now.

*Local Historian, Ruth Silburn*

## Robert's Living Legacy

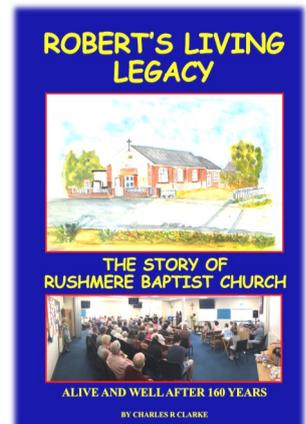
Having been brought up in Rushmere I continue to take a keen interest in the village. My family has had very close connections with the Chapel since 1935. I have always wanted to delve into its history and when an opportunity arose, I was happy to put together a detailed history.

With the help of the present leadership of the Church the book was launched at the Chapel in October 2019.

*Charles Clarke*

**This self-published book (not for profit) is available for £5 or £8 if posted from Charles Clarke, 36 Fraser Road, Bramford, Ipswich, IP8 4HS.**

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## 12 Days of Christmas for Nature Lovers in Rushmere St Andrew



Here's, what I hope you will find, a fun version of the 12 days starting Christmas Day and ending on 5th January. Each day is a new kind of "challenge". You might wish to change the order depending on the weather. Why not give yourself a small reward for each successful challenge?

**DAY ONE: A Partridge in a Pear Tree**  
How about a walk/bike/car journey to do a spot of bird watching? Could you identify a Partridge? Hint: There are two species of Partridge to be found in the Suffolk countryside. [www.rspb.org.uk/partridges](http://www.rspb.org.uk/partridges).

**DAY TWO: Mistletoe**  
First see if you can find some Mistletoe in the wild. There's quite a lot along parts of Rushmere Street near Humber Doucy Lane. [www.discoverwildlife.com](http://www.discoverwildlife.com)

**DAY THREE: The Christmas Tree**  
Who is suggested as having made the Christmas Tree a popular Christmas favourite here in England and where was it set up? Google the answer and then look up some more fascinating information on [www.whychristmas.com](http://www.whychristmas.com)

**DAY FOUR: Christmas Walk**  
Time to get out and about again and you might need wellies! Take a walk in the woods and look for some "Oak Bracket Fungus". **SAFETY WARNING: SOME SPECIES OF FUNGI CAN BE PARTICULARLY POISONOUS SO BEST TO LOOK AND NOT TOUCH.** : [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)

**DAY FIVE: Feed the Birds**  
Every day is potentially a challenge for birds to stay alive in the winter. By the time Christmas arrives much of the

natural food has been eaten so birds rely on tucking in to anything we can provide for them. Favourite foods are sunflower hearts, peanuts and suet blocks. Try hanging one or more of these in feeders in the garden. Keep a record of the birds which come to feed. [www.rspb.org.uk/birdwatch](http://www.rspb.org.uk/birdwatch)

**DAY SIX: I'm Dreaming of a White Christmas**

We often hear people say "It's not like it used to be, we always had snow when we were young". So, what are the chances of snow falling on Christmas Day here in Rushmere and are those comments really true? Find all the answers on the following link. [www.metoffice.gov.uk](http://www.metoffice.gov.uk)

**DAY SEVEN: Nature Trail**  
Time for something practical. Let's go for a walk and take a bag. On the walk collect some pine cones, a fun shaped twig or small branch, some acorns and conkers – anything which you can turn into a piece of creative display. In Rushmere Village why not start near Chestnut Pond and take in Playford Lane beyond the houses and out to the railway bridge. If you live on Bixley/Broke Hall why not start at the Water Tower and follow the Jubilee Walk? [www.rushmerestandrew.onesuffolk.net](http://www.rushmerestandrew.onesuffolk.net)

**DAY EIGHT: Creative Christmas**  
Well, we're back in doors now and time to get creative. Can you make a Christmas display using the items you collected on your walk? [www.countryliving.com](http://www.countryliving.com)

**DAY NINE: The Holly and the Ivy**  
Two plants which are always associated with Christmas. Both plants offer up some fascinating facts. We have a Holly Tree in our garden but it never has any berries. Why? Hollies are dioecious, meaning that they need male and

female plants in order to produce seeds, which are what berries are. So only female holly bushes will have the red berries. This means that if some of your holly bushes do not have berries, they may be male and simply cannot produce berries.

Ivy is a truly lovely plant. Contrary to popular belief it does NOT strangle trees which it grows on. In fact it offers home to something like 50 species of animals. [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)

**DAY TEN: The Moon and Stars**  
Often on a crisp winter's night there is a chance of seeing stars and the moon much more clearly. Get out a telescope if you have one and gaze at the winter sky. You never know what you may see at this time of year, particularly if you do this on Christmas Eve?

**DAY ELEVEN: The Robin**  
Probably the most iconic "face of Christmas" other than Father Christmas himself. Why not listen to recordings of the Robin. Look up their favourite foods and see if you can attract them into your garden. You might be lucky enough to hear one singing late into the night (spurred on by the light from street lamps). [www.rspb.org.uk/robin](http://www.rspb.org.uk/robin)

**DAY TWELVE: The 12 Days of Christmas**  
"My true love sent to me....." Look up the song or ask a family member for the words to "12 Twelve Days of Christmas". Time for some maths! So your final question so that you can dive into your treats is: How many gifts did she receive in total by the time all verses are sung?

(see answer at bottom of the page)  
**HAVE FUN AND ENJOY CHRISTMAS!**

Councillor James Wright

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## ADVERTISING

Would you like to advertise in the Rushmere St Andrew Parish Newsletter and reach over 2,600 homes and businesses?

Rates start at £16 with a discount available for community groups.

Please contact the Assistant Parish Clerk for a copy of the rates and options.

## Ministerial Visit Celebrates 'Village Hall Lifeline'

**Parish Halls – Rushmere St Andrew, trustees of our Village Hall, hosted a successful ministerial visit by Baroness Barran which highlighted the importance of Suffolk village halls.**

Baroness Barran, the Minister for Civil Society, spent an hour with trustees and users of Rushmere St Andrew Village Hall on Wednesday 9 October, discussing how the facility together with Tower Hall has developed to become a community lifeline to so many.

During her visit, Baroness Barran was told about the many ways in which Rushmere St Andrew Village Hall serves clubs, groups, families and not-for-profit organisations from the local area. Each day up to three local organisations are booked to use each hall.

Margaret Tarling, Chair of Trustees, said: "Being a Trustee can be hard work and challenging at times so it was great to hear what a good job we are doing and to have the opportunity to host the visit and showcase our hall."

Baroness Barran's visit coincided with a regular meeting of Humber Doucy Art

Club and the celebration of the 90<sup>th</sup> birthday of the founder of the art club Ken Cuthbert, who continues to be a member today. He attends the weekly occasion, enjoying painting sessions among friends and neighbours.

The meeting was also attended by officers of Community Action Suffolk and Chris Abraham, CEO for Community Action Suffolk, said: "We were very pleased to be able to welcome Baroness Barran MBE to Suffolk this week."

"Our village halls play such a vital role in Suffolk's communities, hosting events, enabling groups and clubs to meet regularly, and providing a place where people can socialise and reduce their risk of rural isolation. Myself and the trustees of Rushmere St Andrew Village Hall were able to enjoy some very useful and engaging conversations about the power of village halls."

Baroness Barran congratulated Community Action Suffolk and Parish Halls – Rushmere St Andrew on the excellent community facilities they provide.

*Jean Potter*



Trustees from Parish Halls – Rushmere St Andrew and officers and CEO from Community Action Suffolk together with the Minister Baroness Barran (third from right). Published with permission from Community Action Suffolk.

## Bixley Farm Church



Bixley Farm || St John's || St Andrew's

Bixley Farm Church (part of MIE with St Johns and St Andrews) continues to meet on Sunday afternoons 4-5pm at Tower Hall. Numbers have

increased, with the congregation enjoying the child friendly and more informal worship style offered and the opportunity for people to enjoy meeting and talking with each other after the service.

Little Lambs, our parent and toddler group meets every Friday morning 9.15-11.00 in term time at Tower Hall proving very popular with local families.

We are aware within the Bixley Farm area there is a lack of facilities for young people to meet. To help support our local youngsters we hope to start a youth club type activity next year. We are currently working on the details to ensure that we can make a safe, enjoyable and creative space that young people will enjoy attending and parents will be secure in the knowledge that their children will be well cared for.

As **Christmas** approaches look out for us carolling in the local area on the 4th December. We are delighted to be involved in organising the big community sing-along 'Carols on the Green' on the Broke Hall Green on Saturday 7th Dec at 3pm, with St Augustine's Church. At Tower Hall our Carol Service is on Sunday 15th Dec at 4pm and our Nativity Service for families is on the following Sunday 22nd Dec again at 4pm.

All the above events are open to anyone to join – just come, you will be most welcome. For further information: [www.mie.org/bixley](http://www.mie.org/bixley) call 01473 270978 or email [office@mie.org.uk](mailto:office@mie.org.uk)

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EXPERIENCE NEEDED

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Not a complete beginner class !!

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PAY AS YOU ATTEND

\* NO PRE-BOOKING NEEDED \*

SENSIBLE DANCE SHOES ONLY PLEASE

TEA & COFFEE AVAILABLE

**No Partner Needed!**  
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Mobile : 07941069881 or  
Email : [elsiegee@talk21.com](mailto:elsiegee@talk21.com)  
Facebook : Louisiana LDC

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**07966 768895**

## Get Ready for Christmas: St Elizabeth Hospice Shop



**Christmas** is coming to the St Elizabeth Hospice shop at Heath Road in Ipswich, helping to raise vital funds for local families in need of palliative care.

Come and enjoy some of our new festive treats from our café or why not try one of our afternoon teas? If you're struggling to find the perfect Christmas

present for friends or family, our afternoon tea gift vouchers make an ideal gift.

Our community hub will be a hive of activity during November and December. Try your hand at Christmas decoupage on 23 November from 2 – 3.30pm. We are also running floristry workshops including wreath making, pomanders and table decorations on 7, 14 and 21 December from 2 – 4pm. Tickets can be purchased instore.

The shop will be getting into the festive spirit throughout December with Christmas music from the Bucklesham Community Choir on Tuesday 10 and Friday 13 December from 2.30 – 3.30pm and also our volunteer, Elspeth will be providing music on 5, 6, 9, 11, 16 and 17 December from 11am – 3pm.

For further information, visit us Monday to Saturday from 9am - 5pm.

## How Much is Too Much?



### Small changes make a big difference.

That is the message, as Suffolk County Council launches a new campaign looking at our relationship with alcohol.

Four short films have been produced following the stories of characters ('Billy Binge', 'Tellybox Trish', 'Big Match Barry' and 'My Time Mandy'), speaking about when and where they drink alcohol. The films cover different habits when it comes to alcohol consumption; weekend binge drinking, drinking at home, drinking as a reward, and excessive drinking to celebrate an event or occasion, such as a football match.

The campaign offers guidance and advice about how much is too much, the benefits of reducing alcohol intake and the small changes people can make to their drinking habits, which can make a big difference to their mental and physical wellbeing.

Evidence suggests direct links between alcohol and heart and liver disease, diabetes and some types of cancer. Alcohol is also highly calorific, contributing to weight gain. It can also influence the quality of sleep and take its toll on physical appearance over time.

The campaign highlights that as well as the health benefits, reducing alcohol consumption can also bring social benefits, such as being able to spend more quality time with your loved ones, saving money for something more meaningful and losing weight.

### Some of the small changes suggested by the campaign are:

- Did you know that you drink more slowly when you're sitting than when you're standing? So, pull up a chair, take it easy and savour your drink.
- Rounds make it very easy to drink more than you planned. When it's your round, why not quietly buy yourself a soft drink or a lower-strength beer? You can substitute every second drink with water, non-alcoholic beer, coffee or a soft drink.
- A great way to avoid overdoing things is to drink with your main meal only. And keep that bottle off the table. Just pour one glass and put it away!

[www.healthysuffolk.org.uk/smallchanges](http://www.healthysuffolk.org.uk/smallchanges)

## RUSHMERE ST ANDREW PARISH COUNCIL SCARECROW FESTIVAL



### RECYCLING, NATURE & LOCAL ENVIRONMENT

10<sup>th</sup> October 2020

Rushmere St Andrew Parish Council Allotment Gardens &  
Rushmere Baptist Church

**What type of scarecrow will you decide to make to display outside your house/business to be viewed on the Scarecrow Trail around the parish.**

There will be a competition for the best scarecrows.



I am pleased to report that crime figures remain low in the Rushmere St Andrew area and in particular vehicle crime. However, we must not become complacent, please continue to take all the necessary steps to secure your property and vehicles, leaving no valuables on display. This includes lose change. A common misconception is that leaving just a few coppers or silvers in your centre console would not be enough for someone to break into your car, however if this is the final 30p for instance that the offender needs then they may still attempt to steal it. To explore further crime reduction guidelines where you can find advice on a variety of topics please visit :

<https://www.suffolk.police.uk/advice/crime-prevention-z>

**Gemma Read—Police Community Support Officer 3208**

Partnership Funded PCSO for Kesgrave and Rushmere St. Andrew

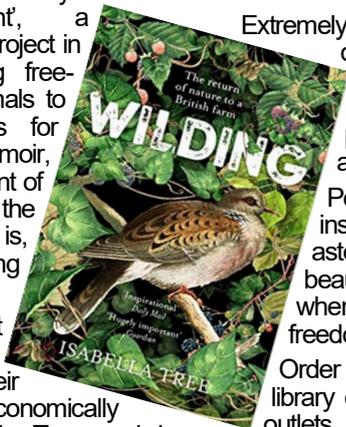
Office: 101 extension 8160, Email: [Gemma.read@suffolk.pnn.police.uk](mailto:Gemma.read@suffolk.pnn.police.uk)



**Rushmere Readers**

Our choice for the Winter is Wilding, by Isabella Tree. It tells the story of the 'Knepp experiment', a pioneering rewilding project in West Sussex, using free-roaming grazing animals to create new habitats for wildlife. A gripping memoir, and fascinating account of the ecology of the countryside, Wilding is, above all, an inspiring story of hope.

Forced to accept that intensive farming on the heavy clay of their land at Knepp was economically unsustainable, Isabella Tree and her husband Charlie Burrell made a spectacular leap of faith: they decided to step back and let nature take over. Thanks to the introduction of free-roaming cattle, ponies, pigs and deer – proxies of the large animals that once roamed Britain – the 3,500-acre project has seen extraordinary increases in



wildlife numbers and diversity in little over a decade.

Extremely rare species, including turtle doves, nightingales, peregrine falcons, lesser spotted woodpeckers and purple emperor butterflies, are now breeding at Knepp.

Personal and also inspirational, Wilding is an astonishing account of the beauty and strength of nature, when it is given as much freedom as possible.

Order this book from your local library or purchase from the usual outlets, not forgetting to support, if you are able to, the independent book sellers. Send us your thoughts on this book, anything from a few words to a full review and we will publish them in the next newsletter.

Email: [sarah.jenkins@rushmere-st-andrew.org.uk](mailto:sarah.jenkins@rushmere-st-andrew.org.uk)



**Christmas with the Children!**



My husband and I always talk about our fond memories of Christmas as children. The first sighting of the Coca-Cola TV advert would fill our tummies with butterflies at the prospect of Christmas being just around the corner.

When we knew we were ready to have a family of our own, the one thing we were most excited about as young adults was the chance to recreate the magic of Christmas for our own children - if they have memories like our parents gave us, We know we have done the best job in the world!

Now that we have our buoyant brood, we have our own Christmas traditions. We make a visit to Kiln Farm in Kesgrave and

pick our tree while it's growing in the field (that we can almost see from our bedroom windows!) and then it is cut down fresh on the day we want to collect it, and we keep it up with all of our other decorations until the 6th January.

We have tried various Father Christmas events over the years, and to be honest the most expensive experiences have been the most disappointing. Last year we went to Christchurch Mansion, and it was so wonderful we are definitely going back again. Our children really enjoy late night shopping in the town as they get to stay up a little later on a school night, have a hot chocolate, gaze at all of the Christmas lights and visit the huge tree on Cornhill (we are so pleased they changed it back to a real tree as the baubles were a bit of a disaster!)

I don't use a butcher throughout the year to source my meat purely down to laziness, but I love to pre order our bird and make a special trip on Christmas Eve to the butchers, with the children, where they see strangers being kind to each other, saying "Merry Christmas" to everyone we meet.

Lastly on Christmas Eve there is a lovely carol service at Chestnut Pond hosted by the Baptist Church in Rushmere St Andrew and then we attend midnight mass before tucking the children into bed, hoping that the big man in red will fill their stockings. **Merry Christmas everybody!**

*By Libby Griggs*

**Readers' Reviews**

A lovely heart-warming tale that brings back memories of the days of Lyons Tea Shops.

**J Kelly**

Set on the Kent Coast during World War II, loved the theme of the bonds of friendship forged in wartime Britain.

**T Calver**

Disappointing. Didn't feel it was realistic. I found the characters unbelievable and it was not as good as the author's previous series of books 'The Woolworth Girls'.

**K Todd**



**Kesgrave Library**

The Library has had a busy six months since my last report. Rushmere Parish Council, Sparks and Kesgrave Library Community Group put funds together to pay for the upgrading of the children's area which now includes comfortable seats and smart new storage units.

During the annual Summer Reading Challenge as well as the usual activities, there have been a number of special events over the summer. The Buzz Light Year event opened this year's Summer Reading Challenge on 21 July. The scheme was manned throughout the holidays by of volunteers who listened to the children reading and gave them lots of help and encouragement. The Library is very grateful to all those volunteers.

Overall, about 370 children completed the challenge. The end of the reading scheme was marked by a special Library Fair where the children were presented with medals and certificates and were entertained with a puppet show.

**Councillor Mirabel Brown**

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## 12 Days of Christmas Word Search

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

Can you find the following words from 'The 12 Days of Christmas' song in the above word search?

Partridge	Ring	Ladies
Dove	Geese	Lord
Hen	Swan	Piper
Bird	Maid	Drummer

A finger and a bit of paint are all you need to make these super-cute penguins. It looks great as a gift tag or you can make them all over a large sheet of paper to make your own gift wrap.



**Materials:**

Black, white & orange finger paint, scrap of cardboard or old margarine container lid (something to act as a pallet), toothpick or small paint brush, paper or card stock in a winter color (other than white or black).

**Instructions:**

1. Squeeze a bit of black finger paint onto a margarine container lid & squeeze a bit of white finger paint onto the lid, spaced away from the black paint.
2. Stamp the pad of your thumb into the white paint & make one large thumbprint "tummy" on the paper.
3. Stamp the pad of your index finger into the black paint & make black fingerprint wings on either side of the tummy.
4. Stamp the tip of your index finger or pinkie finger into the black paint & make a black fingertip head on top of the penguin.
5. Use a toothpick or paintbrush to make two white eye dots on the head.
6. Set aside to dry.
7. Use orange marker or paint to add a beak and feet., and there you go ...

## CHRISTMAS QUIZ

1. In the movie Frozen, what does Elsa produce every time she sneezes?
2. Can you unscramble the following letters to reveal something you put on a Christmas tree: BLEAUB?
3. Which Christmas movie character lives inside a cave on Mount Crumpet with his dog?
4. How many times does the number 1 appear on an advent calendar with 24 doors?
5. What type of pizza does Kevin order in Home Alone?
6. In the movie Elf, which city does Buddy travel to in search of his father?
7. Which of Santa's reindeer names appears first when placed in alphabetical order?
8. True or false: a snowflake has 5 points in total?
9. What word, beginning the letter A, means 'the coming'?
10. What Christmas related animal is known by the Spanish word 'Reno'?
11. Which famous Christmas movie features a character called Jack Skellington?
12. How many Sundays occur during the period of Advent:  
a) 4, b) 3, c) 2, d) 1?
13. What is the missing word from the following Christmas movie title: The ..... Express:  
a) American, b) Polar, c) Orient, d) Daily?
14. What gift did France give to America in 1886:



### CHRISTMAS CRACKERS

**Why was the snowman looking through his carrots?**  
 He was picking his nose.

**What's a dog's favourite carol?**  
 Bark the herald, angels sing

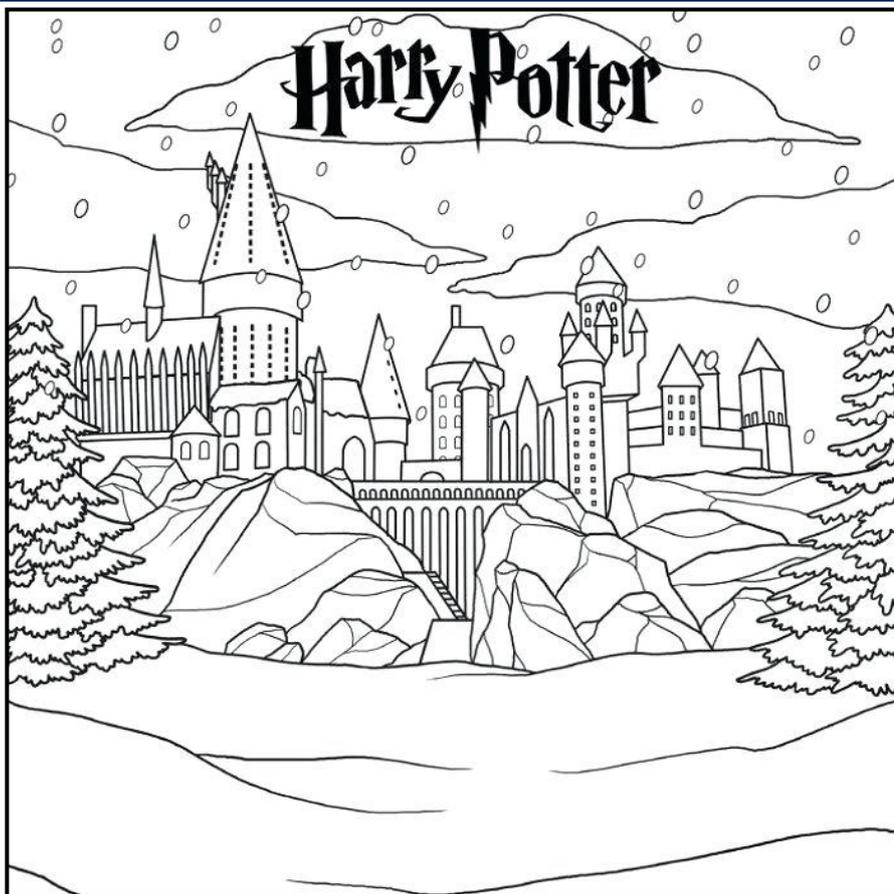
**What do snowmen have for breakfast?**  
 Snowflakes

**Why are Christmas trees very bad at knitting?**  
 Because they keep dropping all their needles.

1. Snowgies 2. BAUBLE 3. The Grinch 4. 13 times 5. Advent 6. Cheese pizza 7. Blitzen 8. False: A snowflake has 6 points 9. Advent 10. Reindeer 11. The Nightmare before Christmas 12. a) 4 13. b) Polar 14. The Statue of Liberty

Answers to Christmas Quiz

# Your Rushmere



It's Competition Time! Colour in and/or add to the above Christmas scene. 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 to [sarah.jenkins@rushmere-st-andrew.org.uk](mailto:sarah.jenkins@rushmere-st-andrew.org.uk).

**Closing Date: Monday 16th December 2019**

The winner will be judged by members of the Rushmere St Andrew Parish Council. No family or members directly related to members of the Parish Council may

## AND THE PRIZE IS ... Harry Potter 3D Knight Bus Puzzle!

The magic is at your fingertips! A must for Potter fans!

The finished 850 piece Harry Potter Knight Bus puzzle measures 26 x 7 x 19 cm

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[www.mrbeanentertainments.co.uk](http://www.mrbeanentertainments.co.uk)

## Who won the Summer Newsletter Competition?

Another difficult decision for the panel with so many entries. I think you will agree that this is a well deserved, brilliantly colourful winner. Congratulations to Miss Milla Walters-Fuller, age 7.

We hope you enjoy the Live Butterfly Garden Milla?

The judges would like to send big thank you to all those who entered.

## Don't Forget to Recycle this Christmas!

### Christmas cards:

Take them to your nearest recycling centre., after Christmas.

### Wrapping Paper:

Before recycling, remove any sticky tape and decorations such as ribbons and bows as these cannot be recycled. Wrapping paper can only be recycled if it passes the scrunch test - simple paper wrap can be recycled but foil or glitter-decorated paper cannot.

**Don't forget to recycle your Parish Newsletter!**

