

# **WICKHAM MARKET PARISH NEWS**

**IP130**

**YOUR FREE NEWS AND  
INFORMATION BOOKLET**  
From  
Wickham Market  
Parish Council

**December 2024**



## WICKHAM MARKET PARISH COUNCIL

Meets on the third Monday alternate months

Ivor French (Chair)

David Chenery (Vice Chair)

Robin Cooke

Gloria Creasey

John Day

Gemma Dempsey-Gray

Kelvin Gray

John Horsnell

Pauline Huggins

Dick Jenkinson



### Contact us:

Chair: Ivor French:

[ivor.f@wickhammarketpc.com](mailto:ivor.f@wickhammarketpc.com)

Clerk: Al Besly:

[clerk@wickhammarketpc.com](mailto:clerk@wickhammarketpc.com)

Deputy Clerk: Leanne Castle:

[deputyclerk@wickhammarketpc.com](mailto:deputyclerk@wickhammarketpc.com)

Cemetery Clerk: Linda Merriam:

[cemeteryclerk@wickhammarketpc.com](mailto:cemeteryclerk@wickhammarketpc.com)

### For more information:

<https://wickhammarketpc.com/>



### Social Media



Wickham Market Parish Council Suffolk



@WickhamMarketPC



Wickham Market Parish Council updates



wickhammarketparishsocials

## Parish Council Committees and Groups

**Finance & General Purpose Committee:** Meets on the first Monday alternate months. Responsible for grants and managing financial reporting and budgets.

**Planning Committee:** Meets as required and reviews and comments on all planning applications for the Parish.

**Staffing and Personnel Committee:** Meets as required and advises the council on all employment matters.

**Sizewell C Committee:** Advises the Council on the impact of Sizewell C.

**Environment & Leisure Working Group:** Meets on the second Monday alternate months and advises on the Cemetery, Allotments and Footpaths.

**Climate Change Working Group:** Responsible for the Climate Action Strategy and advising the Council on Climate Change actions.

**Village Hall Modernisation Working Group:** Working with the Village Hall Trustees to develop the hall.

**Emergency Plan Working Group:** Responsible for developing plans to manage emergencies in the parish.

## Welcome to a chilly December and the latest edition of Wickham Market Parish News.

As we approach the Christmas period where we meet up with friends, family and neighbours, spare a thought for those that can't get out so easily and may need a little help.

availability at the Parish Council Office on Wednesdays 12:30 - 2pm in January. I would be very happy to meet and answer questions or take suggestions.

Until then, I wish you a happy Christmas and a great New Year

**Ivor French**

**Chair, Wickham Market Parish Council**

[ivor.f@wickhammarketpc.com](mailto:ivor.f@wickhammarketpc.com)

I will be restarting my weekly

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## WICKHAM MARKET PARISH NEWS

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### Delivery:

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### Contact for contributions:

[clerk@wickhammarketpc.com](mailto:clerk@wickhammarketpc.com)

Please email your text with good quality pictures as separate attachments

# NEWS ROUNDUP

## New Website for Wickham Market

A project to create a new website for Wickham Market is well underway supported by funding from East Suffolk Council and Suffolk County Council. The new site will support news, directories of businesses and activities together with facilitating parish organisations with their pages. The Parish Council are working closely with Wickham Market Partnership to deliver the best possible solution for both residents and visitors. We hope to be live in late Spring 2025.



**ALLOTMENT** bills and tenancy agreements have been renewed for 2025 which has resulted in a handful of allotments being offered to people on the waiting list which is managed by WM Allotments Association. Everyone is looking forward to a productive year!

**LITTER** has been a continuous issue around the village and the Parish Council values the dedicated volunteers who go out periodically to keep our village tidy. To support this activity the Parish Council has employed a part time litter picker to regularly check key areas in the village such as the playing field, children’s play area and Little Lane.

**GRASS CUTTING** during the growing season is being done on a weekly basis for both the Village Hall and Simons Cross playing fields. This should improve the quality of the surface for all to enjoy.

**CEMETERY** improvements are taking place to create a calm and tidy area with sustainable ongoing maintenance costs. The first phase is to level graves older than 6 months to allow grass cutting equipment to create a tidy mown surface for all to enjoy. This is supported by our cemetery regulations which aim to provide a lawn cemetery. Further improvements will be assessed during 2025.



**FLOOD RESILIENCE** is a hugely important topic at the moment which is being addresses by Suffolk County Council and the Environment Agency supported by Wickham Market Parish Council. Reports and actions are being developed and a summary of the position in Wickham Market can be found on page 23.

**EMERGENCY PLAN** Working Group has attended East Suffolk Council EP forums and involved specialists from the Joint Emergency Plan Unit (JEPu) at two of its meetings. The Working Group has also listed the following tasks it will carry out which include:

- Distribute information to all properties in the village including a pull out “Z” card produced by JEPu offering advice and contact details
- The village hall will be the designated Emergency Rest Centre
- Explore options for managing pets during an evacuation
- Ensure DBS checks for the Working Group members in order to supervise the running of the Rest Centre
- Information cards published on the website

**VILLAGE HALL MODERNISATION** is moving forward but we are still in the early stages of using a concept design to apply for grants to support the project. See pages 8 and 9 for an outline of the stages of this project.

**CLIMATE CHANGE** is another important topic for consideration in the world today. Our Climate Change Working Group is kicking off the new year with a social interactive evening on 31 January, see the back page for more information.

**PLAN YOUR INPUT** to your bimonthly news and information booklet. Here is the 2025 planned production schedule.

Edition/Month		Contribution deadline	2 Week delivery commences
13	February	Fri 17 January 25	Mon 10 February 25
14	April	Fri 14 March 25	Mon 14 April 25
15	June	Fri 16 May 25	Mon 16 June 25
16	August	Fri 18 July 25	Mon 18 August 25
17	October	Fri 12 September 25	Mon 13 October 25
18	December	Fri 14 November 25	Mon 15 December 25

**AND FINALLY** This always makes me smile. A personal view of what’s happening “Near the Coast”! <https://www.nearthecoast.com>



# WILDLIFE CORNER

**When you are tucking into your Christmas dinner, please spare a thought for our wildlife.**

There might not be as many animals visible at this time of year, but with a little effort, you can make it an easier season for them.



## Leave the leaves

An easy way to look after wildlife in winter is actually to do less with your garden than you normally might. Please avoid pruning berry or any fruit-bearing bushes or trees, as these provide important food for birds, insects and small mammals over the next few months.



Allow leaves, twigs and sticks to pile up under hedges or in borders. This can provide a cosy home for hedgehogs, toads and dormice to hibernate. The leaves will also shelter insects – which will become food for insects as the leaves decompose. These insects will in turn be food for birds and hedgehogs who will feast by picking at the leaves. Watch out for any sleepy hedgehogs; they

might need help. Remember, 'out in the day is not ok'. If you do need to move piles of leaves or wood, especially to light a bonfire, make sure you check for small mammals first.

## Finding food

The winter months are really hard for animals that don't hibernate at all, such as birds, squirrels, badgers and foxes. They need to keep their body temperature up by eating sufficient food, but it is so scarce at this time of year. You can be their lifeline by giving them supplementary food, i.e eggs for foxes, kitten biscuits for hedgehogs, (no milk please as they're lactose intolerant).

## Don't forget the water

It's so important to supply wildlife with water, especially in freezing temperatures. A plant saucer with a few differently-sized stones in it will allow a variety of birds to bathe. If you place the saucer at ground level, many other animals will also be able to drink from it. Make sure you break the ice if it freezes.

If you have a pond, and the surface is frozen, you may want to melt or break some of the ice to allow animals to drink from it. Melt the ice by placing a hot saucepan on the surface, or gently poking a few holes. Avoid breaking the ice with any force, or by pouring boiling water in, as this could harm any fish, frogs or newts living inside.



Wishing you Christmas joy and a new year filled with happiness; stay safe and warm and be grateful for the little things!

## ALL SAINTS CHURCH

**Christmas is coming! The shops have been full of Christmas things for a while now. Sadly, not many of the goods are about the REAL Christmas! How many nativities do you see among the elves, santas and other items?**

Come and follow the star to celebrate Jesus' birth with us, the real "reason for the season". We will be singing carols on the Hill on the 13th at 5pm.

December 15th will be a busy day! Christingle making (alongside the tea and toast!) at 11am (toast from 10.30) at our Together@11 service, and then the Carol service in the evening at 6.30pm.

Pettistree church have their carols on 22nd December in the morning at 9.30. We also plan to be at the Christmas market, with various activities based on the theme "Follow the star"

***Have a Blessed Christmas!***





## VILLAGE HALL MODERNISATION

### The Re-Development Process Explained

This article aims to communicate the modernisation process that we are currently engaged with and the various stages that we need to go through to deliver the new hall on behalf of the residents of Wickham Market. It is not intended to be an exhaustive description but rather describe an over-view.

There are four distinct stages to the modernisation:

#### Concept Design

Many of you will have seen the Concept Design drawings which have been produced by the architect. These initial drawings convey the potential layout of the hall, making most use of the space, the existing structure and directional aspects of the building. The purpose of these drawings is to attract funding for the project and communicate to village residents how the building space could be better utilised.

These drawings are NOT the final design and are not designed to display how the internal space will be fitted out. More detailed plans will be developed once the funds for the project are in place. These plans will be used for any planning application that we require. At the time of publication this is where we are in the process.

#### Fund Raising

Through the hard work of the team, we have been successful in securing £500K of funding from East Suffolk Council. Together with funds already ringfenced for modernisation we currently have half of the total funds required to deliver the project. The Joint Modernisation Working Group is currently engaged in

identifying and applying for funding from various appropriate organisations. We were unsuccessful with our grant application for funds from the National Lottery however we are currently awaiting to hear whether we have been successful in securing Sizewell C Community Funding.

A lot of work has been conducted to ascertain quotes for the various aspects of the work required to modernise the hall. These have been used to arrive at a total cost for the project.

To be clear, if we do not secure the required funding, the modernisation of the hall cannot move forward.

#### Project Goes Live

Once we have secured the required funding, we will be able to initiate the main phase of the project. We will procure contracts for the detailed design and modernisation of the hall. The detailed plans will be shared with the community and used for any planning applications that are required.

It is at this point that we will have to close the hall to users for 12-15 months to allow the hall to be stripped out ready for re-development.

We will make every effort to ensure the speedy completion of the modernisation, minimising the amount of disruption caused and the time that the hall is closed to users.

#### Fitting out the Hall

Once the structural aspects of the hall have been constructed and the services (electricity, water etc) installed we will turn our attention to the fit-out of the hall ready for users to return. This will include the kitchen, meeting rooms, toilets as well as the main hall area. Every effort will be made to accommodate the community's wishes and preferences within budgetary and design constraints.

Once this phase of work is completed, we will be able to re-open the hall and welcome existing and new users of the hall. It must be remembered that the hall will be very different to its current layout and finish. It will be more flexible, accessible, welcoming and an energy efficient community asset for us all to be proud of, use and enjoy.

Wickham Market residents deserve a modern Village Hall fit for the future.

***Village Hall Joint Modernisation Working Group***





# WICKHAM MARKET LIBRARY

**If you go down to your library today, you are in for a big surprise!**

It's not ALL about books, that's for certain. Lynn and Helen are the Library and Information Advisors at Wickham Market Library (which is next door to the Medical Centre). They are helped by volunteers, and host a range of regular activities, events and clubs suitable for all age groups.

The library is open Tuesday to Friday 9.30am-5.30pm and on Saturday 10am-4.30pm. Here is a taste of the range of activities:

## Tots Rock

Thursdays throughout the year, 9.45am – 10.15am

Ideal for babies through to pre-schoolers, parents, carers and grandparents. Lynn sings songs, nursery rhymes and tells simple stories, and the little ones are encouraged to take part in the actions and play musical instruments. It's informal and fun and the adults don't have to sing along!



## Lego Club

Saturdays throughout the year, 10am-12noon

If you love Lego this is for you; ideal for all ages and you don't have to stay for the whole two hours. Build Lego models, gain ideas and inspiration for other Lego projects.

## Sewing Group

Thursdays throughout the year, 2pm-5pm

Bring your latest sewing project with you and enjoy the afternoon making alongside others. Share and gain sewing tips.

## IT Help

Friday afternoons, by arrangement

If you're stuck with an IT issue, book to see the library volunteer who helps sort out all things IT!

Trying to Study? No Peace or Space at Home?

If you need a quieter study space, bring along your laptop and find a quiet corner of the library to work on your exam revision or project.

## Book Club

First Tuesday of the month, 10am – 11.30am

Come along to this sociable group, enjoy coffee and cake as you talk through a new book each month. Recent reads include The Forgotten Bookshop in Paris and the thriller, Watch Her Fall. The books are provided by the library for you take away and read ready for the next Book Club.

## Find Out About Your Family History

Book your free, one to one session on a Tuesday between 10am and 1pm

Help is on hand to help you find out about how to search your family ancestry.

## Home Library Service

A friendly volunteer will visit anyone living in Wickham Market or in the surrounding villages with a disability or mobility issue who can't get to the library. Books are dropped off and collected by the volunteer who can also stay for a chat. The service is also available if someone is in a care home setting too.

For information about any of the above, please contact Wickham Market Library

Email: [wickham.library@suffolklibraries.co.uk](mailto:wickham.library@suffolklibraries.co.uk)

Phone: 01728 747216

The NEW Friends of Wickham Market Library is looking for enthusiastic volunteers who are keen to get involved in planning, organising and running events and projects to support Wickham Market Library. If you are interested in joining, please email the library manager,

[maggie.lusher@suffolklibraries.co.uk](mailto:maggie.lusher@suffolklibraries.co.uk)



# OUTDOOR GREEN GYM



## Wickham Market Parish Environment Group

If you like to spend time outdoors and enjoy fresh air, trees, wildlife and good company please join us in 2025! Outdoor green gym events bring people together to care for, enhance and learn about biodiversity and our environment. Events are held regularly usually at the weekends and some weekdays. Tasks include tree growing, tree, spinney & hedge planting, young tree care, bulb and wild flower planting, pruning, learning about wildlife habitats and cleaning the village spaces through litter walks. All ages are welcome and if we plan ahead there are jobs for everyone.

We aim to meet on the last Thursday of each month for a work party in the stunning village cemetery. Over several decades we have added beautiful trees, spring bulbs and wild flowers. It is lovely to see people quietly paying tribute to loved ones, enjoying the trees and colour and sitting in the sunshine in this quiet space.

Wear good boots, bring gloves & secateurs, if you have them. Hot drink and snack are a must! Gloves and tools are also provided. We are supported by East Suffolk Council, Parish Council, the Suffolk Tree Wardens network, local fund raising and donations.

For more detail contact your Parish Tree Wardens: Anne Westover 07586 266553 Email: ennaoverwest@btinternet.com and Sonya Exton Email: smexton@aol.com

For 2025 green gym and litter walk dates please look out for the Wickham Market round robin by subscribing to email: news@wickhammarket.co.uk and also the Facebook pages for Wickham Market and WM Community.

If you wish to help at other times with a specific task or help in any way, please let us know! All project ideas, support and donations to green items, such as bird boxes, trees, bulbs, tools (via WM Parish Council) are welcome.



## No job too small

Telephone: 07914 494108

Phone manned Monday-Friday 9.00am-5.00pm (not bank holidays) or you can leave a message

**VOLUNTEER TRAINING:** On a Monday morning in late October the meeting room at the back of the village hall was full to capacity with GN volunteers attending a safeguarding refresher training course provided by Paul Nicholls for Community Action Suffolk, the umbrella organisation for all voluntary groups in Suffolk. It is necessary for us to update this training every two years to ensure that our safeguarding knowledge is up to date and that we remain familiar with safeguarding policies and procedures. The meeting was informative and highly interactive which ensured that we were all actively engaged in our training; some of the information was familiar to us but we also learnt much that was new to us. A very worthwhile couple of hours.

**VOLUNTEERING:** We are in particular need of more drivers to take our clients to various appointments both within the village and further afield. We can fit any jobs in with your availability so you are in control of how often and when we call you. If you feel that you could be part of our volunteer drivers team do give us a ring on the number listed above and we can answer any questions that you may have.

Our services are available to all Wickham residents, please give us a call to see if we can help.

PLEASE NOTE THAT WE ONLY PROVIDE OUR SERVICES TO PEOPLE WHO LIVE IN WICKHAM MARKET AND DO NOT COVER NEIGHBOURING VILLAGES

Please remember that we are not an emergency service and, as we rely on volunteers, we would prefer at least THREE days (not including a weekend) to find someone to help you with a local job and a WEEK for hospital and other longer appointments. The greater the notice you give us, the better! We will still try and find a volunteer to help you if you are unable to give us this much notice, for whatever reason, so do still try us!



**If your child was born between  
1 September 2020 and  
31 August 2021,  
you must apply for a full-time  
Reception Year school place by  
15 January 2025**



You **must** make an application even if your child already has a place in a nursery class, pre-school or family hub

To apply for a place or for more information you can visit:

**[www.suffolk.gov.uk/admissions](http://www.suffolk.gov.uk/admissions)**

Information is also available from:

•The Admissions Team on **0345 600 0981**

•Your local school

## EMERGENCY NUMBERS

**FALLEN TREES:** 0345 606 6171

**HIGHWAY FLOODING:** SCC  
0345 606 6171 or 0300 1235000  
[www.highwaysreporting.suffolk.gov.uk](http://www.highwaysreporting.suffolk.gov.uk)

**STREET CLEANING/CLEARING:**  
0333 016 2000

**POWER CUTS:** Power Networks call:  
105 or 999

**DANGEROUS STRUCTURES:**  
01394 444 219 or 0800 440 2516

**MANHOLE PROBLEMS** that are  
considered an emergency:  
0345 606 6171

**WATER LEAKS:** Anglian Water: 24/7  
0345 145 145

**EAST SUFFOLK COUNCIL** Emer-  
gency out of Hours: 0800 440 2516

## BUSINESS DIRECTORY



### ALL IN AUTO SERVICES

Vehicle service and maintenance  
Riverside View Industrial estate  
01728 746999  
[allinautoservices@btconnect.com](mailto:allinautoservices@btconnect.com)

### BAYFIELDS DIGITAL

TV Aerials, Satellite TV, WiFi, CCTV  
9 Riverside View Industrial Estate  
01728 745745  
[www.bayfieldsdigital.com](http://www.bayfieldsdigital.com)

### BELLISSIMA BEAUTY

Beauty treatments/gifts  
46 High Street 01728 746981  
[www.bellissima-beauty.co.uk](http://www.bellissima-beauty.co.uk)

### THE BENGAL

Indian Restaurant/Takeaway  
70 High Street 01728 747767  
[www.the-bengal.co.uk](http://www.the-bengal.co.uk)

### BLUE CROCUS TEXTILES

Textiles, lampshades, curtains, blinds  
& fabric designs,  
179C High Street 01473 487844  
[www.bluecrocustextiles.com](http://www.bluecrocustextiles.com)

### CAFÉ 46

Cakes, coffee, lunch and more  
46 High Street 01728 746690  
[www.cafe46.co.uk](http://www.cafe46.co.uk)

### COOPERATIVE SUPERMARKET

14-18 High Street 01728 746313  
[www.coop.co.uk](http://www.coop.co.uk)

### EAST ANGLIAN TRADITIONAL ART CENTRE

48 High Street 01728 747050  
[www.eatac.co.uk](http://www.eatac.co.uk)

### EAST COAST ADVENTURES

Group Outdoor Activities and Events  
[www.ecadventures.co.uk](http://www.ecadventures.co.uk)  
07388 091459

### ENGLISH GRAIN

Bespoke Kitchens and Furniture  
181 High Street 07850 416487  
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### THE FLAMING FRYER

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75 High Street 01728 46361



**GELHAM HALL FLOWERS**

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34 High Street 01728 746416  
[sue.rose@in-homecare.co.uk](mailto:sue.rose@in-homecare.co.uk)

**PETER HALL FLOORING**

77b High Street  
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Riverside View Industrial estate  
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**LILY CHRISTINA Bridal Boutique**

Bridal Collection (by appt only)  
77B High Street. 07737 488368  
[lilychristinabridalboutique@gmail.com](mailto:lilychristinabridalboutique@gmail.com)

**JIM MALTBY**

Wills, Lasting Powers of Attorney, Probate  
11 Observers Road 07765 253756  
[jimemaltby@hotmail.com](mailto:jimemaltby@hotmail.com)

**MORRISONS DAILY**

Convenience Store  
79A High Street 01728 747413  
[www.morrisons.com](http://www.morrisons.com)

**THE NEW PEACH BOWER**

Chinese Restaurant/Takeaway  
56 High Street 01728 747901  
[www.thenewpeachbower.co.uk](http://www.thenewpeachbower.co.uk)

**NR RESTORATIONS**

Property renovations, refurbishments.  
Nathan Reay 07432 241101  
[nrrestorations@icloud.com](mailto:nrrestorations@icloud.com)

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07811 201039

**DA RUSE PLUMBING & HEATING**

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42 Barhams Way, IP13 0SR.  
07999250203 01728564132  
[www.daruseplumbingandheating.co.uk](http://www.daruseplumbingandheating.co.uk)

**ST ELIZABETH HOSPICE**

Charity Shop 54 High Street  
[www.stelizabethhospice.org.uk](http://www.stelizabethhospice.org.uk)

**SAXON VETS**

22 High Street 01728 747427  
[www.saxonvets.com](http://www.saxonvets.com)

**ANNA SHAND**

Chiropodist / Podiatrist  
64 High Street 01728 745010

**SOUTH EAST ANTIQUES**

Buy, Sell & Value Antiques & Jewellery  
Unit 7, Riverside View, IP13 OTA  
[www.southeastantiques.co.uk](http://www.southeastantiques.co.uk)

**SVRC DOG WASH**

Riverside View industrial estate  
07921 586339

**TEA POT TEA ROOMS**

Dine-in/Takeaway  
70A High Street 01728 748079

**VALLEY FARM EQUESTRIAN LEISURE**

Horse Riding, Visitor Centre, Holiday Lodge, Camping  
<https://www.valleyfarm.co.uk/>

**WICKHAM MARKET DENTAL CLINIC**

2 Crown House 01728 746220  
[www.wickhammarketdentist.co.uk](http://www.wickhammarketdentist.co.uk)

**WICKHAM MARKET PHARMACY**

68 High Street 01728 746267

**WICKHAM MARKET POST OFFICE**

and Stores  
36 High Street 01728 746201

**NOTICE**

The Town Lands Trust is a local charity which offers support for needs within the village of Wickham Market through two important ways:

1. Each Christmas, the Town Lands charity offers a voucher for those living alone in Wickham Market of pensionable age, to spend in local shops and businesses. We know that many look forward to the voucher each year. Please let the Clerk know of anyone who is newly eligible, for example through having moved into the village or through a change in circumstances. We are asking especially anyone eligible in the new housing development and living in Kitson Court who is eligible to let us know.
2. Support is also on offer from the Town Lands Trust to post-16 students or those in apprenticeships who live in Wickham Market, towards costs such as books and educational materials. The clerk will be please to advise anyone eligible on what may be on offer.

For further enquiries and to discuss any possible claim for support, please contact the Clerk to the Trustees, Roger Theobald on 01728 746979.

# USEFUL INFORMATION AND CONTACTS

## CITIZENS ADVICE EAST SUFFOLK:

14 Colonial House, Station Rd, Leiston  
IP16 4JD. Mon, Tue, Thur, Fri 10-2pm

## Wickham Market drop in service:

Resource Centre (next to the Library)  
Tuesday 1.30 - 3.30 pm.

[www.leistoncab.org](http://www.leistoncab.org)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

01728 832193 or 0808 2787868 (Free)

## Disability Advice Service

(East Suffolk): 01394 387070

## Good Neighbour Scheme: (GNS)

Available to residents in Wickham  
Market parish only. Transport to  
medical and social appointments.  
Friendship and support with shopping,  
posting letters, filling forms, comput-  
ers, dog walking, DIY, 07914 494108.

## Wellbeing Tree Café at The Aspire

Centre. Relax, chat and make new  
friends over a hot drink and cake.  
Wednesdays 10.30 - 12.30.

## Men's Shed: Behind the Village Hall.

Social and creative centre.

Mondays 2 pm

[www.wmshed.org.uk](http://www.wmshed.org.uk) 01728 747782

## INTERESTS

### Youth Football Club, Simon's Cross

Playing Field, IP13 0ST.

Steph: 07778 880735.

### Football Club and Social Club, be-

hind the Village Hall. 01728 747731

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

### Tennis Club, Simon's Cross Playing

Field: 01728 746736

### Bowls Club (playing Field):

01728 746715

## Red Triangle Bowls Club:

01728 604491

## GLEVERING HALL IP13 0EU

### Badminton Club at 7:30

Thursday: Ladies / senior school students

Monday: Men / senior school students

07860 402288

## VALLEY FARM

### Pony Club <https://www.valleyfarm.co.uk/content/pony-club>

### Tots Pony Club <https://www.valleyfarm.co.uk/content/riding-tiny-tots>

### Young Equestrians Club

<https://www.valleyfarm.co.uk/content/young-equestrians>

## VILLAGE HALL

Lettings:

[lettings.wmvillagehall@gmail.com](mailto:lettings.wmvillagehall@gmail.com)

Also at the Village Hall

### Bingo

Tuesdays 6pm

Tina Clack 01728 746846

**Community Club:** social activities  
and support for those new to the area,  
Friday mornings 01728 747078

Val Mann: [val@penpal.me](mailto:val@penpal.me)

### Gardening Club:

Monthly third Thursday 7:30 pm

[wmgardenclub27@gmail.com](mailto:wmgardenclub27@gmail.com)

### Toddler and Baby Group

Wednesdays during school term

9:00 - 11:30 (£2.50 per family)

[stephanieworne@gmail.com](mailto:stephanieworne@gmail.com)

## WI

Second Thursday each month at 7.30

## ALL SAINTS CHURCH

Crown Lane, IP13 0SA

01728 748224

[warden@wickhammarketchurch.org](mailto:warden@wickhammarketchurch.org)

[www.wickhammarketchurch.org](http://www.wickhammarketchurch.org)

### Open Pantry: Fresh food and household

goods shared with anyone in need.

Thursdays 9 - 11 am.

**Open Door:** coffee, tea, biscuits and  
friendship.

Fridays 10am to noon

### Bell Ringing: Monday Evenings

from 7:30 - 9pm

## BEEHIVE BUILDING Crown Lane

**Rainbows** (age 4-7), **Brownies** (age

7-10), Linda Payne: 01728 604491

**Guides** (age 10+)

Jacquie Goodwin & Tracy Burch

## WICKHAM MARKET LIBRARY

Chapel Lane, IP13 0SD. Open

Tuesday to Friday: 9.30 - 5.30

Saturday: 10 - 12.30 then 1 - 4.30

[help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk)

01728 747216

### Regular Events at the Library:

#### Family History Guidance By Ap-

pointment: Tuesdays 10am - 1pm

#### Morning Book Group:

1st Tuesday monthly 10am,

#### Tots Rock: - active songs and

rhymes for preschool children:

Thursdays 9.45am - 10.15am,

#### Sewing Group:

Thursdays 1.30pm - 4.30pm,

#### Lego Club:

Saturdays 10am - 12pm.

## ROYAL BRITISH LEGION CLUB

01728 746915

## WM PRIMARY SCHOOL and LITTLE AVOCETS NURSERY:

01728 746405

## RESOURCE CENTRE Chapel

Lane, IP13 0SD: 01728 747782

## Resource Centre Gardening Group

2nd Wednesday monthly at 10am.

Barbara Harrington: [sbharrington@outlook.com](mailto:sbharrington@outlook.com) or come along.

## ARCHIVE CENTRE:

Local history, archives and artefacts

Philip Tallent 01728 746058

## WHICH COUNCIL DOES WHAT?

### SUFFOLK COUNTY COUNCIL:

Highways, Recycling

<https://www.suffolk.gov.uk/> 0345 606  
6067

#### Reporting any highways issue in-

cluding: potholes, street lights, drains,

hedges, gritting, pavements <https://highwaysreporting.suffolk.gov.uk/>

### EAST SUFFOLK COUNCIL:

Waste collection, Pay car parks, Plan-

ning <https://www.eastsuffolk.gov.uk/>

0333 016 2000

**Sally Noble** [sally.noble@eastsuffolk.gov.uk](mailto:sally.noble@eastsuffolk.gov.uk)

District Councillor for the Wickham  
Market Ward.

### WICKHAM MARKET PARISH COUNCIL:

Cemetery, Playing Fields, Chil-

dren's Play Area, Allotments,

Markets, Footpaths (with SCC).

[footpaths@wickhammarketpc.com](mailto:footpaths@wickhammarketpc.com)

<https://wickhammarketpc.com/>

[clerk@wickhammarketpc.com](mailto:clerk@wickhammarketpc.com)







## WICKHAM MARKET ANNUAL VILLAGE SHOW 2025 SATURDAY 2ND AND SUNDAY 3RD AUGUST

Wickham Market Annual Village Show has been running for over 70 years and we still find people who say they have never seen or heard about the Show. Therefore, we thought an introduction to all things Wickham Market Show would help blow away any reservations you may have to come along and get involved in a creative and all inviting part of Village history!

**When is it?** Following the great tradition of local produce shows our event always takes place over the first weekend in August at Wickham Market Village Hall.

**What is it about?** Community, celebration of growing, making and baking and bringing people together for some creative fun!

**Who is it for?** Everyone!! There are classes for all ages with young people able to enter all classes along with some set aside just for them. You can show your vegetables and fruit, flowers & floral art, handicrafts, baking, chutneys, jams and other food creations, photographs, artwork and a wealth of other creations in the many classes available. The show is 'of the people, for the people and by the people of Wickham Market and local villages'.

**How can you get involved?** We usually launch the Show schedule and entry form in April each year so it is easy to take part. We welcome new organisers and helpers whatever time or skills you have to offer. You could also be a helper on one or both days of the show. We are a friendly relaxed bunch of local people who like to see community come together in a creative, supportive and friendly environment.

**What does it raise money for?** Any profits that are raised from the show go towards the upkeep and renovation of Wickham Market Village Hall.



The Show Committee are pleased to announce that the theme for 2025 will be **'The Seaside'**. When you are out and about, beach combing, taking photos, drawing, painting or getting inspiration for cakes and crafts you can bear the theme in mind. There will be themed classes scattered throughout the schedule including for children. Plenty of time to get creating!

Like more information?  Wickham Market Village Show.  
Anne Westover: [ennaoverwest@btinternet.com](mailto:ennaoverwest@btinternet.com) or  
Alison Calvesbert-Rearden: [acalvesbert@gmail.com](mailto:acalvesbert@gmail.com)



## STORM BABET

### £5000 PROPERTY FLOOD RESILIENCE SCHEME

**If your property was internally flooded between 19 - 25 October 2023, you might be eligible for a DEFRA grant of up to £5000 to make it more flood-resilient.**

Property Flood Resilience (PFR) means that a property can better withstand floodwaters and be restored to its original condition more quickly after a flood event.

#### What sort of thing could I use the PFR grant for?

- Flood resilient flooring
- Waterproof plaster
- Non-return valves on sewage systems
- Pumps to take away flood water
- Raising sockets above possible future flood levels.
- Sealing external walls
- Flood doors or barriers

#### What do I need to do next?

- Obtain a survey from a suitably qualified building surveyor
- Get independent quotes for the work
- Search **"Suffolk PFR"** to apply
- If you can't get online, please call: **0345 606 6067**.



The Property Flood Resilience Grant





## DEBEN PROBUS REVISITS A FASCINATING VIEW INTO SUFFOLK'S PAST

Deben Probus club, was formed in 1985 to encourage social interaction, fellowship and fun amongst retired professional and business people. We meet monthly in the Ufford Park Hotel for lunch followed by a talk on wide variety of subjects. We also have a very active walking group and from time to time organise group visits to local businesses and places of interest. We are always on the look out for new members and welcome anyone in this local area who would like to join. See below for contact details of our Secretary John Hickling.

On Tuesday 22 October this year we visited the Bentwaters airfield and "The Power of the Past" Museum collection. We were guided round first the museum and later the airfield in a bus driven by originator and owner of the enterprise Bill Kemball. The museum is set out in a number of different buildings which are full of tractors and agricultural machinery as well some WWII military hardware, World War I memorabilia, ladies fashions through the ages and rural life and implements. Outside the buildings is an array ploughs and varied other agricultural implements spread out.

Bill was an excellent guide and his commentary really gave life to this fascinating look at Suffolk life in past years, whilst guide Annette was equally informative about the clothing and domestic aspects of the collection.

Many of these machines are still in working order and we were treated to startups of two tractors and later of an early combine harvester after 85 year old Bill had hopped onto the driving area like a two year old to get it started. There followed the tour of the airfield, again with a commentary on the facilities that there are there. We saw amongst other things a vegetable cleaning and grading facility, a green electricity production unit from waste vegetables which powers much of the site, former bunkers for nuclear weapons now housing classic cars and a back up HQ building formerly for use in dire emergency now used to house the many film crews who regularly film on site. There is considerable wild life present too and we saw two herds of semi wild fallow deer that roam around within the secure perimeter fence. This was a memorable location and visit that can be recommended as a place to anyone interested in history of Suffolk.

Deben Probus Secretary: John Hickling johnhickling@uwclub.net 01728 746 322.  
Bentwaters museum: museum@bentwatersparks.com +44 1394 460 655

## FLOOD RESILIENCE FOR WICKHAM MARKET

Storm Babet caused significant disruption to communities across Suffolk between 18th and 21st October 2023. Wickham Market was one of the most severely impacted locations. Over 40 residential and commercial properties were internally flooded, and infrastructure and services disrupted. Suffolk County Council (SCC) as Lead Local Flood Authority, has therefore undertaken a Section 19 Flood Investigation. The resulting report will:

- Highlight the probable causes of flooding.
- Identify options to reduce future flood risk and increase property resilience.
- Make recommendations for actions by relevant responsible organisations, landowners or homeowners.

In June 2024 the parish council Vice-Chairman and a local resident who helped residents on the night of the storm, met with SCC, the Environment Agency (EA) and our District Councillor to assess what happened on the night, which properties were affected by the flood water and what other local knowledge would assist SCC in preparing a report.

In August 2024 SCC published its report. This can be found on the SCC web site at [wickham-market-s19-flood-investigation-2024-08-28](https://www.suffolkcc.gov.uk/wickham-market-s19-flood-investigation-2024-08-28). The report identifies 4 areas of the village that suffered the most from the storm. The report has taken into account site visits, anecdotal evidence from residents and businesses and topographical and flooding maps of the area.

In its summary the report identifies work carried out to date which includes:

- The EA and SCC Highways planning to de-silt the River Deben under Rackham's bridge in Autumn 2024 – this was attempted and deferred but may still happen before the end of the year
- EA has started to improve its hydraulic modelling with data from the storm
- Residents and landowners alongside the River Deben have been asked to remove debris in the river
- The primary school are carrying out investigations of their drains
- SCC are investigating ownership of the piped watercourse beside the tennis courts

The report then recommends future actions in the short, medium and longer term to be actioned by the EA, landowners, Highways, SCC and residents. There is an expectation that Wickham Market Parish Council will include the risk of flooding in its Emergency Plan and that has been done.

In assessing the report the Vice-Chairman submitted several comments and queries to SCC. Of particular note were:

- Who is going to contact residents asking them investigate "rainwater collection systems"? What type of systems are these and who would fund these?
- What are "Natural Flood Management" options? We assume these could be ditches or new ponds. Where would they be located? Who would fund these?

There are grants of up to £5,000 that are available to residents of flooded properties funded from the Governments Flood Recovery Framework to help flooded property owners make their homes and businesses more resilient to future flooding. Advisory postcards were produced by the EA, some of which were distributed and some deposited in the village library. Guidance can be found at: Property flood resilience (PFR) grant scheme - Suffolk County Council

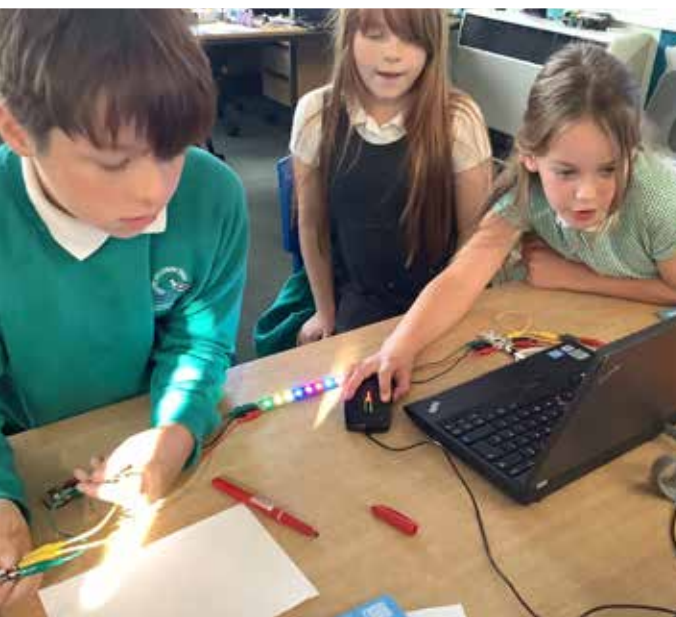


# WICKHAM MARKET PRIMARY SCHOOL



It has been a busy Autumn term of learning and extra-curricular enrichment here at Wickham Market Primary School. Each class hosts two Curiosity Cafés per year where parents are invited to come into school to share a lesson with their children. This term EYFS and Year 1 have invited parents in to take part in a phonics lesson.

Year 2 and Year 6 parents were able to take part in a Design and Technology lesson. Year 2 parents supported their children with the final part of their project to design and make their own moving monster toy, following their learning about mechanisms and pivots.



Each of our classes have also enjoyed an educational trip or workshop in school this term. Year 6 enjoyed a visit from Skill Supply, provided by Sizewell C (one of three visits planned for the year). During the session, the children were introduced to a range of STEM (Science, Technology, Engineering, and Maths) skills, learning how to code different types of lights. They showed fantastic enthusiasm and had a great day of learning.

Children in Reception and Nursery visited Ipswich East Fire Station. They listened to the firefighter as he told them how important it is to have a smoke detector in our home, what number we should call if we notice a fire and they also learnt about the special equipment firefighters need to wear and carry. The children were particularly excited to test out the hose and sit up high in the engine!



Where appropriate we link our trips to learning in lessons. Year 3/4 and Year 4/5 both enjoyed trips linked to their history work. Year 4/5 visited Kentwell Hall, stepping back in time to become Tudors for the day and Year 3/4 enjoyed an engaging Egyptian workshop kindly hosted by Brandeston Hall.

Children have also had the opportunity to take part in a range of supporting events. The highlight being thirty of our key stage two children taking part in a cross-country competition. As well as fantastic running, it was wonderful to see the children demonstrate such great sportsmanship, cheering everyone on at the finish line and congratulating team mates when they finished, as well as amazing resilience, having a go and finishing the race even when they felt nervous or tired!

At this time of year many parents of nursery age children are busy making the decision as to which primary school they would like to apply for their child to attend in September 2025. It has been a pleasure to personally show round many prospective families over the last few weeks. There is still time to book a tour of your own before applications have to be in on 15th January 2025. Wishing you a Merry Christmas

***Jo Harris Head of School***



## JOIN THE WICKHAM MARKET 'SHEDDERS!'

The Wickham Market Shed project held its introductory meeting in January 2020, and it has taken four patient years, a pandemic and the search for suitable premises before it was able to officially get underway in January this year.

The 'Shedders' meet in the two portacabins and shed (which were

fully rewired by local firm, Hudsons Electrical, who provided their time for free) and now has a functioning workshop. They are sited behind the Village Hall and Football Club, in agreement with Wickham Market Parish Council.

The Shed movement began in Australia in 1999 and has since extended to the UK. Men's Sheds (or Sheds) are like garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the very opposite. They are about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter. The Shed isn't a repair shop as such but a space for 'Shedders' to work on communal or personal projects.

The importance of Sheds for men's health is not to be underestimated; having a common goal, working side by side makes a positive difference, with time to chat.

New 'Shedders' are very welcome to come along on Monday afternoons, from 2pm until 4pm (apart from bank holidays); tea and cake happen at 3.30pm, an important element of any Shed session!

To find out more please visit the Wickham Market Shed website at <https://www.wmshed.org.uk> You can make contact by emailing [wmshedders@gmail.com](mailto:wmshedders@gmail.com) or if you prefer, you can leave a message on 01728 747782 or just come along on a Monday between 2pm and 4pm – or arrive at 3.30pm for tea and cake!

## REBECCA'S REFLEXOLOGY AND WELLNESS: The First Year

In 2022, I found myself at a crossroads, I decided to leave my stressful full-time job and needed a new direction. I had different ideas but, having always had an interest in holistic therapies, it was reflexology that kept calling me. I researched courses and decided to study at The Pathways School of Reflexology in Norwich. The course was very detailed, and included a Level 3 Diploma in Anatomy, Physiology and Pathology. Just over a year later, Rebecca's Reflexology and Wellness began.

As a reflexologist I help people of all ages to reduce their stress and tension, improve their sleep, promote their well-being and feel deeply relaxed. Reflexology is a holistic complementary therapy which can play an important part in our overall wellness. It is based on the theory that the whole body is represented in reflexes in the feet and hands. These reflexes are understood to be linked to organs, glands and other body structures.

My first year in business has seen many highlights but the best thing has to be that, through social media, my website and attending events, I have met so many wonderful people who have become clients, friends and colleagues. Upgrading my equipment allows me to offer mobile treatments and having studying a course in Aromareflex, I can now incorporate the benefits of aromatherapy with my reflexology treatments.

I also offer other wellness services. For example, I produce and sell a selection of wellness products to enhance well-being, including bath salts, oil blends and candles and I offer small group sessions, such as hen parties, baby showers, as well as helping businesses provide well-being services for their staff. If I'm not in my treatment room or making products, there's a high likelihood you'll find me spending time with my lovely family and friends, or relaxing in the garden or at the beach.

I am proud to be celebrating one year of trading as Rebecca's. It is a big milestone and I now enjoy being more mindful in my own daily life and love that I have cultivated an enjoyable environment that I can share with my clients.

*"Becki has an amazing gift with her light touch reflexology. After a session I feel so relaxed, calm and balanced. My stress levels have reduced significantly over the last 3 months. I would highly recommend her treatment to anyone."*

Looking ahead to the future my next 3 goals are:  
to provide a wider range of treatments;  
to expand my product line and sell online;  
to form collaborations with other businesses to promote the benefits of reflexology.





No. 1,830 (REGISTERED AT THE GENERAL POST OFFICE AS A NEWSPAPER.) THURSDAY, APRIL 20, 1894. ONE PENNY

## Would you want more local opportunities to be active?



Fit Villages are working with Wickham Market and nearby villages to find out what activities the local community would like to participate in. Previously popular activities have included; yoga, pilates, chair-based exercise, keep fit, Dance and low-impact circuits but we are open to new ideas and welcome your suggestions.

*\*We are looking to bring new activities so think of something that is not already available.\**

### Why get involved?

- Get active locally and try something new
- Meet up with friends and others in the community
- All ages and abilities welcome

### How to get involved?

Fill in the form and return it to  
Wickham Market Library, Resource Centre, Chapel Ln,  
Wickham Market, Woodbridge IP13 0SD



Alternatively, you can complete the survey online by following the URL below or simply scanning the QR code.  
<https://www.activesuffolk.org/forms/view/wickham-market>  
*Survey Deadline is Friday 17th January 2025*

**Any questions please contact; Tyler Beales**  
**[tyler.beales@eastsuffolk.gov.uk](mailto:tyler.beales@eastsuffolk.gov.uk), 07748 181434**

1. Name: .....

2. Contact Number: .....

3. Email Address: .....

4. Activities you are interested in: .....

5. Preferred time of day (please select):

Morning ☐ Afternoon ☐ Evening ☐

6. Preferred day(s) of the week (please select):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Are there any other (non-physical) activities that would be of interest? e.g.  
Gardening Club, Knitting, Coffee Morning, Cooking course

.....  
.....

I consent for my data and information to be collected and stored for the purpose of being contacted and to process my interest into the Fit Villages project.

Your data will be stored for up to 12 months and will be anonymised thereafter. Your data will not be shared with a third party. You can request that your information is deleted at any time.

Data will be processed and held securely and in accordance with the General Data Protection Regulation and the Data Protection Act 2018 (and any updates). Further information about data protection can be found on the Active Suffolk at <https://www.activesuffolk.org/terms-and-conditions>

Signed



# **A CHANGING CLIMATE**

**“Why do I need to do  
anything?”**

**AN INTERACTIVE EVENING**  
**With Talks and Presentations**  
Hosted by Climate Change Champion  
**SIMON HOOTON**

**WICKHAM  
MARKET  
VILLAGE HALL**

**Friday  
31 January  
2025**

Doors at 7pm for a 7.30pm start

**Bar  
Live Music  
Raffle  
Free entry**

*All welcome to this informative  
and fun community social  
evening.*

*Climate Change Working Group*

