

The Reydon Robin

*The quarterly, complimentary
news magazine, for Reydon*



Spring 2024

ISSUE 10

DATES FOR YOUR DIARY

March - June

- Fri. 29th until Sun. 31st Mar.** Southwold Easter Antiques Fair, Saint Felix School, Fri. and Sat. 11am-5pm, Sun. 11am-4.30pm, entry £4 adult, under 16s free.
- Easter Day, 31st Mar.** St. Margaret's Easter Day Service, 9.30am (also on Walberswick Beach 7.30am) (see p.14 for more).
- Fri. 5th Apr.** RVH Golden Anniversary Appeal Fund Beetle Drive, Reydon Village Hall, 6.30 for 7pm, £5 per person (book 07715 388916; frogclock@hotmail.com).
- Thu. 25th Apr.** Annual Parish Meeting, Reydon Village Hall, 7.15 for 7.30pm, including the 'Reydon Stars' Awards 2024 (see p.7 for more).
- Sun. 28th Apr.** Spring Makers Market, Old Hall Café and Walks, Reydon, 10am-3pm, over 50 stall holders, live music, free entry and free parking.
- Sat. 11th May** Reydon Christmas Lights Spring Fayre, Reydon Village Hall, 10am-12.30pm.
- Sat. 18th May** Blyth Valley Rotary Starlight Walk, 10k (6.2 miles), start Old Hall Café and Walks, Reydon (see p.4 for more).
- Thu. 23rd May** Annual Council Meeting, Reydon Village Hall, 7.30 pm.
- Sat. 15th and Sun. 16th Jun.** Slaughter in Southwold: Southwold Library Crime Writers' Festival, Southwold Arts Centre, St. Edmund's Hall, tickets £6 per talk, £20 per day or £40 for the weekend (lunches not included) (book from 1st Apr. 01502 722519; www.suffolklibraries.co.uk/slaughter).
- June date t.b.c.** Reydon Christmas Lights Open Garden Day.
- Save the date!**
- Sun. 7th Jul.** Brass on the Grass.
- Sat. 3rd Aug.** The Reydon Show 2024.
- Sat. 14th & Sun. 15th Sep.** Reydon Scarecrow Trail Weekend (see p.8 for more).

Cover picture credit: Jon Hadgraft

INTRODUCTION AND WELCOME



Pamela Cyprien, Chair,
Reydon Parish Council

Welcome to the Spring edition of *The Reydon Robin*, distributed free to all Reydon residents, more than 2,500 in total. This is the time of year associated with growth, rebirth, the greening of the landscape and an explosion of bird song. For the more religiously minded, there is also Easter.

Growth is also something that applies to our community: a whole welter of development is coming our way over the next few years. Despite the community's and Parish Council's opposition last autumn, it looks as if we are the preferred landfall for LionLink's cabling. This is very disappointing and something the Parish Council, in conjunction with other local councils and groups, will continue to fight against for as long as possible.

More immediately, the Copperwheat development, long promised, looks finally set to get under way this year. Extra housing from this and other developments will mean extra people and extra cars in the near future. What can we do to prepare for this? As the article on p.6 shows, the Parish Council has already set up an infrastructure group to explore implications and ways of mitigating any adverse impacts.

Then, of course, we have the continuing saga of Potters Bridge, as outlined on p.8.

It's not all doom and gloom. The rest of *The Robin* is testament to the strength of local groups, charities and volunteers, the strands that make up the web of our local community. This is something worth cherishing. People can make a difference, as this year's 'Reydon Stars' will show (see p.9). In this spirit, we continue the Community Volunteer 'Register' in this edition at p.11.

A big reminder also that it's that time of year again - our Annual Parish Meeting will be happening on Thursday, 25th April in the Village Hall at 7.30pm.

Finally, a big thank you to Durrants Estate Agents for supporting *The Reydon Robin* by sponsoring this edition.

With best wishes, Pam Cyprien

The Summer edition of *The Reydon Robin* will be out on Thursday, 22nd June. If you'd like to contribute to *The Robin* or suggest a local topic, please e-mail: reydonrobin@gmail.com. The copy deadline will be **Friday, 7th June**.
Thank you.

SOLEBAY CARE FUND

Sole Bay Care Fund, our local community charity, goes from strength to strength. This year, the Trustees successfully changed the constitution to widen the scope of how the charity can help more of our local community.

The Fund provides funding for care and resources not usually funded by the NHS or Social Care, working in collaboration and partnership with Dr Castle and partners at Sole Bay Health Centre, other organisations, trusts and committees to join up our services to maximise efforts and efficiencies to meet our communities' needs. These needs are many and varied. There are many practical things we do and are still doing, go to www.solebaycarefund.uk for more.

Sole Bay Care Fund is a registered charity. It relies upon donations, fundraising events and bequests to enable us to keep up with demand. We try our very hardest to meet our community needs. We thank all of those who have donated and organised fund-raising events. We couldn't do what we do without your support.

If you would like to contact us, please e-mail sbcfund326@gmail.com. Donations can be given via Peoples Fundraising at www.solebaycarefund.uk or www.peoplesfundraising.com/sole-bay-care-fund. Cheques can be sent to Sole Bay Care Fund c/o Sole Bay Health Centre.

Our next fundraising event is Blyth Valley Rotary's May's Starlight Walk on 18th May. Please sign up and join us or make a donation at <https://blythvalleyrotary.co.uk/starlight-walk/>.

1ST SOUTHWOLD AND REYDON SCOUTS



Our Christmas Draw raised a grand total of £795.50. First Southwold and Reydon Scout Group would like to thank everyone who gave prizes and thank them for their amazing contribution.

The Scout Group are pleased to announce that our District Commissioner has awarded two Silver Challenge awards to two Cubs Tyler Winter and Oliver Jerman. These awards are the culmination of two years' hard work within the Cubs Section. We would also like to congratulate Ruby Jerman on getting her Gold Challenge award and commend all her hard work for four years within the Scout Section. She now moves on to the Explorer Section and we wish her well.

We would like to thank our Chairman Robert Mole, who has now retired, for all his years of service to Scouting and the help he has given and continues to give us. We meet on Mondays 6-7.30pm, ages eight to ten; Wednesdays 6.30-8pm, ages ten to 14; and Thursdays 6-7pm, ages six to eight.

If you have a young person aged six to 14 and would like to give Scouting a try, please contact our lead team volunteer Luke Winter on 07900 982836 for more information, contact us via e-mail at scouts@1stsouthwoldandreydonscoutgroup.org or message us through Facebook

LETTER FROM SOUTHWOLD

Southwold Town Council has had a busy start to the new year. The impact of the high level of rainfall is very clear. Potters Bridge has been subject of much debate. The ad-hoc agency meeting has developed a road map which identifies short-, medium- and long-term actions. There is a need for all the parties to work together. The Town Marshes have been flooded and STC has been working with its tenant farmer and the Harbour management team to clear the blockages in the dykes and ensure the sluices are working.

The consultation by the Roads Committee received 700 replies. The majority of respondents were in favour of the 20mph speed limit. The Council took note of the feedback and revised the amount of raised crossing points to two so as not to reduce the number of parking areas on the High Street. The selected resident parking areas have been maintained. These improvements will benefit both Southwold and Reydon residents. The project for improved signage is being costed. STC are installing two fast-charging outlets in Gardner Road carpark.

STC invited the Sizewell C Project Team to present their plans. There is a need for both parishes to work together on the plans proposed. Recent news has established that the LionLink project, which has been subject to a scoping report, will focus on landfall options at Walberswick and Southwold, as well as the cable route to a converter station at Saxmundham and substation at Friston. Co-operation between both councils will be critical to fight this unwelcome challenge to our beautiful and precious Heritage Coast.

For the younger people of Southwold and Reydon, I am pleased to say that the Klondyke Skatepark project has been signed off and the new facility should be finished for the summer.

Menta, the operators for Station Yard Enterprise Hub, have now signed their contract. Workspaces and units will be available during May for occupation.

STC has agreed to fund a new website developed by Spring for Southwold and Reydon businesses and organisations, which will be available in the summer.

I have been very encouraged by the support for my mayor's theme of volunteering in the local area. Community Action Suffolk have organised three local events that have been well supported. The Pantry in Reydon and the Food Bank in Southwold are two important examples of what can be done in the community. I would encourage all to consider helping the community by thinking about volunteering to make a difference. It can be very fulfilling. Enjoy your summer.

Cllr. Simon Flunder, Town Mayor

THE NEW PARISH COUNCIL INFRASTRUCTURE GROUP

Take any train journey around the United Kingdom and you will see many thousands of much-needed new homes under construction, set in both green- and brown-field sites. The village of Reydon is no exception, with almost 300 new homes expected to be available in the next five to ten years on the Saint Felix School playing-field site, the Copperwheat green-field site, and other smaller developments.



Realistically, no one can be ‘against’ sensible economic development, as affordable housing, in whatever form, is badly needed and is currently in very short supply - particularly in Reydon and Southwold. Local businesses are short of staff, it’s said, because there are not enough affordable homes available in the area for younger folk and their families.

With potentially up to 300 homes planned, Reydon could see an extra 1,200 residents living in the village, using approx. 600 cars, by the year 2034. The question has to be asked. . . can the infrastructure cope? Reydon Parish Council has put together a new working group to look into the impact of new housing developments on the village.

Some of the questions that have to be asked are:

- **Foul water and sewage disposal:** Will there be enough capacity at the existing Anglia Water treatment plant, or will there have to be an additional treatment plant, and where will it be situated?
- **Fresh water:** With many developments already being delayed in East Anglia due to a lack of fresh (drinking) water, will this affect development in Reydon?
- **The Sole Bay Health Centre:** Will there be enough doctors and other medical staff to be able to look after these extra residents?
- **Schools:** Can Reydon Primary School be expanded? Should a new school be built and if so where? Will all the secondary pupils still have to be bussed to Framlingham or Beccles?
- **Roads:** With the problems associated with Potters Bridge, Quay Lane and getting through Wangford, will construction vehicles be able to access these large building sites without paralysing the village?

Initially, the Infrastructure Working Group has asked for a meeting with David Beavan and Senior Planning Officers at East Suffolk Council. Watch out for future updates, either on the Reydon website (reydonvillage.org) or in the next edition of *The Reydon Robin*, out in June.

Reydon Village Hall

. . . at the heart of the community.



It's a year since Reydon Village Hall's new Management Committee took over, with a new Chairman, Treasurer and Secretary, and an accessible online bookings system.

A lot has happened in the first 12 months. Perhaps the most significant development for both the Hall and the community has been the scrapping of the overbearing Noise Abatement Order imposed on the Village Hall over 20 years ago. This restriction had a profound effect, both on bookings and the Hall's reputation in the community. We will always remain a considerate neighbour. . . but, thankfully, Reydon Village Hall can now take future reservations for wedding receptions, birthday parties and music events.

The Hall recently staged a very popular ceilidh, with the Once Bittern Ceilidh Band and caller Poppy Price Dowhan, which raised over £400 for the Hall's Golden Anniversary Fund. It was so successful that further ceilidhs have been arranged for 13th July and 25th October.

The Hall is undergoing a transformation, ready for its Golden Anniversary in April 2027. This year, we have re-decorated the foyer and toilets, and have installed infra-red heating in the building with the help of a generous grant from the Reydon Trust. This system is efficient to run and we anticipate an estimated saving of electricity of 35%-40%.

We have also created a small meeting room, called the Loftus Room after the local family who donated the land the Hall stands on. This room is a conversion of the former bar area, and enables smaller meetings to take place whilst separate events are taking place in the Hall. When the bar is required for functions, the double doors into the Hall simply fold back allowing full use as a bar. All bookings: reydonvillagehall@gmail.com.

We are now applying for grants to fit new LED lighting in the Hall, to renew all the curtains to help with soundproofing and blackout, and to provide a state-of-the-art digital projector, screen and wireless sound system. This has been requested in the past, and with this facility, we hope to welcome a wider range of clients.

Please look out for our wide range of fundraising events this year, and do come and support the Village Hall and our Golden Anniversary Fund.

You can also find our crowd-funding account on the GoFundMe platform.

Thank you. All enquiries: tel 07768 39546.

Laurence Vulliamy

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POTTERS BRIDGE UPDATE

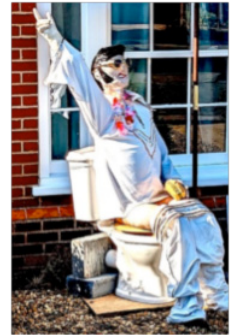
Potters Bridge has not flooded since our multi-agency meeting agreed a 'road map' last month. Unfortunately, we cannot take credit for that. Neither the Environment Agency nor the landowner have been able to ensure that the outfall is dug before the broad depth reaches 1.5m AOD (Above Ordnance Datum; a mapping/surveying term meaning above an established baseline). The level has therefore been allowed to rise three times until it breached the beach. Luckily for the traffic, this is now happening before the road gets flooded because the beach has been eroded by repeated breaches.

Unluckily for the nesting birds in the reedbed, this means that the broad levels fluctuate by a metre, which will drown any nests. We are therefore moving towards the medium-term plan. Natural England is designing a bund to retain fresh water above the Bridge to save the upper reedbed habitat and the bitterns. County Highways has committed to clearing the tidal flap under the Bridge and the road drains this summer. East Suffolk has already swept the road ready for this. The Environment Agency is encouraging landowners up the Wren catchment to store winter rainfall for irrigation. We accept, however, that the road is slowly becoming a tidal ford, so we are looking at automatic real-time depth signs at Reydon and Wrentham crossroads. This will save the road closures that divert heavy traffic through Wangford, but still inform smaller vehicles of the danger - especially in the dark.

Long term, we need a new road into Reydon which is above sea level, but that is not going to happen this year! ***Cllr. D. Beavan, East Suffolk Council***

REYDON SCARECROW TRAIL RETURNS!

Reydon Scarecrow Trail returns this summer with an Olympic and Paralympic theme. The trail, which raises much-needed funds for Reydon Christmas Lights, encourages local Reydon people to get creative and make a scarecrow for outside their home or business. Then, on the second weekend of September, everyone is encouraged to visit the village, spot all the scarecrows and pick their favourite. The trail will be running on Saturday, 14th and Sunday, 15th September 2024, from 11am until 5pm. The programmes will be available for purchase at Reydon Village Hall, Bridgefoot Stores and Boyden Stores. There will also be homemade refreshments throughout the weekend from Reydon Village Hall. So, get your thinking caps on and sign up to make a scarecrow today! Scarecrows could be inspired by an Olympic or Paralympic sport, the attendees cheering them on, or the theatrics and fun of the occasion - no artistic talents required! Forms can be collected from Bridgefoot Stores, Boyden Stores and Southwold Library or they can be e-mailed to you - just contact reydonscarecrowtrail@gmail.com.



Charlotte Clark

‘THE REYDON STAR AWARDS’

Last year, Reydon Parish Council launched ‘The Reydon Stars’ - a new initiative to recognise those Reydon residents who have made an outstanding contribution to the local community. The recipients were awarded their certificates at the Annual Parish Meeting in Reydon Village Hall on 27th April 2023 by Pam Cyprien, Chair of Reydon Parish Council, and the Rev. Alan Perry, Vicar of St. Margaret’s Church, Reydon.

Nominees included the Reydon Lights Committee, who fundraise all year to provide the village with an uplifting Christmas display around the village. Also nominated was David Woods, who maintains, tirelessly, the most beautiful year-round show of flowers and shrubs at Reydon Corner, the envy of many villages in the area; and Charlotte Clark, Southwold and Reydon’s Chief Librarian, who volunteers for and organises so many worthy fund-raising causes in the neighbourhood.

We are delighted to announce that co-presenting the awards this year with Pam Cyprien will be Geoffrey Munn OBE, a Reydon resident, local historian and a well-known expert on the BBC’s *Antiques Roadshow*.

There are nine nominees, all of whom have enhanced the Reydon community, giving their time and skills so generously to a wide range of causes. The 2024 ‘Reydon Stars’ will be awarded at the Annual Parish Meeting on Thursday, 25th April in Reydon Village Hall, beginning at 7.30pm. Everyone is welcome to attend; please be seated by 7.15pm.

If you’d like to nominate a volunteer for a ‘Reydon Star’ next year, please contact Ann Dobson, the Parish Clerk, by e-mail at: reydon.pc@gmail.com; or by calling: 07768 395465.

ALL CHANGE AT SAINT FELIX

From September, Saint Felix will introduce a mentoring scheme where students from Years 5-13 will have an individual mentor who they will meet regularly. Staff will be fully immersed in the scheme to support, guide and encourage the students as they navigate the challenges of growing up in an increasingly polarised world where social media can have a destabilising impact. The mentors will help them overcome obstacles, solve problems and deal with stressful situations, providing them with the tools to become the best version of themselves.

Recently, the whole community chose the new school values, truly reflecting our aims and ambitions for our young learners, with creativity, kindness, honesty, passion and respect providing a compelling final list. When combined with the Learner Profile, where we support our students to become more curious, independent, resilient, aspirational and reflective, they have a clear framework for their future ambitions.

You are very welcome to visit us and see for yourself at any time. The doors are always open.

Matthew Oakman, Head

SOLEBAY MENS SHED

Fifteen men attended the inaugural meeting on Saturday, 15th March in the Stella Peskett Millennium Hall in Southwold. The meeting was arranged to gauge the interest in setting up a Mens Shed on the Millennium Car Park in Mights Road for the catchment area of Reydon, Southwold, Wangford and Wrentham. This initial level of interest means that we can now progress to the next stage in setting up a working group to agree the type of building required and ways of working.

Sheds are mainly grassroots community activities that come about in response to shared needs. These have mostly been for men to access tools, workbenches, skills and opportunities to make and mend in the company of others.

Sheds bring health benefits by encouraging physical and mental activity and improved wellbeing by providing an enjoyable way to stay socially integrated in local communities by being creative and learning or passing on skills.

We already have an offer of some tools and if you know anyone who is interested in being part of the Mens Shed but could not make the meeting or has any spare tools they wish to donate, please contact Michael on 01502 675603.

REMARKABLE TREES IN REYDON

I keep looking to see if the buds on my silver birch tree are starting to open. They are not! My tree is still asleep - or is it?

Like other deciduous trees at this time of year, my birch is busy behind the scenes. When it detects a soil temperature of 5 or 6°C, it starts to grow new roots which enable it to take up more water and minerals (sap) ready to nourish the new spring growth. The sap is mixed with sugars from the roots and rises up the tree in a network of tubes (xylem vessels).

If you put your ear to the trunk of a deciduous tree at this time of year (or use a stethoscope), you will hear the amazing crackling and gurgling sounds of the sap flowing up to the branches.

Bud burst actually occurs when a threshold of day length is reached which the tree determines by way of the optical filtering function of its bud scales which allow it to monitor the ratio of red light found during daylight hours to the far red light of the night-time hours.

Clever, eh?

Denise Faulkner, Reydon's Tree Warden

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THE REYDON ROBIN COMMUNITY VOLUNTEER 'REGISTER'

There are many opportunities to volunteer in this area, but these can often be difficult to track down. To help counter this, *The Reydon Robin* is continuing its registry of local volunteering opportunities started in the Winter edition. If you would like an opening listed in future editions of *The Robin*, please contact us at reydonrobin@gmail.com.

Reydon Village Hall: Please join our Golden Anniversary Fundraising group to help re-furbish and re-equip this much-loved community facility, e-mail: reydonvillagehall@gmail.com.

Southwold Girl Guides: Two women urgently needed to keep the Southwold Guides running. No experience necessary. Please contact: Jenny Allen, District Commissioner, tel: 01502 478314; e-mail: jennyanddick@aol.com.

First Southwold and Reydon Scouts: If you are interested in volunteering with our group, whether an hour a week or an hour a month, in any capacity, be it a team member or on our trustee board, contact us on scouts@1stsouthwoldandreydonscotgroup.org; call Luke Winter, Lead Team Volunteer on 07900982836; or contact us though Facebook at 1st Southwold & Reydon Scout Group.

Reydon Community Pantry: We are looking for more volunteers to join our team of drivers collecting during the week and/or man the Pantry on Fridays. You do as much or as little as you feel comfortable with.

- Drivers collect from the Southwold Co-op and Tescos, and sometimes Bookers in Lowestoft, and deliver to the Pantry. E-mail Sarah Jerman at sarahmobilehair@aol.com for more information.
- Pantry volunteers can choose either a 9 am-12 noon slot or 12-3pm slot on as many Fridays as they wish, to help man the Pantry. E-mail Linda Coe at linda.coe@btinternet.com or Kim Harvey on kimanddora66@hotmail.co.uk for more information.

Sole Bay Care Fund:

- Volunteers are needed for the dementia singalong held on the last Tuesday of each month at Pitches View, Wangford Road, Reydon IP18 6PA, 2-4pm; they help serve teas and clear away, and also join in and give a hand getting people to sing and play their instruments.
- Mr Bus: Community bus drivers and bus buddies (who don't drive but help with making sure people get on/off OK, putting on seat belts, etc.) needed. Contact Sole Bay Care Fund at sbcfund326@gmail.com.

Voluntary Help Centre, Southwold: Volunteering for us is very flexible.

- VHC needs a volunteer cook and volunteer buddies to help prepare and serve in the kitchen. Start time 10am, usually done by 1.30pm. This is fortnightly at the Millennium Hall and during term time only.
- Volunteer dining-room helpers are needed to lay tables, serve and clear away.
- Volunteer drivers are always needed. A volunteer car service providing those in need with a means of getting to hospital, doctor, dentist, hairdresser, shopping etc. Tel: 01502 724549; e-mail: hello@southwoldvhc.com.

Southwold and Reydon Volunteering Hub:

Go to www.facebook.com/groups/1535908853639428.

Please also look at www.volunteersuffolk.co.uk.

NATURE NOTES

It's looking like a bumper year for the non-native invasive Alexander plant around our locality.

It defies our seasonal conditions and seems to germinate and grow readily at any time of year!

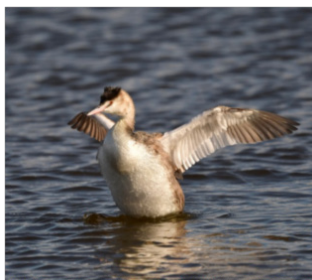
Milder, wetter winters certainly gives it a head start and its vigorous growth means that it outcompetes most of our native wildflowers, eventually to the point where our verges and field margins become an Alexander monoculture.

This year, the flower umbels were forming as early as February. Each individual flower is rich in nectar, which attracts many emerging insects which in turn attracts many birds.

This female House Sparrow is collecting insects to feed her chicks (can you believe they are Red Listed as bird of conservation concern?).

The Alexander plant is a love-hate paradox - it is invasive but it also benefits our insects and birds.

Control does present a dilemma. It is a great plant for wildlife but a disaster for our native wildflowers. One solution could be to allow this plant to flower but not go to seed then cut and clear, and repeat yearly. This could allow grasses and native wildflowers to get established later in the season. The collective noun has to be 'a march of Alexanders', unless one already exists?

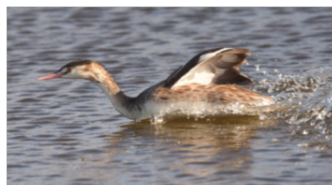


Just in case you missed it, this Great Crested Grebe spent a very happy ten days feeding on freshwater shrimps which inhabit Southwold Children's Boating Pond in their thousands. Note its bulging crop: quite an expert shrimper.

In 1889, Emily Williamson established the RSPB. She was fed up with the inaction of mostly male ornithologists who were reluctant to oppose the fashion of using exotic bird feathers to adorn ladies' hats at that time. Her

actions undoubtedly saved many Great Crested Grebes from this wanton slaughter as their feathers were in great demand. Thanks to Emily, we are able to enjoy observing this handsome bird today.

Bill



THE FIRST WORLD WAR PILLBOX, MIGHTS BRIDGE. . . THE STORY SO FAR

The Parish Council is very pleased to announce that the purchase of the WW1 Pillbox for the community is almost complete!

After many years of local vandalism and general neglect by the landowner, the historic and rare building by Might's Bridge has deteriorated to the point that it is unsafe. On the instruction of East Suffolk Building Control, it was filled with soil to ensure that it could not be vandalised further.

Fearing invasion from Europe, these concrete structures were built by the Royal Engineers in strategic places along the Norfolk and Suffolk coast, approx. 40 in Norfolk and 50 in Suffolk. In Reydon, this partially hidden bunker on the banks of Buss Creek, with look-out positions across the Marshes and the main road, would have defended access to Southwold and the Harbour.

The landowner has finally agreed to transfer the building to Reydon Parish Council, together with a small circumference of land, for no fee other than the settlement of his legal costs. Once the transaction is complete, then Reydon Parish Council can apply for grants to restore the building for the community's use.

Very few of these World-War-One defence posts exist over a century later, so it is a piece of social and military history worth preserving. Suggestions for future use have included a 'living history' centre and a bat roost - an initiative approved by the Suffolk Wildlife Trust. If you have any suggestions for the building's future, or if you would like to be involved with its full restoration, please contact: reydonrobin@gmail.com.



REYDON AND SOUTHWOLD COMMUNITY FRIDGE AND PANTRY

The Reydon Community Pantry continues to flourish with many established clients and new visitors every week.

With steady donations of dry, chilled and frozen goods from local supermarkets, townspeople and schools, we are able to offer a wide variety of foodstuffs, animal feed and other items to anyone who cares to call in. All food is free and there are no conditions as to who can enjoy the goods available. It's a lovely way to meet a cross-section of our community and help prevent foodstuffs being thrown away. We're all about sustainability in these trying times.

If you are not able to actually visit but would like to help the project, we do have a JustGiving page for any donations. Visit our page on the JustGiving site, typing in 'Reydon and Southwold Community Pantry'. *Linda Coe*

ST. MARGARET'S CHURCH

We have had a busy season of Lent at St. Margaret's. A team continues to visit Reydon Primary once a month to take assemblies, and we are always impressed with the students' behaviour and enthusiastic welcome.



There are now two benches in the new ashes interment area adjacent to the Church car park, and they are there for people to sit and rest and find some peace in their busy lives. Ruth Chapman (pic left), who has lived in Reydon all her life and still lives in the house she was born in, has kindly donated a bench in the Churchyard in memory of her families, who have all been associated with this village for many years. Come and sit and rest a while.

Everyone is warmly invited to join us for our Good Friday and Easter Day Services:

- Good Friday, 29th March at 2pm for music and meditation to reflect on the day Jesus died.
- Easter Day, 31st March (remember the clocks go forward) at 7.30am on Walberswick Beach or at 9.30am for our Easter Holy Communion Service.

All of our services can be viewed online on our YouTube Channel. Once you are on YouTube, just search for 'St Margaret, Reydon' and you can subscribe for free to find the channel easily in future.

In April, members of St. Margaret's Church and friends from other churches and wider afield will be walking the French Camino to Santiago de Compostela (pic right) in Spain over ten days. Rev. Alan will be leading the party, and he is seeking sponsorship in memory of a close friend, Gary Iles, who died of oesophageal cancer in October and was due to be on the trip. If you would



like to support OCHRE, a respected charity working to support people with oesophageal cancer and also to find treatments to beat this cancer, please go to Rev. Alan's JustGiving page at www.justgiving.com/page/alan-perry-1709620409937. Thank you for your generosity.

Be assured of a warm welcome if you come along to any of our services in person or online.

Rev. Alan Perry

LIGHTHOUSE LADIES

The Lighthouse Ladies held their Annual General Meeting in February 2024 and it was all change for most of the Committee members. Taking the helm now is Linda Coe, ably supported by an enthusiastic group of ladies looking forward to a full programme of events in the forthcoming year.

The Ladies meet monthly at 7pm on the third Tuesday in Reydon Village Hall. We have interesting talks, demonstrations and will even hit the Southwold Putting Green in July, when the skies are, hopefully, clear and sunny.

We always welcome new members. Just come along on the third Tuesday of the month or e-mail our Secretary, Jan, at janbatten@btinternet.com or our Chairman, Linda, at linda.coe@btinternet.com, and you'll be sure of a great welcome.

SOLEBAY HEALTH CENTRE

A reminder regarding life-threatening emergencies

Over the past few months, there has been an increase in medical emergencies attending the GP Practice. This is potentially putting your life at risk. Emergencies such as chest pain, breathing difficulties or stroke-type illness need further urgent medical tests and hospital intervention, which cannot be administered at the Practice. If you have an urgent, potentially life-threatening medical emergency, please go straight to A&E or ring 999 as soon as possible.

COVID Spring Campaign - April/May 2024

Preparations for the NHS Spring COVID Campaign are underway. We anticipate the campaign to commence around the end of April/beginning of May. There is no need to contact the Surgery to book your vaccination as we will contact directly those patients who meet the eligibility criteria outlined by NHS England which is:

- *Adults aged 75 years and over (those who turn 75 years old by 30th June 2024).*
- *Residents in care homes for older adults.*
- *Individuals aged six months and over who are immunosuppressed.*

Prescription Ordering Direct (POD) closure

The NHS Norfolk and Waveney Prescription Ordering Direct (POD) service is closing. After 30th June 2024, you will not be able to order repeat prescriptions using the POD service. Sole Bay Health Centre GP Practice will be taking over responsibility for your repeat prescriptions. We recommend you use the online services, NHS App or SystmOnline via the Practice website to order your medication in future. There is a digital support hub where patients can book (either by e-mail at libraries.icconnect@norfolk.gov.uk or by phone on 01603 774777) a one-to-one help session giving advice on how to use and set up IT services.

Rigby Whittaker, Practice Manager

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