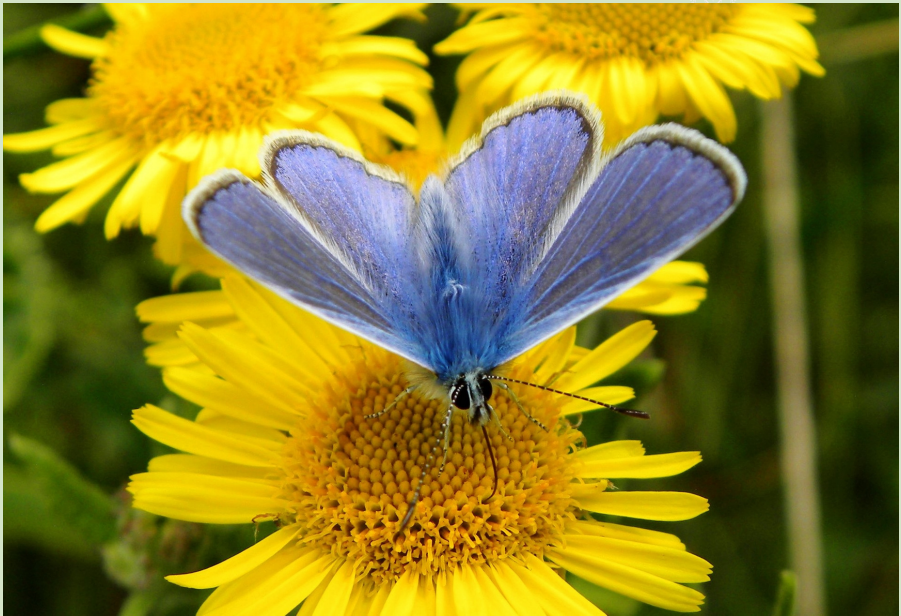


Kelsale-cum-Carlton COMMUNITY NEWS

Issue 5



Common Blue - courtesy Charles Cuthbert

SUMMER 2021

www.kelsalecarltonpc.org.uk

A Word from the Editor

As summer beckons and we start to emerge from lockdown we can begin to look forward to getting back to some sort of normality in the coming months.

After extensive refurbishment, Kelsale Social Club has reopened and is offering free membership to all until December this year.

Pop along and give it a try if you haven't already.

Kelsale Recreation Ground has also had a makeover thanks to a hardworking group of volunteers who undertook this project during early spring. The photographs tell the story! The Village Hall will be reopening soon and in celebration will be holding a Village Show on Saturday September 18th from 2.00pm.

Everyone is invited to attend, please come along.

Members of the Parish Council have been working very hard behind the scenes regarding both the Sizewell C Consultation process and overseeing the provision of Quiet Lanes in the Parish. They are seeking your views regarding an aspect of the proposed new link road. Please take time to respond to their request – see page 20 for details.

Two Suffolk charities, St Elizabeth Hospice and Suffolk Accident Rescue Service (SARS) are featured in this issue. Both organisations have continued their essential work throughout the pandemic under very difficult circumstances. Please take a look at the wonderful work that they do.

Community News – New Format

Since the inception of Kelsale-cum-Carlton Community News, the number of contributions received by the editor has consistently exceeded expectations. This has meant that space has been a premium and sadly sometimes it has not been possible to fit everything in. With this in mind we are

pleased to report that the Parish Council have kindly agreed to a change in format of the publication from A5 to A4. This will provide the editor both greater space and scope to include additional articles, information, and photographs. It also means that there will be more advertising space available for local businesses to benefit from. Please don't worry, the look, style and range of articles will still remain the same.

Advertising

Calling all local businesses in the area. Have you considered advertising in the Kelsale-cum-Carlton Community News? We are now offering a selection of different sized advertising spaces, at very reasonable prices.

Please contact the editor at **editorkelsalepc@gmail.com** for further details.

Future Events in the Autumn

Please keep me posted about any events you are planning for Autumn. I can be contacted on **editorkelsalepc@gmail.com**. **Liz Flight**

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News from the Chair



*Alan Revell, Chair,
Kelsale-cum-Carlton Parish Council.*

After holding the delayed Annual Parish Meeting via Zoom, we were at last able to hold

a meeting face to face. The Parish Council (PC) AGM and usual monthly meeting was held in the top room of the Village Hall to enable social distancing. We continue to review the latest proposals regarding the development of SZC, particularly the Sizewell Relief Road (SLR), which will of course have a massive effect on our parish, we are concerned about the use of Fordley Road as a possible 'rat run' route, so are looking at ways this can be managed.

I am pleased to report that all the roads and lanes which were proposed to be designated as 'Quiet Lanes', have now been approved. Thanks to all who are involved in this project. The PC have agreed to place additional signage at each end of Low Road to indicate the location of East View, we feel this this will assist delivery drivers, and more importantly, emergency vehicle drivers. These will be in position shortly.

As we can all see, the development on Main Road has commenced. Residents local to this are having to put up with noise, extra traffic, bad parking, and the lights, to name but a few things. The PC has passed on these concerns to the contractors. At least, as I write this report, the traffic lights have been removed.

This great publication, the Community News, goes from strength to strength, we have agreed to make future editions larger, to accommodate the extra material Liz is receiving. We are encouraging local businesses to place an advert in it, we hope

this will, eventually, make the magazine, virtually self-funding. As usual, thanks to Liz for continuing to be the editor.

The PC is a little low on numbers, so I would appeal to anyone wishing to join our great team, please contact Marie, our Clerk.

That's all for now.

Update from the Clerk

Since May our meetings are now held face-to-face. The virtual meetings have worked very well and

enabled the Parish Council to continue with its duties but returning to face-to-face ensures better discussion. We are currently limited to the number of attendees due to the restrictions set by the Village Hall Committee. An Annual Parish Meeting took place in May, with limited reports due to many groups not having met due to the Covid restrictions.

The Sizewell C and EDF power projects continue to be a concern for the Parish Council. Cllr Galloway has worked very hard to represent the views of the residents. The Internal Audit for the year 2020-21 has been completed, with the results available on the website. The paperwork has now been sent to the External Auditors and a report will follow. The results of these will be discussed at a full Council meeting. Should anyone require a copy of the audit reports, please contact the Clerk.

The Council is still awaiting the erection of a new post for the speed sign, this is with the Highways department, having agreed a suitable site.

Parking near the School remains a concern, this is to be discussed by the School and the



County Councillor to see if a solution can be found to ease the situation. Please look at the meeting minutes for updates on this. The Parish Council receives many new planning applications, these are firstly looked at by the Planning Group and then taken to a Full Council meeting for discussion and decision.

The new housing development on the Main Road has caused some issues for the nearby residents, but communication has now taken place between the Council, the developers, and the contractors, and this will resolve any concerns.

Kelsale -cum-Carlton recreation ground is to be added to the Suffolk Constabulary Anti Social Behaviour (ASB) briefing list which should elicit more Police patrols due to some issues with broken fences and gates. If criminal activity needs to be reported, please do so either by use of the 101 Tel. No. or by reporting on-line using this link from the Suffolk Constabulary website:

<https://www.suffolk.police.uk/contact-us/report-something>

The Parish Council currently has four vacancies and would like to have these positions filled, if you are interested in becoming a Councillor, please contact myself or the Chairman for information.

If you have a query or something you would like discussed at a Parish Council meeting, please contact the Clerk, and I will try to assist you. I hope you all keep safe and well and enjoy a lovely Summer.

Marie Backhouse - Clerk

Quiet Lanes Update

Kelsale-cum-Carlton Parish Council is delighted to report that Cllr Richard Smith, the new Suffolk County Council (SCC) Cabinet Member for Strategic Highways Matters approved the recommendations from SCC Highways Safety for all the proposed lanes in

Wave 1 to be designated.

Kelsale-cum-Carlton is part of Wave 1 which means that the parish now only needs to wait for the relevant signage to be installed on the designated lanes. This may take several weeks, so please be patient. Further information about Quiet Lanes can be found at www.quietlanessuffolk.co.uk and on the Facebook page www.facebook.com/QuietLanesSuffolk.

Grass Cutting in the Parish

East Suffolk Council (ESC) have adopted a more 'Conservation-based' approach to their grass cutting to try and promote Biodiversity. It is one of the areas of opportunity that ESC wanted to explore after declaring a climate emergency and drafting their environmental vision.

They have been looking for sites that could be managed in such a way, hence some of the 'pardon the weeds we are feeding the bees' signage. As a Parish with the Biodiversity Group input, some areas have already been put forward for example near the Recreation Ground. The Parish Council will be discussing at their next meeting the possibility of extending the number of verges to be left uncut (apart from areas for safety reasons) to include the new adopted Quiet Lanes. For further information please contact the Clerk, **Marie Backhouse** at clerkkelsalepc@gmail.com

The Poacher's Pocket Pub *Rosemary Lane, Carlton IP17 2QS*

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Kesale Recreation Ground Renovation

An exciting project to renovate part of the recreation ground in Kelsale was undertaken by a team of volunteers in the late spring. One of the volunteers, Cllr Claire Buttle said 'the rubber safety surface underneath the large metal climbing frame was becoming shabby and although still safe when inspected annually, the Parish council decided it was time to replace it and so with a group of volunteers over the spring bank holiday weekend we got to work'.

Local builder and all-round superstar David Rowe supplied his time and machinery, 30 tonnes of topsoil, his expertise and knowledge all free of charge. Karen Rowe, Thomas and Ben Rowe, Caroline Harker along with husband Johnny and sons William and Hugo, Cllr Rob Holden, Cllr Mark Stewart and Bertie Buttle all worked together to complete the work over two days. Cllr Buttle added 'the feeling of community spirit was

wonderful especially working alongside the youngsters. We are now waiting for the surface to have its safety check and for the grass to start growing before the area can reopen'.

Cllr Rob Holden added 'we were quoted around £11,000 to have this job done professionally which was expensive, so we decided to undertake the project ourselves'. By doing this the team were able to complete the works for under £2,000, a considerable saving for the parish.

Congratulations and thank you to everyone who was involved in this wonderfully worthwhile project. Hopefully by the time you read this the huge amount of waste rubber mats will have been removed from the recreation ground to be recycled. The photos below show how the transformation was completed.

Cllr Claire Buttle



Archaeological Excavations at Main Road, Kelsale 2020

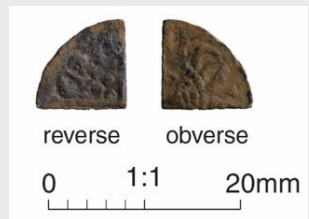
The remains of part of a medieval farm have been found during excavations by Cotswold Archaeology on the west side of Main Road in Kelsale. The site lies on a shallow east-facing slope overlooking the River Fromus and was pasture at the time of digging. The work was undertaken as a requirement on the planning conditions for new housing and was paid for by the developer Badger Building. The archaeological potential of the site had been identified during a preliminary trenched evaluation during which remains dating to the medieval period (1066-1539) had been found in the northern part of the site. As a result, an area measuring about 74m x 38m was identified as needing more detailed work.

The main activity uncovered during the excavation (green on Figure 1) dated from the 11th - 13th centuries and probably represented part of a farm. On the west side of the site there were two opposing ditched enclosures; the gap between them measured approximately 2.3m and would have formed a narrow trackway leading to an area of unenclosed ground (although perhaps with some temporary posts or fences). Few finds were recovered from the ditch fills but environmental samples produced evidence of wheat and barley grains and legumes suggesting food, hay and fodder plants. It appears from the low level of pottery and general detritus that these were not domestic enclosures for dwellings but paddocks for livestock, although one large pit associated with the northern enclosure contained 13 shards of 11th-12th century pottery and a low level of other material that we would interpret as general rubbish, including a dump of charcoal. This might represent the very edge of the inhabited part of the farmyard.

A series of north-west to south-east orientated narrow gullies were found at the eastern end of the site, beyond the open area. These seem to be aligned with the enclosures and may have formed part of the same agricultural activity, perhaps indicating strip fields for arable crops. Pottery found in them dated from the 12th to 13th century, a little later than the pit associated with the enclosures to the west and they cut across some less well-defined gullies (orange on the plan) which represent an earlier phase of use, probably also agricultural. Other pits and postholes produced small numbers of finds and probably represent those daily activities associated with a working farm such as tethering posts, fences, barriers and occasional pits. A large pit in the southern part of the site was clearly for rubbish disposal; it contained pottery, animal bone, fired clay and charcoal and was deposited in layers, perhaps with the more potent deposits being sealed by sterile material before subsequent deposits were made. Overall, the excavation produced one of the largest collections of medieval pottery recorded so far in the area, as well as an 11th-12th century iron knife, a coin probably of Henry III, dated 1247-79 (Figure 2) and a medieval iron hinge pivot that would have come from a building.

Figure 2. A cut quarter of a hammered voided long cross penny (1247-79), probably for Henry III.

Figure 2



The reverse on the left shows three pellets in one quarter and the possible ligated letters CR around the edge, which would have originally noted the moneyer's name and mint when the coin was complete; the obverse shows the remains of side hair curls of the king and letters ICV from HENRICVS REX (image: Cotswold Archaeology).

Evidence from environmental and biological data revealed that a range of cereals (wheat, barley and oats) would have been grown, eaten and fed to animals, indicating that the land was probably managed through a mixture of crop rotation and pasture. Further insight into medieval Kelsale's diet is shown by the presence of animal and bird bones (including bone from sheep and cattle), birds' eggs and fish, with shell deposits indicating that oysters, mussels and cockles were also popular. Generally, these would have been thrown into 'middens' or rubbish heaps within the settlement and then later used for manuring the agricultural land, which is

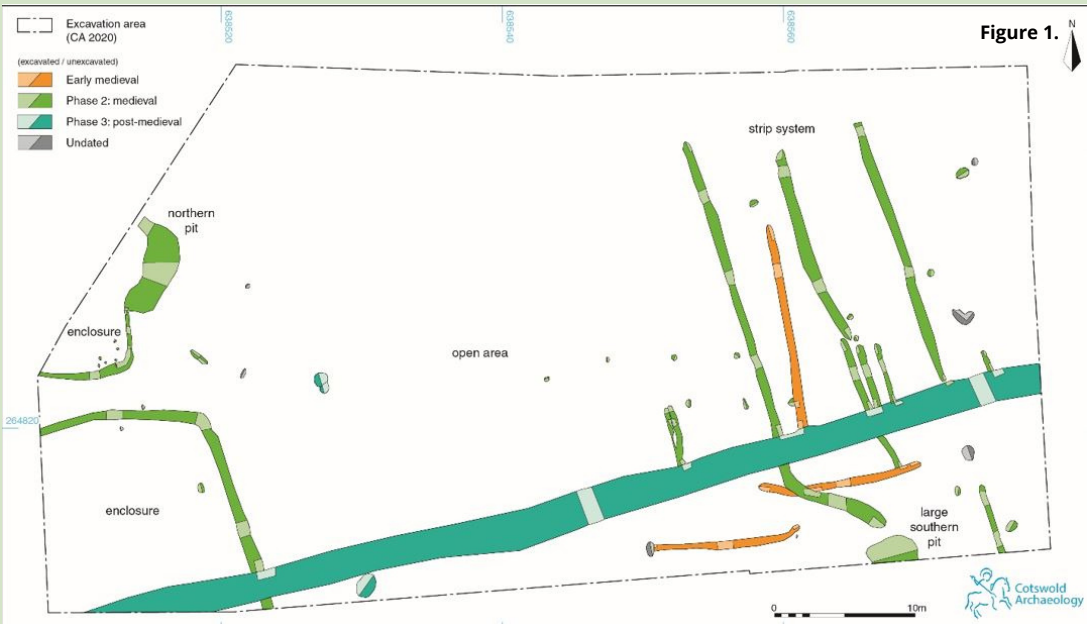
Most exciting of all, however, was a bone tuning peg from a musical instrument (image: Cotswold Archaeology).



how they ended up in the field ditches. Dog and cat bones were also found; these were probably kept as pets or for pest control and were probably originally buried and subsequently disturbed and the bones dispersed.

Although only a small excavation, this work has added to the picture of medieval Kelsale and shows what evidence survives beneath our feet across the Suffolk countryside. Cotswold Archaeology are grateful to Badger Building for their help, support and funding of these excavations.

Caroline Adams, Outreach and Engagement Officer (with information taken from the specialist reports within Cotswold Archaeology Excavation Report SU0183_1)



A plan of the site illustrating the archaeology found during excavations (image: Cotswold Archaeology).

Village Hall Update June 2021 & Village Show 18 September 2021

The Village Hall reopening plans have continued apace. The delay in releasing lockdown was a setback, but we are looking forward optimistically to the removal of limits for people meeting and events in July (if all goes to plan).

In the meantime, we are delighted that our first socially distanced exercise class has started – yoga on a Wednesday morning – and we hope there will be others. If you're interested in running any classes – or you would like to attend a particular class or social event – please let us know and we will do our best to make arrangements. Once the group of six limits go we are sure there will be more classes for you to attend.

To celebrate the end of lockdown we hope to hold a Village Show in the Village Hall on **Saturday 18 September 2021**, starting at **2.00 pm**. Planned activities will include a fruit and vegetable competition, judging beans, tomatoes and carrots as well as plums and apples. There will also be a prize for the best wonky vegetable! We will have a special award for any vegetables or fruit grown by a child.

In past shows, flower arranging has been very popular and in response to popular demand, the likely categories will be five stems of the same flower, a teacup arrangement and an arrangement of five culinary herbs. Wild flowers are especially welcome.

We won't forget all the great bakers in the village either - so we are looking for the best jam, chutney, cheese scones and celebration cake.

We will also have lots for children to do free of charge including decorating a scarecrow, icing a gingerbread man (or woman) and a chance to display their own art – more details

to follow. Look out for more information on the Village Hall noticeboard, also on the Village Hall and the Parish Council websites and on posters around the village.

We hope to display a number of photos of old Kelsale-cum-Carlton and some pictures by local artists. If you would like to display a photo or picture don't hesitate to get in touch. There will also be a sale of various clothes, books and bric-a-brac. Finally, no Village Show is complete without cream teas and cakes, as well as a raffle with some very special prizes.

It would be lovely if you would support us in the show. It is taking place on the same weekend as the Church Harvest Festival so there will be plenty of activities in Kelsale-cum-Carlton to enjoy. Watch out for more information about how to take part. If you would like to help the Committee with organizing the show also please do get in touch – we would love to see you.

Mary Clarke



Alde Valley Suffolk Family History Group

Parish Registers – A Walk Through History with Les Mitchinson Dip. Gen.

The May Zoom-based meeting of the Alde Valley Suffolk Family History Group (AVSFHG) was treated to an absorbing and highly informative talk



by professional genealogist, Les Mitchinson. After retiring from his primary career in the Royal Navy, Les caught the family history 'bug' and now runs a successful research and education business from his home in Hampshire. He is also Director of Education at the IHGS School of Family History, Canterbury, where he completed his professional qualifications in genealogy back in 2009. In addition, Les is heavily involved with the Association of Genealogists and Researchers in Archives (AGRA), is a regular speaker at national family history events, and has conducted research for the U.S. version of 'Who Do You Think You Are?' In this evening's talk, Les took us on journey spanning nearly 500 years, from the introduction of parish registers during the reign of Henry VIII in 1558, up until the introduction of the Civil Registration of births, marriages and deaths on 1st July 1837. So, we learned about the evolution of the registers from loose leaf sheets of paper bearing an often jumbled assortment of baptisms, marriages and burials, to the introduction of pre-formatted, printed marriage registers under Hardwick's Marriage Act of 1753 and equivalent registers for baptisms and burials under the Rose Act of 1812. Along the way, we were regularly reminded of the often tumultuous background events that influenced the content of parish registers, something it is easy to overlook when

searching for our ancestors in old documents. Have you ever considered for example, the material impact of the English Civil War on church records, or how the Great Plague of the 1660's decimated whole communities and resulted in a huge increase in burial entries?

During Les's entertaining presentation, we also learned how to recognise commonly used Latin words found in parish register entries until 1733, when Latin ceased to be the language used for official documents. Then, connected with the switch from use of the Julian to the Gregorian calendar in 1752, we were provided with an interesting explanation as to why the tax year still begins on 5th April.

The 'Parish Register' talk was voted for by the AVSFHG membership from a long list of topics offered by Les Mitchinson. If you are interested in hearing him speak on another family history subject, then why not take a look at the website of the IHGS School of Family History

<https://www.ihgs.ac.uk/courselist> where you will find a wide selection of talks and workshops, available to all at a very reasonable cost. Looking ahead to next month, AVSFHG will host its Annual General Meeting online at 7.30 p.m. on Monday, 21st June. There will be no guest speaker on the night; however, there will be an open discussion forum providing an opportunity for members to voice their opinions about the group, followed by a montage of video clips with a Suffolk focus. As the size of its membership base expands, the group is also keen to recruit volunteers to help with its increasingly varied activities. This doesn't mean you have to join the committee;

however, if you have IT, project management or general administrative skills and some free time to spare, we would love to hear from you. If you are planning to 'attend' the AGM please register via our website

<https://avsfhg.org.uk/events/book/> or email Chris Broom on chair@avsfhg.org.uk and you will be sent joining instructions. We hope to see a healthy attendance!

Chris Broom.

'Celebrating Suffolk Women' Sarah Doig Monday, 19th July at 7.30pm



At the July meeting of the Alde Valley Suffolk Family History Group, Sarah Doig will present a talk called "Celebrating Suffolk Women", which is a pot-pourri of stories

about the county's famous and not so well-known women. Suffolk artists, suffragettes, medical pioneers and writers all feature in this look at the fascinating lives of the county's heroines.

Sarah Doig is an independent historical researcher and author. She is also a popular speaker on local and general history. As well as having written for a number of local magazines, Sarah has had several books published by The History Press and Amberley Publishing. These include "The A-Z of Curious Suffolk", "The Little History of Suffolk" and "A-Z of Ipswich: Places, People, History". Sarah is the current chair of the Friends of Suffolk Archives.

This Zoom based event on Monday, 19th July at 7.30pm is free to members, but is also available to non-members at a cost of £3. If you wish to 'attend' please register via our website <https://avsfhg.org.uk/events/book/> by Friday 16th July at the latest and you will be sent joining instructions.

However, at a cost of £6 for a full year's membership, why not consider signing up with this growing band of family history enthusiasts now?

Maggie Strutt

Sax Community Fridge

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Gardener's Calendar with Matt Tanton Brown

Jobs in the Garden.

It has been a topsy turvy few months of weather since my last article, April was very dry, May was the wettest on record for some areas and June started off scorching, the plants in the garden have been late due to the prolonged cold of April but now the weather has changed they are motoring along nicely. This year has been a good one for Tulips and Daffodils as they flowered for a very long period because of the cool Spring, this has meant that I still have not got my summer bedding planted out as until recently it has been either too wet or too cold for them to go out, I always say that you shouldn't plant these out until Suffolk Show Week and this year I have had to stick to that!!

June

Roses - one of my favourite things about this month is that its 'Rose Time', mine are a little later this year due to the cold April but they have grown wonderfully strong this year and I put that down to the good amount of rain early on and the lack of Aphids. If you have not had chance to get round to your roses yet and give them a good feed, a good couple of handfuls of Fish, Blood and Bone dug in around them and watered in well to disperse it into the root zone will be just what they need. Apply a good mulch of well-rotted manure or mulching compost around the base and this will help seal in the moisture and reduce the risk of having to water in drier months to come. Feeding and mulching also helps to build up the plants' immune system and deter diseases such as Mildew, Black Spot and Rust. I also apply another handful of fertilizer when I dead head after the first flush is over as this keeps the plants healthy and encourages more flowers for later colour.

July

Geraniums- another of my favourite garden plants because they are so versatile and tolerate all sorts of conditions. From July some of the early flowering forms such as Geranium phaeum are starting to look a bit untidy, so now is a great time to give them a haircut. Cut them right down to about an inch from the ground, dig in around them a small amount of granular fertiliser and water that in, within a couple of weeks you should have lots of lovely fresh foliage, some will even flower again. I do leave some of my phaeum forms to produce seed heads as each year we get a small family of Bullfinches come and feed off these, and I just love to see these bright showy birds.

August

Time to think about the cold of Spring and look forward to Autumn!! If you want to be ahead of the bulk of the population now is the time to start thinking about what you want to plant for next year's Spring colour!! Towards the end of August bulbs start to come into the Garden Centres and so it is a good time start buying those bulbs for your displays, I think there may be a huge demand this year as last year saw a big increase in bulb sales and demand outweighed supply.

September

Collecting seeds from the plants that have performed well in the garden, or that I want to spread around the garden is one of the joys of this month. There are certain ones that I pick and place into envelopes every year so that I make sure I have them for next year, these include Sweet Rocket (Hesperis), Annual Poppies in their huge array of colours and Foxgloves.

Plant of Interest – it has to be Roses for this issue and here are just a few of my favourites:

Old Fashioned Shrub Rose- you can't beat **Rosa 'Charles de Mills'** with its deep maroon/burgundy quartered flowers and delicious scent, however it does only flower once but boy is it worth it!



English Rose – **Rosa 'Munstead Wood'** a David Austin rose that again has deep maroon/purple flowers and a heady fragrance.

Climbing Rose- **Rosa 'Scent From Heaven'** a new rose released about 2-3 years ago and is very disease resistant



has fantastic orange flowers and an incredible scent. Mine is vigorous and covered in flowers all summer.



Rambling Rose - **Rosa 'Ghislane de Feligonde'** a big rampant grower but stunning if you have

the space. Almost orange in bud, it fades as it opens so that you get a range of colours from orange to caramel to honey to lemon and then to almost white. Its scented too!

Happy gardening!

Difficulties with money?



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Although our offices are closed, we remain open for advice by phone and email (Mon, Tues, Thurs and Fri – 10am-2pm).

St Elizabeth Hospice

Established in 1989, St Elizabeth Hospice is an independent Suffolk charity providing free services to improve life for people living with a progressive or life-limiting illness as well as end of life care.

Every year the hospice delivers care to over 3,000 patients and their families throughout east Suffolk, Great Yarmouth and Waveney. Centered on an individual's needs, the hospice provides specialist support, whenever and wherever it is needed, whether at home, in the community or at the hospice. St Elizabeth Hospice was created courtesy of the foresight and commitment of the local community and medical experts who laid the groundwork to open the hospice.

In the late 1970s and early 1980s, the then East Suffolk District Health Authority and other groups began discussions about establishing a hospice in east Suffolk. The Health Authority was unfortunately unable to fund the project, so an appeal committee was formed.

In 1983, a public fundraising appeal was launched with the aim of raising £1 million. Members of the appeal committee visited other hospices and spent four years following the appeal working to encourage donations from the public and keep the campaign in the local media. They were also busy planning the building and how services could be run.

In 1987, their determination and the amazing support and generosity of local people paid off and the £1 million target was met.

The name of the hospice was chosen following a competition in a local newspaper, with St Elizabeth of Thuringia being known for her kindness to the less fortunate and devotion to the poor and sick.

Building work for the hospice building on Foxhall Road, Ipswich, began in May 1988,

with the Duchess of Norfolk laying the foundation stone two months later, before the

hospice team began caring for individuals on the 1st November 1989 and HRH the Princess Royal officially opened the building on the 5th December that year.

Since then thousands of people throughout the region and their families have received free support from the hospice, during some of the most difficult times in their lives. These services cost £12.9m to facilitate every year, with the independent charity raising 70% of these funds via revenue streams such as retail shops, donations and fundraising activities.

Hannah Bloom, Director of Income Generation at St Elizabeth Hospice, said: "Without the fantastic support we receive from the local community the hospice would not be able to support the many patients and families under our care.

"From purchasing items from our shops or participating in fundraising activities, through to making donations and volunteering their time for the hospice, our supporters are so generous and without them we simply couldn't do what we do.

"Every year the whole hospice team are amazed by this support and it is so important in helping us to continue developing and expanding our services. With your help, we know we can do more to help and enable more people to receive our vital care when it is needed most."

To find out more about St Elizabeth Hospice call **01473 727776** or visit

www.stelizabethhospice.org.uk.

Simon Ward



Butterflies, colourful icons of summer

Most butterflies will only fly on sunny days or when the temperature rises above 15 degrees C! They are truly symbols of sunshine and warm summer days, colourful, fragile and beautiful. Perhaps this is why we feel a special affection for them as an uplifting sight and important part of our natural world.

Butterflies are also sensitive indicators of biodiversity and the health of our environment, and most are also important pollinators of plants, along with moths, and many other species of insects.

In summer, adult butterflies can be seen visiting a wide variety of flowers for nectar, particularly in gardens, hedgerows, woodlands, grasslands and all kinds of flower-rich habitats. However, unlike the adult (flying) stages of the butterfly, the caterpillars (larvae) are often highly dependent on a few very specific larval food plants. If these plants are not available for any reason the larvae cannot survive to complete their life cycle as adult butterflies. Here are a few examples of some local butterfly species and their main larval food plants:

- Orange Tip – Garlic Mustard and Lady's Smock
- Holly Blue – Holly (in spring) and Ivy (in autumn)
- Common Blue – Bird's-foot Trefoil
- Brimstone – Buckthorn and Alder Buckthorn
- White-letter Hairstreak – Elm
- Small Copper – Sheep's Sorrel and Common Sorrel
- Small Tortoiseshell, Peacock, Red Admiral - Stinging Nettle
- Painted Lady - Thistles

In our local Suffolk countryside the best time to see both the greatest variety of species and

the largest numbers of butterflies is July through to September. In these months the various "Browns" and "Whites" are often the most plentiful kinds to be seen around our gardens and elsewhere. However, there are a few more colourful species that are more likely to get our attention. These include the Small Tortoiseshell, Comma and Peacock that emerge as adults in mid to late summer having feasted as caterpillars during the spring growing season on Stinging Nettles! During the summer months these butterflies will continually feed up on nectar and the sugars from ripe fruit before the colder winter months. Finally, in autumn they will move into a sheltered place to hibernate out of sight, and in the following spring they will mate, lay eggs and start their life cycle all over again! Meanwhile large numbers of Red Admiral and Painted Lady butterflies will migrate to the UK from southern Europe in spring and summer, and will greatly boost the numbers of butterflies we see in a good year. Although not often noticed, their offspring will eventually migrate south in autumn, and in the case of the Painted Lady their annual migrations between Africa and northern Europe - and back - through several generations, are really quite astonishing!

Charles Cuthbert



IP17GNS Update

IP17GNS have been continuing to assist our community. Since the charities' first anniversary in March this year we have completed another 205 tasks, including 115 prescription deliveries, 67 emergency food deliveries, nine referrals to other agencies for further help, alongside stocking our food collection points in Benhall and Kelsale which are in constant and regular use.

Gather & Grow children's group

In response to the needs of our community we launched our brand new children's group Gather & Grow. The Pandemic has been especially tough on pre-schoolers and their parents/carers as they report increasing feelings of loneliness and isolation.

From speaking with people in the community we recognised a need for somewhere for young children and their grown-ups to have a safe place to meet, play and socialise together. So we set to work, gathering volunteers, childcare professionals and resources to create a community-focused children's group.

And now, just over four weeks later we can see it was well worth the effort! Each week we have been taking lots of bookings and hosting lots of happy children and grown-ups. Feedback from the adults present has been really encouraging, with one Dad saying the play sessions have 'changed our world' and others saying how lovely it is to be amongst other parents again. The sessions are completely free, but booking is essential to make sure we can adhere to Covid regulations. Call or text **07592042079** to join us next time.

Every **Wednesday 9:30-11:00am**.

Activities for everyone

As restrictions ease and we're able to get out and about a bit more IP17GNS are looking to

help people access activities, clubs and events to build our wellbeing in a post-lockdown world. The past year or so has been tough on everybody's physical and mental health so we want to encourage everyone to get out, try something new and meet new friends.

Our hugely popular **line-dancing club** will restart on **Monday 21st June**. It's open to everyone regardless of age or skill – come along and enjoy yourselves! **To book in call 07835064509**.

We're also looking for ideas and suggestions from the community too! If you have a skill you're looking to share with others or an idea for a community-minded activity please get in touch via **contact@ip17gns.com** to share your ideas. We are also in the process of compiling a directory of local clubs/classes that are up and running again, if you would like help promoting yours, please get in touch.

To request help

If you or someone you know needs our support please get in touch via the helpline – **0333 3355 266 (open Mon-Fri 9am-1pm)** or by filling in the **'help request' form** on our website **ip17gns.com** and we will get back to you ASAP. **Bryony Peall**

Advertising in Community News

If you would like to advertise in the (new A4 format) Community News, our charges are listed in the table below. Please contact the editor for further details.

Advertisement Size	Per Year
Business card (8.89cm x 5.08cm)	£25.00
1/8 (eighth) page	£50.00
1/4 (quarter) page	£75.00
1/2 (Half) page	£150.00
Whole page	£200.00

100 Club

The 100 Club is open to join at any time of year and supports Kelsale Village Hall. Anyone wishing to join can contact **Dave Granville-George** at **01728 604594** or contact any member of the Village Hall Committee.

100 Club Winners			
	1st Prize	2nd Prize	3rd Prize
March	Louise Dawson	Sarah Gory	Sonia Hind
April	Brian Nunn	Alan Boyle	Maggie Strutt
May	David Granville-George	Sally Pearson	Bill Crook

Police Appeal - E-Scooters

The Police have become aware of incidences of e-scooters being used in public places in the Halesworth policing locality which includes Kelsale-cum-Carlton. Although the sale, purchase and possession of an e-scooter is not illegal, their use in public places in England and Wales remains so and in breach of legislation under the Road Traffic Act 1988.

Regarding Police dealing with users of e-scooters, unless a witness knows the details of the person involved, it is an offence which needs to be seen by Officers. Should a member of the public wish to report somebody they know using an e-scooter, the providing of media evidence for Police to pursue the matter, a photo or video footage, makes engagement with alleged offenders more impactful.



Local Border Bus Service

521/522

Did you know....

Border bus route 521/522 (with county council support) are running three more buses a day from Monday to Friday than they used to?

These buses run from:

Halesworth>Bramfield>Darsham>Peasenhall>Sibton>Yoxford>Kelsale>Saxmundham>Benhall>Sternfield>Friston>Knodishall>Leiston>Aldringham>Thorpeness> Aldeburgh and back again.

The timetable can be found at:

www.border-bus.co.uk/media/docs/521522_Timetable_Leaflet_Web.pdf

OR

Displayed on the notice boards in both Kelsale and Carlton

OR

On the **Parish Council website** on www.kelsalecarltonpc.org.uk

News from Kelsale CEVC Primary School



Everyone at Kelsale CEVC Primary School has been embracing the Summer Term and enjoying the warm sunny weather. As the summer sun has now arrived our PTFA have kindly launched Fantastic Friday ice-cream sales, which are a very popular treat with our children at the end of the week. The children are continuing to work hard in school, and we are prioritising the teaching of reading, writing and maths skills following the interruption to learning during the periods of school closures over the last year. To keep everyone safe, we will remain in our class bubbles until the end of this term but hope that all we will be able to return to normal when we return to school in September.

Our annual Sports Fortnight, celebration of sporting activities, began on 21st June this year with lots of new and exciting activities to try including Quidditch, Ice Hockey, Karate, Athletics, Dance, and Football training with Ipswich Town Football Club and Rugby. This celebration of sports aims to provide all our children with the opportunity to try and get involved in different activities. This year more than ever we are keen to promote the wellbeing benefits of being active and outdoors.

After being closed since October 2019, our school swimming pool was reopened this term with a new heat pump system making

the water even more inviting. Our children have all enjoyed splashing and swimming with their friends.

Our Reception Class were very kindly invited to plant a tree each in a private woodland area in Kelsale. The trees were planted as part of the Plant Britain campaign launched by BBC Countryfile earlier this year. The campaign aims to see a tree planted for every child who started school in September 2020.

Year 6 have enjoyed a day's sailing activities at Aldeburgh Yacht Club and are looking forward to a trip to Pleasurewood Hills as a final treat before they leave us to join their new High Schools in September. We wish them all lots of happy new adventures in the next part of their learning journey.

During the term our staff and parent volunteers have been working hard to complete our sensory garden which is situated in the wooded area of our school field. The sensory garden will provide a quiet reflection area for our children to enjoy throughout the school day. Alongside the Sensory Garden and with the truly kind support of our parent volunteer gardening group; we also have lots of fruits, vegetables and flowers growing in our school gardens for the children get involved in looking after.

Clare McMeekin - Headteacher



GATES & FENCING

**We provide professional
fence and gate installation.**

**Whatever you require,
Collis Gates and Fencing
can assist you.**

**Contact us on:
07958312930
Today**

Our Kelsale Allotment

To say that the weather dominates gardening is an understatement over the last two months. April was lovely with warm days followed by each night with heavy frost, far too cold to sow seed direct into the ground as they wouldn't germinate but I was impatient to get going and I had time on my hands as we were in Lockdown, so I decided to start sowing all the seeds in modules and pots on the windowsill. We have a small heated propagator in which most of the seeds were started off and then they were transferred to the windowsill and ledges, even the onion sets were started off in egg cartons and moved to the allotment when they had a good root system and healthy green shoots. Our house looked like a small nursery. All the root crops were started in small modules, just a few seeds in each, and larger plants such as celery, courgettes and squashes were grown in 3" pots.

No allotment seems right to me without the rows of beans and ours is no exception with runners on one side and french beans on the other.

One of our favourite crops is baby sweet corn, used for salads and stir fries and I grow one called Mimpop which has always cropped well on average 4-6 cobs on each plant. The plant looks good too - quite decorative with the silks and seed head on each.

As we came into May the weather changed to be wet and very windy, not suitable for all plants but good to plant out the parsnips, beetroot and swede. Brassicas were planted under protection from the birds and these include kale and sprouting broccoli. Gradually as the plants developed they were moved down to the allotment



onto their prepared plots and at the moment (end of May) all crops seem to be doing well. The problem we now have is with the birds taking the fruit. Last year they decimated the gooseberry bushes, breaking the branches in order to get to the fruit as they were apparently looking for liquid. This year we have covered the bushes with net curtains or fleece to protect them. The strawberries look fine but these are always under a frame. I realise this has been a longer process but it has been a good experiment and I have enjoyed it. I might even do it again next year!

Jill Wilson

Deposit Return Scheme

The Campaign for Rural England (CPRE) have been running a campaign for the introduction for an all-in Deposit Return Scheme (DRS) to reduce waste, prevent litter and help the environment. Many of us remember returning milk bottles when we were younger and CPRE has been calling for the same system where customers pay a small deposit which is refunded when the bottle is given back for re-use.

Members from CPRE delivered a 'message in a bottle' signed by more than 32,000 people, including Kelsale-cum-Carlton Parish Council to No 10 Downing Street as a present for Boris Johnson's birthday recently to highlight this campaign. So far 32,908 people have signed their petition calling for an all-in DRS by 2023. If you would like to find out more about the campaign go to: www.cpre.org.uk/.../we-mark-boris-birthday-day...

Kelsale Social Club

Whilst being closed due to Covid -19 restrictions, we decided to take advantage of the opportunity to start the first stage of our refurbishment project. As a result, the bar and seating area have been transformed with some new, and some reupholstered furniture. There is also new carpet and lighting, making the area a welcoming and comfortable place to be. We were very pleased to be able to open up again on May 21st and have decided to offer free membership to all until December 2021. The photos below give a flavour of the transformation. Please visit us to experience it for yourself! Please note that because of the continuing government restrictions we are not holding events at present.

When we can, we will! Look out for adverts and notices on the Kelsale-cum-Carlton Parish Council website, social media and the "A" Board at the crossroads on Main Road. Keep a watch out for Live Music, Gin Nights , Quiz Nights etc.

The club also has a Men's and a Ladies Darts Team that play in the local league and a full sized Snooker table.

We are open **Thursday Friday, Saturday** evenings from **8.00pm** and **Sunday** **lunchtime** and **evening**.

New members are always welcome, just pop in and speak to the bar staff, we look forward to seeing you!

Claire & Bertie Buttle



Proposed Sizewell C Progress Report

The Council has been very keen to ensure that the Parish has maintained a voice throughout the consultation and planning stages of the proposed building of the Sizewell C Power Station. As a result, many hours of work have been undertaken behind the scenes to achieve this.

The information below is a summary of what has been achieved this quarter.

- Cllr Galloway spoke on behalf of the Parish at the Preliminary Meeting days in March & April (as Interested Parties)
- Responses for the questionnaire about the Link Road were reviewed and the results distributed throughout the Parish. This confirmed the majority of respondents would like the proposed Sizewell Link Road removed (should the consent be given) at the completion of construction.
- The Parish Council (PC) reviewed and contributed to the East Suffolk Council (ESC) Local Impact Report, which in turn is a critical submission to the Planning Inspectorate.

- In June, Cllr Galloway wrote and submitted the PC written representation regarding the likely Community Impacts on the Parish. She also answered questions posed by the Examining Authority to the PC.
- Cllr Galloway reviewed the written representation and questions not directed at the PC but which might have impacts on residents and businesses in the Parish. She also submitted questions to the Planning Inspectorate (PI) arising from a variety of other submissions and responses to questions posed by the PI.
- Arrangements were made for two Banners to be printed and erected in the Parish to ensure as many residents as possible are aware that the proposals are being actively considered by the Examining Authority.
- Cllr Galloway agreed to join the Examining Authority, EDF and other interested parties (including Suffolk County Council Senior Ecologist & Highways & East Suffolk Council Trees & Landscape Officer & Head of Planning & Coastal Management) on a half day Accompanied Site Inspection Tour showing the route of the proposed Sizewell Link Road. She also asked the Examining Authority for permission to speak on behalf of Kelsale-cum-Carlton at the Issue Specific Hearing days in July.
- Cllr Galloway compiled a response on behalf of Kelsale-cum-Carlton in respect to the current Consultation which could impact Pretty Road and involve a new bridge to permit access to; Theberton, Eastbridge and Leiston. She has also liaised with other Parish Councils, County and East Suffolk Council Councillors, interest groups and individuals to ensure

that Kelsale-cum-Carlton participates as fully as possible and our voice is heard.

Also a big thank you must go to Mr Ian Galloway who has helped and supported the Parish Council throughout this process

Sizewell C Link Road Have your say now

The Parish Council need to hear from you now. It has become apparent during the recent consultation with EDF regarding the proposed Sizewell C Link road, that there are implications concerning access at Fordley Road which could result in increasing volumes of traffic in the Parish.

The Parish Council has identified three possible options in terms of action to be taken to deal with this:

1. Do nothing - resulting in free access on the new Link road resulting in a possible 'rat run' being created through Kelsale-cum-Carlton.
2. Block off Fordley Road to vehicular access to avoid the formation of a 'rat run', but still maintain pedestrian and non-vehicular access. This could however pose problems regarding access for both the Emergency Services and local farmers along the road.
3. Propose that an underpass is built which will take Fordley Road under the link road which will take only local traffic.

Please let the Parish Council have your views on your preferred option as soon as possible.

Contact the Clerk, Marie Backhouse on **clerkkelsalepc@gmail.com** or call on 01394 450919 or 07595 757380. Please also contact the Clerk if you have any questions about any of these options.

Cllr Edwina Galloway

Suffolk Accident Rescue Service (SARS)



Suffolk Accident Rescue Service (SARS) is one of the oldest emergency medical charities in the UK which has evolved significantly over the past five

decades. It was originally pioneered by Dr Kenneth Easter, a GP from Catterick, North Yorkshire who was acutely aware of the problems encountered when medical emergencies occurred in locations miles away from the nearest hospital. Dr Easton set up the first 'immediate care scheme' in North Yorkshire in 1967 and encouraged others to set up similar schemes around the UK. Dr Graham Bracewell, a Wrentham based GP saw the potential benefits from this type of scheme for patients in a rural county like Suffolk and after lengthy discussions with the statutory emergency services and local health authorities SARS became operational on 1st May 1972. SARS currently provide specialist volunteer responders to assist the East of England Ambulance Service at the scenes of serious medical emergencies or trauma. It consists of a network of solo responders and mobile critical care teams who can respond to incidents across Suffolk. SARS is a charity and they receive no central government funding. The organisation relies on voluntary donations to fund equipment and training for clinical volunteers. SARS responders include anaesthetists, critical care paramedics and other clinicians. They carry specialist drugs and additional life saving equipment not found on frontline ambulances. This allows SARS clinicians to provide advanced levels of patient care not normally available outside the hospital

environment. They can help save lives, reduce the chances of permanent disability, and provide relief from extreme pain. All clinicians live locally which means that they can be on scene before any other medical resource, which can be vital. On average SARS responders are mobilised to at least one serious road traffic collision or patient in cardiac arrest every week. SARS hold regular CPR awareness sessions in schools and with other groups to help highlight the importance of bystander CPR in reducing fatal cardiac arrests. Despite the challenges of the ongoing pandemic, SARS responders have continued to volunteer their spare time to help their local communities across Suffolk. During 2020, SARS clinicians provided over 4,000 volunteer hours and attended incidents in nearly 100 different locations. To find out more information about SARS, go to their website at www.sars99.org.uk or contact **Sue Groom** on admin@sars999.org.uk or call on **01359 244186**.

News from St Peter's Church

Urgent repairs to the church roof (loose and missing tiles), the guttering and soffit ends have been satisfactorily completed. Inevitably, there are other, ongoing repairs needed to maintain the fabric of the church and any donation, however small, would be welcomed. It is planned that Holy Communion services will commence on the third Sunday in the month, beginning on 20th June, and also in July and August, at the new time of 3.30pm.
Nigel Pite
Churchwarden
01728 604758

Suffolk Flora Preservation Trust

Registered Charity 802804

Owens and manages two idyllic nature reserves near YOU!
Simpson's Fromus Valley, Main Road, Kelsale
&
Orchid Glade, Boulge Road, Hasketon.

These are two very different sites - environmentally and historically. Each year the Trustees and Guardians hold a series of Open Days when we welcome the public, with entomologists to add extra depth to your experience - always encouraging us to get right up close! For regular seasonal news, illustrations of wildlife seen, general nature notes, as well as dates of up-coming events, please keep an eye on www.suffolkflora.org

If you subscribe and become a Guardian of the Trust (£25 p.a.), you will not only swell our bank account, but also have unlimited year round access to both reserves, enjoying all they have to offer in terms of the natural environment and historical sites. Our website will tell you more! www.suffolkflora.org - for information on how to join and get involved.

**PLEASE JOIN US IN SAFEGUARDING TWO IMPORTANT
POCKETS OF NATURE NEAR YOU!**



Suffolk Flora Preservation Trust

NATIONAL INSECT WEEK 21-27 JUNE

www.suffolkflora.org



To celebrate National Insect Week
there will be two
PUBLIC OPEN DAYS
from 10.00 am to 5.00 pm
at

Simpson's Fromus Reserve on
SATURDAY 26th JUNE,
and
Orchid Glade on
SUNDAY 27th JUNE

Directions on website www.suffolk.org
under Open Days.

INSECT PHOTO COMPETITION

We shall publish in the 2021 annual the eight best insect photos taken during National Insect Week at either of our reserves, Simpson's Fromus Valley or Orchid Glade. Winners will be four Guardians, for photos taken during National Insect Week, and four members of the public on Open Days.

Please send entries to editorsfpt@gmail.com
before 31st August 2021.

Each entry must be accompanied by:
Name of photographer, Equipment used,
Date taken, Name of SFPT Reserve and - of
course - Identity of the insect(s).

Good Luck !

