



The newsletter for the community of Orford and Gedgrave

Issue No. 390 September 2024

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All copy must be received by midday on **Wednesday 18 September**, preferably by email to:

orfordtrust@outlook.com or put through the Town Hall letterbox

Priority for inclusion is given to articles that are about or directly affect the community of Orford and Gedgrave and inclusion is subject to editing and availability of space. Contributors should be aware that this newsletter is published on the website of Orford and Gedgrave Parish Council and the New Orford Town Trust (www.orfordparishandtrust.onesuffolk.net)

COPY DEADLINE FOR THE OCTOBER ISSUE OF VILLAGE VOICE IS MIDDAY ON WEDNESDAY 18 SEPTEMBER. PLEASE NOTE EARLY COPY DATE.

ORFORD AND GEDGRAVE PARISH COUNCIL VACANCY

There is currently one vacancy for a Councillor to represent Orford on the Parish Council. This vacancy is a voluntary role and will be filled by co-option at the monthly Parish Council meeting, to be held on Wednesday 18 September 2024. Anyone wishing to be considered for this vacancy should write a letter to the Clerk to arrive before noon on Tuesday 17 September 2024. Applicants must be 18 years of age or over and have had their main residence or place of work in Orford, or within 3 miles of Orford, for the past 12 months. The Parish Council as a body also acts as the Trustee for the New Orford Town Trust. If you wish to discuss details of the role of a Parish Councillor, please call me at the office on 459172.

Marie Backhouse, Clerk/RFO to Orford & Gedgrave Parish Council, 01394 459172, orfordtownhall@outlook.com

ORFORD SPORTS & RECREATION CLUB

The last bike meet night of the season is on Thursday 12 September from 6pm, so why not pay it a visit – bar and BBQ available.

- Saturday 7 September: Steve Richardson memorial darts night from 7.30pm, prize money available.
 - Thursday 19 September: members coach trip to Great Yarmouth, leaving the market square at 10am.
- Don't forget Friday club nights from 7.30pm.

Mark Smy, Secretary, 450358

ORFORD TENNIS TOURNAMENTS AUGUST 2024

The Ladies Doubles Tournament was held on a very hot day on 13 August. Luckily there is a very good tree at the entrance to the court which gave us a shady area to cool off between games. We had ten entrants, and all had a very jolly time. The winners were Kate Barrow and Kate O'Connell.

The following day was the turn of the Mixed Doubles and this year we had a record entry of ten couples. Luckily John works out a complicated table so that no one has to wait too long between games. This was a lovely mix of people who had lots of time for chat and tennis. It's also a very competitive afternoon. In the end the winners were Kate O'Connell and Richard Wald. Many congratulations to Kate as she was playing with an injured finger in a splint. It was the first Tournament we had held since the new court

September dates for your diary

- Each Monday: art class - Bart's Hall, 10am-1pm, all welcome (tel 07714 644584 for more details)
- Each Tuesday: pickleball - Orford Town Hall, 7-9pm
- Each Wednesday: chair pilates - Orford Sports and Recreation Club, 11am-12noon
- Each Monday and Wednesday: Methodist Chapel tea room, lunch, afternoon tea, 11am-4pm
- Each Wednesday: badminton - Orford Town Hall, 7-9pm
- Each Friday: pickleball - Orford Town Hall, 10am-12noon
- Each Saturday: Orford Country Market - Orford Town Hall, 9.30am-1pm
- Wednesday 11 September: Gardening Club trip to Southwold Flower Company, afternoon
- Saturday 14 September: Suffolk Churches Ride and Stride event (see p2 for further details)
- Friday 20 September: The Unbearable Pleasure of Being a Woman, with Joanna Eden - St Bartholomew's Church, 7.30pm
- Wednesday 25 September: Orford Museum Talk - Butley Priory, 6pm
- Saturday 28 September: Fumble in the Jumble - St Bartholomew's Church, 10am-1pm

was completed and I think everyone who played much appreciated the fact that we now have two superb courts.

Diana Grayburn

UPCOMING EVENTS FOR THE THOMAS MARSHALL EDUCATION FUND

As you can see, the TMEF trustees have been hard at work thinking up and organising some more fundraising events over the next few months. Take a look at our programme!

Friday 20 September in St Bartholomew's Church, Orford

Joanna Eden's comedy cabaret of The Unbearable Pleasure of Being a Woman

This promises to be a very entertaining and enjoyable evening with the talented singer and song-writer Joanna Eden and West End and National Theatre actress Leigh McDonald performing self-penned songs and musical theatre classics. Don't be put off by the title – it's not just for the ladies!

There will be a licensed wine bar available. Tickets are £17.50 or, as an 'upgrade', there are a limited number of tables for four at £80. Doors open at 7pm.

Saturday 28 September

Fumble in the Jumble 10-1pm in St Bartholomew's Church, Orford

Who can't resist coming to a good old-fashioned jumble sale and having a rummage? Come along and delve amongst some unexpected treasures and find those bargain items that you didn't realise you needed. If you have any unwanted and sale-able items in good condition and working order and wish to donate them to our charity, please bring them along to the church on the Friday afternoon (27 September).

Talks for Thomas – Take 2

Following on from our very popular and successful first series of talks, we are really pleased to offer a second series to take us through the darker autumnal and wintry evenings. Our first talk is 'A Life of Crime' on Friday 18 October with John Bevan who will be talking about his time as Treasury Counsel prosecuting at the Old Bailey between 1984 and 1997. This promises to be a very interesting insight into some of the high-profile cases during those years. Intrigued? Come along and find out more! Don't miss out! And how about 'Bombs, Bullets and Banter – the sequel' on Friday 22 November with Andy Halliday. Details to follow!

More talks are in the pipeline for January, February and March with further details in next month's Village Voice. All talks will be held in the Main room in the Town Hall with the evenings starting at 6.30pm for a complimentary drink and nibbles and the talks commencing at 7pm lasting about an hour. Tickets are £10 per person. For bookings for any (or all!) of the above events, please contact Wendy Marshall on 01394 450090 or email at contact@tmef.org.uk

Many thanks for your ongoing support.

Wendy Marshall and all the trustees from TMEF

HOUSING IN ORFORD

Some may recall that back in 2020 NOTT purchased a bungalow in Town Farm Estate where a local family is now living. In 2021, kind and generous donations made it possible for another property to be purchased in Potkins Lane, where another local family lives.

It is a project that continues. As we all know there is a national housing crisis and here, in Orford, many local people are facing difficulties finding affordable local accommodation due to high demand and market prices.

This need not be the case. Lately a number of social housing properties in this village have been placed on the market. These would have been ideal for this project and would ensure the existing level of affordable housing is maintained without a single brick needing to build on a field, but it just lacks money and you can imagine our frustration with the situation.

Unfortunately, there are currently insufficient funds to enable another such property to be purchased. With this in mind, if anyone knows of a charitable trust that might have the funds to support this ongoing project, or you are able to suggest any alternative potential funding sources, please do let us know - it would be greatly appreciated.

Please don't let us be the generation that allows this village to be turned into an empty shell.

Margaret Green, Mary Iliff, Karen King and Anne Macro

SEPTEMBER AT ST BARTHOLOMEW'S CHURCH

All are welcome to join us at St Bartholomew's, Orford for the following services in August:

Sunday 1 September	9.30am Holy Communion at Orford – Rev Robin Alderson
Sunday 8 September	10am Holy Communion at Orford – Rev Peter Wingins
Sunday 15 September	No service, church booked for the weekend, but private worship is allowed.
Sunday 29 September	11am Cluster Holy Communion at Chillesford – Rev Robin Alderson
Sunday 6 October	9.30am Holy Communion at Orford – Rev Judith Andrews

For further information during interregnum, please contact Churchwardens Guy Marshall (450090) or Jacki Maslin (450799).

Consistory Court Hearing in St Bartholomew's Church

The Consistory Court Hearing was concluded with judgement by the Chancellor of the Diocese granting a Faculty confirming the installation of a new heating/lighting system.

Jacki Maslin

RIDE AND STRIDE 2024

St Bartholomew's Church is calling all cyclists and walkers – join us for Suffolk Churches Ride and Stride Event on Saturday 14 September. The event is organised nationwide by the Historic Churches Trust and in Suffolk last year the event raised a record £200,312.70. Half the money raised is used to give grants to Suffolk historic churches, chapels and meeting houses who need to make urgent repairs or improvements to their buildings and half to participating churches.

Joining in. You can cycle or walk. Just find sponsors for your journey and plan your route around participating churches. You can visit as many churches as you wish – a handful of churches, or a full day exploring many. Those on mobility scooters and electric bikes are also welcome. There are plenty of churches locally – a just over twenty miles round trip from Orford church will take you to churches in Chillesford, Butley, Wantisden, Tunstall, Iken, and Sudbourne – that's seven churches! A ten-mile ride from Orford takes you to five churches.

Contact our area organiser Jacki Maslin on 01394 450799 for further information and to obtain an entry form and help with sponsors. All the instructions for entering and paying using Just Giving are also on the Suffolk Historic Churches website <https://shct.org.uk>. Half the money you raise will go to the Suffolk Historic Churches Trust and half to the church you have nominated.

Caroline Gill

SEPTEMBER AT ORFORD METHODIST CHURCH

Sunday 1 September	10.30am service arranged locally
Sunday 8 September	10.30am Stephen Caley
Sunday 15 September	10.30am Stephen Caley
Sunday 22 September	Harvest Thanksgiving and lunch 10.30am Rev. Saul
Sunday 29 September	10.30am Stephen Caley

You will be most welcome to attend any of the Sunday services – children stay in church and often assist the service and we serve refreshments afterwards.

The Chapel Tea Room is open every Monday and Wednesday from 11am–4pm (tables inside and out) with a great menu for lunch and delicious cakes etc. for afternoon tea, and we have 'live music' on Mondays too. There's also a huge selection of art, crafts, cards, preserves available.

Suffolk Historical Churches Ride and Stride Day – Saturday 14 September. The Chapel Tea Room will be open all day to sign in with us!

HARVEST THANKSGIVING – Sunday 22 September. Join us in this celebration of Harvest – and come to lunch!

At a recent service the Rev. Saul presented Stephen Caley with an 'ArtServe Christian Creativity' (formally the Methodist Music Society) certificate in recognition of his sixty years as organist/pianist. Louise Gibbs also received a certificate and gift for her thirty-five years as pianist.

Stephen Caley

THE ALDE AND ORE ASSOCIATION SURVEY

The Alde and Ore Association is running a survey, and you can help the estuary's future.

Every ten years the Alde and Ore Association conducts an economic study of the Alde and Ore Estuary, to provide good evidence of the value of the area to people and businesses, and what qualities are valued. It involves not only desk surveys of data, but survey responses by residents, businesses and visitors

to the area, which enable a very sound basis for presenting the value of the area. The Association is now conducting during August an updating survey, the third in the series. The last one proved invaluable in helping secure the £11 million grant for the river defences.

By completing the survey, you will help provide tangible evidence of the value of this place to us all. The findings will be influential evidence in any assessment of the case for investment in river defences for all the estuary and evaluating the impact of proposals for construction and development here.

Please complete the survey - you can find it on <http://www.aldeandore.org>, and click on the survey button. Your responses will be anonymous, and your data will not be shared with anyone. Completing the survey will enter you in a draw to win a voucher worth £50.

Alison Andrews, Chairman Alde and Ore Association

ORFORD AND DISTRICT GARDENING CLUB

Special offer to join: £7.50 for rest of 2024! This entitles you to discounts on the up-and-coming events including Nick Bailey.

Next Event:

Wednesday afternoon, 11 September: Trip to Southwold Flower Company

Many of you may have been there to cut your own flowers or bought dried ones at Snape Maltings and other places but we are taking our members and guests to hear the story of how Southwold Flower company came about. We will also be able to cut our own bunches of flowers and enjoy refreshments in their lovely barn and the Cutting Field.

Orford, Gedgrave and Sudbourne Flower Show

We were so pleased that our new team on the Gardening Club Stall at the Flower Show was so successful! Many members supported our Committee by taking turns to be there to talk to potential new guests about what we do or discuss what was available for them to purchase by way of bunches of flowers, plants and produce also donated by them or others in the village supporting us. We also featured up and coming events in our Draft 2025 Programme! The money generated by sales is to be donated to Perennial, a charity which supports gardeners in need of help in a variety of ways. We also give them any surplus generated from our events. They now own Fullers Mill Garden near Bury St Edmunds and will be acquiring the amazing Ruston Old Vicarage in time.

Our Gardening Club supporting the After-school Club

Our pilot scheme working with the school has been very successful and our team will continue the good work when the children return in September.

Coming in 2024:

- Thursday evening, 3 October, Digging for Answers – a light-hearted quiz with drinks and nibbles.
- Saturday 16 November 3pm, including afternoon tea: Nick Bailey award winning TV presenter, author, garden designer and speaker – Revive your Garden: How to breathe life, style and good health back into tired gardens. Booking will be available in the autumn by emailing me.

Polly Sharkey (Chair), creativefutures98@btinternet.com, 01394 450959

THE ORFORD, SUDBOURNE & GEDGRAVE FLOWER SHOW AND FETE

Flower Show Tombola 2024

Many thanks to all who donated so generously to the Tombola this year, and to the team of helpers.

Jenny Mallindine

35th ANNUAL QUAY SERVICE, 4 AUGUST

What an evening, albeit a little breezy! Another great time of praise and worship with Andy Malcolm sharing news from the Fishermen's Mission and who preached a wonderful 'Word of God'. Grateful thanks to all who shared in the service helping it flow so

smoothly, including the Suffolk Phoenix Brass and those who assisted in any way. The collection for the Fishermen's Mission amounted to £705.

Stephen Caley

SUFFOLK EPILEPSY SUPPORT GROUP

Thank you to all who enjoyed and supported the fund-raising event recently held at The Methodist Church. With a day of savouries, cakes, lunch and tea, who could fail to go away hungry? A huge tombola (still ongoing) kept everyone busy. To date, £465 has been raised with more to come!

Stephen Caley

ORFORD MUSEUM EVENTS AT BUTLEY PRIORY

The Scoliotic Knight Encounters with Richard III

Our very popular guest speaker, Tobias Capwell, formerly Curator of Arms and Armour at The Wallace Collection in London from 2006 to 2022, is returning to Butley Priory on Wednesday 25 September 2024 to talk about his involvement with the discovery of Richard III's remains in a car park in Leicester. He has written and spoken extensively on both the historical and practical aspects of his subject. Tobias is also a skilled jousting and claims to be the world's only jousting curator!

The discovery of the remains of Richard III raised fascinating new questions. The scoliosis exhibited by the last Plantagenet King's skeleton revealed that the twisted physique of Shakespeare's 'Black Legend' did have at least some basis in fact. But how could such a diminutive person, suffering from a significant spinal condition, have mastered the knightly fighting arts? How could he have worn full armour and fought in battle?

Join Tobias as he discusses his encounters with this most captivating and controversial of English Kings; from his work with Philippa Langley in the years before the discovery of the grave in Leicester, to his research into the implications of a severe spinal condition for a medieval king and warrior, his participation in the Channel 4 documentary Richard III: The New Evidence (2013), his role as one of the two armoured horsemen escorting the king himself to his final resting place in Leicester Cathedral to, finally, his service as Historical Advisor on the recent film The Lost King (2022).

The Lost Gardens of Suffolk

On 24 October 2024, local historian Edward Martin, who led a visit by the Friends of Orford Museum to the Chillesford Lodge model farm and has contributed to The Orford & District Local History Bulletin, will talk about The Lost Gardens of Suffolk. Lost gardens have a strong romantic appeal – things of beauty that have been allowed to slip away from us. In this talk, an archaeologist and landscape historian will show how seemingly unimportant mounds of earth and neglected ponds can, with the help of old maps, old photographs and other documents, be brought back to life and revealed as fascinating examples of garden history, giving tantalising glimpses of long-lost design styles and aspirations from the past. This exploration of Suffolk's rich gardening heritage will include medieval castles, Tudor mansions, Georgian parks and twentieth century dreams.

Horatio Nelson – The Making of a Hero

On 25 November 2024, Peter Gutteridge will tell the story of Nelson's early life from his birth in 1758 in the small Norfolk village of Burnham Thorpe through to battle of Cape St. Vincent on 14 February 1797 which established him as one of the nation's great heroes. The talk will identify the myths from reality and seek to explain his "Dreams of Glory".

Peter is a retired senior partner of a large law firm and now a regular speaker on Naval and Maritime History subjects and, in particular, Horatio Nelson. He is a long-standing member of the Nelson Society and has Masters' degrees in Maritime History from Greenwich University and History from Cambridge University. His interest in Nelson was originally fostered by his grandfather, Professor H.C. Gutteridge, who was a distinguished academic and author of 'Nelson and the Neapolitan Jacobins'.

Jamie Lowther Pinkerton

On 27 January 2025, Jamie Lowther Pinkerton, Suffolk born and bred with a deep interest in its past, will come to Butley Priory to talk about some of the great families of Suffolk and their place in our country's history. Full details of Jamie's talk will be posted on our website later.

All talks start at 6pm and last about an hour and a half. Tickets cost £15 for Friends of Orford Museum, £18 for guests and include a complimentary glass of wine.

To book tickets for these talks, please go to our website at www.orfordmuseum.org.uk/events or email the Treasurer at info@orfordmuseum.org.uk

Elizabeth Spinney

LABRADORS

Over the past few months, I have been counting Labradors that now live in Orford, and I suspect it is somewhere between thirty and forty, but it could be more. I grew up near Bury St Edmunds in the forties, and my stepfather always had a couple of trained Labrador gun dogs. Years later, when we lived in Maine, we had a series of black Labradors, all of which came from England because American Labradors are bred too tall and consequently suffer from hip displacements. I had a Regimental mate who, in his retirement, worked as a correspondent for the Field, and he had an article published that I had written on the history of Labradors, and below is a 2024 updated version.

Labradors originated in Newfoundland around the fourteenth century, and in the seventeenth century the Inuit in the northern Barren Lands of Canada had two types of Labradors, the first was the smooth haired dog which was used for hunting the smaller animals like arctic hares, beavers, and ptarmigan.

The other kind of Labrador had a wavy ridge of hair on top of its back going down to the tail and it also had webbed feet. These dogs were known as 'fishermen' and would run into the sea and catch live cod in their mouths and bring them back to the Inuit.

In the late 1800s two-masted fishing schooners from Britain and coastal areas of Europe began cod fishing in and around Newfoundland and Nova Scotia, where the huge shoals of cod abounded. Each schooner had six to eight little rowboats known as 'dories' and when they reached the Grand Banks, these dories were lowered into the water with a single or two-man crew who spent the next six hours long lining for cod.

As I know all too well, this area is infamous for rolling fog banks that obliterate everything within minutes and so schooner captains couldn't see their dories, but if they had a Labrador on deck, as many did, the skipper would watch the dog sniffing the air. Then, pointing the bow up in the direction that the Labrador's black nose was aimed, he would stay that course and soon find his dorymen, but much more importantly, the cod in the dory.

Labradors were introduced to this country around this time by these British fishermen when they came back and entered fishing ports like Poole to unload their dried cod. There were and are alleyways and streets in Poole called Labrador Way, Labrador Steps etc. The Earl of Montrose and the Duke of Buccleuch were responsible for breeding Labradors from this source and as a result we have the Labrador gun dog of today.

Labradors are also known for being able to sense many of today's hidden medical problems in humans. This ability has been demonstrated and reported over many years. Labradors are capable of many skills beside being gun dogs. There are dogs for the blind and those with severe medical and physical needs, tracker dogs for the Police, and sniffer dogs for bombs, IEDs and explosives, and that is what we have right now, a rehomed Bomb Squad Labrador, Bomber Harry! Our fourth black Labrador, Trooper, sensed Paula wasn't well and started sitting right by her feet each day. Three months later she was diagnosed with ME/CFS. Ace did the same again when she had heart and cholesterol problems, and he would lie there all the time.

So, to all Orford Labradors, it's lovely to see you all!

Jeremy Rugge-Price

SEPTEMBER UPDATE FROM THE PENINSULA PRACTICE

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

Staff training is important for our practice. On the following days, surgery sites are closed from 13:00 until the following day. The specified site is open for booking future appointments and accessing repeat prescriptions.

Wednesday 11 September – Aldeburgh • Wednesday 23 October 2024 – Alderton

All calls will be redirected to 111.

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

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

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

Chiropody – foot care appointments & home visits • Ear care – wax removal (see website)

Pharmacist appointments

When you contact our surgery, our highly trained staff triage your concerns to the most appropriate clinician. This can be many of our staff, such as nurses, health care assistants, doctors, or one of our pharmacists. Our pharmacists are trained to prescribe certain medications, treat seven specified ailments, and provide the care that patients expect. They train for five years to be able to treat minor illnesses and to become experts in medicines. This enables GP appointments to be available for people with more complex health needs and ensures that everyone gets treated at the right time, by the right healthcare professional.

www.thepeninsulapractice.co.uk or 01394 411641

<https://www.facebook.com/ThePeninsulaPracticeGPSurgery/>