



Framfare



ISSUE No.225 THE FRAMLINGHAM NEWS

Sep/Oct 2024

COMING UP THIS AUTUMN



FAIRTRADE FORTNIGHT - MON 9th to Sun 22nd SEPT

See page 9 for more details.
Celebrating 30 years of the Fairtrade Mark.

Keep an eye on our social media pages - every day during the fortnight for where you can buy Fairtrade products in the town will be featured.




SUNDAY 8th SEPTEMBER
The men's Tour of Britain will be passing through Framlingham on the last day of the Tour as it passes through from Lowestoft on its way to Felixstowe.

**FRAMLINGHAM
HORTICULTURAL SOCIETY
AUTUMN SHOW -
SAT 21st SEPTEMBER** at the Railway Inn,
Station Road Framlingham
10am - 11.45am.
With homemade refreshments and Draw.

There are 35 classes of flowers, arrangements, fruit, vegetables and homemade pickles & preserves. For those who wish to exhibit there is no entry fee and non-members are welcome. See the class schedule on page 7

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The Wild Side

This year I decided to embrace the concept of 'rewilding' in our garden, much to the consternation of Mrs. P, who leans to the 'municipal garden' look (I think it is the German in her, in fact we still have arguments about The Sudetenland, I tell her even though the people there speak German, they are Czechs, but she's having none of it!).

The only work I have been doing in the garden this year is cutting grass. This chore has been getting easier over the summer as the hedges are getting bigger and encroaching on the lawn, making less and less for me to cut.

Our borders are full of nettles, Sow thistles and Ragwort, the last two being technically Asters, so I think I can loosely call this a flower garden.

The most striking thing I have noticed is the more diverse wildlife we have in the garden, flocks of Goldfinch (King Harrys) are in residence, along with Bullfinch, Greenfinch and Chaffinch. I have also noticed more Wrens and Collared Doves, along with our resident Sparrowhawks. I now see Green and Greater Spotted woodpeckers nearly everyday, and our Little Owls have had another successful year.

Maybe the downside is the number of Wood Pigeons (Dows) nesting in the garden, one of which smashed a window while being chased by a female Sparrowhawk. Overall I have been pleased with the outcome, but next year I'm sure I will be back to the weeding and topiary by order of the Frau!

I love Stroganoff but making it can be quite a faff and expensive. Try this instead.

Poor man's Stroganoff

Ingredients

500g minced beef; 1 onion, diced; 2 cloves of garlic, minced
250g mushroom, sliced; 1 can of condensed mushroom soup
300ml sour cream; salt and pepper

Method

Fry beef in a little oil until browned, add onions garlic and mushrooms and continue to fry until onions are transparent. Add the mushroom soup and a splash of milk, cover and cook for 5 minutes.

Add salt and pepper to taste, then add the sour cream.

Heat mixture gently but don't boil.

Serve with hot buttered tagliatelle.

Chris Plant - The Kitchen Range & Cookshop, Well Close Square

Deadline for next issue [Nov/Dec] is Monday
October 14th.

This issue will be busy so make sure you
get your submissions in by the deadline to
ensure inclusion.



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FRAMLINGHAM 100 YEARS AGO

As seen through the eyes of the Framlingham Weekly News

Saturday 8th September 1924 missing from archive.

Saturday 13th September 1924

THE SPOILT HARVEST

In early August prospects were looking hopeful, but recent weeks of cold wet weather has dashed hopes of a good harvest.

BACK TO THE FIRESIDE

On Sunday 21st September the clocks change and we will be back to long dark evenings. The Bill to extend summertime to 6 months as in France and Belgium was defeated in the House of Commons.

TENNIS

Due to the hoplessly uncertain weather, very few tournaments have been played and no matches whatever.. Much money has been spent on re-laying parts of courts and weeding of the remainder. There was also a record number of new members. The final tournament to be played last Wednesday was cancelled due to the weather.

LADY CRANWORTH, The Divisional Commissioner of the Girl Guides will visit next Wednesday to present The Shield won by the 1st Framlingham Company for work done during the winter. The ceremony will take place in the Rectory Garden at 5.45pm.

PICTURES - SATURDAY NIGHT in the Assembly Hall 'The Girl from Java' - a story of love, mystery, thrilling adventure and feats of strength.

PLUS COMEDIES 'Moonshine Frolics' and 'The House of Scandal.'

Tickets 4d/8d & ½

Framlingham Weekly News Sat 20th September 1924

FANCY DRESS DANCE

At Kettleburgh in the newly-erected Parish Room last Wednesday attended by about 70 people.

The judges were Mrs Robinson of The Rectory and Mrs Watson of London. The most original costume winner was Miss Walne representing 'London Calling' [Wireless].

Best Fancy Dress:- Mrs Emeny as a Witch and Miss Lizzie Balls representing 'Harvest'.

WINTER ENTERTAINMENT IN FRAMLINGHAM

Nearly every evening there is a meeting of a little band of folk somewhere in the town regarding some sort of 'show'. FADS has abandoned the idea of a musical and now members are busy reading plays to select one to be staged just before Christmas with a big cast to utilise the talents of as many members as possible.

In this issue there was a very long article on dog shows and notes about a possible sugar beet factory in Suffolk, the new Agricultural Wages Act and a proposed East Suffolk Bacon Factory.

Framlingham Weekly News Sat 27th Sept 1924

HARVEST FESTIVAL

Held in St Michael's Church on Wednesday evening with a very full congregation. The church was decorated with corn, flowers, fruit and plants.



The services to continue on Sunday when the sermon in the evening will be preached by the Lord Bishop of the Diocese and collections will be in aid of the Hospital.

MARRIAGE OF DR VINTER of the Hannings and MISS PHYLLIS HOLME-PILKINGTON, daughter of Mrs Pilkington of Pembroke Road and the late Rev J. Holme-Pilkington, Rector of this parish for 33 years.

The ceremony was performed by the Rev Daniel Holme-Pilkington [brother of the bride]. The entrance gates were decorated with miniature union jacks

CONSERVATIVE ASSOCIATION SMOKING CONCERT in the Assembly Hall. A very long article on how wonderful their MP Lord Huntingfield was.



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FRAMLINGHAM 100 YEARS AGO

FWN Sat 27th Sept 1924 continued

THREE MONTHS FOR WATCH THEFT

At the Courthouse on Saturday.

Frederick Fosker, watch and clock repairer of Great Blakenham was found guilty of stealing a silver watch [30s] belonging to Arthur Kettle of Ashfield. P.C Ginn stated he was a nuisance and real pest to the district. He seemed however to be a good husband and father to his 4 children. He had 2 previous similar convictions and The Bench sentenced him to 3 months hard labour.

Prisoners undergoing Hard Labour were kept in silence with hard, boring work like the treadmill or picking oakum. This pointless exercise was finally abolished with the Criminal Justice Act of 1948.

Framlingham Weekly News 5th October 1924

ST MICHAEL'S DAY

Last Monday the Patronal Day of St Michael's Church was duly observed by Holy Communion at 7.45.

Festal Evensong was held at 7.30pm followed by the Parish Social in the Assembly Hall. The Rev N.Fowler presided and the evening included songs and recitations, concluding with Mrs Jarley's Waxworks.

OUR CASTLE

Progress of the Work of Preservation.

The task of renovation was begun in 1913 and is now nearing completion. As we all know, a comparatively small heap of antiquity is all that remains of what was once a very beautiful castle.

But even so, the ruins have always been an object of great admiration to all classes of visitors.

Two more of the 13 towers remain to be done for the work to be completed by HM Office of Works - Ancient Monuments Dept. in approximately 2 years time. The Dept Architect is Mr Arthur Heasman and the foreman of the work is Mr Knapp.

An enormous amount of material is being removed from the moat, which is now much deeper than it previously appeared.

The old well is being used for obtaining water for the current works.

HARVEST FESTIVAL AT FRAMLINGHAM

The Bishop gave a very helpful sermon which was printed in full and therefore took up a lot of space in this issue. The collections for the hospital totalled £17.

CORRESPONDENCE

Sir - Report says the Rev T.J.Brereton is about to leave Framlingham - a very serious loss as there is not 1 clergyman in a 1,000 gifted with such power of voice to fill so large a church as ours, so that everyone may hear as distinctly as they do him.....

The Saturday October 11th issue of the FWN is missing from the archive.

Framlingham Weekly News Saturday October 18th 1924

THE BREAKNECK ELECTION

This is the hastiest election on record with Parliament dissolving last Thursday week, nominations due in by today and voting 11 days later on October 29th.

The Framlingham Weekly News is very partisan in its reporting - it goes on:-



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Labour has demonstrated its utter incompetence to govern and advising its readers to all vote Conservative if it is to be saved from going quite to the dogs.

In the 1923 election, Lord Huntingfield [Cons] 11,172 votes/ Liberal Samuel Lyle 9,244 votes and Labour's Mr Kendall 2,984.

1923/1924 elections permanently changed the political landscape in the country.

In 1923 the election result was inconclusive; the Conservatives lost but nobody won. Baldwin was seeking a mandate to introduce tariff protection to tackle growing unemployment.

At the time the Liberal party supported free trade as did Labour. Lloyd George had acquired substantial funds through the sale of honours whilst he was Prime Minister. The cash-strapped Liberal Party was grateful for his election donation of £90,000. Consequently they ended up holding a quarter of the seats in Parliament and the balance of power.

Labour finished as the 2nd largest party but Ramsay MacDonald formed the first ever Labour government with the support of the Liberal's. By 1924 the Conservatives had resolved their internal differences and the Liberals removed their temporary support for Labour and Stanley Baldwin returned as Prime Minister for the Conservatives.

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FRAMLINGHAM 100 YEARS AGO

Framlingham Weekly News Sat October 18th 1924 cont
FRAMLINGHAM GIRLS NETBALL TEAM

A match was played last Friday against the Parham Boy's team, the boys winning 11 goals to 3 after playing a strong and very smart game.

There was a very long article on the development of bicycles by 'Penny Farthing'.

CONCERT FOR CHURCH HEATING

Held in the Assembly Hall and organised by Mrs Woodgate and Miss A. Clarke. There was a varied programme of songs, comic songs at the piano and an amusing sketch.

Framlingham Weekly News Sat Oct 25th 1924

FLOODS

Residents in low-lying parts of the Parish spent a few anxious and uncomfortable hours this week due to the heavy rain and consequent floods. Water was running through houses causing inhabitants to retreat upstairs. Worst of all was near Mr Woodgate's cowshed on Fairfield Road. The milk cart had to be towed through the flood by a horse and tumbrel. This made the milk rather late that morning.

EYE ELECTION

A very long column on 2 of the candidates speaking in Framlingham, Lord Huntingfield and Sir Thomas Bethell. Labour's Cpt Kendall will speak on the Market Hill on the eve of the poll.

FRAMLINGHAM POLICE COURT on Saturday

George Stannard, a farmer and dealer of Monk Soham was found guilty of moving calves to premises other than that on the movement licence. He was fined £1 and 1s 4d costs. He was also fined 7s 6d for keeping a dog without a licence.

Next Time: *November & December 1924*

SPORTS DAY

After a casual conversation between Ruth and Mel at the bar of Framlingham Sports Club, an idea was born. We wanted to host an event that would be suitable for people of all ages. So an Old School Sports Day seemed a great idea to get everyone involved. Ruth and Mel committed to creating 3 teams each and then anything else would be a bonus.

Well, the turn out on Sunday August 4th blew us away. We saw 11 teams of 6 compete for the gold medal and over 100 spectators to cheer on the athletes. They competed in events such as the classic egg and spoon race, sack race, wheelbarrow, welly throw and the 3 legged race. To finish the events we had 4 X 50m relays and 100m sprints, and these fast paced events really got the crowds cheering.

The teams were able to play joker cards on events, to double their winnings.

After all the events there was one clear winner; the Freeman family. With teams Cheale McNeale coming in 2nd and team Woollet 3rd.

The day really brought out the athlete's competitive sides, with everyone trying to win the top prize.

Following the success of the whole day this is something that will now be an annual event as it truly captured the real essence of community and everyone coming together to have fun.

The whole day would not have been possible without the help of 'The Boss', Hetty, who was the judge and scorer. With demand from the crowd and the athletes, some events even had to go VAR to ensure the correct score was given. Thanks also to Drooper, for assisting Mel with the start line, ensuring it was fair for everyone.

Thank you to all who took part and made this day so special, including Debbie, Steve and Sandra on the BBQ and Tina and Sarah on the Clubhouse Bar.

Ruth Ditchburn and Mel Aldis
Framlingham Sports Club..



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The dog licence was introduced during the 1800s and was made mandatory in 1959 before being finally abolished in 1987. In Parliament the opposition tried to reintroduce the dog registration scheme in 1989, without success. Ed

GREENFINGER TIPS FOR SEPTEMBER & OCTOBER

SEPTEMBER

Sow hardy annuals for flowers early next summer.
Lift gladioli corms, dry off and store somewhere frost-free over winter.
Plant out spring bedding in pots & borders.
Collect ripe seed and store in labelled envelopes.
Lift, divide and replant congested perennials once they have finished flowering.
Plant spring bulbs in pots and borders.
Trim evergreen hedges.
Prune climbing and rambling roses once flowering is over - if repeat flowering leave until later in the year.
Keep camellias, rhododendrons and azaleas well watered to ensure good development of next year's buds.
Place pumpkins and squashes on a piece of wood or slate to prevent rotting on damp soil.
When beans have finished, cut off to ground level to leave the roots which will release nitrogen into the soil as they break down.
Tidy up strawberry plants and pot up runners to make extra plants for next year.
Start picking apples when they come away easily.
Harvest plums - if too many you can freeze them
Cut back fruited canes of summer raspberries, leaving the new green canes for next year's crop.

OCTOBER

Lift dahlia tubers, or cover with a thick mulch if you leave them in the ground.
Take hardwood cuttings from deciduous shrubs.
Harvest pumpkins and squashes.
Cut back yellowing asparagus foliage to within 5 cms of the ground.
Divide congested clumps of rhubarb
Prune hedges.
Reduce the height of shrub roses to avoid damage from windrock over winter.
Divide rhubarb clumps if needed.
Move deciduous shrubs that are in the wrong place or have outgrown their position.
Lift and pot up tender perennials, such as chocolate cosmos, gazanias and coleus to protect over winter.

**GREENER
FRAM**

action for a positive future

Greener Fram reboot is a success.

11 new members, some funding and possible projects.

Future Meetings

All our meetings are at the Unitarian Meeting House in Bridge Street in Framlingham.

Climate Change: Friday 6th September, 6-8 pm.

What we think we know, what we need to know, and looking at what we can do together.

Resource Depletion: Saturday 4th October, 9.30-11.30 am.

A lot of the world's resources are finite. We use them as if they will last forever. Again, have fun, finding out the facts and what we can do together.

Fram Visioning: Saturday 9th November, 9.30-11.30 am. Looking forward to 2054. Imagining what 2054 may be like together. Then working backwards to the present. Working out what needs to be in place to make it happen.

Celebrating: Saturday 7th December, 9.30-11.30 am. Celebrating all we have achieved together and having fun.

Greener Fram is a voluntary community group which exists to address climate change, resource depletion and promote Framlingham Resilience.

Think Globally, but ACT locally
Action for a positive future

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FRAMLINGHAM HORTICULTURAL SOCIETY AUTUMN SHOW

CLASSES

SATURDAY 21st SEPTEMBER AT THE RAILWAY INN - Station Road 8.30am - 11.45am

Exhibits to be staged by 9.30am for judging. open to the public from 10am. Entries can be brought in Saturday morning from 8am. No entry fee, non-members welcome to exhibit.

Homemade refreshments plus a Draw.

FLOWERS

- 1] 3 stems of **roses** - any kind [2] 3 stems of Michaelmas Daisies
3] 3 stems of **dahlias** [4] A vase of 3 stems of **flowers** - 1 or more varieties.
5] 3 stems of **annuals** - 1 kind
6] Any **pot plant** - 9" max diameter pot [7] 3 stems of **cosmos**

ARRANGEMENTS

- 8] An **Autumn** arrangement of **flowers** using and/or **fruit or vegetables** 15" max width & depth
9] An arrangement using **seeds, seed heads, fir cones and/or berries** [no flowers]. 15" max width & depth.

FRUIT

- 10] **3 dessert apples** [11] **3 cooking apples** [12] **3 pears**
13] **8 raspberries** [14] **8 any other soft fruit** [can be mixed]
[15] Collection of any 3 kinds of **fruit** [2 of each]
16] Plate of 2 **other fruit** - all the same.

VEGETABLES

- 17] **3 onions** - grown from sets [18] **5 shallots** - over 1" diameter
19] **5 pickling shallots** - under 1" diameter [20] **3 beetroot**
21] **3 carrots** [22] **3 tomatoes** - not cherry type
[23] **5 cherry tomatoes**
24] **3 potatoes** - coloured or white [25] **5 runner beans**
26] **5 dwarf/french beans** [27] **1 squash**
28] **3 courgettes** - 8" max. any colour [29] **3 sweet peppers**
30] **1 cucumber**

HOMEMADE PICKLES & PRESERVES

- 31] Jar of **soft fruit jam** [32] Jar of **stoned fruit jam**
[33] Jar of **chutney** [34] Jar of **tomato relish** [recipe below.]
35] Jar of **marmalade** [36] Jar of **fruit jelly** -sweet

NOTE-Classes 31,32,35,36 should have a cellophane covering, secured with a band - NO LID.

Classes 33, 34 should have a non-brand lid or in a kilner jar.

Apart from the Arrangements all Entries must be owned and grown by the Exhibitor for at least 2 months prior to the show.

PRIZE MONEY £2 1st prize; £1 2nd prize; 50p 3rd prize - when there are 4 or more entries,

Follow us on instagram @ framhorticulturalsociety

TOMATO RELISH RECIPE [Class 34]

750g [1 1/2 lb] tomatoes
225g [8oz] onions
112g [4oz] sugar
138ml [1/4 pt malt vinegar
1/2 tsp salt.

Skin & chop tomatoes coarsely, place in saucepan.
Peel & chop onions, add to tomatoes with all remaining ingredients.
Heat to dissolve sugar, simmer until mixture becomes thick.
Pot in clean warm jars - with a non-brand lid or in a kilner jar.

**ANNUAL GENERAL MEETING
ON
WEDNESDAY 9TH OCTOBER
at 7.30pm**

**UNITED FREE CHURCH HALL,
Riverside, Framlingham
All most welcome - followed by
free refreshments.**

*Cups will be awarded and
presented*

THE TUESDAY GAREDENERS

We are a small group who came together as a result of an advert on faceBook asking fr volunteers. As ou will guess from the amr we meet on a Tuesday evening [around 6pm].

Our original aim was to improve the appearance of the Market Hill.

Since doing that we have tidied other areas of the Town Centre.

With a few people working together you can soon see the result of your effort so it is a satisfying way to spend an hour or two. chatting while you work also makes tis quite a social time and it can be quite therapeutic.

with autumn approaching we will not have many more evenings suitable for gardening but please feel free to join us.

better still, start your own group and choose your own project - perhaps something near where you live - yo don't have to choose Tuesday or an evening for your get-together.

Fram residents working together could make our lovely town even better.

If you have any questions feel free to call 01728 723759. There is an answerphone so please leave a message if there is no reply.

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BLAST FROM THE PAST

From the Lamberts Almanack of 1897.

The old castle is crumbling away bit by bit. A huge piece of stone and mortar fell from the west end of the 'Sally Port' early in the year.

The authorities have deemed it advisable to warn the public by putting up 'Dangerous' notices.

Another large lump weighing several tons fell from the top of Queen Mary's tower in the Castle Yard in October.

The ruins are inspected by a large number of visitors throughout the summer.



The above photo is from a most interesting collection of images to be found in www.framlinghamarchive.org.uk

Before the Ministry of Works took the castle over from Pembroke College in 1913, there was much vegetation surrounding it and ivy on the walls This photo shows a tennis net?



FAIRTRADE FORTNIGHT 2024

Sep 9th - 22nd - Celebrating 30 years of the Fairtrade mark



During this fortnight we are planning a FT Banana Trail in the Library and spot the Fairtrade Mark competition in town centre shops and office windows with a FramBag full of goodies to the winner.

SPOT THE FAIRTRADE MARK COMPETITION

Pick up a free entry form from Fram Library..

The competition is open to all .

The prize for the winner is a Frambag full of Fairtrade goodies.

The Fairtrade Town Logo has been put in windows of shops, offices and notice boards on Market Hill, in Bridge Street and Church Street. See how many you can find.

You have until Sunday 22nd September to have a go. Forms to be returned to the Library. by Monday 23rd September

Many thanks to those premises who have displayed the Fairtrade Town logo for the hunt.

The Fairtrade Flag will be flying on the Market Hill Flagpole for the two weeks.

THE FAIRTRADE BANANA TRAIL IN THE LIBRARY FOR 11 YEARS & UNDER

Pick up a form from the Library desk and see if you can find the banana characters and their names hidden amongst the books. A Fairtrade sticker to wear for all who complete the quest.



FAIRTRADE MINI-SHOP IN THE LIBRARY

There is a selection of Fairtrade items for sale on the top shelf on the left above the reserved books. Divine chocolate, nuts, coconut milk, apricots, biscuits, Liberation salted nuts, hot chocolate, cocoa etc - all Fairtrade and delicious.



WITH MANY THANKS TO OUR SUPPORTERS:-

Framlingham Town Council, Framlingham Library and Framlingham Co-op.

FRAMLINGHAM UNITED FREE CHURCH, RIVERSIDE, FRAMLINGHAM

Services are held each Sunday @ 11am, led by Ministers from the Methodist and United Reformed Churches and by local preachers.

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PERCY STANNARD RECOLLECTIONS

John Bridges thinks these notes were probably written in the late 1950's. The following are edited extracts pertaining to the Court House, [which features regularly in the 100 Years Ago in Framlingham series] - by kind permission of John Bridges.

The complete article was first published in the Journal of the Framlingham & District Local History & Preservation Society, Series 7 Number 1 in October 2015

What I first remember about Framlingham is we had a Superintendent of Police living at the Police Station in Bridge Street, [on site of library car park], and in November 1906 had my first encounter with the police. The late Mr F G Ling was at that time Clerk to the Magistrates. I had only been at the

office a few days when I was sent down to the Court House with his bag of books and papers ready for the Saturday morning Police Court Petty Sessions. My employer told me to go up the wooden stairs used by the magistrates and to put the bag on the landing near the Retiring Room door.

A fortnight later I was sent again to the Court House with the bag and was to leave it in the same place as before. But, no, our Superintendent of Police, a great burly policeman weighing at least 16 stone was blocking the entrance to the stairs, and said to me 'Young man, these stairs are not for the likes o' you, you will take your bag up the stone stairs.' I pleaded I was only following instructions but he was adamant and for all the time he lived there I had to use the stone stairs.

Somehow after this little bout I never took to him kindly as he seemed much too officious. I liked his daughter more than him. Her father drove a horse and cart in those days and occasionally had to be away from home all night. More than once I have helped to hump a piano up the stone stairs for a supper and musical evening in the Court House.

When he left we had a Police Inspector and a sergeant as well as two or three constables. Now we have to make do with a sergeant and constables.

[Now of course its all changed!]

About that time we had a County Court Office with a permanent clerk on duty and every other month the County Court Judge would come in his wig and gown and hear cases in the Court House.

Now The Clerk to the Justices is no more, the whole system of Clerkship being centralised and a most efficient lady solicitor now comes from Ipswich to attend the magistrate's court as Clerk.

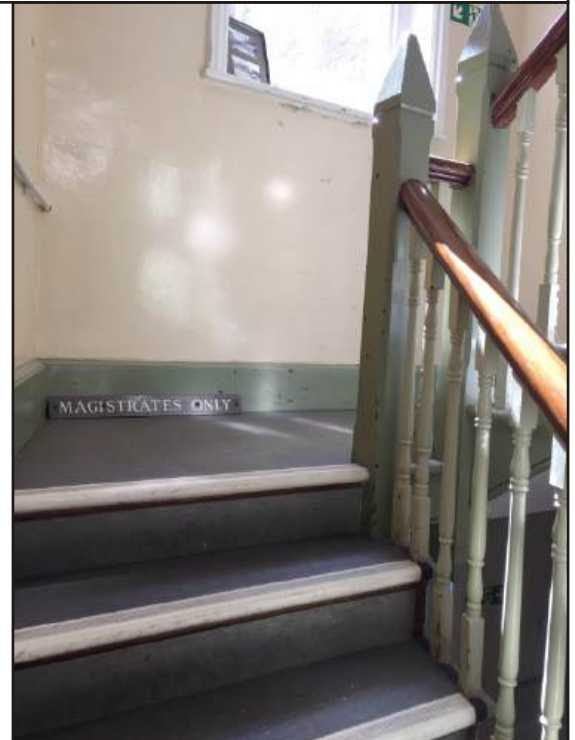
THE STAIRS:

Middle right is the posh wooden stairs for the use of the magistrates. Now covered in lino. the 'Magistrates Only' sign was returned to the Court House last year, having been discovered in a garden shed where it had been stored for safekeeping to save it from the skip probably!

Lower right are the stone steps for the likes of Percy Stannard and also the route from the cell to the court room. The white edges are presumably more modern to suit our H & S mindset!



The Police Station is abutting the road on the left in Bridge Street. It was demolished and is now the Library car park. Image from www.framlinghamarchive.org.uk -visit for hundreds of historic images of our town





Framlingham Fellowship news

Our June meeting was a very interesting talk and demonstration from Jamie Hutchinson at Hilton Macarons, based in Framlingham. We learnt that the perfect macaron should have a crunchy outer shell, a slightly chewy centre that is not too sweet and a generous filling with a flavour that seamlessly fills the whole macaron, and that the cooking was a very scientific procedure.

Their award winning macarons are hand-made with Italian meringue and use only the finest ingredients, all natural fillings and free range eggs. They are all vegetarian, gluten-free and alcohol free.

Jamie made some salted caramel filling and strawberry filling, and we were able to taste a few macarons. Our very grateful thanks to Jaime for a very interesting talk, demonstration and for bringing along various macarons for us to try with the fillings made during the meeting..

The July outing to Bury St Edmunds was very enjoyable, perfect weather and the Abbey gardens were spectacular. Our thanks to Thompsons coaches and our driver, Adrian.

The September meeting on 19th September at The Crown Hotel will include Jemma Wood Head of Volunteering and Ambassador at St Elizabeth Hospice talking about St Elizabeth Hospice, its services both in the community and within the Ipswich and Gt Yarmouth & Waveney sites.

Our October meeting on Thursday 17th October will include a talk by Steve Everett Autumn and the Deer Rut at Minsmere and our November meeting on 21st November will include a demonstration from Sheila at Callender's Florist.

Our meetings are open to all, include refreshments and we look forward to seeing new faces in 2024, meetings on a Thursday start at 2.30pm, at The Crown Hotel.

For further information please email Framlingham-suffolk@sja.org.uk

Annabel Leggett
Counselling
 Bsc Hons, MBACP
 Face to Face and On Line

T: 07866 522124
 E: annabelcounselling@outlook.com
 W: www.annabelleggett-counselling.com





News from Framlingham and Saxmundham Cats Protection

Thank you to everyone who visited us at recent events attended by our volunteers. As usual it was a delight to meet so many of you and we welcome your support. Don't forget, if you would like to help out at any of our forthcoming events we would love to hear from you. *[Contact details on back page].*

Thinking of giving a cat a home? Getting a cat can be both exciting and daunting, leaving a lot to think about. From kitting out your home ready for your new arrival, to keeping your cat safe.

All cats have different personalities that make them the perfect pet for the right home. For some, adopting a kitten is ideal but an older cat might be a great option for a quieter household. Cats with disabilities make great companions too, especially as indoor pets. At Fram & Sax we make every effort to ensure a great match for each adopted cat!

We are here to offer advice on everything from choosing the right cat, common health issues and when to say goodbye to your beloved companion.



Cats Looking for a Home: Lovely dark-tabby Darcey, and her gorgeous, tabby and white brother Eddie, came into our care after a change in their household's circumstances. They are about four-years-old and both have lovely temperaments.

They could be homed separately or together. If you could offer them the new start in life they need, please contact us.





Framlingham Town Council NEWS



Missing out on what the Town Council is up to? Subscribe to our monthly newsletter and get all the news by email. It's the easiest way of being informed of our work on a regular basis, and it's free!

Sign up to the email newsletter at: www.framlingham.com

COUNCIL UPDATE: CHANGES & UPCOMING ELECTION

Since July, our Town Council has undergone some significant changes, with five of our Councillors resigning. While these departures mark a shift, we are pleased to announce we have welcomed two new councillors, Tim Cope and Steve Rose, to our team - you can find out more about them on our website. We look forward to working with them and the fresh perspectives and energy they will bring to the Council.

As of now we have five vacancies on the Council. We had planned to co-opt three additional Councillors during the August Town Council meeting. However, East Suffolk Council has informed us that an election has been triggered by the ten-resident minimum threshold. We do not yet have a confirmed date for the election, but we will share this information on our website, notice boards, and social media as soon as it becomes available.

SUFFOLK COUNTY COUNCIL
Has now published its Section 19
Flood report on Framlingham

A detailed investigation into the flooding which occurred in Framlingham during October 2023 has taken place to understand what caused these events and recommend what can be done to alleviate flooding here in the future. The report can be viewed on our website.

**SAVE THE DATE:
TOWN CHRISTMAS EVENT
ON 23rd NOVEMBER**

We are excited to announce that the town's Christmas event will take place on 23rd November this year, with some exciting changes to the format! It will be held in the afternoon, bringing a fresh twist to our festive celebrations.

We have listened to your feedback and have brought the event forwards, into November, and it will feature the turning on of the town's Christmas lights.

While we are still finalising the details, which will be shared on our website closer to the date, we can promise an afternoon full of festive cheer and community spirit. To make this event truly special, we really need extra volunteers to help with planning and running the event.

Please contact us via dtc@framlingham.com

TOUR OF BRITAIN TO RETURN TO FRAM ON SUNDAY 8th SEPTEMBER

The Town Council is thrilled to announce that the prestigious men's Tour of Britain cycle race will be passing through Framlingham on Sunday 8th September.

For the first time ever, the entire final stage will take place within East Suffolk! It will mark the seventh edition of the men's Tour to have visited Suffolk, and will also be the first time that the county has hosted the prestigious final stage - with the last day of Britain's biggest professional cycle race getting underway in Lowestoft and finishing in Felixstowe on 8th September.

To celebrate this momentous event, the Town Council organised a storybook sticker-trail across shops in the town centre over the summer. We hope that everyone who participated enjoyed exploring our local businesses while getting into the spirit of the race.

This is a fantastic opportunity for our community to witness top-tier cycling up close and to join in the excitement of this national event.

We look forward to welcoming the riders and spectators to Framlingham and sharing in the thrill of the race.



We've recently seen a rise in complaints about dog waste in various parts of our town, especially in the cemetery.

Please be a responsible dog owner and clear up after your pet.



**NEIGHBOURHOOD PLAN
REVIEW UNDERWAY:
SUBSTANTIAL UPDATE
PLANNED**

We are pleased to update you on the progress of the Neighbourhood Plan Review for Framlingham. A working group of around 15 dedicated individuals has been formed to lead this important initiative, and they have already held two productive meetings.

During these initial discussions, the group has agreed to undertake a substantial review of the Neighbourhood Plan.

This comprehensive update will ensure our town's development framework remains relevant and responsive to the needs of our growing community.

The working group is enthusiastic about this large project and is committed to shaping a plan that will serve the best interests of Framlingham's future.

Meeting notes are available on our website for those interested in following progress.

We encourage residents to stay informed and engaged as this review moves forward. Together, we can ensure that Framlingham continues to be a vibrant and well-planned community for generations to come.

ON STREET PARKING PROPOSALS UPDATE

We want to assure the community that no decisions have been made regarding our on-street parking proposals as yet. We highly value your input and still welcome your views on the matter.

Due to being short-staffed over the summer, we haven't yet had the opportunity to amend or distribute the consultation leaflets. We appreciate your patience and will re-consult with updated information as soon as possible.

APPLICATIONS INVITED FOR SMALL GRANTS

Each year Framlingham Town Council awards small grants of up to £500 to charities, voluntary organisations and individuals which contribute to the well-being of Framlingham, or promote the image of the town.

Applications are considered in October and February and more information on the grants can be found on our website by searching 'grant policy'

The application form can be collected from our offices or found here:- [grant-application-new-adopted-2022-01-06-updated-2023-01-17.pdf\(framlingham.com\)](https://www.framlingham.com/grant-application-new-adopted-2022-01-06-updated-2023-01-17.pdf)

Applications received before the 30th September can be considered at October's meeting.



' Visit Framlingham' now live on Instagram & Facebook

We are excited to announce the launch of Framlingham's new social media pages - dedicated to promoting the unique charm and vibrant community within our town, aiming to highlight local businesses, events and attractions

Make sure to follow us on [Instagram \(@VisitFramlingham\)](https://www.instagram.com/VisitFramlingham) and [Facebook \(Visit Framlingham\)](https://www.facebook.com/VisitFramlingham) to keep up to date with the best that Framlingham has to offer, and spread the word by liking, commenting, and sharing posts with friends and family.

Businesses in Framlingham should have received an email with details of how you can get involved. If not, or you have any questions or need assistance, please do not hesitate to reach out via message using VisitFramlingham's social media.

Visit Framlingham has been created to enhance the visibility of the town and promote a positive, thriving and interconnected community. Our goal is to support local businesses, foster community spirit and attract visitors to explore and enjoy all that Framlingham has to offer.

SAVE THE DATE: Public Flood Meeting

Our next public flood meeting will take place during the afternoon of Sunday 20th October, which is the day before the 1 year anniversary of Storm Babet. We hope to have external speakers give updates on what happened since the flood and there may also be another Q & A session.

The venue is to be confirmed - keep an eye on our website and noticeboards for more information.



FRIENDS OF ST MICHAEL'S



THE VISITORS BOOK

Looking through the Visitor's Book in the church, we can see that visitors come from East Anglia as well as other parts of the country and from abroad.

Here's a selection of some of their comments:-

- California, USA - *Doing an Ed Sheeran Tour - a beautiful church.*
- Norfolk - *a beautiful, well loved church with many interesting features.*
- Kent - *my grandfather J.M.Marrion, 1st Citizen of Framingham, Mass. USA came to celebrate our association here in 1931.*
- Somerset, New Jersey, USA - *so much history.*
- New Zealand - *beautiful, calm and inspirational*
- Luton, Beds - *beautiful church with unusual floors and a stunning roof.*
- Clopton - *very peaceful and cool on a hot day.*
- Phoenix, Arizona USA - *so much history, love it!*
- Sydney, Australia - *very peaceful*
- Austin Texas - *love this beautiful church and beautiful town.*
- Fleetwood, Lance - *thank you for sharing your beautiful church.*
- Romania and Ukraine - *very beautiful church.*
- London - *fascinating, magnificent to see the Flodden Helm in extraordinary original.*
- Newmarket - *always knocked out by the history.*
- Bournemouth - *beautiful church and everyone so welcoming.*
- Brisbane , Australia - *so impressive.*

There was a time, many decades ago, when the church was never locked, even overnight. Times are very different now, and a rota of volunteers unlock the church every morning and lock it again late afternoon.

SPANISH LESSONS BEGINNERS AND IMPROVERS FRAMLINGHAM

- *Beginners: study grammar basics and develop speaking skills*
- *Improvers: expand grammar, vocabulary and conversational skills*

For more information about courses, time and location

PATRICIA RIVERA PEÑA

TEL: 07710801138

spanishpatriciarivera@gmail.com

DATES FOR YOUR DIARY

Sat November 30th 2.30pm

Castle Community Rooms, Framlingham

We will be welcoming back Sheila from Callendars Florists for another of her entertaining flower arranging demonstrations. More details later.

Saturday 7th December Christmas Tree Festival

It seems very early to be mentioning this, but we hear some groups have already started on their decorations!

No specific theme, just whatever reflects your organisation and its aims.

An Email will be circulated nearer the time with more information to all those on our 'Decorators' list. Any queries email:-

stephbennell03@gmail.com

BOWES PLUMBING AND HEATING

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Emergency call out

FILM@FRAM at 7.30pm in the Castle Community Rooms [IP13 9BQ] on the 2nd Wednesday of the month. Doors open 7pm.

Films coming up:-

Wed 11h Sept - The Fall Guy[2024] [12A] 126mins. Stars: Ryan Gosling, Emily Blunt
Colt Seavers is a stuntman fresh off an almost career-ending accident, this hero has to track down a missing movie star; solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?

Wed 9th October - La Chimera [2023] [15] 130 mins. Language: English/Italian
A down-at-heel archaeologist just released from prison, soon falls back with gang of petty thieves who plunder Etruscan tombs in the Italian countryside. Arthur is also grieving for his lost love and revisits her palatial but decaying home where he encounters her mother and housekeeper.

<http://mycommunitycinema.org.uk/cinemas/filmfram/>

The Film Club is primarily for members but guests and visitors are allowed. Membership £6 pa, April to March; £3 from October and £1.50 from January.
Entry contribution: Members £4 per film
Guests £6 per film

Film@Fram is sponsored by *The Crown Hotel; Callendar's Florists; Castle Cleaners; Darren Smith Fishmonger; Fram DIY; Huntingfield Estates; Leo's Deli; Riverside Garage.*

Supported by *Clarke & Simpson; Castle Community Rooms*

BIG BUTTERFLY COUNT

The Big Butterfly Count ended on August 4th and the results are yet to be published. It seems though that this is the lowest number of butterflies counted since the Count began 14 years ago. Not due to lack of participants, but due to the marked lack of butterflies. The consensus is that this is due to the cold spring and wet start to summer as they need some warm dry weather to mate and breed. It was also noted that numbers of bees and wasps have also declined.



Next deadline for the Nov/Dec issue is
Mon 14th October
E: stephbennell03@gmail.com

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A deep double cleanse and exfoliant, a mask tailored to your skin type and gorgeous neck, shoulder and face massage.

The Immersive Holistic Facial 90mins £114

Nutritional support, emotional support, a triple lift facial and a massage too, bliss!

All facials begin with an online skin assessment to be done before arriving.

To book

email contact@amandasmithholistics.com
or call 07540444196

Available at Dolled Up Tuesdays and Sundays

www.amandasmithholistics.com

THE SUFFOLK CHURCH RIDE & STRIDE - <https://shct.org.uk>

This year's cycle ride or walk will take place on

Saturday 14th September

Get sponsored for visiting churches/chapels wherever you like - half your sponsorship money will go to the Trust to be given in grants for church repairs, and half will go to the church/chapel of your choosing.

Many places of worship will be manned and can sign your sponsorship form.

At unattended churches you can log yourself.

You can download a sponsorship form from the shct.org.uk website, or pick up one from St Michael's Church..

Framfare can be picked up around the town including:- the Library, the Co-op, 221B Bakers, the charity shops, the church porch, the Post Office, Patricks Newsagents, Haynings Forecourt & the Co-op Forecourt, the Cake Bench, The Railway Inn etc.



Framlingham Brownies

Since half term the Brownies have been completing activities in the Explore Theme by learning about grid references and playing map bingo to learn about they symbols used on maps. We did a walk

round part of the mere and observed the countryside code.

The Brownies have also learnt how to survive if they ever got stranded on a desert island and tried to do some first aid using everyday items they might have with them on a walk.

Several Brownies went to Stoke Ash for an activity day and sleepover which was enjoyed by all. They also made scarecrows in a flower pot for the horticultural show.

We said goodbye to two Brownies who have gone up to Guides and we will be welcoming six new ones coming from Rainbows when we restart on 10 September.

1st Framlingham Brownies meet on Tuesdays between 5-6.30pm in the Scout & Guide HQ and we currently have space available. If you would like to find out more, email 1stframlinghambrownies@gmail.com or go to www.girlguiding.org.uk to register your interest.

Framlingham Rainbows

To complete the summer term the Rainbows went bug hunting at Framlingham Mere, held their own special Olympic Games on the Pageant Field and enjoyed an evening in the woodland area at The Granary Nursery school where we enjoyed toasting marshmallows. We learned what to pack in our suitcase when we go away and what you can't take with you when you go abroad. Several girls visited Foxburrow Farm with one of the Brownie packs and others joined in a large scale event at Stoke Ash with Brownies and Guides from our District.

Many badges were given out at the last meeting of term including Explore, Have Adventures, Nature and Book Lover. 13 girls have reached the end of their time in Rainbows and as they leave they are awarded a Pot of Gold badge. Special mention should be made of Daisy Keeble who received her Bronze Award and Maddie Whatmough and Ivy Jenkins who gained their Gold Award.

We are looking forward to welcoming many new faces off our waiting list this term as we take in lots of new Rainbows.

Claire Norman Framlingham Rainbows

Framlingham Guides have been busy this term. We have been hiking around Framlingham, cooking delicious food outside on open fires and much more.

One of the highlights was taking part in Ringos at Ipswich Ski Centre. We were delighted to be able to present a number of badges at the end of this term, including a Bronze and Gold Guide award.

At the time of writing we are preparing to take the Guides camping in Keswick, Norwich for 5 action-packed days - more about this in future articles. In order to continue providing the girls with opportunities to create wonderful memories, we would be delighted to welcome more adult help to our team.

If interested please contact Sally at framguides@outlook.com

We have places for girls 10+ to join our units.

Please note that the web version of *Framfare* is currently not available.

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Clarke & Simpson



Letter from the Library

WILD ARTS - LET'S GO

This Autumn we are embracing charity, arts and the wild - Join us!

We are close to the halfway point in our fundraising for a dedicated Children's Area. You may have seen the mushrooms, bought with a grant from the Town Council, and much loved throughout our Reading Quest. We are delighted that the Co-op are the latest to join us. With collection buckets at the tills, a Book Sale planned by the staff for 21st September and an invitation for us to take over the foyer on 27th we should be able to cover halfway by the end of the month.

From the Edinburgh Fringe to International Illustrators and award-winning poets we have something for everyone.

2nd September 7:00 In The Court Room - from the Fringe we welcome Beryl & Clive, by Amy Gibbons - currently receiving 5 star reviews, this showcase and Q&A is sure to entertain.

22nd September to start the Wild Reads Season Vivia [Sciapod Dairy] will be bringing in baskets of wild plants to talk about her approach to foraging, a Basket Foray of plants for food, traditional medicine and folklore

October is all art, poetry and writing

3rd of October we will have an 'Open Mic' opportunity to read, sing or perform your poetry from 10:30

Later in the month we will have Colourful Characters with Rachel Bowen and Sue Thompson reading their poetry.

On 8th October at 11:00 Lorette Roberts will be talking about her fabulous illustrations of life in Suffolk and Hong Kong and taking us on a sketching walk. This links with an exhibition of her work in The Court Room Gallery. During part of the exhibition we will also be joined by Stained Glass artist Mary Lamb.

On October 26th we are joined for a writing workshop with award winning poet Rebecca Goss.

31st October we have a Street Meet and The Gazebo will be up for a Wild themed Walk, Draw, Cast with Eleanor Rodwell. We will also be holding Cauldron Capers at 2:30 for stinky, spooky, slimy fun as we create word-magic from a brew of cauldron ingredients.

Regular events starting, returning or continuing:

Story Fram - Our sessions held 2nd Tuesday of the Month, 2pm upstairs - enjoy talking for 5 minutes at a time from your heart.

Street Meets - Our regular Community Police sessions - various dates, check posters

Menopause and Me - 2nd Sunday in the month 1:30pm

Citizens Advice - Every Friday 10-12

Alzheimer's Drop-ins - Every Tuesday morning

After school No-Tech Games. Term time only Thursdays

Fram Writers Group. Third Monday in the month 7:00pm in The Court Room

Top Time - Thursdays from 19th September - hot drink, chat and catch up

Plus our regular Make it on Mondays, Board Games and PAT dog sessions.

Keep an eye on our pages on Facebook, Instagram and The Suffolk Libraries website and talk to us!

There is a lot going on and we would love you to be a part of it.

See you in the library!



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Mon 9.30 - 12.30

Tues, Thurs 9.30- 17.30

Fri 9.30 - 17.30

Sat 9.30 - 17.00

Sun 11.00 - 15.00

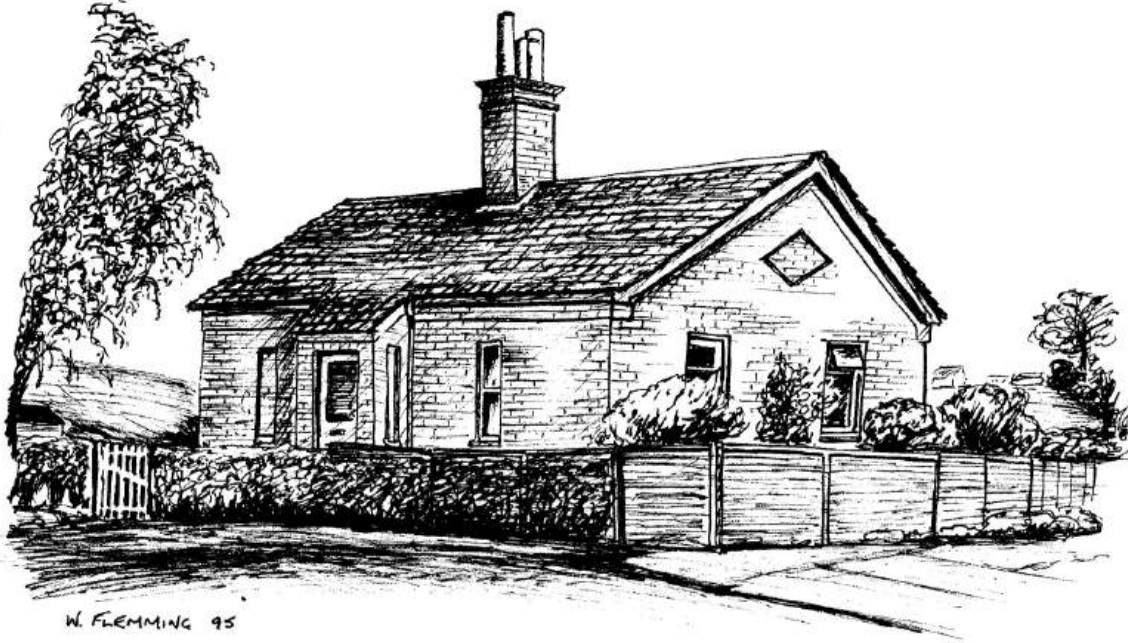
Closed Wednesdays

PAST CHANGES IN FRAMLINGHAM

Featuring pen and ink drawings by local artist
Bill Flemming

THE GATEHOUSE

This is the first gate house on the railway branch line to Campsea Ashe just into the Kettleburgh Road off Station Road. The railway line crossed the road on the right of the house. Mr & Mrs Cook and family lived there and were responsible for opening and closing the gates as necessary.



The next gate houses are at Broadwater and Brick Lane. At Hacheston there was not a Station, only a request stop down from the village.

Between Hacheston and Marlesford there was an unmanned crossing on a small by-road. Here the fireman would get off the engine to open the gates and the guard would close them.

While I'm writing about the railway line, I would like to mention that my wife Joan had an archaeological dig bordering the railway cutting on the west side of Framlingham. She unearthed the remains of an Iron Age site which was written up in the East Anglian Archaeology publication 'Settlements on Hill-Tops 1993.'

There is a possibility the greater part was lost when the cutting was made?

Bill Flemming



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CITIZENS ADVICE

Citizens Advice offers help, guidance and support with independent, confidential, free advice and guidance at the point of delivery.

Drop-in appointments are available on a first-come, first served basis at
Woodbridge Library Mon 10-12
Wickham Market Resource centre
Tues 1.30 -3.30
Saxmundham Library Wed 10-12
Framlingham Library Fri 10-12

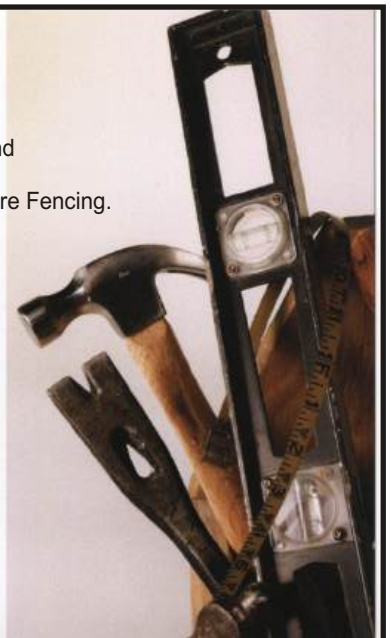
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www.leistoncab.org

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THE NOTICE BOARD

Framlingham Flower Club

Our meetings are held in the new Community Rooms, Church Street, on the 4th Tuesday of each month [except August and December] beginning at 2.30pm.

Visitors are welcome @ £5 per session [max. 3 sessions per year.]

Tues Sept 24th - demonstrator Maria Neville
Title - 'Lets Twist'.

Tues 22nd October - demonstrator Roger Woolnough. Title 'Autumn Glory'

Tues 28th Nov - demonstrator Sandra Price
Title- 'Christmas Greetings'

See website for details of upcoming meetings.

<http://framlinghamflowerclub.onesuffolk.net>

Quilt Exhibition Sat 14th & Sun 15th September

10am - 4pm

Great Glemham Church

Entry £3





Sales Table; Refreshments

Funds raised iao All Saints Church,
Great Glemham IP17 2DA.

DANCE FITNESS CLASS

Tuesday Evenings 6.30p.m

At
Castle Community Rooms
Framlingham

-  Improve cardiovascular health
-  Build muscular-skeletal strength
-  Increase and maintain flexibility
-  Balance work

For more information about this fun and friendly class

Contact:- Caroline Mummery on 07814 762944

FRAMLINGHAM ART SOCIETY

Talks In the United Free Church Hall - 2nd Friday
of the month 2.30pm - 4.30pm.

13th Sept - Member's Workshop

11th Oct - FAS AGM

Tea & Cakes - NB 2pm start

www.framlinghamartsociety.co.uk
Contact: Lindsay Huggins 01728 621528
Maggie Peck 01728 724161



Sat 7th Sept 2023 Mills Grammar School Association

Summer Reunion & AGM at Thomas Mills
High School, Saxtead Road, Framlingham
2.00- 5-.00pm

All Mills Old Girls & Boys are
welcome

Traditional 'Mills Tea' is provided.



Country Vision Independent Optician

James Underwood
Optometrist

11a Market Hill, Framlingham
01728 621250

Kettleburgh Annual Flower and Produce Show



Kettleburgh Village Hall

Saturday 7th September

2.30 pm

Teas, raffle, auction of produce

Schedules available from

C Norman, 2 Redroofs, The Street, Kettleburgh 01728 724372

T Wingfield, 37-38 The Street, Brandeston

or Kettleburgh Village Website



FRAMLINGHAM & DISTRICT ROYAL BRITISH LEGION

If you are interested in joining the Royal British Legion or in changing Branches if already a member, click on to www.britishlegion.org.uk/membership and follow the simple step-by-step instructions, or call 0800 307 7773 [7 days a week 8am - 8pm] - remember to ask to be attached to the Framlingham Branch.

If you are aware of any Veterans and their families who may benefit from some support, a chat or a visit, please contact Karen Verow-Thomson on 07850011872 or framlingham.secretary@rbl.community

The Framlingham Branch have a Notice Board on the Clarke & Simpson wall opposite the 221b Bakery Shop for posters of RBL events.

PERSONAL NOTICES

From Paula Cable

In October I was told I would never stand or walk again. My whole life changed with Home Care; Chris Sampon, John & Agnes Couch were my lifeblood - Thank you.

The late Alison Monk

A memorial service for Alison will be held in the Unitarian Meeting House in early September. Details will be posted on the noticeboard at the front of the UMH in Bridge Street.

NEXT DEADLINE
MON OCTOBER 14th
for the Nov/Dec issue

Any enquiries regarding advertising availability, rates, submission of articles etc should be emailed to stephbennell03@gmail.com.
Print run is 1800

SARSEN STONES IN FORE STREET

Having lived in Framlingham for many years I have long been curious about the 2 sarsen stones; one set in the wall outside the taxi office, and the other some 30 feet across the road tucked into the wall in the Crown Car Park.

There are many sarsen stones all over the region, variously described as boundary stones incorporated into churches or set at random at roadsides. It is thought they had pagan religious significance. Some are half a ton or more in weight so must have taken some effort to place them in position. The question is what are those in Fore Street for and why are they there - what is their significance? There is another one at the T junction at Kettleburgh, perhaps some sort of boundary marker. Any ideas?
Patrick Grieve - Cransford

I had it in the back of my mind that they were mounting blocks to facilitate getting onto horses -one being next to the blacksmith's. But this may just be making use of them subsequently? Ed

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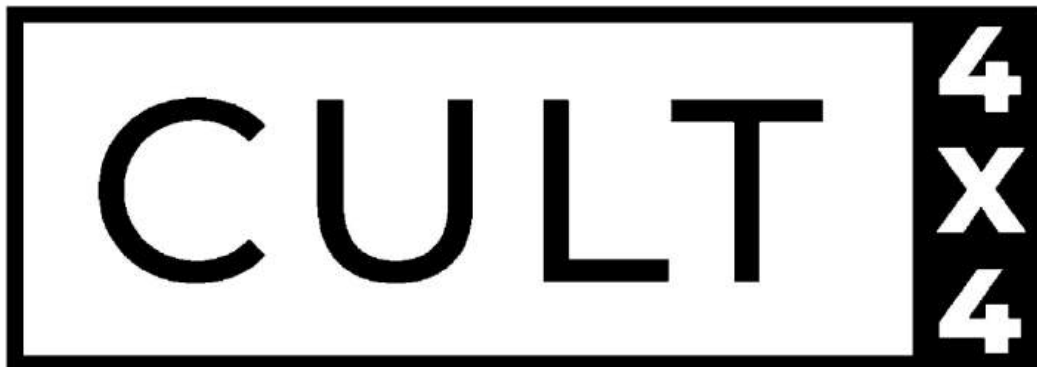
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Framlingham Medical Practice

Update as at August 2024

Welcome

We would like to welcome:

Daisy to Reception as a Care Navigator

Kathleen to dispensary. Kathleen left us for a short time but has now returned.

Goodbyes

We have said goodbye to:

Victoria Health Care Assistant

Charlotte Administrator

Amber Dispenser

Lucy - Dispenser

The Partners and staff would like to wish them all the best for the future. They will be missed.

Earl Soham Dispensary

Earl Soham dispensary will close from 2nd September 2024 until further notice. The last day collections can be made from Earl Soham will be Friday 30th August. After this date, all repeat medication will be made available to collect at the dispensary at Framlingham Surgery. We hope to re-open Earl Soham dispensary once we have recruited into the vacant posts.

We are very sorry for the inconvenience this will cause, it is due to a shortage of dispensary staff.

PLEASE REQUEST YOUR MEDICATION AS NORMAL

Please allow 5 working days (in total 7 days) for medication to be ready, if you have provided a mobile number you will receive a text when it is ready.

Framlingham dispensary opening hours are:

Monday to Friday 8.00am to 6.30pm (closed at lunchtime 1.00-2.00pm)

Framlingham dispensary email address:

framlingham.dispensary@nhs.net

Framlingham dispensary tel. no.: 01728 723627 option

2 for queries only, (no repeat requests can be taken) Lines are open 10.00am -12.00 noon and 2.00pm-4.00pm

Research

The Practice has now been approved to undertake research projects. We now have our first research project underway. If you do not want to be contacted to take part in any research projects please let the practice know.

GP Training

The practice has now been approved to train GP's. The practice will welcome its first GP trainee in February 2025.

Medical Students

We will again be hosting 4 cohorts of medical students towards the end of 2024. 2 cohorts from the University of East Anglia and 2 cohorts from the University of Cambridge. The students will be with us from the beginning of November 2024 to the end of March 2025.

Flu and Covid Vaccinations

Framlingham Medical Practice **will** be offering Flu and Covid vaccinations during autumn 2024.

At present the indication from NHS England is that Adult Flu and Covid vaccinations will not commence at GP Practices or pharmacies until October 2024. Towards the end of August 2024 we will be sending out invitations to book your vaccinations.

GP Training afternoons

In order for our GP's to stay clinically current and up to date the Integrated Care Board (ICB) provides a training afternoon a month. The next training date is **Wednesday 11th September and Wednesday 23rd October 2024**. There will be no doctors or nurses on site from 1pm. The practice will be open for dispensary and face to face reception requests.

Patient Participation Group (PPG)

Our steering group of patients of Framlingham Medical Practice want to help it work as well as it can for patients, doctors and staff. Our meetings also include members from the Medical Practice, including a GP.

We are keen to represent the views of all who use the surgery, and the Practice would like to improve communication with patients also. We recognize that not all patients can attend our PPG meetings.

We are planning to conduct a survey, aiming to assess the views of as wide a group of patients as we can about communication and your views. This should start in September 2024, to coincide with the vaccination clinics. Alongside this there should be help on hand with the use of NHS app, if you need it. It is a way of keeping track of your health records, booking appointments and other useful features.

Meanwhile if you would like to support the Practice and or are willing to help from time to time, please contact the Practice.

Our next PPG meeting is scheduled for Thursday 12th September at 12.30pm, Framlingham Surgery.

To find out more or attend a PPG meeting as an observer, get in touch with the Medical Practice in the first instance by emailing framlingham.medicalpractice@nhs.net.

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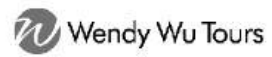
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NATURE NOTES

Continuing the theme of birds of prey from the last issue: there are at least two more success stories to report.

The red kite is becoming an increasingly common sight in the skies of Suffolk. Not so long ago, these birds were confined to a small patch of wild central Wales, having been treated as vermin in much of England.

Following an extensive re-introduction programme from Scandinavia and Iberia, these birds are spreading eastwards and are now resident in the county. They are lighter in build than buzzards and have a very distinctive forked tail together with a notch in the trailing edge of the wings between the primary and secondary flight feathers. Their russety-red plumage is also particularly noticeable if they are wheeling around in flight.

The last regular locally-occurring raptor is the marsh harrier. These were reduced to very small numbers, principally found at Minsmere, but have increased significantly over the last few years.

Although they live mainly in coastal reed-beds, they will fly inland, often following river courses. Again, they are lighter in build than buzzards with a longer tail and have a habit of quartering ground with wings held in a shallow 'V'.

Moving on to things that have been happening locally, it's been another rather strange summer. Many migrant birds were late arriving due to cold weather in southern Europe. The hot spell in late June saw large numbers of damselflies (particularly the azure species), but they almost disappeared in the following cooler spell.

The moorhens on our pond managed to raise two chicks from their first brood (very unusual) and (at the time of writing) are busy feeding a second.

We received five elephant hawkmoth caterpillars which had eaten all of the willowherb in my brother-in-law's garden and were looking for a new food source. They are named for the similarity of the caterpillar to an elephant's trunk.

If disturbed they will draw their head back into the body, increasing its diameter and inflating the 'eye' spots on the middle segments.

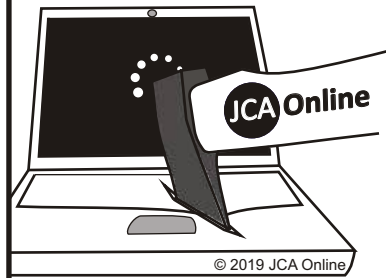
The adult moth colours are a garish mix of lime green and

fuchsia pink; they may be on the wing from May until early August.

Paul Collins



Before this gets too tempting



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WILDLIFE IN THE GARDEN

The Woodlouse



Woodlice are also known as slaters and pillbugs and are found in gardens with a healthy ecosystem. They are mainly beneficial and spend their time breaking down damp decomposing plant material, so may be found in your compost heap.

There are 30 species in Britain, 5 of which are commonly found in gardens. They participate in the food chain by being on the menu for shrews, toads, centipedes, some spiders and ground beetles. They are active at night and during the day hang out in dark, damp spots.

Eggs are produced in spring and kept within the female's body until they hatch. They then spend a few days acclimatising in a brood pouch on the underside of the female before heading out into the big wide world.

They are similar in appearance to the adults and will shed their outer shells a few times as they grow. By the late summer they are adults and will overwinter before reproducing themselves in their 2nd year. *SB*

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POST OFFICE NEWS

We were delighted to welcome Barclays Bank opening their new branch hub next door in the old Sorting Office which opened on August 19th.

The Post Office will continue handling cash and cheque deposits and cash withdrawals.

The Branch Hub will be able to assist you with queries and online transactions.

This is great news for Barclays, the Post Office, Framlingham and surrounding villages.

Barclays Opening Hours

Mon/Tues/Wed 9.30 to 12.30 1.30 to 5.00

Thursday 9 to 12.30

Friday closed.

The Post Office hours remain unchanged.

Roger Tripp

Left: Although you can't see the colour the door has been painted the familiar Barclay's Blue.

POST OFFICE OPENING HOURS:-

Monday/Tuesday/Wednesday/Thursdays/Friday - 8.30am to 5pm

Saturday .8.30am to 12noon

Sunday - closed.



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