

GREENER WALDRINGFIELD



COMMUNITY DIRECTORY for 2023

Connection Cooperation Conviviality

Greener Waldringfield brings together concerned villagers to learn about the climate crisis and take action for the environment.

This updated Directory of Waldringfield's services, groups and events includes small tips on how we can become Greener Together. Most information is available and usually up to date on the internet (see the back cover) but, to make it fully and easily accessible, the Parish Council has provided a grant to help us to deliver a printed version to every household in the village.

The Parish Council adopted a Climate and Ecological Emergency Statement in 2021 including "We will ensure that climate change is a factor in all our future decisions." The Council has tasked Greener Waldringfield with producing an Action Plan – for the way it is evolving, see www.greenerwaldringfield.org

THINK GLOBAL- ACT LOCAL

Emergencies

Police, Fire, Ambulance, Coastguard 999

Defibrillators

**On the rear wall of the Maybush and in the outer porch of the Village Hall.
If someone collapses, don't delay, but dial 999.**

The ambulance service will give you the key code to the yellow cabinets. No training is needed to use the defibrillators.

Voice prompts will automatically talk you through the procedure while the ambulance is on the way.

Flood Warden

John Smith 736257

Assistants: Tony Lyon 07925 081062 Jon Wilkins 73604

Waldringfield Emergency Plan

Parish Council contact: Sue Quick.

Online at waldringfield.onesuffolk.net/assets/parish-council-docs/policies/Waldringfield-Emergency-Plan-Issue-1.pdf

Non-emergencies

Police (non-emergency) 101

NHS Direct 111

GP Surgeries

Martlesham Heath Surgery 23 The Square, Martlesham Heath 610028

Framfield House Surgery Ipswich Rd, Woodbridge 01394 615500

Little St John St Surgery 7 Little St John's St, Woodbridge 01394 382046

Closest Pharmacies

Tesco Stores Martlesham Heath 0345 677 9456

Martlesham Pharmacy 9 The Square, Martlesham Health 01473 623332

Complementary Treatment

Woodbridge Complementary Health Centre, Sandy Lane, Martlesham. Therapies available include acupuncture, aromatherapy, counselling and psychotherapy, craniosacral therapy, foot health care, homeopathy, hypnotherapy and NLP, kinesiology, massage, nutrition, osteopathy, physiotherapy, Pilates, red light therapy, reflexology, reiki, R.E.S.E.T., wellbeing coaching, yoga. <https://www.wchc.info/therapies/>

Mary Beth Skellorn, Kinesiology and Homeopathy

<https://www.marybethskellorn.com/>

Your Safe Space with Eloise Embodied Mindfulness and Yin, 1:1 Somatic Healing, Women's Circle, Private Classes, Mothers Blessings, Reiki, Life Coaching and more. www.eloisestephenson.com

Neighbourhood Watch

Waldringfield Neighbourhood Watch, backed by the Police, is about neighbours watching out for each other, helping to create a good community spirit and discouraging crime. Notifications are sent out on the waldringfielders email group. Contact: Alyson Videlo, *Atbara*, Deben Lane waldringfieldnw@yahoo.co.uk Website: suffolknwa.co.uk
Also see: waldringfield.onesuffolk.net/our-village/neighbourhood-watch

Parish Council

Meetings usually the second Tuesday of the month and open to the public. Full details including agenda, minutes and planning responses at [Parish Council » Welcome to Waldringfield \(onesuffolk.net\)](http://Parish Council » Welcome to Waldringfield (onesuffolk.net))
Contact: Parish Clerk: pc.waldringfield@googlemail.com

Worship

All Saints Church, Mill Road

www.suffolkchurches.co.uk/waldring.htm

Yachtsman's Service with boats dressed overall, Woodbridge Excelsior band, congregation on the beach usually each July.

Waldringfield Baptist Church, Newbourne Road

pastor@waldringfieldbc.org.uk waldringfieldbc.org.uk 736285

Village Hall

The Village Hall is a charity run by trustees and the volunteers ; Chairman: Philip Hall. To book, go to villagehall.bookings@btinternet.com. There are reduced rates for village organisations and villagers' private events.

Focus - Six editions of Focus, the Village Hall magazine delivered to your door annually.

Bookshelves There are two bookshelves in the Hall. You are welcome to borrow a book any time the Hall is open, and to add to the collection.

Village Hall Lottery

£12 (£1 per month). The monthly draw takes place at the Coffee Mornings. To take part contact Nigel King 737060

Regular Services

Milk & Groceries

Foulers Dairy Tel: 784999 www.foulersdairy.co.uk

Milk and More Tel: 0345 606 3606 www.milkandmore.co.uk

Newspaper Delivery

D.C.Patrick Tel: 01728 724414

Veg Boxes

Oak Tree Box Scheme Email: hello@the-oak-tree.co.uk

Life on the Veg <https://organic.riverford.co.uk>

Milk and More www.milkandmore.co.uk

***Green Tip: Buying local and seasonal can avoid plastic packaging and reduce food miles.
Unwashed vegetables stay fresh longer.***

Post Office Van

Mondays, Wednesdays 1100-1245, Fridays 1100-1200 at the Village Hall. Includes cash withdrawals from and paying into most bank accounts and many other services.

Mobile Library

Usually visits Waldringfield every four weeks on a Thursday afternoon between 1500-1530 and parks in Sullivan Place.

Exercise and Sports

Stretch and Tone

Gentle and relaxing tone and stretch classes at the Village Hall.
Friday afternoons 1300-1400 didee33@hotmail.com 07748 611730

Pilates

Tuesdays 0930 -1030 in the Village Hall tonepilates@btinternet.com

Better Balance

Gentle but surprisingly challenging chair-based exercise.
Mondays 114 5 – 1245 Village Hall Contact Mary Beth Skellorn

Yoga

Friday mornings 1000-1100 07877 358163 or ian@yogawithian.com

Karate

Tuesdays in the Village Hall.
Contact Leonie Kersey 07868 325783 info@evolutionkarate.co.uk

Social Club

A social group meets to play badminton at the Village Hall (except during the summer). Tel: John Naylor 736228

Dancing

Wednesday evenings in the Village Hall.
Contact robfisher05@gmail.com 01473 613428

Tennis

Tennis Court Society: families may join for an annual fee, or you may hire the court by the hour. Annie Cawthorn 736278

Cricket

The ground is in Fishpond Rd. Contact: stephenosullivan@btinternet.com
[BT Waldringfield CC \(play-cricket.com\)](http://BTWaldringfieldCC(play-cricket.com))
[Facebook: BT & Waldringfield Cricket Club](#)

Green Tip: If you download this directory from www.greenerwaldringfield.org you will be able to click on the many hyperlinks included.

Recycling and Waste

Recycling Centre

Book a slot at the Foxhall Recycling Centre /www.suffolk.gov.uk/planning-waste-and-environment/waste-and-recycling/

Green Tip: Everything we buy and own ultimately turns into rubbish so buy to last and use up - and get informed about what happens to it at the end – see the Suffolk A to Z of Recycling www.suffolkrecycling.org.uk

Glass Disposal

There are glass recycling bins in The Maybush car park for villagers to use.

Garden Waste

This can be taken to the Foxhall Disposal Site.

Green Tip: Mulch! There is no such thing as green ‘waste’ – it’s all food for the next stage. Why not build a dead hedge with woody stuff and prunings – see Waldringfield Community Composters on the GW website for other options for garden waste. Waldringfield Gardeners includes members who have completed the Suffolk County Council Master Composter training.

Rubbish Walks

Clearing the roads into the village usually in March and October when the verge growth is less – all welcome to help. Litter pickers supplied by GW. Most frequent items are plastic based food and drink containers.

Green Tip: Soft plastic can be taken to supermarkets – check the Suffolk A to Z of Recycling for other options. The manufacture of single use plastics is a major use of fossil fuel. Recycling options are limited and disposal is often careless.

Green Thought: Much plastic is not going to landfill or incineration but continues to be exported, much of it to countries with no appropriate facilities and where it just escapes into the wider environment: out of sight and mind for us. Then there is the plastic in our oceans. Try to reduce when purchasing and pick up on your walks.

Join in! Become a Plastic Action Champion to promote plastic reduction. Training and support are available through East Suffolk Council's Greenprint Forum . Contact greenissues@east Suffolk.gov.uk

The River

Waldringfield Boat Yard

For moorings, storage ashore, repairs and servicing and also cruises on the river contact Mark and Emma Barton: mark@waldringfieldboatyard.co.uk

Swimming

If swimming, do take care with our fast tides and frequent boat traffic.

Crabbing

If crabbing, do remove all your gear! Accidents have been caused.

Green note: Greener Waldringfield is joining Woodbridge Town Council and Leeds University monitoring E.coli and nitrate pollution in the River Deben.

Waldringfield Sailing Club

A very active dinghy and yacht club. See details: www.waldringfieldsc.com
Email: secretary@waldringfieldsc.com Telephone: [01728 638785](tel:01728638785)

Waldringfield Fairway Committee

This manages the moorings in our stretch of river and also the dinghy moorings on the beach. There is usually a waiting list for moorings as they are very popular, this being one of the few places on the river where a shingle beach provides easy access between water and land.

Secretary: John Smith [Email John Smith](mailto:John.Smith@waldringfieldhm.btinternet.com), 736257

Harbourmaster: Tony Lyon: waldringfieldhm@btinternet.com 736291
07925 081062

Green Tip: Consider contacting politicians about your environmental and climate crisis worries. They often share these concerns but are waiting to be led by public opinion.

Regular Events

Coffee Mornings

Usually the first Thursday of the month 1000-1200 Tel: Chris Lyon 736291 and christinelyon58@btinternet.com . Proceeds support the Village Hall and for occasional special causes.

Greener Waldringfield often has a stall focusing on an environmental topic. If you bring items collected by Poppy's Pantry for Terracycle, we will bulk them up and deliver them.

Winter Talks

Usually held on the first Friday of the month, refreshments included. Subjects have ranged from *Fairtrade* and the *Coastguard Services*, to *Benjamin Britten* and *Truth, Post Truth, Untruth*. To suggest speakers contact Colin Reid 07801 427297 colinreid2@btinternet.com

Harvest Supper (October) & Winter Party (February)

After a three-year break because of the Covid pandemic, these village parties with food and merriment (and space for over 100 attending) began again in October 2022. The pantomime has been going for over 40 years. The Village Hall organises these events in support of its funds.

Repair Café

in the Village Hall usually in February and October. In between times try **The Suffolk Repair Shed** Unit 15 Martlesham Creek, Sandy Lane, Woodbridge IP12 4SD. People are normally around on Tuesday evenings 7-9 pm, and Friday mornings 10.30 to 12.30. You can drop items off at the Woodbridge Repair Cafe (first Monday of the month 10-12) or the Martlesham Repair Hub (second Saturday of the month 10-12).

Green Day annually – in October 2022 this focussed on Climate Ready Homes with four speakers giving advice and sharing experience.

Green Tip: If you want to make your home more climate ready, GW can introduce you to other villagers willing to share their experience.

GW Regular monthly meeting:

Usually fourth Thursday of the month, 1730 – 1900 Chair: Sue Quick

Earth Hour: March 25th 2023

International Compost Awareness Week 7 -13th May 2023

World Environment Day June 5th 2023

Green Tip: 97% of the planet's people are breathing contaminated air. All energy generation causes some air pollution, so reducing energy use helps. Already energy efficiency has contributed more to reduced energy use than green energy generation, impressive as that is.

Conscious economy – turning off all the little red stand-by lights for instance – could do even more.

Green Tip: Bulk cooking saves time and probably money too. Maybe share meals?

Some villagers sell cheap, home grown, often organic, veg at the bottom of their drive.

Auction of Promises in aid of All Saints Church

Every other year, usually in November.

Green Note: Villages provide a haven for insects and a food chain that is lacking in the monocultural agricultural environment (70% of Britain is farmed).

Winter Quiz: usually in late autumn. Contact: Chris Lyon 736291 and christinelyon58@btinternet.com

Pub: Maybush Inn Tel: 736215 Website: debeninns.co.uk/maybush

Green idea: Join in! Let's talk about an energy co-op in the village. Would you be interested in a group buy of home insulation, solar panels or windmills?

Waldringfield Primary School

Founded in 1874, the original school building is now the school hall with many additions over the years. Today, our school motto "We care, we share, we learn together" summarises the school aims. We believe that all children should have the opportunity to succeed and that success often happens when it is shared within a caring family environment.

Tel: 736276 Email: school@waldringfield.suffolk.sch.uk

Website: waldringfield.suffolk.sch.uk Twitter: @WaldringfieldPS

Open Spaces and Nature Reserves

Children's Playing Field

This is owned and managed by the Parish Council. New play equipment was added in 2022.

Report any issues to the Parish Clerk: pc.waldringfield@googlemail.com

Church Field Trust

Open space for football, kite flying, playing (football goals, basketball hoop). There are picnic tables amid woodland planting and "unimproved" grassland which provides varied wildlife habitats. Dogs on leads please. Contact Christine Fisher-Kay cmf.landscape@btinternet.com Tel: 736384

Green Tips: Dogs frighten wild-life and disturb ground nesting birds – keep on a lead in Church Field and along the river wall. Fireworks frighten pets and wildlife – try the alternative of the Pumpkin Party and Lantern Parade just as the clocks go back – and float your vegetable boat on the river with a tiny bees wax candle.

Rev John Pretyman-Waller Wetland Nature Reserve

This reserve was created behind the river wall upstream of the village under the will of Rev Waller, Waldringfield's last Rector, who died in 2013.

Newbourne Springs Nature Reserve

In our next door parish is this small wooded valley with its spring-fed stream and areas of marsh, fen and adjacent heathland. This reserve is good for flowering plants and a variety of birds including treecreeper, goldcrest and two species of woodpecker. It is now managed by Suffolk Wildlife Trust with a footpath weaving through.

Martlesham Wilds

Also within easy walking distance from Waldringfield a new nature reserve is being created called Martlesham Wilds. The Suffolk Wildlife Trust, thanks to a legacy gift already received, now needs to raise £1million to complete the funding for the land purchase. Rewilded this 289 acre former organic farm will become part of a connected landscape of ancient woodland, scrub, grassland and salt marsh, linked by the River Deben.

To learn more and donate: www.suffolkwildlifetrust.org/martlesham-wilds

Transport

Quiet Lanes Suffolk

Thanks to the work of Neil Winship, Waldringfield was the first place in Suffolk to introduce Quiet Lanes to encourage mutual respect among road users and to protect the character and tranquillity of country lanes. Woodbridge Road and Mill Road in Waldringfield are so designated.

Green Tip: consider whether an electric bike might revive or extend the range of your cycling.

Waldringfield has no verges so roads are shared – including by children going to school. The PC monitors car speeds with a movable electronic speed sign. The new Highway Code gives greater priority to walkers, horses and cyclists from January 2022 <https://gov.uk> ‘The Highway Code: 8 changes you need to know’

Suffolk Car Share

<https://liftshare.com/uk/community/suffolk>

County-wide car share scheme for much longer journeys.

liftshare.com/uk/account/register

Bus

Buses to Woodbridge and Felixstowe see www.suffolkonboard.com

Services 74 and 79

Park and Ride at Martlesham 7.00 am – 7.00 pm every fifteen minutes

<https://firstbus.co.uk>

Green tip: Reduce Food Miles: See the list of local food producers: Local Food Project – Transition Woodbridge

Garage

Oak Garage in School Rd 01473 736219

Green Tip: Enjoy the verges and learn what the native plants aka ‘weeds’ are growing there. Don’t let Allium triquetrum or Alexanders escape into the wild – dig up when you see them. If in flower they will set seed, so rot in a bucket of water before composting.

Clubs and Groups

Art Group (Thursdays)

Contact: Kit Clark 736670 joeandkit@icloud.com

The Seasons Art Classes (Wednesdays)

Contact: Jenny McEvoy 01394 248434

History Group

Investigates the local history of the area covering most aspects from very early times to the modern day. Meets September – March.

waldringfieldhg@gmail.com Website: waldringfieldia.com

Wine Club

You don't have to be a wine expert - we're not - just people who enjoy wines and good company and laughter. Monthly.

David Eaton 736754 dandt.eaton@btinternet.com

Waldringfield Gardeners (WALGA)

For everyone who grows for pleasure or production to share their enthusiasm and expertise. WG aims to obtain and manage an Allotment Site in the village – if you want an allotment (or part of one) tell the Parish Clerk pc.waldringfield@googlemail.com who holds the list. Pruning workshops, seed swaps and annual events.

£5 membership fee Sec: Betsy Reid 706506 betsyr@talk21.com

Green tip: Harvest winter rain for the summer using the biggest butts you can get. Avoid run off into the road – it takes poisons (e.g. brake fluid, fertiliser run-off) from the road surface into the river and also erodes the verges.

REGULAR EVENTS

Open Gardens usually in May with villagers' gardens open to the public and cream teas at the Village Hall in support of the St Elizabeth Hospice.

Scarecrow Competition usually in May coinciding with Open Gardens

DID YOU KNOW? Weedkiller is not used on the village verges as Waldringfield, (proposed by the Wildlife Group and endorsed by the Parish Council) is one of the PAN (Pesticide Action Network) 'pesticide free towns'.

Green Tip: Mulch, mulch, mulch. Don't bother taking leaves and twigs to a compost heap – just chop and drop – soil likes to be covered, and whatever covers it in due course becomes food.

Produce Show in August or September. Classes for home-grown fruit and veg, brewing, baking, crafts, art and photos. Refreshments and auction of produce. Contact: Alexis Smith 736257 g1dik@btinternet.com

Pumpkin Party in October as the clocks change. Pumpkin competitions, veg boats to sail along the river with bees wax candles, lantern parade, ghost story. Contact: Mariah Ballham mariahskellorn@hotmail.com

Christmas Floral Workshop: Village Hall in November.

Contact: Alexis Smith 736257 g1dik@btinternet.com

Green Tip: Soil Matters: Mess with it less. Don't dig - digging destroys all the little channels made by worms and decaying roots that water and air percolate into; it exposes the soil biota to heat and drought, and disturbs the gas balance in the soil – introducing added oxygen speeds decay and thus the release of carbon dioxide.

ASSOCIATED PROJECTS

Community Composting – skilled advice from Master Composters. Some subsidised compost systems available.

Betsy Reid 736506 betsyr@talk21.com

Scattered Orchard – more than 80 fruit trees in Waldringfield, Hemley and Newbourne planted since 2012: free fruit for all. Map with list of picking and keeping times on the GW website.

Mariah Balham 736485 mariahskellorn@hotmail.com

Community Fruit Preserving equipment: apple press, steriliser and dehumidifier to borrow. Betsy Reid 736506 betsyr@talk21.com=

Green Tips: Round-up (with active ingredient: glyphosate) on your plants goes into their roots and is toxic to worms and other soil creatures. Being water soluble it can spread far beyond the target plants. It interferes with the navigation and communication systems of non-target insects e.g. bees. Consider alternatives.

Biodiversity and Wildlife

Waldringfield Wildlife Group

Waldringfield Wildlife Group exists to conserve, enhance and record the local wildlife; to protect wildlife habitats and encourage biodiversity; to encourage wildlife-friendly management of land, gardens and public spaces and to encourage a greater interest in the knowledge and love of wildlife in general. Five Saturday morning talks during the winter. Also a Summer Picnic, a post AGM shared lunch and several visits.

Linda Wilkins 736044 linda.thequay@btinternet.com

ASSOCIATED PROJECTS

Big Garden Bird Watch - last week of January.

Community Barn Owl Project – 8 boxes regularly monitored.

Village Verges – For 15 years with the help of a grant from the Parish Council we have planted the verges with spring bulbs and wildflowers.

What's About: join the mailing list for a digest of sightings in the village and report what you see to Peter Maddison. pmaddison@yahoo.co.uk

Save Our Swifts (SOS): put up swift boxes, install swift bricks for new nest sites; play swift calls, record onto RSPB swift mapper app; boost insect life and rejoice in their spring arrival. Contact Linda (see above) for details.

Waldringfield Tree Wardens

First contact for advice and support for trees and hedges – regular winter in-filling of local hedges, hedge laying courses, 2022 Queen's Green Canopy, tree nurseries to generate local stock and nurture transplanted seedlings. There are trees for every size garden or patio.

Christine Fisher-Kay, Parish Tree Warden, and two assistants

cmf.landscape@btinternet.com

Green Tip: Plant a tree - it will still be providing food and shelter, absorbing carbon, cleaning air and circulating nutrients and water long after even the richest alternative legacy. Trees also provide perches and nests for birds, and homes for much wildlife. This is one of the best ways to mitigate climate breakdown.

Treezilla

This app, promoted by the Tree Council and locally by your three Tree Wardens, is where you can record trees, your own and any others you can

get to. You measure and photograph them and get in return information about the good they do – carbon sequestered, rainfall diverted etc. Recording our trees might help us all to value them more – it's not just tree planting that is important but loving and looking after the ones that have already put decades into growing. Please take part!

In addition the Parish Council is asking residents to highlight mature trees that you consider to be of particular value or importance to the parish and to let it know what you think makes them special.

Email suggestions to the PC Clerk: pc.waldringfield@googlemail.com

The number of oaks that used to occupy the village skyline is much depleted and those left are increasingly severely pruned. If you have a forest giant in your garden, please bear with the immediate shade: you and your tree are providing an important public service.

National Tree Week organised by the Tree Council each Nov/Dec.

Green Veining in Waldringfield

The wild-life corridors concept is not new. Felixstowe and Woodbridge already have this under way. GW is promoting this within gardens in Waldringfield too – approaching people in person and inviting them to talk to those near to them and widen engagement – the Felixstowe project says this is the best way – neighbour to neighbour, friend to friend.

So what is the ask? Commit just three square yards of your garden (minimum!) to be managed with wildlife in mind and have your garden added to the Green Veining map on the GW website.

Green Thoughts:

Climate change is natural and cyclical; Climate breakdown is not.

Extinction occurs all the time, usually balanced by the evolution of new species. This biodiversity loss is something that happens naturally. But we humans are now bringing about biodiversity destruction, causing the fifth great planetary mass extinction. If we change the way we live, we could arrest and even reverse it.

Information and Communication

Village Website: www.waldringfield.onesuffolk.net.uk

There is a lot of useful information here.

Parish Newsletter: published quarterly by the Parish Council. Copy to the Parish Clerk: pc.waldringfield@googlemail.com

Village google group: waldringfielders@googlegroups.com To join contact nigel@nigelshore.com For exchanging information, offering items for sale or for free, advertising events and asking for help or advice.

Green Tip: Use Waldringfielders to borrow and share, thus avoiding consumption – the average annual use of an electric drill is 12 minutes – don't lumber yourself with one, but borrow. Extend the sharing economy.

Waldringfield Community Facebook page: Waldringfield residents, visitors and friends can discuss relevant issues, share photos and generally be lovely to each other! Only members can see who is in the group and what they post. [\(20+\) Waldringfielders Community | Facebook](#)

Focus: a round-up of news and events at the Village Hall is delivered to all houses in the village and is available online, the newsletter is published every two months, except over the summer. Copy to The Headteacher, Waldringfield School email: HeadTeacher@waldringfield.suffokl.sch.uk

Greener Waldringfield website: greenerwaldringfield.org Get in touch if you'd like to contribute info@greenerwaldringfield.org Also [\(20+\) Greener Waldringfield | Facebook](#),

Twitter: @GreenerWald and Instagram: greenerwaldringfield

DISCLAIMER: INFORMATION HAS BEEN COLLATED FROM EXISTING PUBLIC NOTICES AND ONLINE SOURCES, WITH AN ASSUMPTION THAT DETAILS ARE UP TO DATE. IF DETAILS HAVE CHANGED POST-PUBLICATION, PLEASE EMAIL info@greenerwaldringfield.org AND WE WILL UPDATE THE ONLINE DIRECTORY AT greenerwaldringfield.org